

KFOR CHRONICLE

November 1, 2007

Edition 10



Road Traffic Accidents

Kosovo Force soldiers are in a continual battle with an enemy that doesn't carry any weapons.

That enemy had killed two Spanish and one American soldier in the past two months. The enemy is road traffic accidents.

As KFOR members, we often have duties that require us to travel in vehicles through out Kosovo. As you all know the roads here can be a dangerous place. Some RTAs may be un-avoidable, and it is important to take steps to make sure we lessen our chances of becoming victims.

Always follow the rules of KFOR Standard Operating Procedure 4050, Annex G. It gives the speed limit of 80 KPH for wheeled vehicles on main supply routes in rural areas, 40 KPH on main supply roads in urban areas and 60 KPH for all vehicles on secondary routes.

These are speed limits, not speed minimums. It's acceptable to drive slower than the speed limit, especially when conditions are less than perfect. Speed limits are the maximum safe speed on a road during ideal conditions. Weather, the amount of traffic and the time of day, will all change the driving conditions and so your speed.

Our RTA enemy has taken three soldiers from us recently, and that is three too many.

Please be safe and keep each other safe!

Brigadier General William T. Wolf
Chief of Staff KFOR



KFOR CHRONICLE



Cover photo by
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Sweden

MNTE (N)

France
Belgium
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Luxembourg
Morocco
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Azerbaijan
Bulgaria
Georgia
Switzerland
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Hungary
Romania
Slovenia
Spain

MNTE (E)

United States of America
Armenia
Greece
Lithuania
Poland
Romania
Ukraine



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MNTF North Gets

*Story by OR-6 Jason Smith, U.S. Air Force
Photos by CCT*

Brigadier General Olivier Jumelet accepted command of Multi-National Task Force North from Brigadier General Eric Arnaud in a transfer-of-authority ceremony Oct. 4, 2007, which was attended by Commander Kosovo Force Lieutenant General Xavier de Marnhac.

General Jumelet said it is a great honor for him to accept the command of troops from Denmark, Greece, Morocco, Belgium, Estonia, Luxembourg, Spain and France.

"I know I can rely on your professionalism, on your straight behavior, on your determination, on your impartiality and your deep respect for human life," said General Jumelet during his speech at the ceremony.

In his speech, General de Marnhac said General Jumelet faces a tour during a critical time in Kosovo's history. He also said that General Arnaud had a successful tour.

"General Arnaud has provided outstanding leadership for this task force during the past four months," said General de Marnhac. "Though I have not been here for that whole period, I know from my discussions with General Kather (former COMKFOR) and from my own personal knowledge of General Arnaud that he is a leader of the highest character. I know that he understood what was needed in the (area of responsibility), and he did an outstanding job of leading the task force in that direction."

After complimenting the work of General Arnaud, General de Marnhac welcomed General Jumelet. COMKFOR told General Jumelet that the job of MNTF N is not complete, and he is counting on General Jumelet to take the lead.



New Commander



"Now it is up to you to take the lead, as MNTF N moves forward, operating in this crucial time of utmost importance and interest for the international community and for all the people of Kosovo," said General de Marnhac. "Furthermore, you must advance the progress made with respect to close cooperation with (United Nations Mission in Kosovo), the (Provisional Institutions of Self Government), and in particular, the regional and local authorities, in order to help build self confidence in their ability to gradually take over responsibilities currently in the hands of the international community and KFOR."

Near the end of the ceremony, General de Marnhac told the new commander and all of the soldiers in attendance to

remember the motto, "Peace with Determination."

MNTF N's main mission is to establish and maintain a safe and secure environment. To accomplish this, the task force must provide patrols and checkpoints, gather intelligence and maintain communication with the population, in addition to many other duties.





On Tour wit



Trilateral Meeting

OCT 1

Commander Kosovo Force Lieutenant General Xavier de Marnhac took part in a trilateral meeting with Special Representative of the UN Secretary General Joachim Rucker and Kosovo Prime Minister Agim Ceku.



COMKFOR's visit to MNTF E

OCT 1

During his visit to Multi-National Task Force East, COMKFOR General de Marnhac visited the primary school in Kisno Polje/Kishnapole.



Visit to MNTF W

OCT 2

COMKFOR General de Marnhac made a visit to Multi-National Task Force West and took part in a short lecture in the primary school "Vaso Pashë Shkodrani" organized to increase the awareness of the children in the environment, school, and protection of nature for a clean environment and forests.



TOA MNTF N

OCT 4

COMKFOR General de Marnhac attended the transfer-of-authority ceremony of Multi-National Task Force North in Novo Selo/Novo Sellë. Brigadier General Olivier Jumelet accepted command of MNTF North from Brigadier General Eric Arnaud.



Visit to the municipality of Gnjilane/Gjilan **OCT 9**

COMKFOR General de Marnhac made a visit to the village Partes/Paresh, at the market near the Orthodox Church "Saint Nicola" and met with the Mayor of Gnjilane/Gjilan, heads of consultant groups at the Municipal Council, as well as leaders of Kosovo Protection Service, Kosovo Protection Corps and others.

h COMKFOR



COM JFC Naples/ESDP meeting

OCT 11

COMKFOR General de Marnhac met with Commander Joint Forces Command Admiral Harry G. Ulrich III and the head of the European Security and Defence Policy Yves de Kermabon during their visits to the Headquarters KFOR.



Head of OSCE Mission in Kosovo visit

OCT 15

COMKFOR General de Marnhac met with Tim Guldemann, the new head of the Organization for Security and Cooperation in Europe Mission in Kosovo, at HQ KFOR.



NATO Military Committee visits the HQ KFOR

OCT 18

COMKFOR General de Marnhac met with representatives of the NATO Military Committee at HQ, Camp Film City, Pristina/Prishtine.



TOA ceremony in MNTF West

OCT 23

The transfer-of-authority ceremony of Multi-National Task Force West took place at Camp Villaggio Italia. COMKFOR General de Marnhac handed over command from Brigadier General Antonio Venci to Brigadier General Nicolo Falsaperma.



Austrian delegation visit

OCT 23

COMKFOR General de Marnhac had a meeting with Lieutenant General Günther Höfler, Commander Austrian Joint Force Command, and representatives of the Austrian Parliament. General de Marnhac gave a situational update on the Kosovo issues during his briefing in HQ KFOR.



34 Nations Un

Story by OR-6 Jason Smith, U.S. Air Force
Photos by Armend Aqifi

Military professionals from 34 nations work, live and socialize together every day at a small camp on the west side of Kosovo's capital city.

Camp Film City, which houses Headquarters Kosovo Force, was established in June 1999 as NATO took the lead in establishing a peacekeeping operation in support of wider international efforts to build peace and stability in the contested province, according to the NATO Web site.

Kosovo is in southern Serbia, and its population consists of mainly ethnic Albanians, according to the site. In 1989 Serbian leader Slobodan Milosevic removed Kosovo's autonomy and brought the region under the direct control of Serbia's capital, Belgrade. A conflict ensued.

In the beginning of 1999, according to the NATO site, tensions flared and acts of provocation occurred on both sides. The Serbian Army and Special Police were accused of using disproportionate force. In mid-January, the Serbian offensive against Kosovar Albanians escalated.

In March 1999, according U.S. Air Force Pamphlet 36-2241, talks for stability in the region broke down. NATO forces began air strikes against Serbia on March 24, 1999, naming the campaign Operation Allied Force. After 78 days and 38,000 sorties, Serbian forces began leaving Kosovo.

A NATO peacekeeping force commanded by British General Mike Jackson, beginning entering Kosovo in June of 1999, according the Wikipedia Web site. British, French, German, Italian and United States and Greek forces were among the first in the area. Also in June, United Nations Security Council Resolution 1244 was adopted. The resolution, among other things, places Kosovo under interim UN administration, authorizes a NATO-led peacekeeping force in Kosovo, directs United Nations Mission in Kosovo to establish provisional institutions of local self-government in Kosovo and authorizes the UN to facilitate a political process to determine Kosovo's future status. At its peak, according to the NATO Web site, KFOR consisted of more than 50,000 peacekeepers.

The Kosovo area was described as relatively stable until events unfolded in the spring 2004, according to Wikipedia, although repeated attacks on Serbian Orthodox churches, shrines and cultural monuments continued to occur. On March 15, 2004, an 18-year-old Serb was killed in a drive-by shooting. The next day, three Albanian children drowned in the Ibar River. These incidents are believed to have sparked the next day's events.



der one Roof



On March 17, thousands of Kosovo Albanians took to the street on the south end of the bridge crossing the Ibar River in Mitrovica/Mitrovice. A large Serb crowd gathered on the north side of the bridge. Gun fire erupted. The violence continued the next day, spreading into other areas of Kosovo. Kosovo Serb communities and religious symbols were attacked, according to Wikipedia. When the violence stopped, UN Spokesperson Isabella Karlowitz said in the Wikipedia article, that 110 houses and 16 churches were destroyed. She also reported that 3,600 people, mostly Serbs, were homeless because of the violence.

Kosovo has again remained relatively stable since the 2004 riots. In late 2005, the political process to determine Kosovo's future status began, according to Wikipedia. Former Finnish President Martti Ahtisaari, as the UN Special Envoy, presented a plan that recommended supervised independence for Kosovo. The Security Council discarded a draft resolution backing Ahtisaari's plan in July 2007 because it failed to secure Russian backing.

Recently, officials from Belgrade and Pristina/Prishtine have been involved in direct talks to settle the status of Kosovo. Pristina/Prishtine demands independence, a term which Belgrade won't accept. At the same time, an international Contact Group set up a diplomatic troika in August 2007 to try to status the Kosovo status issue. The Contact Group has a 120-day deadline to offer the UN a report on the status. The deadline for the report is Dec. 10.

Today, more than eight years after the 1999 air campaign, HQ KFOR is responsible to support



five multi-national tasks forces in Kosovo. Under the command of French Lieutenant General Xavier de Marnhac, KFOR's approximately 16,000 troops guarantee security and stability in Kosovo while United Nations representatives work to solve the status of Kosovo as an independent nation or an area of Serbia.

Representatives from Armenia, Austria, Azerbaijan, Belgium, Bulgaria, the Czech Republic, Denmark, Estonia, Finland, France, Georgia, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Morocco, the Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey, the Ukraine, the United Kingdom and the United States can all be found in KFOR.





Story by OR-6 Jason Smith,
U.S. Air Force
Photos by CCT

St. Michael Watch

fight by killing the dragon that represented Satan, according to French Lt. Col. Marc Forterre.

"He was chosen by the paratroopers because of the example that he provides them with and because of the values of courage and fighting up to the completion of the mission that are the main characteristics of the French Airborne troops," said Colonel Forterre. "This is the reason why we honor him and all of our fallen comrades with a Mass."

Following the religious service, the paratroopers of many nations gathered for a dinner. Colonel Forterre said there is no particular food specific to this celebration, but typically the meal is better than usual, and champagne is the drink of choice.

"The peculiarity of this meal is more in the fact that we would sing some old French soldiers' songs throughout the whole dinner and very late into the night," said Colonel Forterre. "Singing is one of the main drivers of unit cohesion in the French Army."

The French contingent organized the events for

St. Michael Feast Day, although it is a multi-national holiday. Italian parachutist, OR-9 Alessio Palma, said in Italy, he would celebrate the Celebration of St. Michael in the same way as it was celebrated here.

"We celebrate it in a national way in Livorno City situated in the Tuscany Region," said OR-9 Palma. "Tuscany hosts the Italian Paratrooper Brigade and all paratrooper regiments."

Colonel Forterre, the father of five children, said he misses his family, and he knows his wife has her hands full at home. But, this day reminds him of the reasons why he joined the French Army. During the celebration, the colonel was motivated by one particular prayer.

"The prayer was found on the body of a young French officer, 2nd Lt. Zirnhel, in 1942, in the desert of Lybia," said Colonel Forterre. "He was an officer from the French SAS, fighting alongside the British SAS."

Saint Michael Feast Day was celebrated at Camp Film City Sept. 29 with a Mass at the Multi-Religious Facility and a dinner at the French National Support Element.

St. Michael was chosen to be the protector of all French Airborne troops because he climbed down from the sky and fought against evil, winning his



ing Over Paratroopers



*"God, I am addressing to Thee because
Thy give only what can be obtained from ourselves
Please, God, give me what is left to Thee
Give me what is never asked from Thee.*

*I do not ask for wealth
I do not ask neither for success, nor for health.
Because I know God, that this is what is asked from Thee the
most.
And Thy might probably have run out of such things.*

*God give me what is left
Give me what others would refuse.
I want insecurity and worries
I want torment and fight
And please God, give them to me
Up to my very last day.*

*May I be sure to have them always
Because one day will come where I will lack the courage
To ask them from Thee.*

*Give me God, what is left
Give me what others do not want
But give me courage as well
And strength and faith.*

*Because Thy are the only one that can give
What can only be obtained from deep inside ourselves.*

*Eterno immenso Iddio,
che creasti gli eterni spazi e ne misurasti le misteriose
profondità,
guarda benigno a noi, Paracadutisti d'Italia,
che nell'adempimento del nostro dovere,
balzando dai nostri apparecchi,
ci lanciamo nella vastità dei cieli.
Manda l'Arcangelo S.Michele a nostro custode:
guida e proteggi l'ardimentoso volo.*

*Candida come la seta del paracadute
sia sempre la nostra fede
e indomito il coraggio.*

La nostra giovane vita è tua o Signore!

Se è scritto che cadiamo, sia!

*Ma da ogni goccia del nostro sangue
sorgano gagliardi figli e fratelli innumeri,
orgogliosi del nostro passato,
sempre degni del nostro immancabile avvenire.*

*Benedici, o Signore,
la Patria, le famiglie, i nostri cari
per loro, nell'alba e nel tramonto,
sempre la nostra vita!*

E per noi, o Signore, il tuo glorificante sorriso.

Così sia.

'Trick-or-treating' Only for Some Nations

Story by OR-6 Jason Smith, U.S Air Force

For one night each year, demons, ghosts, monsters and creatures of all types roaming the streets demanding candy is acceptable; that is of course, as long as it's on Halloween.

Sources vary greatly on the origins of this holiday, but many agree that the earliest roots of Halloween can be traced to the Pagan festival of Samhain celebrated among the Celts of Ireland and Great Britain possibly around 400 B.C.

According the American Catholic Organization Web page, Celts believed the souls of the dead, to include ghosts, goblins and witches, returned to Earth to mingle with the living. The Celts would wear masks and light bonfires on Samhain in order to scare away the evil spirits.

When the Romans conquered the Celts, according to the Catholic page, the Romans added some of their own traditions to Samhain including bobbing for apples. The Christian aspect of Halloween didn't come into play until 835 when Pope Gregory IV moved the celebration for all martyrs from May 13 to Nov. 1.

Later, the Church named the Nov. 1 martyr celebration as All Saints' Day. Halloween, which comes from "All-hallow-even," which is "All Hallows' Day" or "All Saints' Day," became the accepted term of the holiday, according to the Wikipedia Web site.

Different cultures celebrate Halloween differently as traditions are passed down and changed over time. Many countries don't celebrate the holiday at all. At Camp Film City, people from 34 nations will be together for Oct. 31, and among those who celebrate are the British and Germans.

"Most people decorate their houses, maybe with scary things and fake cobwebs," said OR-6 Lee Jenkinson of the British Air Force. "The kids make masks at school and they wear them on Halloween. They can wear whatever costume they want, but they usually pick a ghoul or something scary."

At night, kids dawn their costumes and go "trick-or-treating" in Great Britain, as happens in other countries as well. OR-6

Jenkinson says kids in costumes go to different houses and receive treats or candy. He said a lot of people decorate their hallways to make the experience more enjoyable for trick-or-treaters.

OR-6 Jenkinson said many adults dress in costume for Halloween as well.

"If it falls on a weekend, the pubs will have

some special parties," said OR-6 Jenkinson. "They'll have specials on 'Bloody Mary' drinks and things like that."

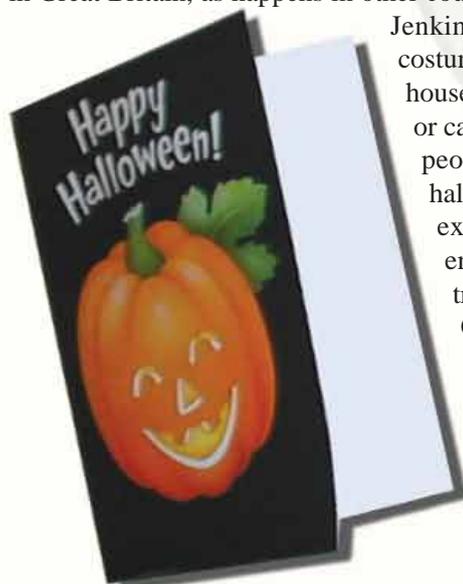
In Germany, the celebration is rather new. OR-8 Ingo Strake said the idea has only come about over the last few years, but it is getting bigger each year.

"It's a very new habit," said OR-8 Stracke. "Kids are running around trying to scare people and trying to get sweets."

A more traditional holiday that is still celebrated in some areas of Germany is called Martinssinger. Without any costumes, kids ring doorbells and sing songs to get candy, said OR-8 Strake. The holiday falls on Nov. 10 each year. Going door-to-door asking for treats is representative of children begging their neighbors for food to have enough to survive the harsh winter in times past.

In the areas of Germany where the new Halloween-type celebrations occur, like in Great Britain, kids dawn costumes. OR-8 Strake said the costume of choice is usually something scary.

"It depends on what is popular at the time," said OR-8 Strake. "It's typically something to scare people, but over the last year, I've seen more Harry Potters than ever before."



Radio K4

*Story by Maj. Ewald Klinger
Austrian Army
Photos by Naim Shala*

At the beginning, Radio K4 was transmitted only at the Pristina/Prishtine region. Since spring 2007, Radio K4 can be reached by listeners throughout all of Kosovo.

Two programs with an identical content are broadcasted 24 hours-a-day, seven-days-a-week, and produced in two studios; one for Albanian and one for Serbian language. From 7 a.m.-11 p.m., an announcer is live on air. During the night hours, a music mix is transmitted.

But why should Kosovo Force soldiers listen to a radio station, which doesn't broadcast in English language?

Radio K4 has no commercials, a lot of music with a wide range from folk to rock, from blues to hip hop, with the main target group of listeners from 20-40 years of age. During open-line radio shows, it is possible to customize the show via e-mail or SMS.

The main goal of this radio station is to inform the people in Kosovo. Main topics are the role of KFOR in Kosovo, the safe and secure environment and the possible bright future of Kosovo. It is even possible to have a live transmission from the scene of action. Local news and news of the world are available each hour during live broadcasts.

If you drive in your car, RDS always tracks the best available frequency. Radio K4 frequencies throughout Kosovo are 90.2, 96.6, 93.4, 100.8, 98.2, 99.2.

In June 2007, students made a public-opinion poll on Radio K4 in Kosovo with the following result: Radio K4 is the number two Albanian radio station and number one Serbian radio station as well as the most reliable media in Kosovo.

So tune in to 90.2 and enjoy Radio K4!



Transfer of Authority C

*Text by Captain Valerii Petrushka,
Ukrainian Army
Photos by Armend Aqifi*

A transfer-of-authority ceremony took place at Multi-National Task Force West, Oct. 23 in Camp Villaggio Italia, Pec/Pejë.

During the ceremony, Brigadier General Nicolo Falsaperna replaced Brigadier General Antonio Venci as MNTF W commander.

The ceremony was presided over by Commander Kosovo Force Lieutenant General Xavier de Marnhac and Italian Joint Operation Headquarters Commander Lieutenant General Mauro del Vecchio. Representatives from different national KFOR contingents and international and local civilian authorities were present at the ceremony.

At the beginning of the day, the weather was cold and rainy. It was like a usual autumn day in Kosovo. When the TOA started at about noon, the rain stopped and the wind blew softly.

Surrounded by light fog, officers, NCOs and soldiers from Italy, Romania, Slovenia, Hungary and Spain occupied the fixed positions on the

parade square. All servicemembers from the different nationalities awaited the new commander anxiously. They were prepared to say 'goodbye' to the outgoing MNTF W commander and greet the incoming commander.

Outgoing MNTF W commander General Venci said in his farewell speech that the last six months have been a great time to see soldiers from different nations work together like one man for a safe and secure environment in Kosovo. He thanked the soldiers for their hard work, and he appreciated their high motivation and their multi-national comradeship during their mission in Kosovo. COMKFOR General de Marnhac thanked the outgoing MNTF W commander and his soldiers for the work well done.

"General Venci provided excellent leadership for this task force during the past six months," said



eremony in MNTF West



General de Marnhac. "In the short time I have worked with him, it was obvious that he is a great leader. Thank you soldiers of MNTF W for your great work."

Six months after General Venci assumed command, his subordinates did their peacekeeping job very well. MNTF W has contributed to the KFOR mission by maintaining and establishing a safe and secure environment, stability and freedom of movement, engaging to improve the economical and social conditions to encourage the reconstruction of mutual tolerance and democratic common life climate, performed patrols, manned checkpoints and also a lot of different tasks in their area of responsibility.

"General Falsaperna, welcome to the KFOR family. Welcome on board," said General de

Marnhac, welcoming the incoming commander. "You must continue to do everything possible to support the people of Kosovo on their way to a prosperous future."

After the change of the symbolic flag between both generals, the new commander, General Falsaperna said in his speech to the troops, "I am privileged to serve as Commander in the KFOR family, and I feel deep pride in soldiers who live and operate here. I'd like to move on, as this is the requirement of a clever and constant effort of the commanders at any level in order to ensure a safe and secure environment for everybody in Kosovo, no matter what gender, religion or ethnic background."

After that, the outgoing MNTF W Commander General Venci was awarded with different medals as a sign of respect from different countries for the good work done during the transfer-of-authority ceremony.

All of us wish good luck to outgoing Commander General Venci and also to the incoming commander who will be an example of support for the Kosovo environment and peace, as were his predecessors.



The Myth of Sore Muscles

*Story by Maj. Ewald Klinger, Austrian Army
Master of Sports Sciences*

In ancient times, scientists believed that sore muscles were the result of acidity within the skeletal muscles through lactate, which is the salt of the lactic acid. The lactate is a result of anaerobic production of energy inside the muscle cell.

There are three main arguments against this hypothesis. Most of the sportsmen who suffered from sore muscles were not well trained. The production of lactate is not related to beginners or professionals. It occurs through anaerobic physical stress. Even professionals suffer from sore muscles if they have to learn a new motion sequence in their sport.

Concerning the lactate hypothesis, sore muscles should be the result of workout in events where the measurement of very high lactate production is possible, like sprinters and swimmers would experience. In reality, it is proved that sore muscles appear more often after strength training, where you just have a small production of lactate. Lactate has a half-life period of about 20 minutes.

Sore muscles develop most of the time many hours to two days after the physical training. But at this time, every person already has a normal level of lactate.

A current valid theory says that sore muscles occur from microscopically-small tearings of the muscle fibers. Lymph is infiltrated in these torn muscle fibers, and this makes them hurt. This process lasts some time, which illustrates the appearance of sore muscles hours after physical training. Most of the time you get sore muscles if your muscles are stretched against their flex, like during running or walking down mountains or weight lifting.

If you have sore muscles, you should take a hot bath or go to the sauna or a steam bath. Having a massage is not a good idea. But remember, "no pain no gain."



Side Stitches Remain Mysterious

*Story by Maj. Ewald Klinger,
Austrian Army
Master of Sports Sciences*

Whenever you have participated in some sports, you might have experienced them at one time or another; that sharp twinge of pain just below the rib cage, usually on the right side.

Athletes and non-athletes fear this pain-the so called "side stitch" or exercise-related transient abdominal pain.

Scientists have been researching the causes of this pain, but there's still no definite single known cause for this problem, but three possible theories for the origin of ETAP exist.

First of all, the spleen can be seen as a cause. This organ, which is located in your upper left abdomen, acts as a blood cell reservoir. As you start with your physical exercise, your muscles will need more blood, which leads to a contraction of your spleen. This hurts - but there is a problem with this theory - not all stitches hurt on the left side, and you don't always get a side stitch when you start your exercise.

A second explanation might be the fact that after rich meals, side stitches occur more often. The internal organs, like the liver, the stomach and the intestines, are connected to the diaphragm. If you eat too much or too heavy, the weight of these internal organs pulls the diaphragm down, and you feel the pain of the stretched ligaments that extend from the diaphragm to the internal organs. But, there is a snag in this theory also. Even experienced marathon runners and swimmers with an empty stomach suffer from ETAP.

For these reasons, most of the scientists tend to agree the most accurate theory is that ETAP is caused by oxygen

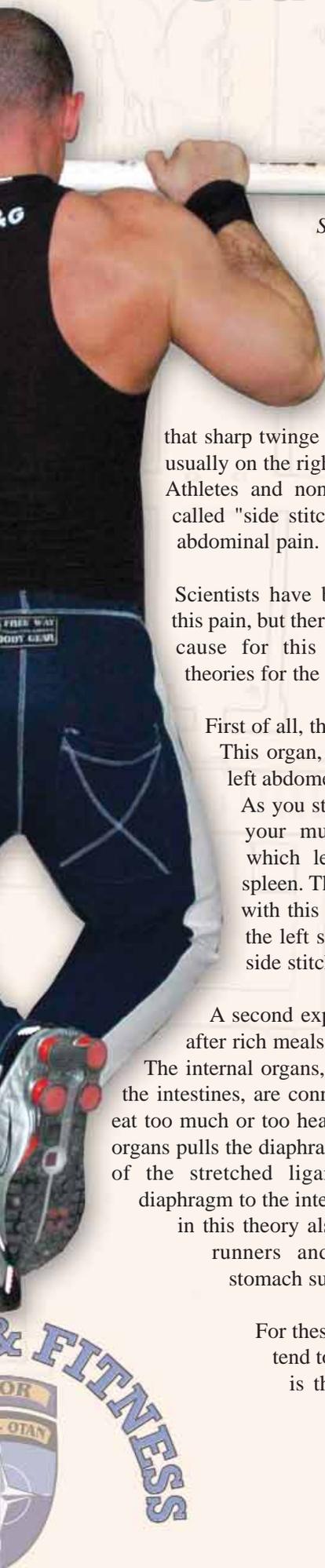
deficiency of the diaphragm. A wrong respiration technique or weak abdominal muscles leads to a cramp of the diaphragm, which we feel as a stitch.

As a matter of fact, well-trained athletes suffer side stitches less often than non- or less-trained people, and with increasing age, side stitches seldom occur.

To prevent a side stitch, start your workout at least two hours after a meal. Strengthen your abdominal muscles also.

If you get a side stitch, slow down your pace until the pain lessens. Take even and deep breaths. Raise your arms when inhaling. Lower them on exhaling, while bending forward. Massage or press on the area with pain.

If you continue to experience pain, see your doctor.



Globemaster Takes KFOR Cars to Iraq

*Story and photos by OR-6 Jason Smith,
U.S. Air Force*

Four Headquarters Kosovo Force vehicles destined for Iraq were picked up at the Pristina/Prishtine Airport Oct. 12. A U.S. Air Force C-17 Globemaster III transported the cars which were bound for NATO use inside the Green Zone. U.S. Army Lt. Col. Paul Thibodeau, Military Assistant to the KFOR Chief of Staff, said the whole process moved rather quickly. A request for unarmored vehicles came in from NATO Allied Joint Force Command in Naples, Italy. HQ KFOR had four vehicles that were mechanically sound, but weren't being used anymore. The whole process started slightly less than a week before the C-17 arrived to pick up the merchandise.

"There's really an enormous cost savings by sending these



vehicles to Iraq," said Colonel Thibodeau. "The money it costs to have a C-17 stop here and pick up the vehicles is really a drop in the bucket compared to having to buy new vehicles in Iraq."

Colonel Thibodeau said the vehicles were older, but their regular maintenance kept them in good working order. Since KFOR would have most likely sent them to an auction to be sold for very little money, NATO realized the opportunity to save some cash.

Once in Iraq, the vehicles will be used for the NATO training mission there, said U.S. Air Force Captain Terry White, NATO AJFC logistics. Captain White said he normally





works with getting passengers places, but shipping the cars to Baghdad won't be a problem with the capable C-17.

"It's the safest means to fly troops in and out," said Capt. White. "Using it to ship the cars won't be a problem."

One of the C-17's loadmasters on this trip, Airman 1st Class

Joshua Jackson, 21st Air Logistics Squadron, Travis Air Force Base,

Calif., said helping the effort in Iraq makes him feel good. He also said this isn't his first trip into the country.

"This is my fourth mission in the (area of responsibility)," said Airman Jackson. "This is the first trip there for one of the other loadmasters. It's more exciting for him."

For anyone needing to get into and out of Iraq, the C-17 isn't a bad choice of aircraft. The C-17 is the U.S. Air Force's newest, most flexible cargo aircraft.

According to the Air

Force fact sheet, the plane's design allows it to operate through small, austere airfields. The Globemaster III can take off and land on runways as short as 3,500 feet by 90 feet wide. The aircraft has a maximum payload of 170,900 pounds (77,518 kg), which makes the weight of four cars pretty light.



With One Foo

Story and photos by Capt.
Pavla Polakova, Czech Army



In April of this year, two helicopters from the 23rd Helicopter Base in Prerov, Czech Republic, deployed to Kosovo to fulfil their operational assignments with Kosovo Force. On July 2, 2007, a second helicopter unit took over this operational task.

The Czech Helicopter Unit is stationed at Camp Sajkovac, in Multi-National Task Force Centre and is commanded by Major Robert Paps. The Unit is a Commander of KFOR asset, from which it receives its principal task: the transport of personnel and cargo. So far, the three flight crews have flown over 600 sorties, totalling more than 300 hours in the air.

"Younger soldiers, particularly those who have served with SFOR in Bosnia and Herzegovina, have experienced many new flight phenomena here in Kosovo," said Major Paps. "Firstly, are the broken terrain and altitude at which we fly, and secondly is the high air temperatures during the summer," he added.

For purposes of comparison, the surrounding mountain peaks here are up to 2,500 meters above sea level, whereas the highest point in the Czech Republic reaches only 1,602 meters.

The Czech Helicopter Unit operates from Sajkovac/Shajkofc frequently. Flight operational commitments make up at least 50 percent of their work, with the rest made up of training flights.

"We practice flight and landing techniques in difficult and inaccessible terrain," explained Paps. With a smile on his face, he recalls a recent, unsuccessful landing on one of the highest peaks in Kosovo, Ljuboten/Luboten (2,498 meters).

"There were two backpackers standing on the top of the hill

resting and looking over the horizon. The helicopter crew gestured to them to leave the landing zone. Unfortunately, the tourists thought we were just friendly waving. We decided to give it up, because the risk of causing harm to them by landing was simply too high."

"One of the challenges of flying in Kosovo is the extreme air temperatures," said Major Paps. "At high altitudes, the density of air changes; it becomes thinner. Helicopters find it harder to lift themselves with any load. So, it is absolutely crucial to accurately calculate lift and load factors before each flight.

"During the summer, we experienced 45 degree heat," continued Major Paps. "It was impossible to take off with a full load. So we had to reduce our passenger lifts by up to 50 percent, which required a second flight when one flight would normally have done. We had not experienced such conditions in the Czech Republic."

Apart from the KFOR assignments, the

t in the Mud

Czech helicopter unit also serves as a European Force reinforcement. In this role, they participated in Operation Velvet Glove (from July 10-13, 2007) in Srebrenica. Another operation was Althor in August, which was to practice the shifting of reserves for EU troop reinforcements in the event of escalating violence. As of August 28, 2007, the legendary Mi-171s, NATO codename "HIP," is once again a part of Czech foreign military operations. For the first time, Czech pilots have trained with Night Vision Goggles.

"So far, we use them for training flights only; not for real operations," said Major Paps.

The reliability of Czech helicopters and their crews is widely known. For this reason they are used by other KFOR contingents throughout Kosovo. They help transport soldiers, VIPs, and support other official visits.

"We are here to transport soldiers, into even the least accessible areas," said Major Paps. "Our unit is also available when there is a danger of delay, and we are available to help evacuate people in life threatening situations."

Major Paps has been in active service for 24 years. He graduated from the Military University in Kosice, Slovakia, as a pilot of transport planes before transitioning to helicopters. Today, he is a flight inspector on Mi-17/171s at the 23rd Helicopter base in Prerov.

"Unlike the superjet pilots, we can get to almost everywhere," said Major Paps. "Metaphorically, they do not step away from the concrete, whereas we always have one foot in the mud. We have to communicate with people on board our craft as well. Certainly, our cooperation is essential in reaching the goals of the command."

[Inside KFOR]



Tirinci Road

Multinational T



Construction

Task Force East



Be Aware - Take Care

*Story by Maj. Ewald Klinger,
Austrian Army*

As we are soldiers, we are all trained how to react in combat situations. But most of us didn't get special training on the road traffic in Kosovo.

Road Traffic Accidents are the biggest life-threatening situations during the mission in Kosovo, but most RTAs occur because of inattentive driving. In Kosovo traffic, you should always be prepared for the unexpected.

The most important rule of safe driving must be heeded: "Don't drive too fast or too close."

As we face autumn, another big threat might appear - fog. Driving in heavy fog is like driving with a blindfold on. Statistically, it's the most dangerous driving hazard in existence.

When driving in fog, reduce your speed and turn on your headlights. Think about how far away others can see you

and how long it will take you to stop. Keep an eye on your speedometer also. Make sure that you can be seen. Turn on your fog lights, and make sure your high beams aren't turned on by accident. High beams direct light up into the fog making it difficult for you to see. Low beams direct light down onto the road and help other drivers to see you. Most European cars have a switch that turns on extra-bright auxiliary rear fog lamps. American and Asian vehicles usually don't have this safety feature.



Some short reminders for safe driving in fog:

- Keep your minimum safety gap up to three seconds in ideal conditions; with the decreased visibility fog causes, this interval should be increased substantially.
- Slow down. Most fog-related traffic accidents occur because someone was driving too fast and couldn't stop in time to avoid a collision.
- Make sure that you can be seen. Turn on your fog lights, and use low beams. High beams direct light up into the fog making it difficult for you to see. Low beams direct light down onto the road and help other drivers to see you.
- Always use your defroster and windscreen wipers in foggy conditions to keep the windows clear.
- Keep an eye on your speedometer and maintain a slow, constant speed.
- Remember that other drivers have a limited sight distance and that fog can leave roadways slick. Signal early, and when you use your brakes, don't stomp on them.

All commanders at all levels should prompt their soldiers to think about safety first, before and while they are driving a car. Finally, if you have an accident, provide first aid to anyone injured, and don't leave the scene until the military police arrive.

Well of Devic; EEI Leap in Dark



*Story by Capt. Serge Pigareff and
Capt. Frederic Scherrer, French Army
Photos by OR-3 Sabrina Batmale,
French Army*

Since March 2004, when St. Joanikije Monastery of Devic was burnt down as were a great number of Serb symbolic places in Kosovo, the six nuns of Devic have been living with a French platoon of the Divisional Recce Squadron (EEI), which is permanently responsible to secure the site and its occupants.

The 1st Hussars Paratroopers Regiment, 3rd Company, reinforcing the French Battalion under TACON of DANBAT throughout the 25th French Mandate (March to September 2007), wanted to highlight their good relationship with Mother Anastasia, the symbolic figure of this monastery.

The company answered her request to restore the old well of the monastery which was out of order since the troubles of March 2004. First, Warrant



Officer First Class Yohann Monceaux and Corporal Johnny Wallerand had to make a 20-meter-deep hole in enclosed conditions to estimate the extent of the task. As firemen, they are specialists in this particular environment. If the idea seems to be simple, the work is a challenge.

On August 6, the team gathered around the well. Ropes, straps and others accessories equipped the well's outskirts. A mix of excitement and apprehension animated the whole team. They all hope to find the old bronze monastery bell and other Orthodox relics as well which disappeared in 2004. Warrant Officer First Class Monceaux went down the well first. Rocks and garbage are found at the bottom. Only the above mentioned ropes and the worker's arms are available as means of lifting!

While working, the team is reinforced

by Staff Sergeant Jean-Yves Caron and Corporal Patrick Raveau, who are both accustomed to force maneuver. Their presence and many attempts were necessary to uplift a 150 kilogram rock to the surface! But the best surprise still remained to be revealed.

Under the first rubbish layers, symbolic objects started to appear. The most representative is a wooden icon representing St. Vasili Ostroski, given to Mother Anastasia in 2000 by the Ostrog Monastery from Montenegro. The Mother Superior could not hide neither her emotion nor gratitude seeing this relic she believed lost forever.

This heterogeneous team made up of nuns and French soldiers proved that with a little will, everyone can agree on common values and live together.

Work lasted five days, during which all company members, who are too numerous to name, contributed. The team put up a lot of crosses, rosaries and worshiping objects, bronze candlesticks, as well as the old bucket descent system and a basin of stones. Approaching the bottom of the well, which was becoming more clear, people were sad not to find the famous monastery bell. Surprisingly, the well just had to be filled with water to function as usual.

Even if such work was hard, the soldiers felt good to participate in the healing of wounds done to the monastery three years ago. History will probably not remember their actions,



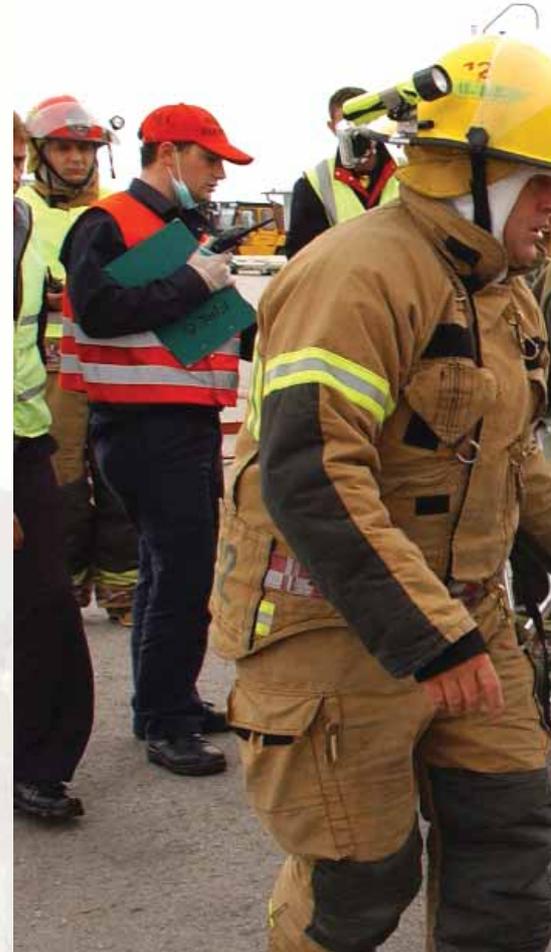
Mass Casualties Lo

Story by OR-6 Jason Smith,
U.S. Air Force
Photos by CCT

Smoke everywhere, bodies lying all around, blood coming from people's ears and many other situations were faced by Kosovo Force and Pristina Airport first responders in a mass casualty exercise Sept. 20, 2007. KFOR's Multi-National Task Force Centre, in conjunction with the airport's emergency services, practiced their response skills and coordination efforts by treating more than 15 patients, with realistic-looking injuries, in the face of a smokey terminal that looked to be on fire.



"The exercise scenario is that there is a fire in the passenger terminal followed by a secondary explosion," said Lt. Col. Robert Steed, deputy medical advisor for KFOR. "We wanted to have an exercise the fire department could really participate in, and at the same time, we don't want to bother the civilian airport."



The exercise victims were made-up to look burned and bloodied, and they were taught to play the parts of confused or unconscious people who had just been through a horrible ordeal.

As soon as the exercise started, Pristina Airport responders quickly pulled victims from the smokey building. The scene was realistic enough that the responding firemen needed oxygen and a working fire hose to enter the terminal. As soon as the first firefighters concluded that there were too many victims for them to treat in a quick fashion, coordination was made to have KFOR respond.

"The communication and getting KFOR involved is the important thing," said Fisnik Dalipi, Pristina Airport fire inspector. "This is a benefit also because we get to practice going into this situation with all of our equipment."

After all of the exercise victims were transported to a holding area, local

ok Real at Airport



medical professionals went to work on them deciding which patients needed moved immediately and which ones could wait for the next available ambulance.

While the initial patients were receiving their treatment, a new batch of exercise victims, and much more smoke, was ready for responding KFOR members.

"We're detailed to do security, but we're helping with the casualties right now," said Lt. Kate Hanrahan, a responding KFOR member from the Irish Army. "We're ready to help however we're needed. This is good practice working together."

Just like the initial phase of the exercise involving airport responders, KFOR emergency personnel moved all of the victims from immediate danger to a safe place where doctors could assess their needs.

"The most important thing is getting the civilians and military working together," said Colonel Steed. "The civilian responders need to know how

to get a hold of us, and we need to know how to respond."

The exercise did serve as a medium to get people working together. At the end of the exercise, those involved gained experience, which most hope they will never need, on how to respond to a multi-national, mass casualty emergency in Kosovo.



MNTF N Serving

*Story by Lt. El Ouardi, Moroccan Army
Photos by OR-4 Gilles Trocherie, French Army*

Besides its commitment to maintain a safe and secure environment and freedom of movement in Kosovo, Multi-National Task Force North has also mandated several civil/military cooperation actions throughout its area of responsibility over the last four months.

These CIMIC actions consisted of refurbishing some primary schools in order to be updated for the new school year such as the Grace and Banjska/Banjske Schools. Works in these projects consisted of making roofs and gutters water tight, repairing sanitary equipment and cleaning building facades.

In Boljetin/Boletin, Novo Selo/Novoselle and Lesak/Leshak Schools, new school furniture and kit donations were given as a means of encouragement so that pupils could be ready to tackle their studies more easily. In Gojbulja/Gojbuje however, some sports equipment was put at the disposal of pupils so they could enjoy their free time and keep healthy. A gate was also built at the entrance to replace the barbed wire. The school bus was repaired also.

In order to mark these actions, a parachute jump was scheduled. During this period of time, more than 3,000 school kits were distributed all over MNTF N's AOR. Consequently, both the academic staff and pupils shared the same feelings of happiness.



Local Population



Semi-marathon of Mitrovica/Mitrovice



Story by Lt. Helene Romet,
French Army

Photos by OR-4 Philippe Couty,
French Army

In order to mark the end of the 15th Mandate and to reinforce the cooperation between the different task forces and nationalities, the commander of the French Battalion Colonel Esparsa, from the 17th Airborne Engineering Regiment, organized a semi-marathon in the Mitrovica/Mitrovice streets.

This competition was open to all

Kosovo Force task forces and had real success as 463 people participated.

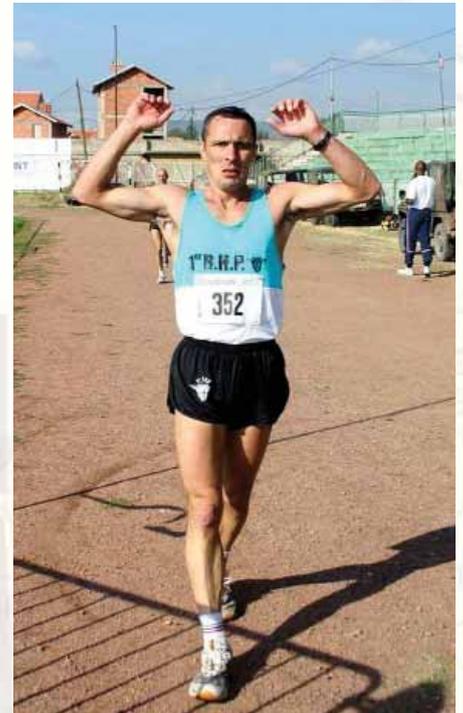
The starting signal was given to the runners on the middle of Austerlitz Bridge, a really symbolic place for all Kosovars. This course was an example of friendship between all nations; French, American, Italian, Danish, German, Belgian, and people from many other countries were running together forgetting all cultural differences and with one aim - give the best of themselves.

French paratroopers dominated the men's category. Congratulations to ADC Yohann Monceaux, who finished in 1 hour, 15 minutes and 44 seconds, followed closely by CCH Eric IMart in 1hour, 15

minutes and 48 seconds.

A Belgian female won her category. Sgt. Leboutte finished with a time of 1 hour, 25 minutes and 6 seconds.

Spectators, staff and runners were pleased by this sports event, and they all received a t-shirt specially designed for the occasion.



Name: Moris Barseghyan

Rank: Captain

Nationality: Armenian

Home Unit: Armenian Peacekeeping Battalion

Unit in KFOR: MNTF E TF Hellas Armenian Platoon

About the mission: This is my first mission in Kosovo. I have been here for four months, and already, I have a lot of experience in a multi-national environment. I like my job here because this is a way we can serve people for a safe and secure environment. Our soldiers do the best they can to support the local people in Kosovo for a safe and secure environment.

Family reaction: I'm married, and I have two wonderful children. My family appreciates my contribution in Kosovo, and they are looking forward to seeing me in Armenia as soon as possible.

Plans after mission: First of all, I'll have a short rest with my family. Then, I'll return to my unit, and I'll be happy to transfer to my home unit the knowledge I got in Kosovo.



Name: Marco de Jong

Rank: OR-8

Nationality: The Netherlands

Home Unit: Royal Netherlands Navy, Den Helder

Unit in KFOR: HQ KFOR, J6

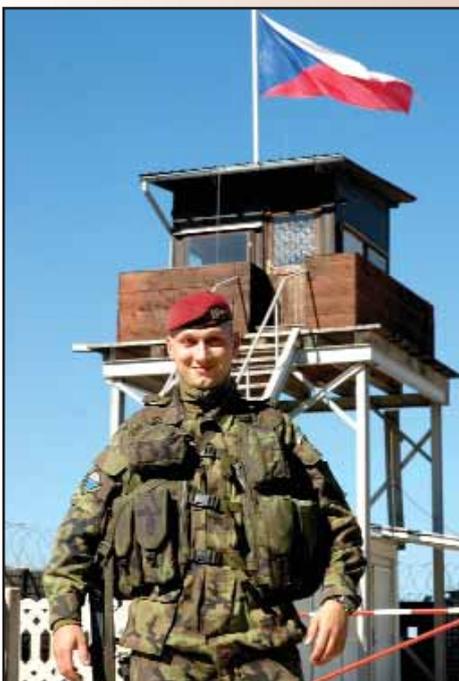
About the mission: This is my first land-based mission and my first time that I work as a systems administrator. So for me, this mission is a great challenge. What I like about this mission is working together and enjoying the company of all the people from the other nations. I hope my work is giving me the chance to continue working in the J6 branch when I get back to the Netherlands Navy. The other thing is that I want to learn about the situation in Kosovo and the people living here.

Family reaction: My family is used to me being away for a while because I've been sailing in the navy for a lot of years. At this moment, there is a strange situation because while I'm here in Kosovo, my girlfriend is on a mission in Afghanistan for ISAF NLD. Our families support us, and I think that they are proud of the work we're both doing.

Plans after the mission: First thing, I will relax together with my girlfriend and family and tell them our entire story's...

After that I'm going back to the Navy to my old job; training people on the ships in the Weapon Department Branch.

Since my girl and I are very interested in traveling and seeing other countries, we are planning to go to South Africa for a couple of weeks.



Name: Lukas Chlebec

Rank: OR-4

Nationality: Czech

Home Unit: 4th Rapid Deployment Brigade

Unit in KFOR: MNTF C Delta Company (Camp Sajkovac)

About the mission: This is my third tour of duty in Kosovo. I have previously served in Kosovo in 2003 and 2005. Although it is my third tour here, I have still experienced new things. My operational appointment is as a squad leader. I am still with my soldiers outside on patrols conducting vehicle check points and observation posts. Sometimes you can be out for a couple of days. I spent all of September in Nothing Hill Base, which is situated north of Mitrovica/Mitrovice in MNTF-N area.

Family reaction: I have a girlfriend and a son. He celebrated his first birthday in September. I call my girlfriend approximately three times a week. I have lived with my girlfriend for eight years, and she is accustomed to me having to go on operations. I am a soldier, and it is my job to be often out of my house.

Plans after mission: I hope that I will be with my family as soon as possible. I appreciate all the time I can spend with my family. I am building a house. I would like to finish its construction. I hope we have another child. After that I would like to go with my unit to another mission.

Prizren

