Dear KFOR Soldiers,

It has now been one month since I took over command of KFOR. I am very happy for the opportunity to express my feelings to you via KFOR Chronicle - the KFOR magazine whose quality and professionalism I take pride in.

During my first visit to the Task Forces, I could see at once how professional you are in the accomplishment of your mission, sometimes even under difficult conditions. You all deserve my complete trust.

This is my second tour here in Kosovo and I can undeniably see signs of hope. I have noticed huge improvements in the local infrastructures, a growth of inter-ethnic and inter-religious tolerance and significant progress in schools attendance, which are the basic steps for a sustainable future.

Then, I feel confident. I am certain that everybody will fulfil their mandate on behalf of all the people of Kosovo, and not as an occupying force. We are here as guests and we have to do our best to maintain and strengthen the good reputation KFOR currently enjoys.

This allows us to be very determined. Acting in a very open way, I also want to stress that I will not tolerate any kind of violence. That is why I encourage you to stay reactive in order to be able to respond to any threat on very short notice. The latest incidents, even if they remain isolated, must make us keep in mind that we have to stay vigilant every day.

More broadly speaking, I now want KFOR to concentrate on **SHAPING THE FUTURE**. To live this motto, you must be convinced that the core of our mission is to improve the lives of the Kosovo populace.

I am someone who likes to be in close contact with people and I am deeply interested in your welfare and in the conditions in which you are conducting your mission here in Kosovo.

Be safe, be confident, be determined, and see you very soon on the field.

LTG Roland KATHER
COMKFOR

---

**KFOR Chronicle**

Cover photo by Armend Aqifi

Contact KFOR Chronicle:
Phone Int: +389 2268 2897
Kos.: (038) 503 603 2897
KPN: 2897, 2402
FAX Int: +389 2268 2752
E-mail: kforchronicle@main.kfor.nato.int
Internet: www.nato.int/kfor

**Commander KFOR:**
Lt. Gen. Roland Kather, DE Army

**Chief Public Information:**
Col. Rainer Senger, DE Army

**Chief Internal Information & Editor in Chief:**
Maj. Alexander Unterweger
AUT Army
unterwegera@hq.kfor.nato.int

**Journalist:**
1st Lt. Maksym Khunnyk, UKR Army

**Photographer:**
Mr. Armend Aqifi

The KFOR Chronicle is produced and fully funded by HQ KFOR. It is published for KFOR forces in the area of responsibility. The contents are not necessarily the official views of, or endorsed by, the coalition governments’ defence departments.

Editorial content is edited, prepared and provided by the Internal Information Section of HQ KFOR’s Public Information Office (PIO) in Pristina, Kosovo.

PIO HQ KFOR reserves the right to edit content to conform to style and space requirements. Articles run on a space-available basis.

Special thanks to MSgt. Renee Kirkland, US AF for her invaluable support

**Nations within KFOR:**

<table>
<thead>
<tr>
<th>HQ KFOR</th>
<th>MNTF (C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canada</td>
<td>Czech Republic</td>
</tr>
<tr>
<td>Estonia</td>
<td>Finland</td>
</tr>
<tr>
<td>Hungary</td>
<td>Ireland</td>
</tr>
<tr>
<td>Netherlands</td>
<td>Latvia</td>
</tr>
<tr>
<td>Norway</td>
<td>Slovakia</td>
</tr>
<tr>
<td>Portugal</td>
<td>Sweden</td>
</tr>
<tr>
<td>United Kingdom</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MNTF (E)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Germany</td>
</tr>
<tr>
<td>Austria</td>
</tr>
<tr>
<td>Azerbaijan</td>
</tr>
<tr>
<td>Bulgaria</td>
</tr>
<tr>
<td>Georgia</td>
</tr>
<tr>
<td>Switzerland</td>
</tr>
<tr>
<td>Turkey</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MNTF (S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States of America</td>
</tr>
<tr>
<td>Armenia</td>
</tr>
<tr>
<td>Greece</td>
</tr>
<tr>
<td>Lithuania</td>
</tr>
<tr>
<td>Poland</td>
</tr>
<tr>
<td>Russia</td>
</tr>
<tr>
<td>Ukraine</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MNTF (W)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italy</td>
</tr>
<tr>
<td>Argentina</td>
</tr>
<tr>
<td>Hungary</td>
</tr>
<tr>
<td>Romania</td>
</tr>
<tr>
<td>Slovenia</td>
</tr>
<tr>
<td>Spain</td>
</tr>
</tbody>
</table>
[This Month’s Features]

COC COMKFOR ............... page 4 - 5

Let’s move Mountains ....................... page 10 - 11

Apache helicopters ....................... page 16 - 17

New Gym opens ............................ page 25

Stay in Shape III ......................... page 22 - 24
The windy morning began like a Hitchcock film. A mass of helicopters, which came from different directions, landed on the Film City helipads. The helicopters carried a lot of dignitaries, from different nations, who attended the Change of Command Ceremony of COMKFOR, on September 1.

The Special Representative of the Secretary General, Mr. Joachim Ruecker, the Italian Minister of Defense, Mr. Arturo Parisi, the German Minister of Defense, Mr. Franz Josef Jung, Supreme Allied Commander Europe, U.S. Marine Corps General James L. Jones, the President of Kosovo, Mr. Fatmir Sejdiu, the Prime Minister of Kosovo, Mr. Agim Çeku and other senior officials from different countries attended the event.

More than 100 representatives of local and international press, including broadcasting companies from Italy and Germany, and several local broadcasting companies covered the ceremony. They all came together for the moment of glory for the Italian and the German generals.

The COC Ceremony took place on the KFOR Headquarters helipad, Camp Film City in Pristina/Prishtine on September 1. German Lieutenant General Roland Kather took over the command of KFOR from Italian Lieutenant General Giuseppe Valotto. United States Navy Admiral H.G. Ulrich III, Commander Allied Joint Force Command Naples, headed the ceremony.

During his speech, Admiral H.G. Ulrich III congratulated General Valotto for a tour well done and awarded him with the NATO Non-Article 5 medal. "This assignment as COMKFOR has been the most important professional..."
experience in my long military career, and I am proud to have successfully accomplished it. It has been a great opportunity to work for the future of Kosovo”, said General Valotto in his farewell speech.

The President of Kosovo, Mr. Sejdiu, in his speech said: “Giuseppe, you have found a lot of friends here in Kosovo, in all levels of society. With your positive approach, and through your charisma you gave prestige to the people you met. But above all, General, you have shown the best combination of human approach and military discipline”.

President Sejdiu awarded General Valotto with the Gold medal for military bravery, as a sign of honor from the Kosovo people.

During the ceremony and at the conclusion the Italian brass band of the Bersaglieri "Fanfara" performed for the guests. Then the incoming COMKFOR invited everyone to a reception at Film City.

Everything in life changes - on this day not only the weather but also the command. The new commander took over, the sky cleared up and everybody realized that one period in KFOR life finished, but another one started.
COMKFOR visited the Prime Minister of Kosovo

SEP 5 COMKFOR Lieutenant General Roland Kather visited the Prime Minister of Kosovo Mr. Agim Çeku. After the visit General Kather gave a press conference, which took place in the building of the government in Pristina/Prishtine.

Visit together with SRSG to the Decani/Decan monastery

SEP 6 The Special Representative of Secretary General Mr. Joachim Ruecker and COMKFOR Lieutenant General Roland Kather visited together the Decani/Decan orthodox monastery and the head of the monastery Father Sava. During the visit they discussed the future role of the religious leaders in Kosovo.

COMKFOR visited MNTF W

SEP 9 Brigadier General Santo introduced MNTF W staff officers to COMKFOR. Afterwards, General Kather had the possibility to get in contact with the heads of the five municipalities and the Patriarch of the Peč/Peje.

COMKFOR visited MNTF C

SEP 8 COMKFOR Lieutenant General Roland Kather visited MNTF C HQ in Camp Ville. During the visit COMKFOR was briefed about the framework of MNTF C and attended two checkpoints conducted by Irish soldiers.

Donation of PC

SEP 25 COMKFOR Lieutenant General Roland Kather donated 20 personal computers to the "Aleksander Xhuvani" school during a visit to Podujevo/Podujeve.
COMKFOR visited ORF battalion

SEP 10 COMKFOR Lieutenant General Roland Kather visited Operational Reserve Force (ORF) Battalion. The German Task Battalion 104 is a part of the division which General Kather commanded until September 2006.

Visit to MNTF N

SEP 14 During the visit in MNTF N, COMKFOR Lieutenant General Roland Kather met with the French Recce Platoon, a part of Danish battalion. Afterwards General Kather visited Devic monastery.

Visit to MNTF S

SEP 12 COMKFOR Lieutenant General Roland Kather visited MNTF S, his former AOR from 1999 until 2000. During the visit he met the mayor of Prizren and made a walking tour through the city. Afterwards General Kather visited the Turkish battalion in Dragas/Dragash.

Visit of Admiral Ulrich

It takes about three hours to drive from Prizren to Camp Nothing Hill. After crawling through thick traffic in Pristina/Prishtine, you finally approach Mitrovica/Mitrovicë, where there are only a few cars on the road. From here, it is just a few more kilometres to Camp Nothing Hill. Having arrived there, standing between tree-lined hillsides and a little river next to the road, not seeing a single house, a thought crosses one's mind: this would be a perfect spot for my summer holidays.

But being part of the German Operational Reserve Forces (ORF) Battalion is not exactly being on holidays. The German soldiers came to Camp Nothing Hill on July 28, to help create a safe and secure environment in the northern part of Kosovo, where the vast majority of the population is Serbian.

Talking to the men and women, it is obvious that the mood is much better than most people would expect. True: the bunks are crammed into pretty small tents, generators create their own around-the-clock-noise, and construction work is going on although the battalion is here on a mission.
"However, my soldiers would rather stay here instead of going back to Camp Airfield in the German AOR", said Lieutenant Colonel Andreas Nehring, commanding officer of the battalion. "Everybody knows how important our mission is", he said, "and everybody is working hard to fulfil this mission."

KFOR’s show-of-force in the northern part of Kosovo is especially important considering the ongoing talks about the future status of the province. KFOR has to be prepared for every possible result.

"At the moment, the situation in the north is calm. It is comparable to the situation in the area south of Mitrovica/Mitrovicë", he said. Nonetheless, crossing the Ibar River is a bit like going to a different country - cars have different license plates and street signs are written on only in Cyrillic letters. These are small, but important indications that most Serbs still do not feel at home in Kosovo. Seven years after the war, the situation could worsen in a matter of days, and KFOR has to be prepared - just in case!
On August 29, the Austrian Minister of Defense Mr. Günther Platter visited Maneuver Battalion Dulje. The Austrian Minister of Defense (MOD) accompanied by Mr. Hametseder (president of the Raiffeisen-Holding NÖ-Wien) and a high-ranking delegation of the Austrian Armed Forces landed at Slatina Airport in a private jet. The time schedule was very tight, so the delegation immediately flew to Camp Casablanca by helicopter. After he arrived at Camp Casablanca, the MOD got a short briefing about the current situation in Kosovo at the Tactical Operations Centre. Afterward

the MOD took the opportunity to talk to soldiers of all ranks. Then the delegation had an extraordinary lunch with them. The cooks showed their expertise and produced perfect meals. Then the convoy went back to the helicopters and flew to Orahovac/Rahovec in order to visit the Austrian Liaison Monitoring Team (LMT) house there. The MOD was very interested to visit the LMT house because this is the only one in the Force outside of a camp manned by eight Austrian soldiers. There he received a briefing about LMT operating procedures. After visiting the LMT house they went back to Camp Casablanca by helicopter and headed to the dairy "Lakto Theranda" in Suva Reka/Suhareke by car.

The opening of the dairy was the main reason for the MOD's visit to Kosovo. In this CIMIC project two big Austrian companies, NÖM and Raiffeisen Holding, were the big financial supporters. From the idea until its opening it took only 2 years. The MOD was very impressed with this project and said: "If two Austrian companies, the Austrian army and the people of Kosovo work together, they can move mountains." This was the last stop of the visit and with a lot of information and new impressions the minister left Kosovo in the evening.
Dairy "Lakto Theranda" - Milk of human Kindness

Basics
Based on a contract between Raiffeisen Holding and Cooperative Society "Lacto Theranda"
65 members
Loan given by Raiffeisen Bank - € 800,000
Capacity: 48,000 l/day
5 employees
6 milk collecting points
Planned: distribution by "BEN-AF"

Contributions
Municipality Suva Reka/Suharekë:
Construction area: € 11,000
MAN BN DULJE:
Monitoring, set up of containers, sanitarian and electricity installations, framework of the roof, construction of the road/parking
NÖM (Niederösterreichische Molkerei):
Education, training of employees, "Know-how"-transfer
ADA (Austrian Development Agency):
Support through "assisting" projects, Value: approximately € 1,000,000

Situation in Kosovo
2.2 million consumers
140,000 milk producing cows
840,000 l/day milk processed
225,000 l/day imported
So far no pasteurized milk available
Supermarket "BEN-AF" intends to take over up to 12,000 l/day

Surrounding Projects
Import of 60 heifers from Austria in April
Purpose: to increase quantity of processed milk
€ 220 support / cow by European Union
€ 50,000 donation ADA
€ 750 per cow
Construction of roads:
Access to milk collecting points
€ 800,000 donated by ADA
Vaccination and artificial insemination
Program: funded by ADA
Conducted through local veterinarians
Piero can hardly believe his eyes. Just below the roof, in a space which is usually used to dry laundry, a father and son have installed their somewhat special little workroom. During a house search operation, Piero and his Multinational Specialized Unit (MSU)-colleagues discover about 60 kilograms of TNT, some machine guns, hand grenades, anti-tank-weapons, and just enough ammunition to equip the army of a small country.

Problem is, neither father nor son is a soldier. They are the unofficial leaders of a small village near the Albanian border. To be on the safe side, Piero calls in German EOD-specialists - most of the dangerous material is not protected from the heat, the floor is scattered with TNT-packages.

Finally, the operation is an outstanding success. The two men are arrested and handed over to the police, along with their weapons. And it even has a silver lining. Once more, the MSU-policemen are warned that every operation should be taken seriously - or, as Piero puts it, "routine is our biggest enemy".

The MSU consists of 430 policemen. Most of them are Italian Carabinieri, about 100 are French Gendarmerie. They are supported by 30 Estonian soldiers. The MSU was founded in Bosnia in the 1990s. Ever since, they have played an important role in supporting peacekeeping operations - in Afghanistan as well as in Iraq and here in Kosovo.

In the evening, after all the weapons and explosives are brought to a safe place, the MSU throws a little party. A French policeman tells stories about his deployments to Africa - he has been to just about every former French colony, about 20 times altogether. "Have you ever been to France?" a Turkish officer asks with a smile. Everybody laughs. The mood is relaxed, the food is excellent.

A German MP raises his glass in a toast to the professional work of the MSU. "They really are experts", he admires. And it is for sure that he is not talking about the cooking - at least not only about the cooking.
During a transfer of authority ceremony held at Jubilee Barracks September 20, the reigns of command for the Kosovo Tactical Reserve Manoeuvre Battalion changed hands. Presiding over the ceremony was KFOR Commander Lieutenant General Roland Kather. Lieutenant Colonel Eduardo Manuel Braga da Cruz Mendes Ferrao relinquished command to Lieutenant Colonel Alvaro Raposo Guerreiro da Silva. According to Portuguese tradition Lieutenant Colonel Ferrao had already left Kosovo to return to Portugal prior to the ceremony. However, his contributions to the KFOR mission were praised by COMKFOR.

"Within the last three weeks I got an impression of his outstanding commitment to the mission, his comradeship and his positive spirit. I am very proud to have served together with him and I have to show my tribute to his exceptional service," he said.

General Kather welcomed Lt. Col. Guerreiro da Silva and the 1st Paratrooper Battalion, who will replace the 1st Mechanized Battalion. "In the following months you will serve within our multinational community and contribute to ensure a safe and secure environment within this most beautiful land - and a future without fear for all the people of Kosovo… I know about your professionalism and I am deeply convinced you will succeed in that mission."

General Kather also charged Lt. Col. Guerreiro da Silva and his soldiers to do whatever they could to contribute in the shaping of the future of Kosovo.

"Portuguese soldiers, we need you in this decisive situation. Welcome aboard again and my best wishes for you all," COMKFOR said.
September 11, 2006, began on a light note in the city of Kacanik with a hard-charging soccer game between U.S. soldiers of the "Bondsteel United" soccer team and a local team. The Kacanik team was cheered to victory by citizens lining the hillside to watch the game. Later in the day, the mood turned somber with the lighting of two tall candles on a table as part of a September 11 memorial service for the nearly 3,000 people killed by a terrorist attack five years ago in New York, Washington D.C., and Pennsylvania. The Commander of Multinational Task Force East, Brigadier General Darren Owens, and the Kacanik Municipality President, Mr. Xhelal Gashi, both spoke to an audience of more than 200 local citizens assembled in the evening warmth in front of the municipal Culture, Youth and Sports building north of downtown. Mr. Gashi, standing at a podium in front of a large sign with the date "September 11" in Albanian, said: "Albanians support America in the Global War on Terror." Brig. Gen. Owens spoke next about the meaning of liberty and justice. "One of the foundations of America is described in our Pledge of Allegiance to the flag: "with liberty and justice for all". Ensuring the liberty and equal treatment of all citizens is a difficult task, but we must still strive to move past old grievances and make our daily conduct worthy of this pledge", said Brig. Gen. Owens. "In this way, with action and not words, we honor the dead". The evening concluded with a concert by local rock band "Proka" and the Camp Bondsteel House Band.
Apache history was made more than 30 years ago when the first prototype, known as the YAH-64, lifted off on September 30, 1975, from test facilities located in Carlsbad, California.

For more than 30 years, Apache helicopters have participated in many different military conflicts. Currently there are Apache units deployed in Iraq, Afghanistan and the Balkans.

Now they are part of KFOR- a very important part. Task Force Talon is the name of the unit, which is headed by Lieutenant Colonel Steven Scoville. The unit's motto is - "Fortune Favor's the Bold".

TF Talon has been mobilized since July 11, 2005 in support of the KFOR7 contingency Operation Mountain Guardian. It conducts aviation operations 24 hours per day. TF Talon's AH-64s accomplish Intelligence, Surveillance/Security and Reconnaissance Operations. They have flown more than 2,500 mission hours in support of successful KFOR stability operations.

On one hand, the work of the AH-64's crew seems to be interesting and romantic, but on the other hand it is really hard and expensive. One flying hour costs more than $3,000 and in order to maintain AH-64's in good condition maintainer crews work "25" hours a day.

One maintainer crew is headed by Platoon Sergeant, Sergeant 1st Class, Mike Wiesenbach. He is experienced (he participated in operation Desert Storm) and highly professional; he can speak about Apache helicopters all day. In this hard work, a highly professional mechanics team helps Mike. The mechanics came from all over the U.S., but most of them are from Pennsylvania. The work they do is very important, because the life of the pilots depends on the mechanics' professionalism.

The Apache mission is impossible to perform without the pilot. At KFOR 20 Apache pilots are on duty, and one of them is Warrant Officer Kristopher Kowalczyk. To become a pilot he graduated after one year of flight school and three months in Apache school. Kristopher is on his first mission now. To be an aviator is hard work and all aviator crews, like in a big family, help each other. Kristopher takes all possible opportunities to fly as much as possible. But he also didn't forget about the rest of his freetime, he likes to travel and he visited a lot of countries during his nine months in Kosovo.

When I met these guys I was surprised because during my time there I felt like I was
Apache history was made more than 30 years ago when the first prototype, known as the YAH-64, lifted off on September 30, 1975, from test facilities located in Carlsbad, California.

For more than 30 years, Apache helicopters have participated in many different military conflicts. Currently there are Apache units deployed in Iraq, Afghanistan and the Balkans.

Now they are part of KFOR- a very important part. Task Force Talon is the name of the unit, which is headed by Lieutenant Colonel Steven Scoville. The unit's motto is - "Fortune Favor's the Bold".

TF Talon has been mobilized since July 11, 2005 in support of the KFOR7 contingency Operation Mountain Guardian. It conducts aviation operations 24 hours per day. TF Talon's AH-64s accomplish Intelligence, Surveillance/Security and Reconnaissance Operations. They have flown more than 2,500 mission hours in support of successful KFOR stability operations.

On one hand, the work of the AH-64's crew seems to be interesting and romantic, but on the other hand it is really hard and expensive. One flying hour costs more than $3,000 and in order to maintain AH-64's in good condition maintainer crews work "25" hours a day.

One maintainer crew is headed by Platoon Sergeant, Sergeant 1st Class, Mike Wiesenbach. He is experienced (he participated in operation Desert Storm) and highly professional; he can speak about Apache helicopters all day.

In this hard work, a highly professional mechanics team helps Mike. The mechanics came from all over the U.S., but most of them are from Pennsylvania. The work they do is very important, because the life of the pilots depends on the mechanics' professionalism.

The Apache mission is impossible to perform without the pilot. At KFOR 20 Apache pilots are on duty, and one of them is Warrant Officer Kristopher Kowalczynk. To become a pilot he graduated after one year of flight school and three months in Apache school. Kristopher is on his first mission now. To be an aviator is hard work and all aviator crews, like in a big family, help each other. Kristopher takes all possible opportunities to fly as much as possible. But he also didn't forget about the rest of his freetime, he likes to travel and he visited a lot of countries during his nine months in Kosovo.

When I met these guys I was surprised because during my time there I felt like I was
speaking with old friends. They not only told and showed me a lot of new and interesting things about the helicopters, but we also spoke about a lot of other things. About life, military service, football, the Lord and our families. I felt like I became a part of their family and it was pretty hard for me to leave these guys. I wish them the best of luck and clear skies. God bless them.
A simulation exercise took place in August, where Spanish Contingent units took part to train to handle any situation they may encounter. The simulation involved a car accident where a military vehicle overturned when trying to avoid a collision with a civilian vehicle. Two military members had been injured, one of them seriously and the other one had a broken leg. After aiding the injured men and securing the accident area, the patrol commander informed the operational centre about the accident, and immediately afterward the emergency team set out for the accident spot. The emergency team was composed of an ambulance with medical staff, a supporting team and a recovery unit.

The exercise ended after the soldiers completely controlled the area, stabilized and evacuated the injured men and recovered the military vehicle. The entire simulation was competed without any further incidents.
A tactical helicopter exercise took place in August near the Djakovica/Gjakove Airfield. Its goal was to practice the techniques involved in the transportation, boarding and disembarkment of squad units.

The exercise was conducted during the day and night by a team of soldiers. The rest of the squadron participated in the training in September. The squadron is made up of Kosovo Spanish contingent members. Most of them come from the Cavalry Brigade "Castilejos II", located in the city of Zaragoza, in the Aragon region.
If someday you visit the western part of Kosovo, you have to see the marvelous city of Djakovica/Gjakove. Its beautiful landscapes and the historical part of the city will surprise you. At the historical part of Djakovica/Gjakove you will find a very beautiful and old mosque. The name of the mosque is Hadum, which means a servant in the imperial harem at the time of Sultan Murat III. The Hadum mosque gives life to Djakovica/Gjakove and it was the reason for the city's fast growth. The mosque became the heart of the city. Hadum mosque miraculously survived a grenade-missile attack during the 1999 war, although it was seriously damaged. A minaret was torn in half, but in 2004 restoration work on the Hadum mosque was finished. The restoration work was
completed by the Swedish-based organization Cultural Heritage Without Borders, with funding provided by the U.S. Packard Foundation. Currently, the mosque is under the UNESCO protection. The building is part of a larger complex. Before the attacks, during the 1999 war, the complex included the mosque building, administration building, the garden and a library. As a result of the attacks the library containing very old manuscripts was destroyed. When I visited this unique place I was surprised by the perfection of the restoration work not only inside the mosque but in the gardens as well.

At the entrance of the mosque, I noticed the handle work on the door. The craftsmanship was magnificent and was more than 200 years old. A lot of antique furniture is inside the mosque. The furniture is so old that no one can remember how old it is. For an example, there is an old ornate Swiss clock that still keeps time. It is very quiet inside the mosque so that when people are praying inside nothing disturbs them.

A perfect excursion in the mosque was provided to us by the imam of the Islamic organization in Djakovica/Gjakove, Mr. Bedri Kida. He is a busy person, because praying five times daily and working in the Islamic organization takes a lot of time. Twenty four hours a day his doors and heart are open to help people to explain religious life and some Koran meanings. He showed us the mosque and described the history of this mosque. He asked me “Do you know that the mosque symbolizes the university? Try to guess what the minaret symbolizes.” The answer was very simple.

So, take the opportunity to visit the Hadum mosque, this symbol and the heart of the Djakovica/Gjakove city. After the visit you definitely will know the answer.
Functional Gymnastics is one of the best training opportunities for fitness of the whole body. The exercises results are stronger muscles in every area you train. Above all, you will strengthen it in a stationary way, hold the end position of the active way. At the beginning, start with 15 seconds to a higher level. If you are a beginner, start

Okay, let's start.

**Stomach**
Starting position: lying on the ground, legs bent at a 90 degrees angle and lower legs extended
Move your upper body with arms straight out 15 to 20 centimeters off the ground.

**Obliques and abdominals**
Starting position: lying on the ground, legs bent and arms extended in front
Move arms to the left, then to the right using your upper body.

**Back and gluts**
Starting position: lying on stretched body with extended legs
Move your arms left to right.
Sergeant Klochan, Part III

Gymnastics

best thing about it is that you don't need much equipment. Therefore you can do it almost anywhere. hen your stomach, hips and bones. You can do it either in a stationary or an active way. When you do stationary and 10 to 15 repetitions of one exercise in the active way. If you are able to do so, change doing these exercises two times per week.

with the training.

**Back and gluts**

Starting position: lying on the ground, face down, stretched body, bent arms, face with eyes looking straight ahead

Move upper body 20 to 30 centimeters off the ground.

**Stomach**

Starting position: lying on the ground, legs bent and arms extended in front

Move your upper body with arms straight out 30 to 40 centimeters off the ground. Don’t touch the ground when you move your upper body down.
Our new fitness model:
Fitness Instructor
Carolina Borneland
Swedish Guard Platoon,
Camp Ville, Lipljan

**Back and glutes**
Starting position: left arm and right knee on the floor, the opposite arm and leg are extended. Bring the elbow of the extended arm to touch the knee of the extended leg.
On August 28, a new era regarding health and fitness at Film City started. On this day the new sports hall, called the Kilkenny building after the hometown of the HSG commander Joseph Minogue, was opened by COMKFOR. Just to have an idea what it is like, I want to give you some details about this new sports hall. In the 2,000 square meters (the area of the old gym was 340 square meters) you can find a big sports hall, a fitness room, a cardio area, an aerobic room, a massage room, changing stalls, showers, toilets, an office, a storage room and two rooms for MWA lessons. Within almost one year the new gym was built by civilian companies under the command of the Chief Infrastructure of HQ Engineers. It cost about € 700,000 and still more than € 40,000 will be spent for new fitness and sports equipment like workout equipment and basketball baskets. From October on, Aerobic lessons will be held and to use the sports hall, there is the possibility to reserve it in advance. Four supervisors, three cleaning ladies and one trainer work in the sports hall and they give their best to create a perfect training atmosphere for you. For some of us the location of the sports hall seems to be quite far away. The reason why it was erected there was because there were only a few possible locations to build such a big hall in film City and in earlier times the accommodation area was planned there. But for sportsmen and sportswomen some hundred meters walking shouldn't be an obstacle at all. Together with the American gym, Film City now offers marvelous and perfectly equipped sports facilities. Just do it - everything else is a feeble excuse!
You're my heart, you're my soul!

Text by Maj. Alexander Unterweger, Austrian Army

Who is this man, who makes music feel us like medicine? Who is this man, who can open our hearts so fast? Who is this man, who can put us easily in good mood? Who is this man, who can make our hearts bleed? Who is this man, who has such a strong emotional touch?

It's Danilo Grimieri! He is 41 years old, Italian, married and the father of three children. His voice is similar to that of his idols Louis Armstrong and Joe Cocker - but he looks better. Since he was a baby his life has been music and music has been his life. When he is singing he feels good. "I can't live without singing, it has become part of my life", he told me.

For him successful singing performance is not a matter of perfect technique but of personality - he prefers singing with all his heart. He had his first singing experience at the age of five attending a music competition. Later he studied singing, voice improvement, diction and jazz improvisation. Grimieri was a singer of a Gospel and spiritual chorus and participated at various singing competitions. On tour with his band he performed not only in a lot of theatres and public squares but also on some TV shows.

In his "second life" Chief Warrant Officer Grimieri works as an engineering draughtsman in the Italian Army. All the time he is trying to improve his voice and after his mission here in Kosovo, he will return to Italy where he will increase his music repertoire with classic songs.

Music brings people of different nationalities together, helps us to get into a better mood, feel more satisfied with ourselves and warms our hearts. "That's what I really want", he emphasized.

It's Danilo Grimieri! - a very special person, 100 percent emotional with a really good heart. He has an impressive talent to be able to express his way of thinking and feelings through his heart.

Danilo Grimieri, it's a pleasure for us to listen to you and your music. In closing I speak on behalf of your fans: Danilo - You're my heart, you're my soul!
On August 30 the Turkish soldiers of KFOR celebrated Victory Day at Camp Sultan Murat in Prizren. It was the 84th Anniversary and it constitutes one of the golden pages of Turkish history, and represents the embrace of the civilized people of the world peace and freedom, loving nation, whose contemporary principles were drawn by the great Turkish leader Gazi Mustafa Kemal Atatürk. Victory Day is a gift to the great Turkish nation from Atatürk and his comrades, who believed in democracy and were determined to establish a modern nation.

The Kosovo Turkish Contingent and a big portion of the population from Prizren attended the celebration. Promoted officers and NCOs were given their ranks by Colonel Faruk Sungur, deputy commander of MTNF S, and Lieutenant Colonel Mehmet Partigoc, commander of the Turkish Contingent at the event.

During the celebration concert, the Sarski Bosnian Folk dance group, Kosova-Prizren Folk dance group and the Dogru Yol Association Folk dance group congratulated Turkish soldiers on Victory day and performed national folk dances. The Edirne Municipality Folk dance group came from Turkey to celebrate this day together with their soldiers. They gave a special show, that included folk dances from each region of Turkey, as the soldiers came from all over Turkey. But it was not the last surprise for the Turkish soldiers and the guests this evening, because the contingent commander prepared some special national foods for the soldiers. Doner, a special national meal cooked with roasted meat, and Ayran, a typical Turkish drink made of yogurt, were served. So for a short time the soldiers felt like they were at home.
Along a secondary road that runs north to south close to Decani/Decan a bridge became an insecure place to cross due to very bad weather conditions and intensive use.

The Commander of MNTF W, Brigadier General Vincenzo Santo, ordered the Argentinean Engineers Platoon to repair the bridge. This job demanded four weeks of work from the Argentinean Soldiers from the Multinational Engineer Company Astro. The work was divided in four phases.

During the first phase, they made a detailed reconnaissance to know what was needed to carry out the mission. In the meantime they prepared the work-space. They also requested the Italian soldiers of "Astro" Company to close the street to avoid accidents while completing the restoration work.

At the beginning of August the soldiers began the second phase. Under the command of OR-7 Claudio Marquez, they began to take apart all the old and rotten wooden material of the bridge. Simply covering it with a special paint protects it from weather conditions, makes it more resistant.

After that, they covered the iron beams with the material they had already prepared. The roadway of the bridge consists on three layers of wooden planks that give them resistance and strength.

Finally soldiers built up the railing, cleaned the area, and opened the bridge to traffic again.

As with all the missions given to the Argentinean soldiers working inside the MNTF W AOR, the reconstruction of this bridge allowed them to help and provide support to the Kosovo population. It also allowed them to learn and improve their engineering abilities, and gave them a new and fruitful experience.
Find six differences!

Send your solutions to kforchronicle@main.kfor.nato.int

A winner will be chosen at random and featured in the “Peace Keeper’s Profile” in the next issue of KFOR Chronicle.

Original

Modified
Hunter Problems

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, and then a shot is heard.

The guy's voice comes back on the line. He says: "OK, now what?"

At the Doctor

This woman rushed to see her doctor, looking very much worried and all strung out. She rattles off: "Doctor, take a look at me. When I woke up this morning, I looked at myself in the mirror and saw my hair all wiry and frazzled up, my skin was all wrinkled and pasty, my eyes were bloodshot and bugging out, and I had this corpse-like look on my face! What's wrong with me, Doctor!?"

The doctor looks her over for a couple of minutes, then calmly says: "Well, I can tell you that there ain't nothing wrong with your eyesight...."

Discharge from the Army

A general noticed one of his soldiers behaving oddly. The soldier would pick up any piece of paper he found, frown and say: "That's not it" and put it down again. This went on for some time, until the general arranged to have the soldier psychologically tested. The psychologist concluded that the soldier was deranged, and wrote out his discharge from the army.

The soldier picked it up, smiled and said: "That's it."

Having an argument

Two guys are sitting on a bar stool. One starts to insult the other one. He screams, "I slept with your mother!" The bar gets quiet as everyone listens to see what the other guy will do. The first again yells, "I slept with your mother!"

The other says, "Go home dad, you're drunk."

"The long walk to the new gym is a workout in itself"
Name: Herbert Walenta  
Rank: Sergeant First Class  
Nationality: German  
Home Unit: PzArt Btl 115 Neunburg vorm Wald  
Unit in KFOR: 4. / Manoeuvre Battalion Prizren  
Armoured Artillery Battalion 115 Neunburg Vorm Wald  

Where I am from: I come from the Bavarian district "Oberpfalz". I live in a small town near the Czech Republic border.  

About the mission: This is my second mission in Kosovo since 2004. I'm most impressed by the progress of security and stability of Kosovo since 2004. I feel good about my little part to this progress.  

Family reaction: My family gives me the best support during the mission.  

Plans after mission: After the mission I'll go on holiday to care for my house and garden. My home battalion is going to get dissolved in the year 2007 so I will prepare myself for my new job in an other battalion as a First Sergeant beginning in 2007. 

Name: Ronald Zajac  
Rank: Major  
Age: 30  
Nationality: Polish  
Home unit: 3rd Air Force Base in Wroclaw  
Unit in KFOR: JOC HQ KFOR  

About the mission: This is my first mission. I began my mission on 8 September 2005 in the Polish Ukrainian Battalion at Camp White Eagle. There I was a CIMIC officer. This work was very interesting because I can possibly meet a lot of local citizens. I recognized their behaviors, culture, religions and customs. In May 2006 I started work at the JOC HQ KFOR. This job is much different from my previous work but I like new challenges and this is for me a great new experience. Here I have a lot of opportunities to improve my English language and meet a lot of soldiers from other countries. In September I finish my mission and I can say that this time was for gaining knowledge and exiting.  

Family reaction: At my home waiting for me are my wonderful wife, little son and daughter. This one year was not easy for my wife, because she had to bring up the children without me and I am very proud of her.  

Plans after mission: When I back to Poland I would like to spend a lot of time with my family. I want to make amends to my family for the time which I spent on the mission. I am planning another mission - soon. 

Name: Katalin Majoros  
Rank: Corporal  
Nationality: Hungarian  
Home unit: MH 25. Klapka György Light Infantery Brigade  
Unit in KFOR: Hungarian Guard and Security Battalion  

About the mission: It's my second time here in Kosovo and our duty is challenging. We perform different kinds of duty such as guarding the HQ main gate, the entrance of the main building, checkpoints and foot patrols. I was here one year ago and I was glad to meet some friends here again.  

Family reaction: My family is very proud of my being here. My parents, two sisters and younger brother approved of my decision to join the army and go abroad. Although they are worried about me and about their "little girl" in Kosovo.  

Plans after mission: After this mission I will get married and start a family. I would like to have three children and live in a house near the Balaton lake with a big garden. Gardening is one of my hobbies and I'm looking forward to doing it a lot.
Batlava/Batllavë

Photo by Maj. Alexander Unterweger, Austrian Army