

# KFOR CHRONICLE

May 31, 2006

Edition 5



# Don't let Summer Hurt your Body

## Drink water and avoid sunburn



Summer hasn't even started yet and we already see many individuals with red faces, shoulders and arms. Obviously people are not aware of the risks involved from sunburns. You can compare your skin to a bank account with a lot of money in it when you are born. However, sunburn, light or severe, costs a certain amount of money taken from that 'skin bank account.' Unfortunately, you can't get that money back. Once the bank account is empty you increase your chance of getting skin cancer.

A smart person will avoid sunburns, because a slightly red color already means damage to your skin. Taking proper precautions against sunburn will protect you from having cancer at the age of 50.

Drinking a lot of water during the summer months is especially important. Your body does not only lose liquid by sweating. Coffee and coke and other liquids containing a lot of sugar and caffeine as well as alcohol dehydrate the body.

The color of your urine clearly tells you whether or not you need more water. Urine should always be a very light yellow. If the yellow color gets darker, you need to drink more water. A good way to start your day is to drink a small bottle of water right after getting up in the morning. This prepares your body for the dehydrating coffee attack during breakfast.

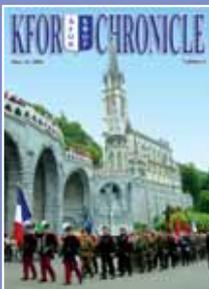
Follow the Sunshine and Dehydration tips below for a healthy and safe summer.

### Sunshine Tips to Follow:

1. Limit direct sun exposure during midday (from 10:00 - 16:00)
2. Cover up
3. Wear a hat
4. Use a sunscreen with an SPF of 15 or higher
5. Wear sunglasses that block UV rays
6. Check your skin regularly



### **KFOR** CHRONICLE



Cover photo by Lt Maksym Nedria UKR Army

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### Nations within KFOR:

<b>HO KFOR</b>	<b>MNTF (E)</b>
Canada	United States of America
Estonia	Armenia
Hungary	Greece
Netherlands	Lithuania
Norway	Poland
Portugal	Ukraine
United Kingdom	

<b>MNTF (C)</b>	<b>MNTF (S)</b>
Czech Republic	Germany
Finland	Austria
Ireland	Azerbaijan
Latvia	Bulgaria
Slovakia	Georgia
Sweden	Switzerland
	Turkey

<b>MNTF (N)</b>	<b>MNTF (W)</b>
France	Italy
Belgium	Argentina
Denmark	Hungary
Greece	Romania
Latvia	Slovenia
Luxembourg	Spain
Mongolia	
Morocco	



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# NATO Decision-makers Urge Compromise in Kosovo

*Text and photos by NATO HQ*

**Visiting Kosovo on 11 May, NATO decision-makers urged all parties in the province to prepare for a compromise in the status talks on Kosovo's future.**

The North Atlantic Council, the Alliance's principal decision-making body, travelled to Kosovo to visit KFOR, the NATO-led peacekeeping force, and for talks with local and UN authorities, as well as minority representatives.

The visit - aimed at demonstrating NATO's continuing commitment to Kosovo - comes as UN-led talks on the final status of the province continue.

More 'tooth' for KFOR

Speaking to reporters, NATO Secretary General Jaap de Hoop Scheffer stressed that NATO forces are ready to "show any spoilers that they do not have a chance" of derailing the status talks.

On 15 May, the NATO-led peacekeeping force is due to complete a restructuring aimed at enhancing its ability to respond to any unrest or threats to peace and stability in the province.

Meeting with Serb minority leaders at the 14th century monastery in Decani, Mr. De Hoop Scheffer also emphasized that "NATO is here to protect every single Kosovar be it a majority or a minority."

He said that all parties in the process



**COMKFOR, NATO Secretary General, Jaap de Hoop Scheffer and Supreme Allied Commander Europe, General James Jones**

must prepare for compromise and urged minorities to seize the opportunity of the status process to ensure their concerns are fully addressed.

The Secretary General also said that the Alliance will support the security provisions of any final agreement on the province's status.



**The NATO Secretary General, Kosovo's Prime Minister Agim Çeku and the President of Kosovo, Fatmir Sejdiu**



**Meeting in Film City - the NAC (North Atlantic Council) is NATO's decision making body**

# KFOR Restructuring Completed

**On May 15 Multinational Brigade Southwest was officially split into the 2 new Task Forces South and West. The transformation ceremony at Villaggio Italia marked the formal completion of KFOR's restructuring process.**

*Text and photos by Cpt M. Schulze*

Many changes had been done prior to the official ceremony in Pec/Peja. Some units were dismantled, others newly formed and command structures were changed.

It was not a common parade, since both the Italian and the German contingent got new commanding officers. Moreover MNB SW had to be dismantled and the new Multinational Task Forces South and West to be formed.

Numerous guests, among them representatives from Kosovo's administration and clergy, UNMIK, KFOR, OSCE, KPS and KPC attended the solemn ceremony.

BrigGen Lutz Niemann assumed command of the new Multinational Task Force South (MNTF S) while Italian BG Vincenzo Santo was tasked with the leadership of MNTF West.

Outgoing COM MNB SW BG Claudio Mora cordially thanked his soldiers and staff for their commitment under his command.

COMKFOR General Valotto said in his speech, "Now it is up to General Mora's successors to take over and continue to provide a safe and secure environment for the people of Kosovo."



**Running for transformation - the Spanish are now part of the new MNTF West**



**Leaders of the pack - Germany and Italy are the new Task Forces' lead nations**



**COMKFOR passes and reviews the formation of his multinational troops**

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### COMKFOR and SRSR Visit the KPC

General Valotto and SRSR Petersen visited the Kosovo Protection Corps (KPC) on May 12. KPC Commander Lt Gen Selimi accompanied the high-ranking guests to a training demonstration including fire fighting, search and rescue and mine-clearing activities. Moreover, COMKFOR and the UNMIK Chief came to see two road construction projects the KPC has been working on.

People working closely with General Valotto know how much he loves children. The little ones can feel if someone likes them, and thus were not shy to hug KFOR's 'big daddy' for a photo.



### Chief of Finnish International Division Came to Kosovo

On May 9 BrigGen Juha Osmo Kalpia, Chief of the International Division of Finland's Defense Forces visited his troops and had an office call with COMKFOR. General Valotto briefed his guest on the general situation and stressed the good job the Fins are doing within KFOR. With 470 troops Finland is the second largest Non-NATO troop contributing nation to KFOR after Austria.



# Tour th KFOR



## British General Turns out as COMKFOR's Old Friend

When the  
Commander-in-  
Chief British land  
forces, General  
Richard Dannat  
came to see

COMKFOR, the two gentlemen did not seem to meet the first time. Insiders knew why - in 2003/2004 General Valotto served as the 2nd in Command when Dannat was Commander of the British lead Allied Rapid Reaction Corps in Germany. Valotto expressed his appreciation for the commitment and efforts the British show in many fields of the KFOR mission.

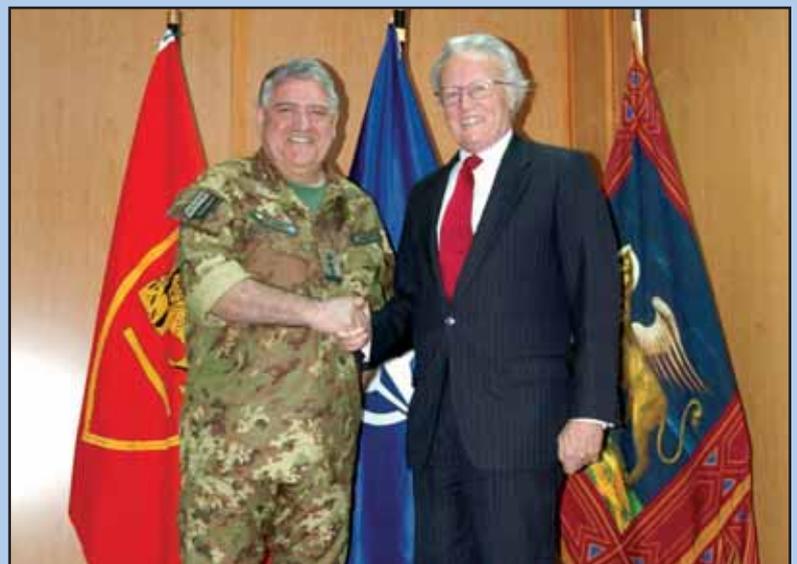


## Spanish Ambassador to S&M Meets General Valotto Right after MNB SW Splitting

Just one day after MNB SW had been officially split into the 2 Multinational Task Forces South and West, the Spanish Ambassador to Serbia & Montenegro Jose Riera Siquier came to Kosovo. COMKFOR briefed the diplomat on the background of KFOR's restructuring process and the overall situation in the region. Valotto pointed out that the Spanish soldiers carry out their duties to his fullest satisfaction and are well respected within the KFOR community.

## COMKFOR Briefs UN Deputy Special Envoy Albert Rohan

The Austrian diplomat Albert Rohan is the Deputy to Martti Ahtisaari, the UN Special Envoy for Future Status Process for Kosovo. General Valotto provided Rohan with a detailed update on the current situation on the ground. A main issue was KFOR's focus on northern Kosovo and specifically the situation of people living north of the Ibar River dividing Mitrovica. Having a clear picture is essential for the ongoing status talks involving Serbia, Kosovo and representatives of the International Community.



**Balkan Hawk IV was planned to increase the capabilities of Soldiers to react to civil disturbances throughout the province of Kosovo. The exercise emphasized deployment at short notice, through air movements of insertion and extraction, and demonstrated the effectiveness of KFOR troops.**

*Story by Spc. Christina M. Vanyo  
Guardian Magazine*

The heat of April 26 held more than a beautiful day in Kosovo, it also marked the second day of the 'Balkan Hawk IV' exercise, which was held in conjunction with Multi National Task Force (Center) troops.

The US Task Force Alamo participated in riot control training at and around Camp Vrelo, near Pristina, MNTF (C).

The mission's requirement was to protect United Nation Mission in Kosovo personnel from any violence inflicted by riots. Over 100 role-players, played by Polish-Ukrainian and Czech Soldiers, expressed their angst in the form of uncivil disobedience.

TF Alamo's Quick Reaction Force (QRF) lifted off the ground at Camp Bondsteel. Their objective was to use whatever tactics necessary to hold off the rioters, ultimately breaking them up, and sending them on their way. Task Force Talon aided in the QRF movement with three UH-60 Black Hawk helicopters.

Upon arriving to the grounds surrounding Camp Vrelo, the unit began their patrol up a winding road, for approximately half a mile. The mission began peacefully, but the Soldiers involved knew better than to believe it would remain that way. Balkan Hawk IV, a three-phase exercise, lasted the course of three days; April 25 through 27.

Capt. Eric Martinson, Commander TF Alamo, expressed his gratitude to TF Talon for their assistance. "Talon has been superb in helping lead the way," said Martinson. "They've done everything they can to see us succeed."

He said that HQ KFOR had tasked each task force with their role in the exercise. For example, the TF Polish/Ukrainian Soldiers played rioters and the French Multinational

Specialized Unit broke-up the mob. "The MSU helped clear the roads during our patrol in the exercise," Martinson said. "They were very efficient. The Germans, the MSU as well as the Italians; if something like this happened, we could count on them to help."

1st Lt. Jacob Humble, company executive officer of TF Alamo said that his Soldiers realized from the training, the true volatility of riot control.

Martinson agreed that Balkan Hawk IV presented his Soldiers with the best hands-on training they've had thus far, "You can train yourself a lot," he said, "but you'll get a better understanding by how fluid a demonstration is. The Soldiers have a training cycle," he added. "They just polish their skills."



Polish, Ukrainians and Czechs



"Come and make our day..."



"No, Sir ...not the President

# Balkan Hawk IV



looked and acted like real troublemakers



*...we are standing behind a bush...*



Trouble with roadblocks? Call the MSU, they are the specialists in clearing the street

# Peregrine Falcon in the M

**A cross boundary operation was conducted in the area north of the Mitrovica and Leposavic region. Soldiers of MNTF North and Center patrolled in mountainous terrain and enjoyed to simplify their lives depending on improvised tents and ration packs**

*Text by Lt Magdalena Dvorakova  
Photos by 2nd Lt Heikki Laitinen  
and Maj Jindrich Plescher*

A Cross Boundary operation was done by MNTF C troops on April 25 through 27. During the operation, the Finish A Coy and Czech D Coy were deployed by French helicopters Puma to MNTF N AOR. It was for the first time the Czech troops were operating outside of their AOR.

More than 70 troops from Finish A Coy and 90 soldiers from Czech D Coy performed their operational tasks in MNTF N AOR near the administrative border line with Serbia

during XBO Peregrine Falcon. "At first the operation was commanded and controlled by the Forward Command Post of TF Centre and the next day the command was transferred to MNTF N," said Maj. Libor Maneth, D Coy Commander.

In the Forward Command Post, all national representatives of MNTF (C) - Czech, Finish, Irish, Latvian, Slovakian and Swedish including French liaison officers participated. In MNTF (C) AOR during the XBO Czech and Finish soldiers were substituted by the soldiers of German Reserve battalion.

Soldiers were fulfilling their tasks in tough hilly terrain with the altitude over 1300 metres. They were eating only ration packs and staying over night in improvised tents or sleeping just without any cover under the sky. They were taking care of unfamiliar land roughly 500km<sup>2</sup> in size, north of the Mitrovica and Leposevac area.

"We took the hard terrain as a challenge and we were well prepared for it. We were going on foot most of the time. Besides patrolling in low settled areas by the administrative border line, we also concentrated on controlling the situation on local communications," said 2nd Lt Heikki Laitinen, A Coy.

Both Czech and Finish soldiers found the landscapes quite attractive. The soldiers concurred that opportunity to meet new people while patrolling made the operation very interesting for them as well.

The Peregrine Falcon was practical proof of the existing KFOR operational concept which is based on the capability of peacekeeping troops flexibly reacting to any increase tension of the security situation in any part of Kosovo.

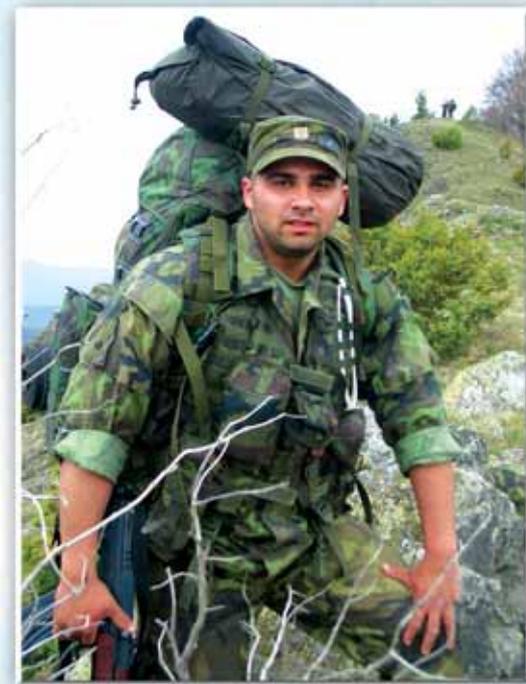


**Murphy's Combat Law: Four-wheel-drive just means getting stuck in more inaccessible places**

# Mountains



*"Sleeping with a face mask on makes my skin soft and beautiful..."*



In the Army he has learned to ignore the weight of his rucksack



*"I can't see anything, but I clearly feel some very high mountains"*



# Azerbaijan Contingent in KFOR

*Text by 1st LT Maksym Nedria,  
UKR Army  
Photos by Armend Aqifi*

On September 1, 1999 a platoon of the Azerbaijan Peacekeeping Forces, consisting of one officer, one NCO and thirty two privets first departed to Kosovo to participate in NATO peace support operations.

The Azerbaijan platoon is deployed in the region of Dragash and stationed in Camp Dragash, MNTF S. The platoon is under the command of TU/AZE MECH INF COY Commander. Thirty eight villages, inhabited by representatives of Albanian and Gorani ethnic groups are situated in the AOR of the TU/AZE COY. The area has an altitude above 1100 m and basically mountainous terrain, and borders on FYROM in the East and Albania in the West.

Since an agreement between Turkish and Azerbaijan MODs was signed in 1999, Turkish and Azerbaijan soldiers work together to carry out the KFOR missions in the region of Dragash.

Soldiers of Azerbaijan Contingent perform mounted and dismounted patrolling daily, conduct vehicle check points, run observation post and provide humanitarian support to people in need in their AOR. The Azerbaijan platoon is involved in performing XBOs and operations against illegal smuggling of goods as well.

Moreover, regular MEDCAP organized by TU/AZE COY is a great opportunity to get free medical support from professional medics for residents of the Dragash region.

Before deploying to Kosovo, Azerbaijan soldiers get two months of special training in Azerbaijan

Peacekeeping Forces and two weeks training with a Turkish battalion in Ankara, Turkey. Previously, the soldiers were selected within conscripts after six month of their military service in Azerbaijan Armed Forces.



**Azerbaijan soldiers are about to**



**Captain Emirbey Bahsiyev, Azerbaijan Contingent Commander asks some residents of a village in his AOR about their needs**



**A bust of Azerbaijan's great leader Haydar Aliyev was unveiled in Camp Dragash, May 10**

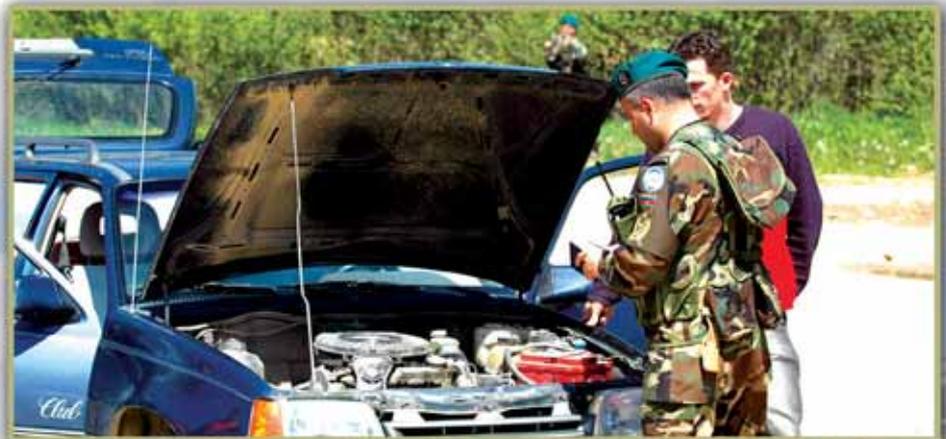


[Inside KFOR]

Azerbaijani soldiers perform regular dismounted patrols in the Dragash region



start their regular day in Kosovo



Cpt Bahsiyev checks vehicle registration documents and driving license at a mobile check point



An Azerbaijani soldier searches a driver at a check point

# The 'Marders' Awoke From Their Winter Sleep



**The Armored Infantrymen of the 3rd Maneuver Company trained with their main weapon system, the Armored Personnel Carrier (APC) 'Marder'**

*Text and photos by Cpt Michael Schulze, GER A*

In Peacekeeping Operations the members of the armored companies hardly ever see their main weapon, the APC 'Marder' since its main tasks are patrols and checkpoints. These duties require high mobility and the ability to monitor large areas. Therefore the Germans basically use the protected vehicle 'Dingo', the wheeled APC 'Fuchs' or their Puch-Mercedes 4x4.

When KFOR entered Kosovo in 1999 the main battle tank, 'Leopard', provided the troops with the right punch for such operations. When the last 'Leopards' were shipped back to Germany in 2003 some APC 'Marder' remained in the theater as a reserve that can be activated when needed.

Everybody knows that, like a car, an APC suffers when not being used for a longer period of time. Rust, condensation water and porous rubber seals are natural enemies of equipment not used. So when Task Force Prizren reactivated the 38-ton-APCs, they planned a combat live firing exercise in Orahovac.

At the end of April the day had come. The deep sound of tank-engines and the prominent rattling of the chains filled the air. An armored platoon of 'Marders' moved into position at the Orahovac shooting range. It was almost scary to see the impact of the powerful 2cm-machine gun at the targets.

"We achieved our objective, which was professionally and safely handling the APC - and it is a good feeling to have such a weapon in the sleeve," the company commander Cpt Mirko expressed his satisfaction with the performance of his soldiers.



**The powerful impact of 2cm bullets can also be seen without binoculars**



**VIP balcony: Former DCOM MNB SW Col Gerd Kropf and Cdr TF Prizren LtCol Werner Klaffus**

**The main weapon of the 38-ton APC 'Marder' is a powerful 2cm-machine-gun**



# Joint Crisis Management

**The Department of Emergency Management, KPS, KPC and KFOR conducted a joint emergency response demonstration on May 18 at Camp Vrelo near Pristina Airport. The organizations involved showed their capability to cooperate in a crisis situation**

*Text by Major Heimo Gruber, AUTA  
Photos by Armend Aqifi*

The scenario started with an explosion at a plant employing large amounts of chemicals in its production. KPS were the first on the spot and activated the emergency action plan. Policemen cordoned the danger zone and soon ambulances and fire brigade arrived at the scene. HQ KFOR tasked a Gazelle helicopter to provide accurate reconnaissance results from the air.

Due to the dimension of the crisis

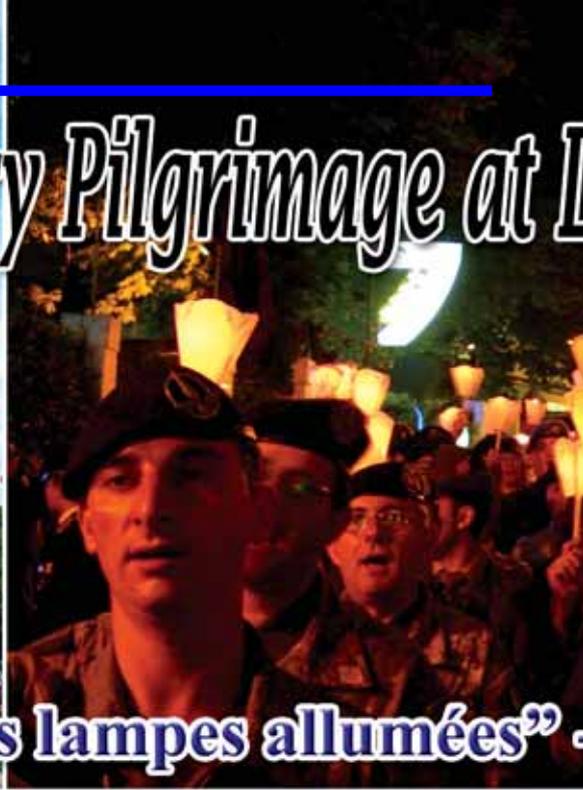
units with more specialized equipment were called to the plant. KFOR and KPC immediately sent their NBC teams.

The organizations involved managed to set up a joint command post from where they coordinated all the measures necessary to get the crisis under control.

By the end of the day key players of the event concluded that the exercise had clearly contributed to improve joint emergency response capabilities.



# 48th International Military Pilgrimage at Lourdes



**“Tenez vos lampes allumées”**

*Text and photos by  
1st Lt Maksym Nedria, UKR Army*

**Each year, the International Military Pilgrimage to Lourdes gathers more than 15,000 military personnel and their families from some 36 countries together. Representatives come from such varied places as Burundi, South Korea, Ivory Coast, United States of America, Lithuania, Ukraine and the Vatican.**

Soldiers of KFOR took part in this annual pilgrimage the last four years. On May 19 through 21, 88 representatives of 11 nations from all the Task Forces, KTM, MSU and KFOR HQ participated in the International Military Pilgrimage to Lourdes. Since 1958, the International Military Pilgrimage is seen as an important symbol of international reconciliation. Soldiers of KFOR, as a symbol

of joint international effort to achieve peace and security in a region affected by hostilities and miseries, enjoy the special attention and leading position in all the processions during the pilgrimage.

The town of Lourdes is situated in the southwest of France in the foothills of the Pyrenees Mountains. Although the town has 17,000 inhabitants, more than five million visitors go there each year.

While no firm evidence exists to indicate the grotto of Lourdes was a sacred place in ancient times, people believe that there is a powerful healing energy present that has made the site, in only 140 years, the most visited pilgrimage holy place in all Christendom.

The origins of the pilgrimage to Lourdes began with Bernadette Soubirous (now St. Bernadette). In February 1858, it is claimed the Blessed Virgin Mary appeared to the 14-year-old girl in the remote Grotto

of Massabielle. A statue of the Madonna of Lourdes was erected at the site in 1864. Soon, the previous chapel structure was replaced with a pilgrimage basilica. Bernadette Soubirous entered the Monastery of Nevers in 1866 and was canonized a Saint in 1933.

Yearly, from March to October, the Sanctuary of Our Lady of Lourdes is the place of mass pilgrimages from Europe and other parts of the world. The spring water from the grotto is believed by some to possess healing properties. An estimated 200 million people have visited the holy place since 1860, and the Roman Catholic Church has officially recognized 67 miracle healings.

Tours from all over the world are organized to visit the Sanctuary. Especially impressive are candlelight and sacrament processions.

"Lourdes has special attraction," shared PJ Sommers, Chaplain, 32 Infantry Group, Irish Contingent.



# Lourdes, France

## "Keep Your Lamps Lit"

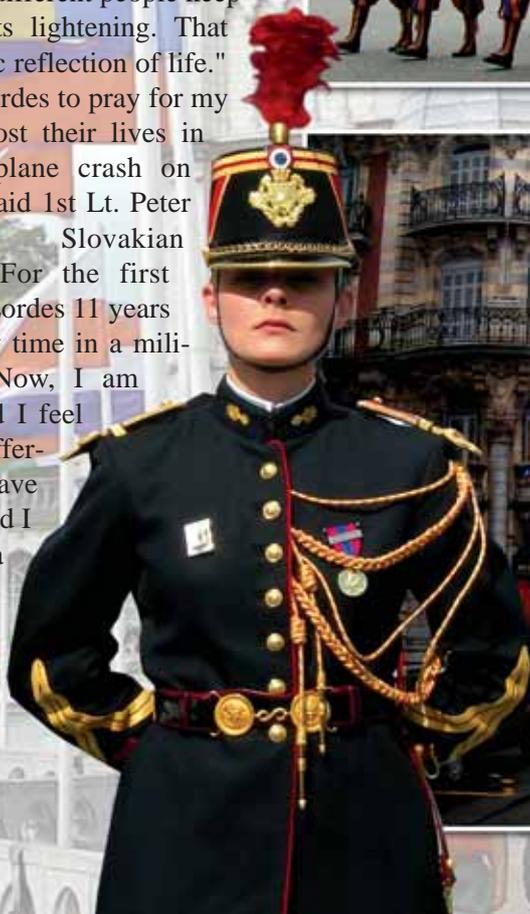


"This is a place where it's so easy to pray and to be in touch with something greater than myself".

"Most of all I was impressed while participating in the Torchlight Marian Procession," said Chaplain Sommers.

"Each person held a small candle in their hand, which has a protective collar. As the day came to end, we discovered the faces of our neighbors are illuminated by the light of this simple candle. We found that their faces became more beautiful. Following their way, pilgrims were passing many different people keeping their lights lightening. That was a symbolic reflection of life."

"I came to Lourdes to pray for my friends who lost their lives in the military plane crash on January 19," said 1st Lt. Peter Sudimak, Slovakian Contingent. "For the first time I was in Lorges 11 years ago during my time in a military school. Now, I am here again and I feel like a very different person. I have got a family and I have got a responsibility for my life and for the lives of my soldiers."



# Rugova Canyon

*Text by 1st LT Maksym Nedria,  
Ukrainian Army  
Photos by Armend Aqifi*

Crossing the town of Pec/Peje to west, one comes into the one of the most beautiful places of Kosovo, as well wild as charming, Rugova Canyon (Rugova Valley).

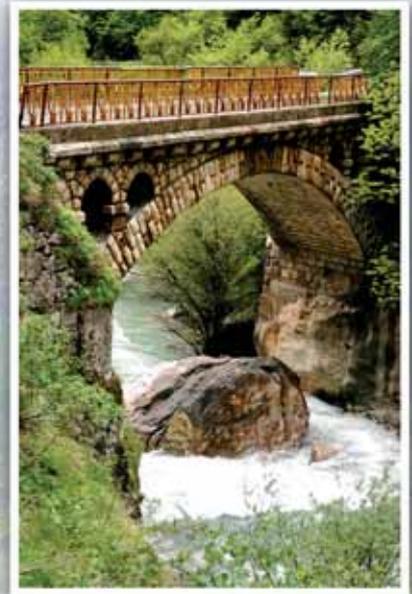
The mountainous region is situated up from the Pec/Peje Monastery to Qakorr Pass. The river Pecka Bistrica divides the area in two parts, creating a small valley and running into Rugova Canyon.

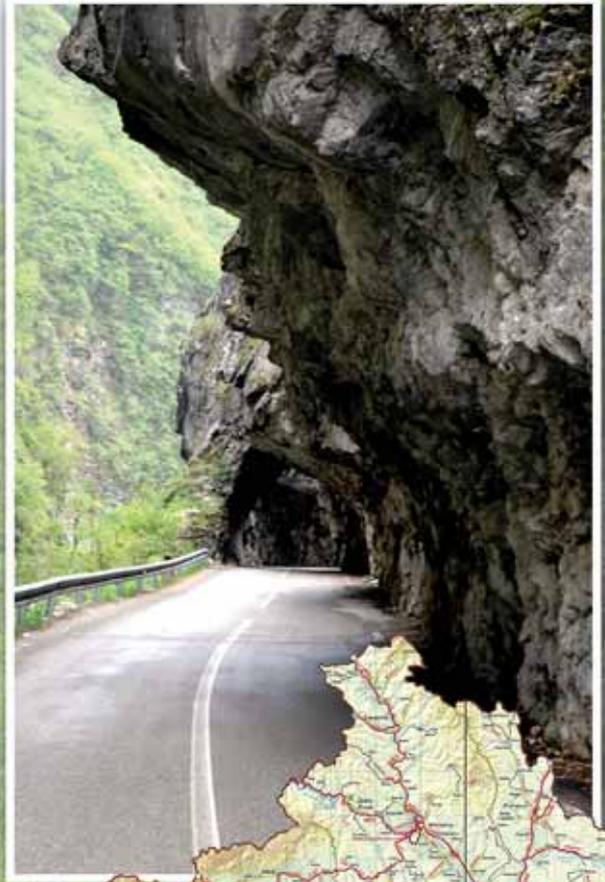
The lofty rocks of the canyon turn the sky into a narrow strip of blue and caves with tunnels invite people to explore its deep magic. Upon getting the first amazing impression of the place, people can enjoy the view of picturesque waterfalls that join each

other in an impetuous river running along the road from somewhere in the mountains.

The canyon reveals its amenities step by step, keeping you in wonder. This is an area with a very valuable natural environment that introduces different types of landscape. The natural geographical and geo-cultural attributes of the Rugova Valley present potential resources for the development of tourism and recreation in the area.

The Rugova Valley has a wet continental climate with mountain effects of short hot summers but long cold winters. The area has an impressive amount of flora and fauna. Typical of a mountain environment, its climate and vegetation give the region a special nature beauty.





# The DANCON March

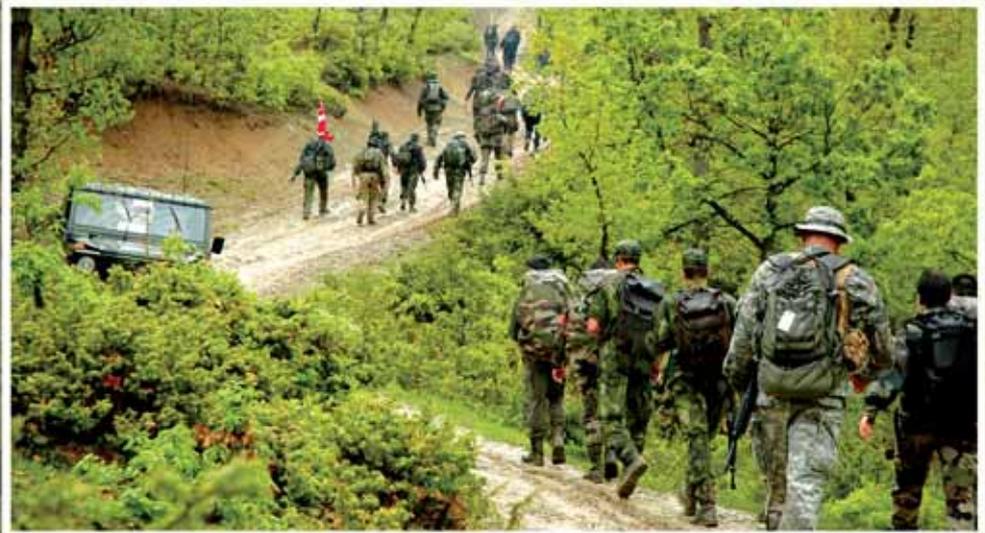
*Text by Major Heimo Gruber, AUT A  
Photos by Lt Maksym Nedria, UKR A*

The legendary DANCON March in the Mitrovica region attracted more than 1000 international participants who defeated rain, cold, mud and 25.2 km through rough terrain.

The 1078 women and men determined to face the challenge of the 25.2 km track with an additional 10 kg of weight deserved better weather conditions. But the cold rain could not break their motivation or their spirit and so the sporty crowd streamed out of Camp Olaf Rye at 08:30 hrs May 7, many of them even running right from the start.

After marching on the main road for the first 6 kilometers, the track ran into the green hills west of Mitrovica. At kilometer 14, a steep and muddy ascent had the heart rate of many going through the roof - meaning 190 beats per minute or more. Needless to mention, everyone was soaking wet after the first 2 hours.

French Corporal Stephane Boyer impressed all with an incredible finishing time of 2:12:32 - that's an average speed of 11.4 km/h. He was followed by Lt Matteo Boschian Bailo (Italy) and Finn Christensen representing the Danish contingent who had perfectly organized this popular event. The hosts provided water, fruits, sandwiches, changing rooms and extended opening hours of the dining hall to help the exhausted athletes to refresh and regenerate. All participants were awarded with medal and diploma, which they really did not get for just a walk in the park.



The slower you march, the longer you can enjoy the beautiful surrounding...



Men are different - some of them seem to enjoy pain...





London-Paris-Mitrovica: 'First Face'  
spring 2006



*'We are red, we are white, we are Danish dynamite' -  
after 12 kilometers (almost) no visible exhaustion*

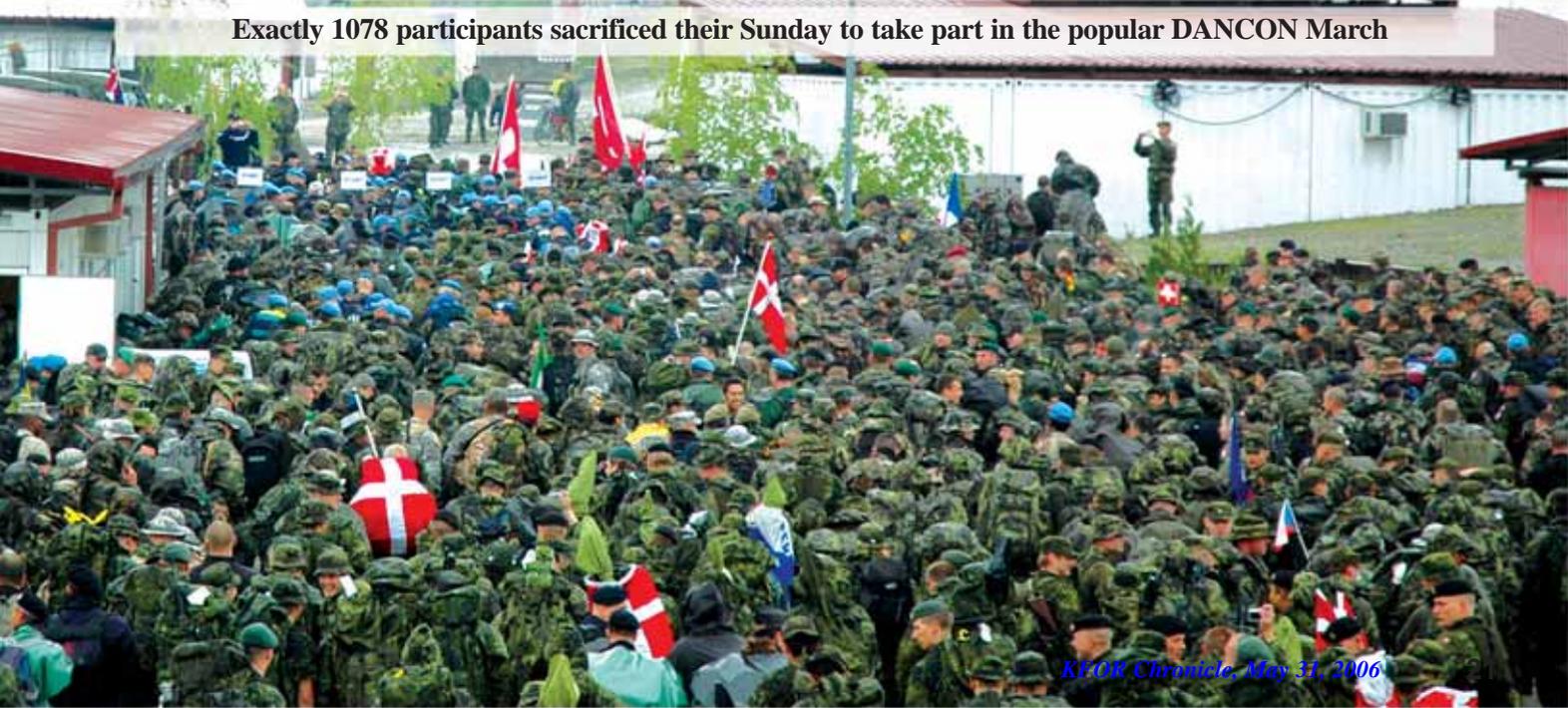


Unimpressed by the MP chasing him the American makes his way up the hill



## Rain, Mud and 1078 Winners

Exactly 1078 participants sacrificed their Sunday to take part in the popular DANCON March



# Working Out with

Major Javier Laguna studied physiotherapy and osteopathy at Madrid University.



## Introduction

There are many of us who ask, "What can I do to get rid of this belly? - What exercises should I do to get fit for the summer?"

I tend to answer that, when it comes to fitness, everything must be taken very easy. Intense weight loss is not good for either your entire body or your health. Furthermore, an intense workout will surely result in awful injuries.

Try not to be among those who take up exercising just for the sake of not being embarrassed when they take off their T-shirts in the summer, and train regularly the whole year long.

Along with coordination and muscles tone, you lifestyle (mood, sleep, sex) will also change for the better.

## Weight training

If you want to do weight training, three times per week could be a good start. After training a muscular group (pectorals, biceps, legs, etc) leave at least 48 hour before you train on the same muscle again to allow muscles to grow and recuperate.

If you want to train more or you are already an expert, rest at least one day per week.

## Cardio

You may do cardio fitness alone or after exercising with weights. (You will be weaker if you do it the other way round). Walking, cycling, stepping or jogging could be some of the many choices.

If you are a beginner or a moderate trainee or your cardio is interval training, do it once per week. If your training is less intense, you can do it 2 or 3 times per week.



## IMPORTANT REMARKS

Warming up becomes essential prior to good training. 5/10 min of jogging or cycling plus some warming up of the day's specific muscles and joints is a must. It should also be comprised of some stretching and joint warm-ups.

You will best benefit from your weight lifting exercises if you **concentrate** psychologically and emotionally on them.

# Major Laguna

In this edition KFOR's fitness guru tells us how to properly work out with weights

When training with weights, **tighten your abdominals to protect your back and help with your workout.** The muscles involved in your workout will be supported and therefore, they can be built almost twice as much as the same exercise with loose Abs. **Do not tuck in your chin or neck, as your upper back muscles may be injured.**

Stretching in between repetitions gently enriches and gives stability to your muscles. If you feel any slight pain during any exercise gently stretch the sore muscle.

**Do not hold your breath when training with weights;** it will damage your diaphragm (= membrane separating the lungs from the other organs below).

As a rule of thumb, if you are not an expert you had better do more repetitions instead of adding more weight.

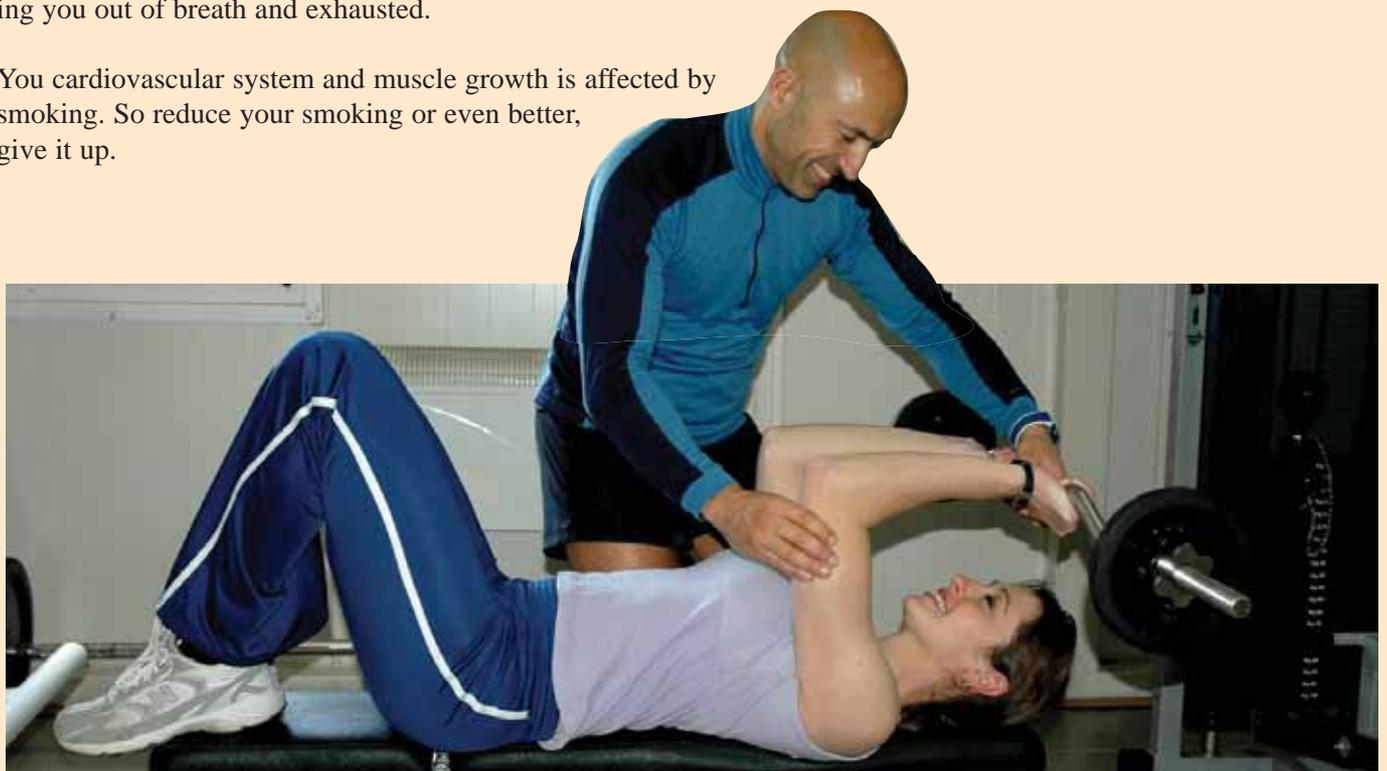
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**"muscles grow when they rest,"** so give them a rest every now and then.

All disciplines are vital for both losing weight and muscle building. Train cardio and weight exercises.

When running, you should start and finish gently, your heart will thank you for that. And be careful not to overdo it if you are not an expert athlete. A moderate training improves your condition considerably without ending up making you out of breath and exhausted.

Your cardiovascular system and muscle growth is affected by smoking. So reduce your smoking or even better, give it up.



## CARDIO

People become obsessed by muscle building and tend to forget cardio. This is a big mistake. Your muscles will become larger if your cardiovascular system is trained and vice versa.

As I explained in the Chronicle March edition, **if you mainly want to lose fat** (this does not mean that this method does not improve you cardiovascular system) a 1hour-60% heart rate cardio exercise (aerobic) is the best way to do it. There is a common thought that the faster and stronger a run is performed the more fat is consumed. On the contrary, when accomplishing this method the human body reserves carbohydrates to a fast sudden exercise, and then slowly and gradually consumes fat. (If you don't have 1h you can try different intensive routines for shorter time to get the same effects)

**If you want to improve your cardiovascular system's condition** you may run at higher speed - heart rate 70 to 95% of your maximum (anaerobic) or add to your current fat burning routines sudden changes of intensity. That will make the difference. **You should take into account that this exercise makes body start consuming fat after approx. 30-35 minutes.**

Body water loss deeply affects the ability to perform and could be dangerous while training. It is good to drink 500-600 ml prior to (40-45 min) training, 150-300ml every 15 min (for long exercises) and drink any isotonic beverage as soon as you finish the exercise.



# Germans Scored 3 Goals against Professionals

Text by Major Heimo Gruber, AUSA  
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Hundreds of spectators came to see German KFOR playing soccer against the professional team of 'Liria Prizren'. Despite the 7:3 defeat, it was the best result so far against Liria who are currently number 3 in Kosovo's Soccer League.

On May 9th, German KFOR in Prizren organized a friendly soccer match with the local club of 'Liria Prizren', one of Kosovo's top teams. Before the match, a local dancing group performed on the soccer field and children could take part in games. The weather as well as the atmosphere was great and the event attracted about 400 spectators.

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Mess with the best - 7:3 against professionals is a respectable result



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Balancing glasses on their heads should keep teenagers away from drinking

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After several contacts with the spokeswoman for the school, we arranged to deliver the furniture on May 11. A real recon had to be done because the road to the school was so narrow, we couldn't use the big trucks. Lucky for us, we had small trucks too.

We had to unload everything from the containers to the smaller trucks. No problem; our personnel was keen on the mission because they knew it was for a good cause.

Arriving at the school in the early morning of May 11 was a moment we would never forget. All the kids and teachers were waiting for us to help to empty the trucks. The smiles on their faces were unerasable. A classroom was furnished and the children immediately started with their next class.

We would like to thank everyone who made it possible for us to participate in this mission. Not only the hearts of the children we helped, beating faster by the sight of the furniture they will use for years to come, but also my personnel and myself were very moved by seeing the happiness in everyone's eyes.



**The students in Mitrovica were keen to refurnish their classrooms with the furniture shipped from Belgium**



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"I want to die peacefully in my sleep like my grandfather.  
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A couple of New Jersey hunters are out in the woods when one of them falls to the ground. He doesn't seem to be breathing, his eyes are rolled back in his head. The other guy whips out his cell phone and calls the emergency services. He gasps to the operator: "My friend is dead! What can I do?" The operator, in a calm soothing voice says: "Just take it easy. I can help. First, let's make sure he's dead." There is a silence, then a shot is heard. The guy's voice comes back on the line. He says: "OK, now what?"

### **Murphy's Combat Laws**

- Never forget that your weapon was made by the lowest bidder.
- If your attack is going really well, it's an ambush.
- Teamwork is essential; it gives the enemy other people to shoot at.
- When you have secured the area, make sure the enemy knows it too.
- Whenever you lose contact with the enemy, look behind you.
- The most dangerous thing in the combat zone is an officer with a map.

### **Army Evaluation Report**

The following are actual phrases taken from Military Evaluation Reports...

- His men would follow him anywhere, but only out of curiosity.
- This Medical Officer has used my ship to carry his genitals from port to port, and my officers to carry him from bar to bar.
- This Officer should go far - and the sooner he starts, the better.
- The only ship I would recommend this man for is citizenship.

### **The Bat Bet**

Once there were three bats. They lived in a cave surrounded by three castles. One night the bats made a bet to see who could drink the most blood.

The first bat comes home one night and has blood dripping off his fangs. The other two bats are amazed and asked how much blood he had drunk.

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A scientist and a philosopher were being chased by a hungry lion. The scientist made some quick calculations, he said "it's no good trying to outrun it, its catching up".

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### **New submarine Ensign (young officer)**

The new Ensign was assigned to subs, where he'd dreamed of working since a young boy.

He was trying to impress the Master Chief with his expertise learned in Submarine School.

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**Name:** Daniel GAMPER  
**Rank:** Staff Sergeant  
**Nation:** Austria  
**Unit in KFOR:** HQ Manoeuvre Battalion Dulje, Camp Casablanca, Suva Reka  
**Unit in Austria:** HQCoy/HQBattalion/6th InfBrigade

**About the mission:**

I'm happy to join this mission in Kosovo. My job allows me to supply my comrades to do their job as peacekeepers as well as possible. Since my first mission 1999-2000 this country and its inhabitants have become more peaceful and they have got much better living conditions.

**Family reaction:**

It's my third mission. My family is on my side and supports me during this time here.

**Plans after the mission:**

After leaving this mission I will serve in my training unit as a platoon leader. Next year I'd like to serve as a volunteer in a UN-mission in the Middle East.



**Name:** Emirbey Bahsiyev  
**Rank:** Captain, AZE Army  
**Home Unit:** Azerbaijan Peacekeeping Forces  
**Unit in KFOR:** TU/AZE MECH INF COY, TF DRAGASH  
**Position:** Azerbaijan Contingent Commander  
**Where I am from:** City of Baku, Republic of Azerbaijan

**About the mission:** For me it is a great honor to serve with 36 KFOR nations. I am gaining some very valuable experience during my mission in Kosovo and I am open to sharing my military knowledge as well.

**Family reaction:** I am married since 1992. My son is 14 years old and my daughter is 12. My wife gives me all her support and takes good care of our family during my absence.

**Plans after the mission:** Come back to my unit and continue my military career, sharing my experience with colleagues in the Azerbaijan Armed Forces.



**Name:** Rolando Batalla  
**Rank:** Major, ARG Navy  
**Home Unit:** Destroyer A.R.A. "Almirante Brown" (Warship from Argentinean Navy)  
**Unit in KFOR:** J4  
**Position:** JLCC JOC LOG OPS

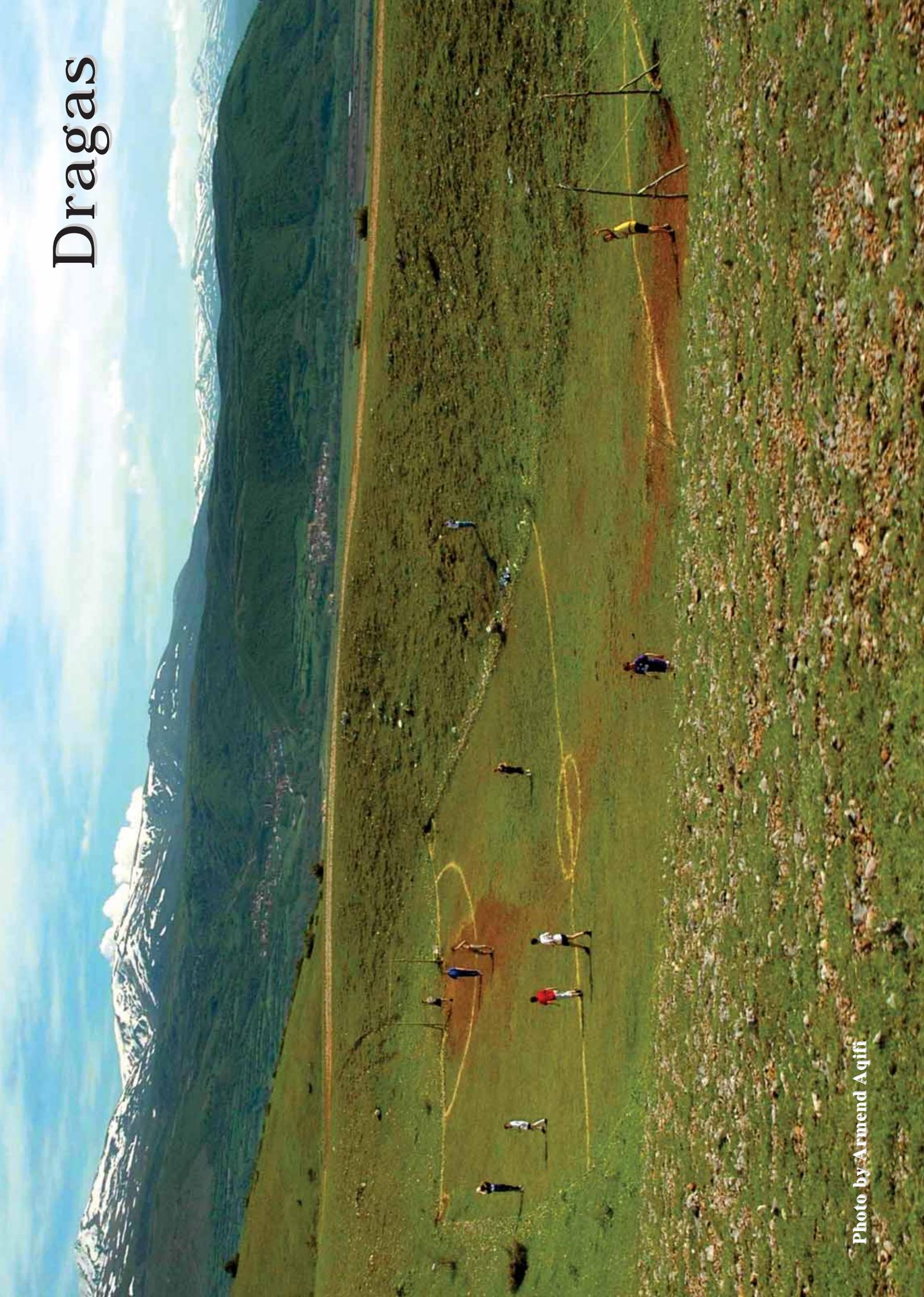
**Where I am from:** I live in the city of Bahia Blanca, which is in the south of the county Buenos Aires, Argentina.

**About the mission:** This is my first time in this kind of mission. I really believe that this is a special opportunity which allows me to acquire professional experience and interact with military people from other nations and cultures.

**Plans after the mission:** I want to spend all my free time with my family to try to recover that time that we were separate. I will take the opportunity to thank my wife Cecilia and my daughter Valentina for their support that, day by day, they give me to carry this mission ahead.



# Dragas



# Lourdes, France

## "Keep Your Lamps Lit"

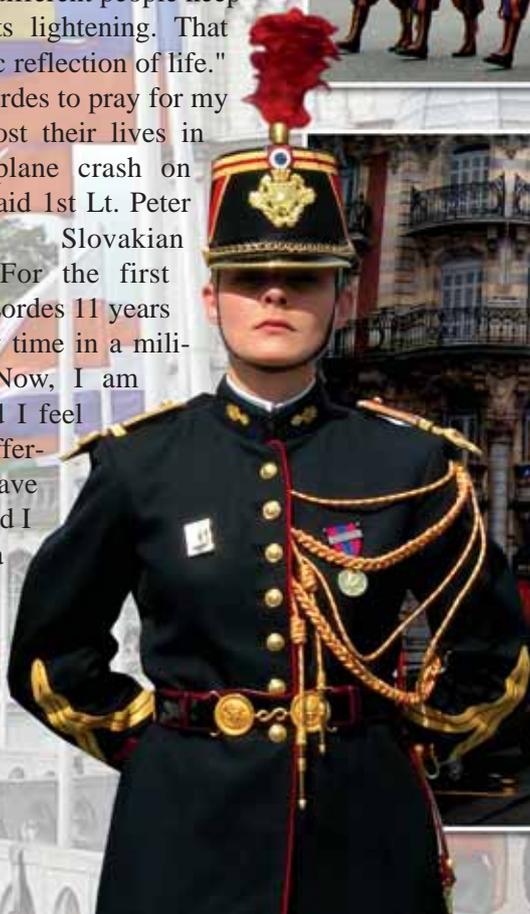


"This is a place where it's so easy to pray and to be in touch with something greater than myself".

"Most of all I was impressed while participating in the Torchlight Marian Procession," said Chaplain Sommers.

"Each person held a small candle in their hand, which has a protective collar. As the day came to end, we discovered the faces of our neighbors are illuminated by the light of this simple candle. We found that their faces became more beautiful. Following their way, pilgrims were passing many different people keeping their lights lightening. That was a symbolic reflection of life."

"I came to Lourdes to pray for my friends who lost their lives in the military plane crash on January 19," said 1st Lt. Peter Sudimak, Slovakian Contingent. "For the first time I was in Lorges 11 years ago during my time in a military school. Now, I am here again and I feel like a very different person. I have got a family and I have got a responsibility for my life and for the lives of my soldiers."



# Rugova Canyon

*Text by 1st LT Maksym Nedria,  
Ukrainian Army  
Photos by Armend Aqifi*

Crossing the town of Pec/Peje to west, one comes into the one of the most beautiful places of Kosovo, as well wild as charming, Rugova Canyon (Rugova Valley).

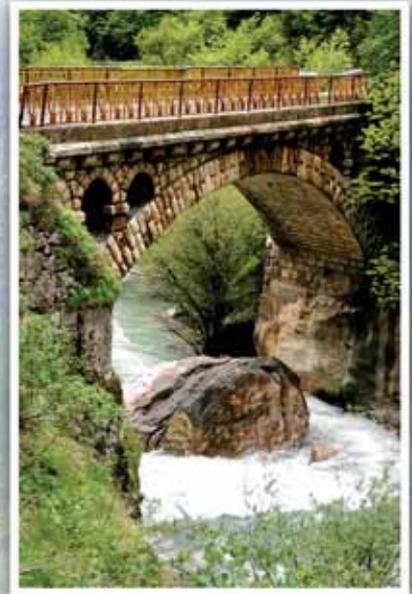
The mountainous region is situated up from the Pec/Peje Monastery to Qakorr Pass. The river Pecka Bistrica divides the area in two parts, creating a small valley and running into Rugova Canyon.

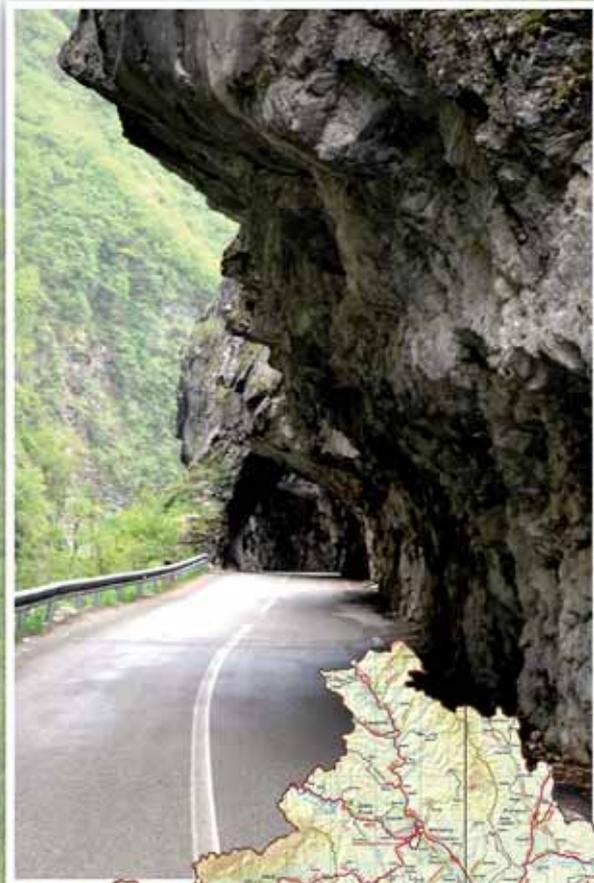
The lofty rocks of the canyon turn the sky into a narrow strip of blue and caves with tunnels invite people to explore its deep magic. Upon getting the first amazing impression of the place, people can enjoy the view of picturesque waterfalls that join each

other in an impetuous river running along the road from somewhere in the mountains.

The canyon reveals its amenities step by step, keeping you in wonder. This is an area with a very valuable natural environment that introduces different types of landscape. The natural geographical and geo-cultural attributes of the Rugova Valley present potential resources for the development of tourism and recreation in the area.

The Rugova Valley has a wet continental climate with mountain effects of short hot summers but long cold winters. The area has an impressive amount of flora and fauna. Typical of a mountain environment, its climate and vegetation give the region a special nature beauty.





# The DANCON March

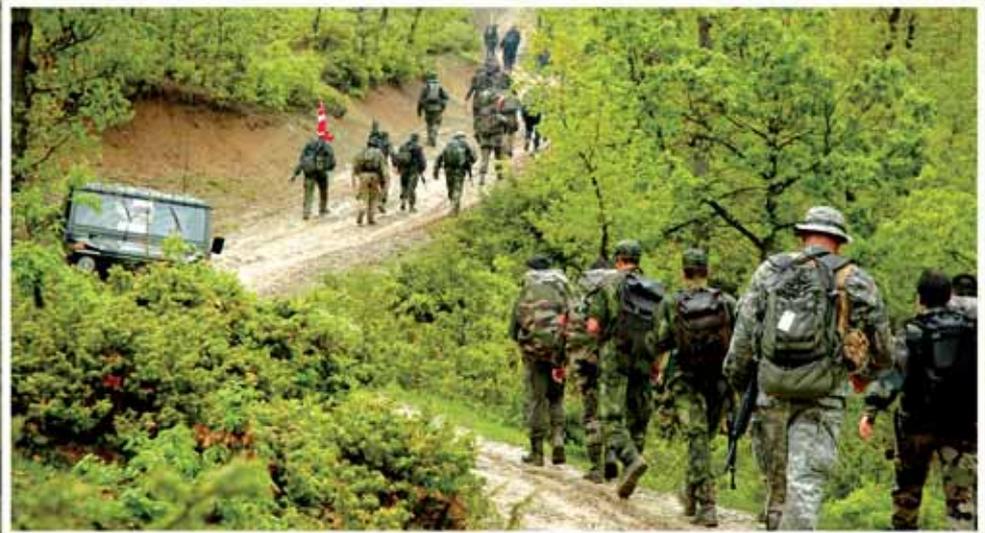
*Text by Major Heimo Gruber, AUSA  
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The legendary DANCON March in the Mitrovica region attracted more than 1000 international participants who defeated rain, cold, mud and 25.2 km through rough terrain.

The 1078 women and men determined to face the challenge of the 25.2 km track with an additional 10 kg of weight deserved better weather conditions. But the cold rain could not break their motivation or their spirit and so the sporty crowd streamed out of Camp Olaf Rye at 08:30 hrs May 7, many of them even running right from the start.

After marching on the main road for the first 6 kilometers, the track ran into the green hills west of Mitrovica. At kilometer 14, a steep and muddy ascent had the heart rate of many going through the roof - meaning 190 beats per minute or more. Needless to mention, everyone was soaking wet after the first 2 hours.

French Corporal Stephane Boyer impressed all with an incredible finishing time of 2:12:32 - that's an average speed of 11.4 km/h. He was followed by Lt Matteo Boschian Bailo (Italy) and Finn Christensen representing the Danish contingent who had perfectly organized this popular event. The hosts provided water, fruits, sandwiches, changing rooms and extended opening hours of the dining hall to help the exhausted athletes to refresh and regenerate. All participants were awarded with medal and diploma, which they really did not get for just a walk in the park.



The slower you march, the longer you can enjoy the beautiful surrounding...



Men are different - some of them seem to enjoy pain...





London-Paris-Mitrovica: 'First Face'  
spring 2006



*'We are red, we are white, we are Danish dynamite' -  
after 12 kilometers (almost) no visible exhaustion*



Unimpressed by the MP chasing him the American makes his way up the hill



# Rain, Mud and 1078 Winners

Exactly 1078 participants sacrificed their Sunday to take part in the popular DANCON March



# Working Out with

Major Javier Laguna studied physiotherapy and osteopathy at Madrid University.



## Introduction

There are many of us who ask, "What can I do to get rid of this belly? - What exercises should I do to get fit for the summer?"

I tend to answer that, when it comes to fitness, everything must be taken very easy. Intense weight loss is not good for either your entire body or your health. Furthermore, an intense workout will surely result in awful injuries.

Try not to be among those who take up exercising just for the sake of not being embarrassed when they take off their T-shirts in the summer, and train regularly the whole year long.

Along with coordination and muscles tone, you lifestyle (mood, sleep, sex) will also change for the better.

## Weight training

If you want to do weight training, three times per week could be a good start. After training a muscular group (pectorals, biceps, legs, etc) leave at least 48 hour before you train on the same muscle again to allow muscles to grow and recuperate.

If you want to train more or you are already an expert, rest at least one day per week.

## Cardio

You may do cardio fitness alone or after exercising with weights. (You will be weaker if you do it the other way round). Walking, cycling, stepping or jogging could be some of the many choices.

If you are a beginner or a moderate trainee or your cardio is interval training, do it once per week. If your training is less intense, you can do it 2 or 3 times per week.



## IMPORTANT REMARKS

Warming up becomes essential prior to good training. 5/10 min of jogging or cycling plus some warming up of the day's specific muscles and joints is a must. It should also be comprised of some stretching and joint warm-ups.

You will best benefit from your weight lifting exercises if you **concentrate** psychologically and emotionally on them.

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When training with weights, **tighten your abdominals to protect your back and help with your workout.** The muscles involved in your workout will be supported and therefore, they can be built almost twice as much as the same exercise with loose Abs. **Do not tuck in your chin or neck, as your upper back muscles may be injured.**

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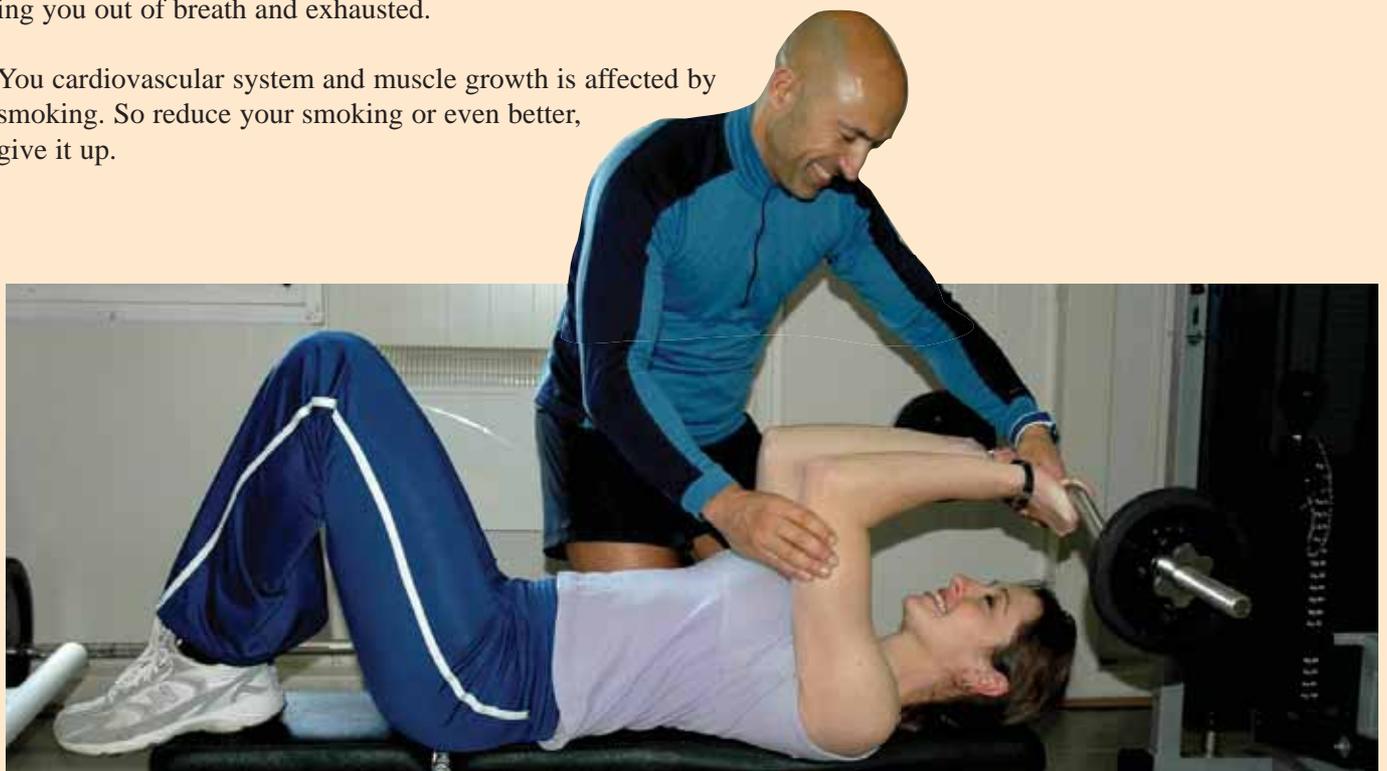
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**Nation:** Austria  
**Unit in KFOR:** HQ Manoeuvre Battalion Dulje, Camp Casablanca, Suva Reka  
**Unit in Austria:** HQCoy/HQBattalion/6th InfBrigade

**About the mission:**  
 I'm happy to join this mission in Kosovo. My job allows me to supply my comrades to do their job as peacekeepers as well as possible. Since my first mission 1999-2000 this country and its inhabitants have become more peaceful and they have got much better living conditions.

**Family reaction:**  
 It's my third mission. My family is on my side and supports me during this time here.

**Plans after the mission:**  
 After leaving this mission I will serve in my training unit as a platoon leader. Next year I'd like to serve as a volunteer in a UN-mission in the Middle East.



**Name:** Emirbey Bahsiyev  
**Rank:** Captain, AZE Army  
**Home Unit:** Azerbaijan Peacekeeping Forces  
**Unit in KFOR:** TU/AZE MECH INF COY, TF DRAGASH  
**Position:** Azerbaijan Contingent Commander  
**Where I am from:** City of Baku, Republic of Azerbaijan

**About the mission:** For me it is a great honor to serve with 36 KFOR nations. I am gaining some very valuable experience during my mission in Kosovo and I am open to sharing my military knowledge as well.

**Family reaction:** I am married since 1992. My son is 14 years old and my daughter is 12. My wife gives me all her support and takes good care of our family during my absence.

**Plans after the mission:** Come back to my unit and continue my military career, sharing my experience with colleagues in the Azerbaijan Armed Forces.



**Name:** Rolando Batalla  
**Rank:** Major, ARG Navy  
**Home Unit:** Destroyer A.R.A. "Almirante Brown" (Warship from Argentinean Navy)  
**Unit in KFOR:** J4  
**Position:** JLCC JOC LOG OPS

**Where I am from:** I live in the city of Bahia Blanca, which is in the south of the county Buenos Aires, Argentina.

**About the mission:** This is my first time in this kind of mission. I really believe that this is a special opportunity which allows me to acquire professional experience and interact with military people from other nations and cultures.

**Plans after the mission:** I want to spend all my free time with my family to try to recover that time that we were separate. I will take the opportunity to thank my wife Cecilia and my daughter Valentina for their support that, day by day, they give me to carry this mission ahead.



# Dragas

