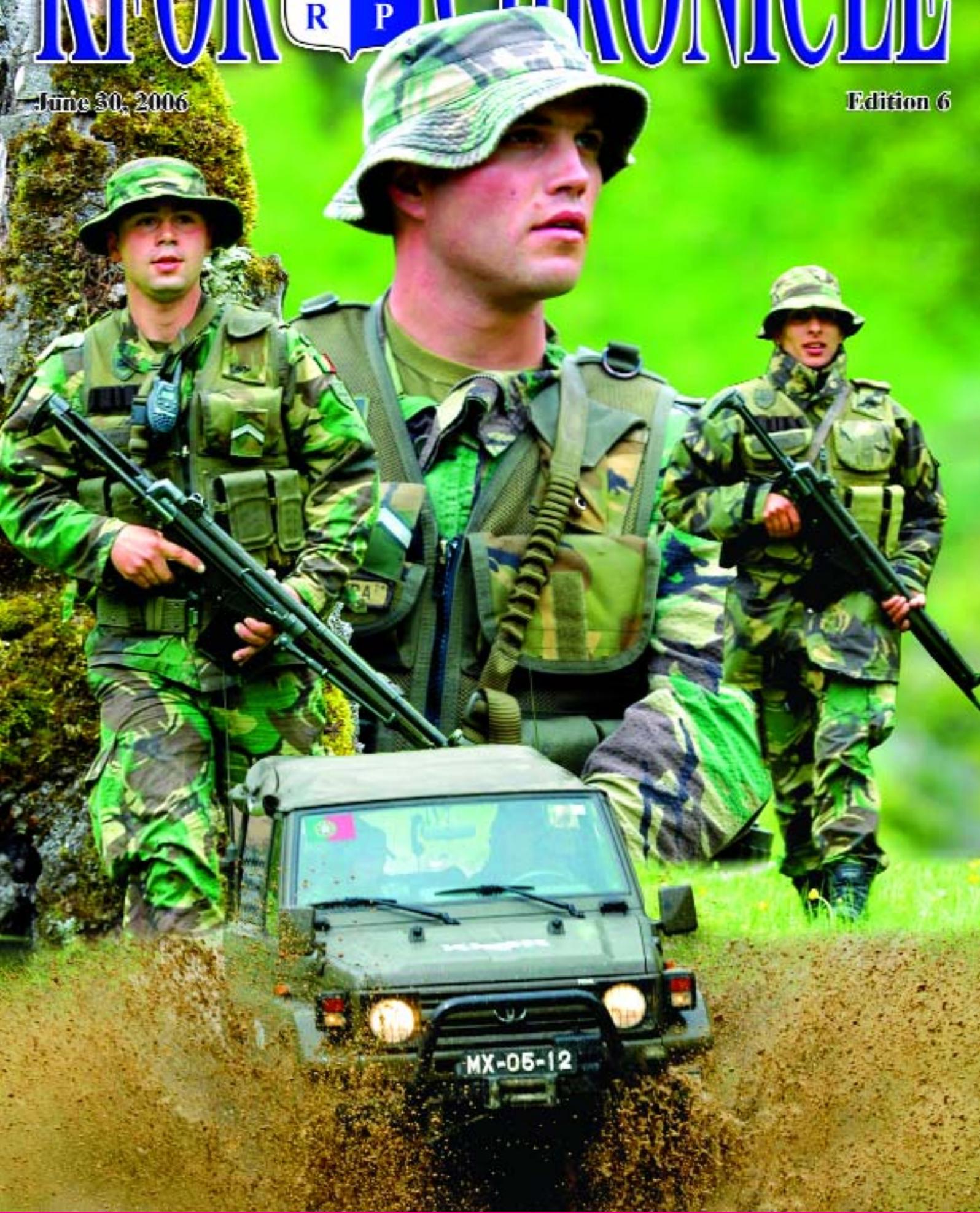


KFOR CHRONICLE

June 30, 2006

Edition 6





Ticks and Tricks

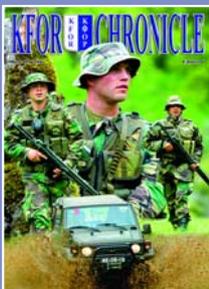
A vector is an organism, such as a mosquito or tick that carries disease-causing microorganisms (infections) from one person (or animal) to another. Ticks are a serious problem in Kosovo. Several severe diseases can be carried by ticks such as Tularemia, Lyme disease, and Crimean-Congo hemorrhagic fever.

In Kosovo there are many stray dogs and cats along with livestock that may be infested with ticks. The best way to avoid acquiring ticks (and the infections they may carry) is through prevention:

1. Avoid walking through uncut fields, brush and other areas likely to harbor ticks. When hiking in these areas, wear long pants tucked into socks and consider using tick repellents. Walk in the center of mowed trails to avoid brushing up against vegetation.
2. Inspect your skin after being in tick-infested areas, and promptly remove any ticks which are found (ticks most often attach at the neck and scalp).
3. Free-roaming pets are much more likely to become infested with ticks than are those which are confined.



KFOR CHRONICLE



Cover photo by Armend Aqifi

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Nations within KFOR:

HO KFOR

Canada
 Estonia
 Hungary
 Netherlands
 Norway
 Portugal
 United Kingdom

MNTF (E)

United States of America
 Armenia
 Greece
 Lithuania
 Poland
 Ukraine

MNTE (C)

Czech Republic
 Finland
 Ireland
 Latvia
 Slovakia
 Sweden

MNTE (S)

Germany
 Austria
 Azerbaijan
 Bulgaria
 Georgia
 Switzerland
 Turkey

MNTE (N)

France
 Belgium
 Denmark
 Greece
 Latvia
 Luxembourg
 Mongolia
 Morocco

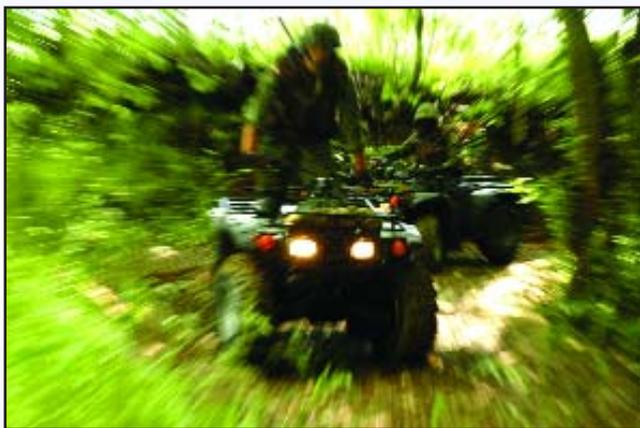
MNTE (W)

Italy
 Argentina
 Hungary
 Romania
 Slovenia
 Spain



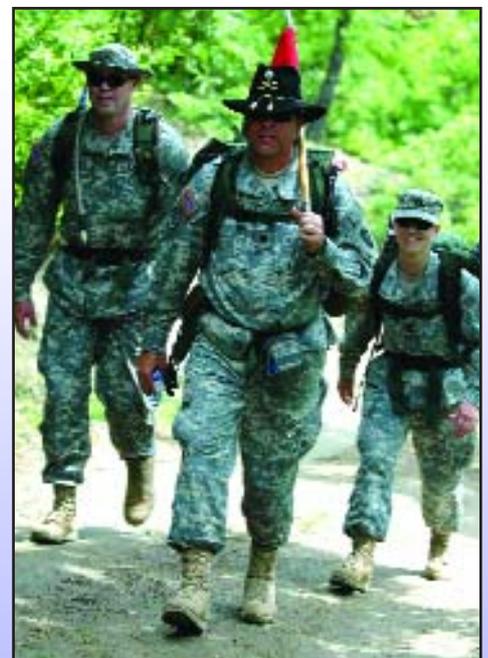
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“CORDON II” page 8 - 9**



**POLUKRBAT
“Together They Can” page 10 - 11**

DANCON March page 18 - 19



**Health & Fitness
Working Out with Maj Laguna, page 22 - 24**

General Bart Assumes Command of MNTF North

By Lt V.Meynard, French Army
Photos by Armend Aqifi



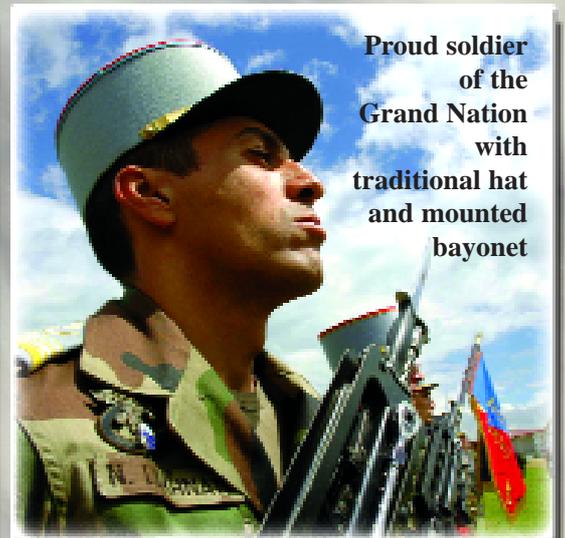
General Bart takes over command and responsibility for the MNTF North



Natural parade square - big ceremonies are traditionally held on the field



Belgian and Luxembourgian troops form a mixed unit



Proud soldier of the Grand Nation with traditional hat and mounted bayonet

The Task Force North transfer of authority between Brigadier General Margueron and Brigadier General Jean-Jacques Bart took place in Novo Selo June 2. The solemn parade was commanded by COMKFOR, Lieutenant General Giuseppe Valotto.

Battalions were lined up on the parade square, most of them belonging to the French 1st mechanized brigade commanded by Brigadier General Bart. French support regiments serving under the new commander of MNTF North. Danish, Moroccan and Greek battalions as well as a Belgian and a Luxembourg mixed detachment were also in the ranks.

Lt. Gen. Valotto expressed his complete satisfaction to the outgoing commander, Brig. Gen. Margueron, about the successful work achieved during the 21st mandate. He presented his whole trust to Brig. Gen. Bart and assured the 22nd mandate would follow the successful work undertaken.

Brig. Gen. Bart concluded the ceremony with an arrival speech. He asked officers, NCOs and soldiers of the MNTF North "to keep in mind two major guidelines for their coming months actions: permanent vigilance and reactivity at anytime."

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

7 Years of Service for Kosovo

COMKFOR Lieutenant General Giuseppe Valotto, together with KFOR soldiers, civilian and military officials, as well as local and international authorities celebrated KFOR's 7th Anniversary on June 10.

Mr. Søren Jessen-Petersen, UN SRSG and the President of Kosovo, Mr. Fatmir Sejdiu attended the solemn ceremony at KFOR HQ, Pristina/Prishtine. Three memory crowns were placed on a memorial statue and a tree was planted in honor of the soldiers who died serving the Kosovo people.

With more than 16.000 troops, KFOR is still one of the most important NATO commitments; sustained by 12 non-NATO countries, external to the Alliance, but fully integrated in the KFOR structure.

The KFOR commitment is based on the Military Technical Agreement signed June 9, 1999 by the first COMKFOR, General Sir Michael Jackson, to establish the conditions for the NATO deployment and the "cease-fire".

"KFOR soldiers will contribute to do whatsoever are in their reach for the common good of the Kosovar people," said General Valotto. "As the commander, I am proud of how my soldiers work for the image of this multinational military force."

"More than 475.000 soldiers were deployed to Kosovo; it is a huge number, but is justified by the results achieved. I also want to honor their sacrifices, 110 soldiers lost their lives during operations, in addition to the 27 unfortunate Slovakian soldiers who died in the airplane crash on January."



COMKFOR passes the guard of honor accompanied by SRSG Petersen and Kosovo's President Fatmir Sejdiu



Honoring those who lost their lives while serving with KFOR



A local girl helped General Valotto to plant a tree

*At the presence of
 the President of Kosovo - Mr. Fatmir Sejdiu
 the SRSG - Mr. Søren Jessen Petersen
 and the COMKFOR - Lt. Gen. Giuseppe Valotto
 this tree was placed in the ground
 on the 7th Anniversary of KFOR entry in Kosovo
 To those who lost their lives in the service of peace*



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EU Members of Parliament Visited Kosovo

General Valotto received 13 members of the European Parliament on June 22. He provided a general assessment of the security situation in Kosovo and assured them, KFOR troops are well trained and determined to maintain a safe and secure environment. COMKFOR expressed his confidence in the local institutions and the need to send positive messages to Kosovo's population.

Meeting with Argentinean Chief Joint Operations

On June 22 Brig. Gen. Carlos Edoardo Perona visited the Argentinean KFOR troops and had an office call with COMKFOR. General Valotto briefed his guest on the current situation in the theatre and stressed the importance of the work the 51 soldiers from Argentina are doing. The South American country currently contributes an Engineer platoon to MNTF West located in Villaggio Italia, Pec.



General Valotto Received Slovenian Minister of Defense

In casual wear and apparently excellent mood Mr. Karel Erjavec, Slovenia's Minister of Defense came to meet COMKFOR. In his conversation with Gen. Valotto the MOD confirmed that in July Slovenia will deploy a Transport Company to MNTF West. During the briefing Valotto praised the excellent job the Slovenian soldiers are doing with KFOR.



Tour with KFOR



KFOR Celebrated its 7th Anniversary

On June 11 it was exactly 7 years back that NATO troops entered Kosovo to bring peace and stability to the suffering people of the province. On the occasion of that anniversary General

Valotto headed a ceremony at the memorial monument in Film City, HQ KFOR. A little girl helped the Commander plant a tree as a green symbol of growth, stability and permanent development.



Portuguese Army Chief Awarded a Medal to COMKFOR

As a sign of loyalty and friendship the Commander of the Portuguese Land Forces, Lt. Gen. Da Palma awarded the 'Meritorious First Class Medal of the Portuguese Army' to COMKFOR. General Valotto has a close link with Portuguese troops since their country contributes a brigade to the Allied Reaction Corps (ARC) in Germany, where Valotto served a few years ago. The ceremony took place on June 14 at Camp Slim Lines, Pristina.

COMKFOR met his German Successor Maj. Gen. Kather

General Valotto's designated successor Maj. Gen. Kather joined the so-called Key Leader Training from June 13-21, an in-theatre training for key-personnel of the next KFOR rotation. In parallel to his daily business Valotto dedicated most of his time to the German General and briefed him in detail on the current situation in Kosovo. Together the two Generals visited the key players of UNMIK and the local government.



C O R D O N II

Mountainous area to north-west of Istog/Istok amazes people at first glance with its wild natural beauty. Very old forest grows within rocks with an altitude above 1700 m, yet hides some snow in June; puts you into a world of thrilling sounds and smells and makes you keep silent

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

Twenty seven Portuguese under the command of the KTM Battalion, 2nd Coy platoon commander, Lt. C. Narciso seem to fit perfectly in the environment. As seven 4x4 vehicles brought the platoon to a spot determined by KTM Tactical Command Post, drivers quickly secure the area to let the soldiers dismount by the signal of the Lieutenant. Then, without a word, the platoon, split into three squads, rapidly disappeared in the green, following the directions given by their commander to surround and check out an area a Reece Detachment scout reported contained suspects.

A few families tend to come up to the mountains from villages downward, over summer time to feed cattle, to raise income for living. Poverty and immediate vicinity of the borderline turns that ideal world into an arena of illegal activities, which are out of the local institutions control.

2nd Coy of the KTM Battalion, along with Battalion TCP, one Recce Detachment and proportional support services were deployed to the region of Istog/Istok, MNTF W AOR in order to take part in a joint KFOR - UNMIK-P/KPS operation CORDON II June 050700 through 070800. The operation engaged 120 Portuguese soldiers.

"During 72 hours, in a rough and mountainous terrain", said Maj. Brito Teixeira, KTM Deputy Commander, "KTM developed an intense activity of surveillance and foot patrols, which allowed gathered detailed information about the procedures connected with illegal activities, such

as, illegal woodcutting, smuggling, etc. During two days, in a close cooperation with KPS non-stop joint vehicle check points were conducted as well."

The day of June 6, the main day of the operation, was gone fast as a cascade of quick movements between areas of interest for the platoon of Lt. Narciso; conducting the cordon and search operation in the mountains settlements.

The seemingly chaotic and disorganized movements of the platoon, ordered by the KTM TCP during all the day long, eventually have led to thorough inspection of the respective area of operation. And that was more than obvious for the soldiers, as they carried out all the missions fairly professionally.

According to Maj. Teixeira, besides the previously mentioned particular results of the operation, that was an opportunity to show local population, KFOR is to support UNMIK-P/KPS.

"The law implementation, as one of the main Kosovo standards," said Maj. Teixeira, "needs more cooperation and interoperability between KPS, UNMIK-P and KFOR in order to help KPS does a better job every day." "Joint activity with KFOR and UNMIK-P/KPS helps KPS to be seen by local population as credible force; the force of the law must be credible, and one more step toward that concept has been taken."

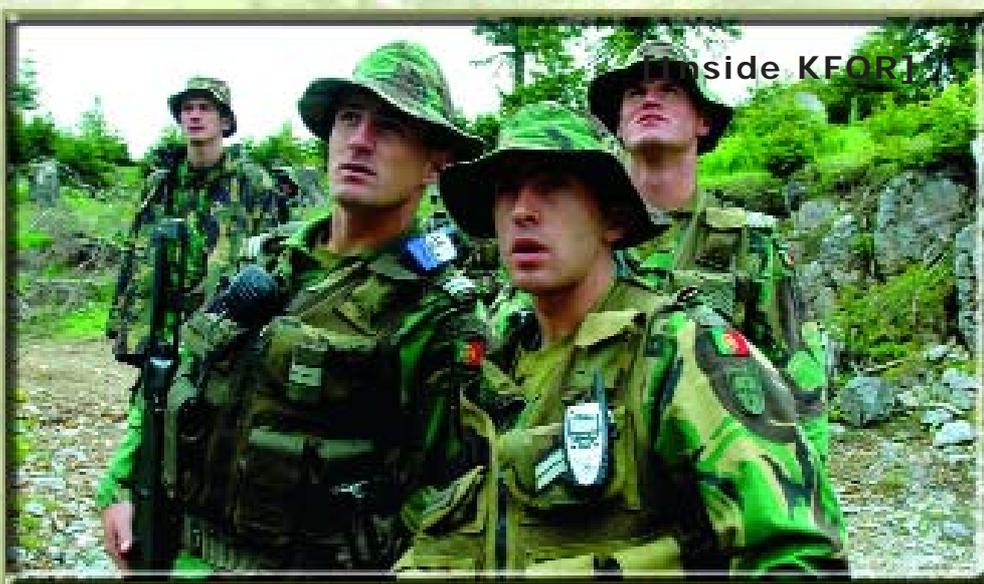


The platoon commander before departure





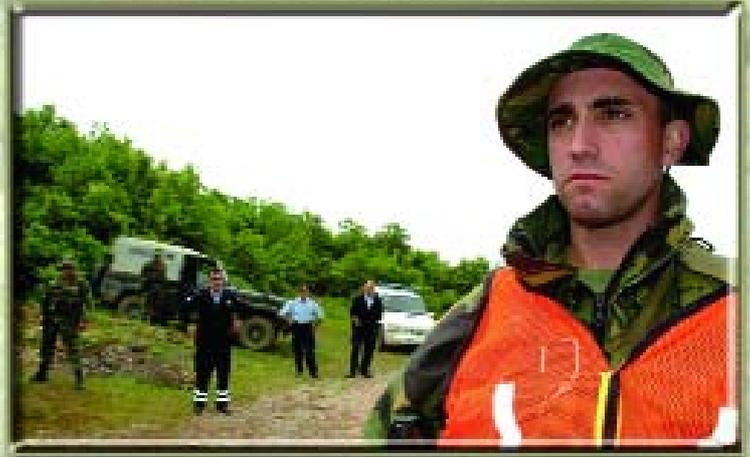
Commander Lt. Narciso briefs his soldiers from the KTM field camp near Istog/Istok



As a watch keeper reported suspicious movement, the Portuguese target the object



A fresh path discovered by the soldiers seems to be used for the transportation of illegally cut wood

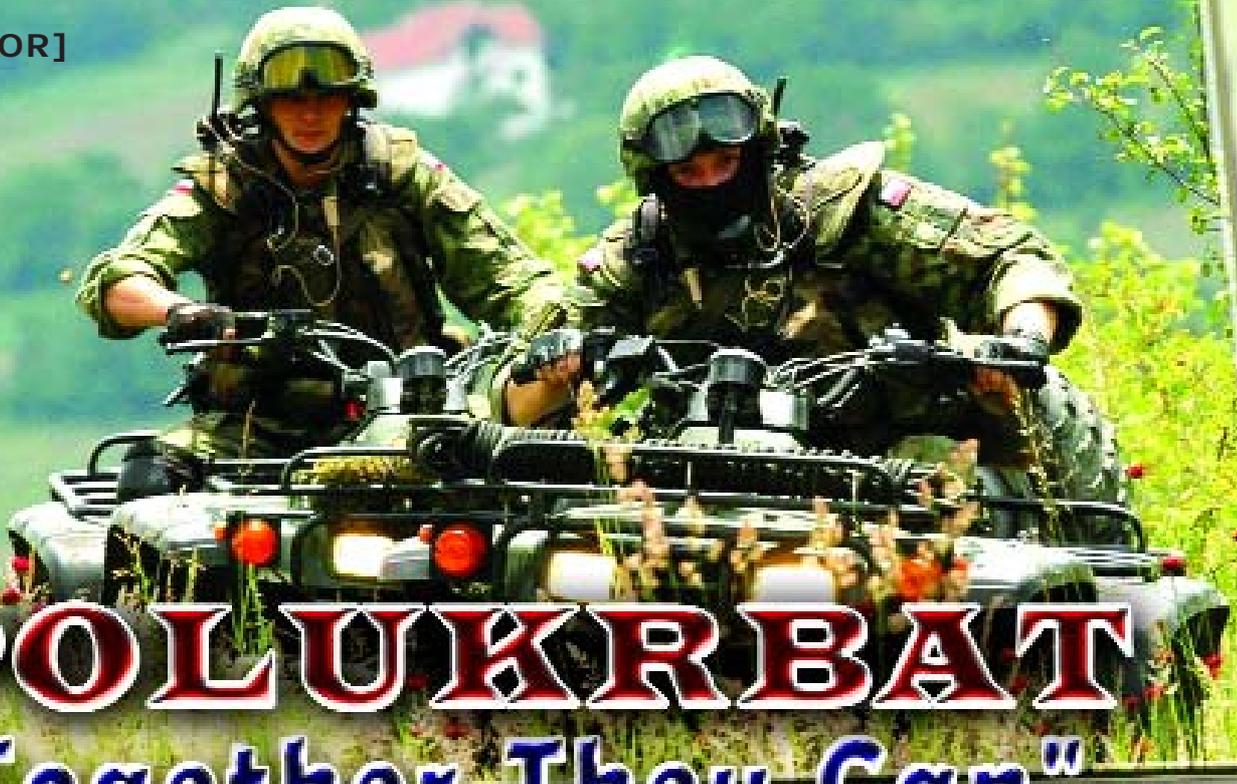


Joint KFOR/KPS VCP established for the period of the operation controls the traffic on the only regular road to the mountains



KTM soldiers come down from the mountains after a 72-hours operation





POLUKRBAT

"Together They Can"

The Polish-Ukrainian Battalion was formed according to an agreement signed by the Polish and Ukrainian Ministers of Defence on October 5, 1995. In accordance with the agreement the POLUKRBAT can be employed for PSO under UN or other international organisations mandates

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

On July 6, 2000, as the decision has been taken by Polish and Ukrainian Presidents, the POLUKRBAT was deployed to Kosovo and operates under MNTF E command. The POLUKRBAT consists of four motorized companies (two Polish and two Ukrainian), Lithuanian motorized platoon, Polish Headquarters Company and logistic elements. The total strength of the battalion is more than 550 troops. The POLUKRBAT is equipped with 23 BRDM

- 2/APC, 10
- HMMWV/AFV, 33
- HONKER/JEEP, 8
- QUAD-HONDA
- TRX and 7
- CHEVRO-
- LET/JEEP.

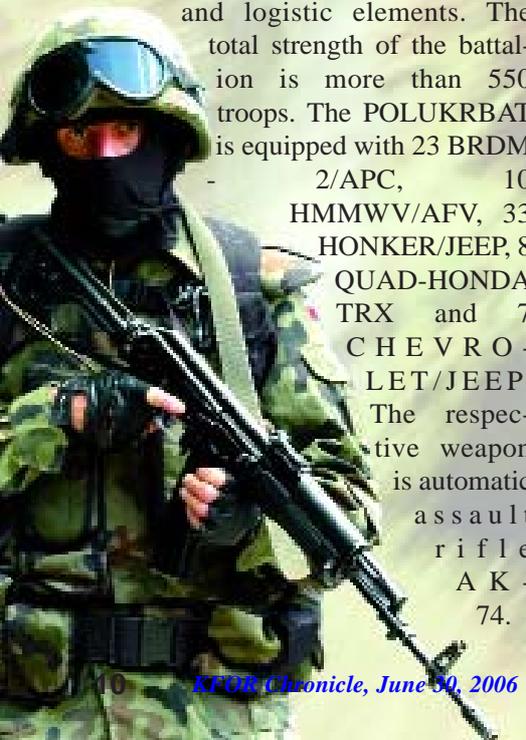
The respective weapon is automatic assault rifle AK-74.

The POLUKRBAT AOR includes municipalities of Kacanik, Strpce and Deneral Jankovic. Sixty eight kilometers Kosovo-FYROM borderline are under the POLUKRBAT control as well.

The municipalities of Kacanik and Deneral Jankovic are mostly inhabited by representatives of Albanian ethnic group; however, the majority of the population of the municipality of Strpce is Serbian. Nevertheless, coexistence of four mixed and four Kosovo Albanian villages along with nine Kosovo Serb villages in the muni-

pality of Strpce, very positively represents joint efforts of the three POLUKRBAT nations to create SASE for everyone in their AOR.

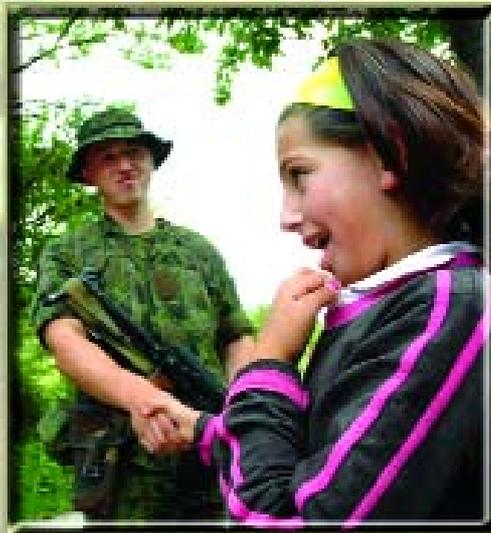
Sixteen XBO and cordon and search operations in a co-operation with Italian, US, German, Greek, Portuguese and KFOR troops other nations from all the MNTFs has been conducted by current rotation of the battalion since September 2005. Moreover, 2266 patrols were carried out; 1143 VCPs were established; more than 12000 people and 5560 vehicles were checked.



A Ukrainian soldier watches over forest paths in the vicinity of the Kosovo-FYROM borderline



Operating in a challenge



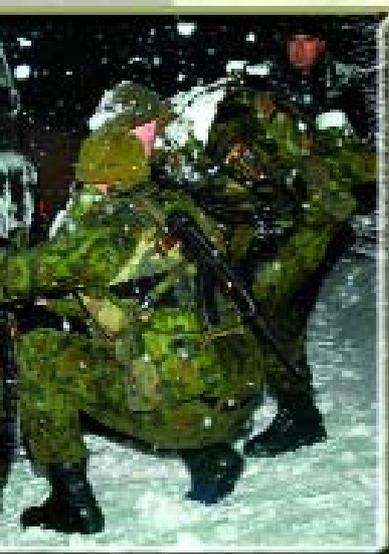
A Lithuanian soldier from the POLUKRBAT shakes hands with a local girl during a regular patrol in a village of the municipality of Strpce



The POLUKRBAT Reconnaissance Platoon Polish soldier gets his QUAD-HONDA TRX through off-road terrain while patrolling the AOR

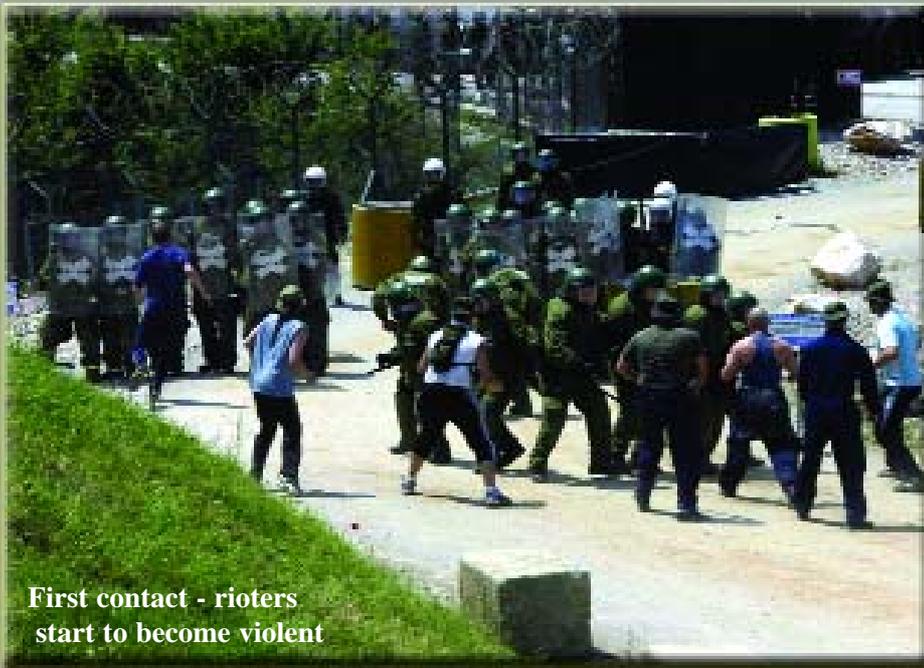


Polish-Ukrainian-Lithuanian joint foot patrol; the POLUKRBAT performs more than 250 foot patrols every month in its AOR



mountainous AOR can be quiet during winter time





First contact - rioters start to become violent

By 1st Lt Dirk Siebels, GER Navy

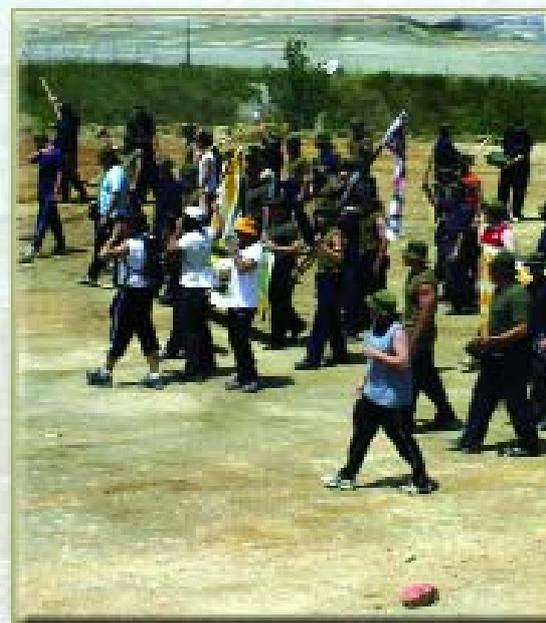
The negotiations over the future state of Kosovo are over. The province was not granted independence. This infuriates the people in the towns and villages of Kosovo. Near Prizren is a crowd marching towards a monastery and threatens to destroy it. German, Austrian und Swiss troops, dressed in Crowd and Riot Control (CRC) gear, protect the old building, using tear gas cartridges to drive the demonstrators back.

This scenario could in fact happen in the near future. However, it was only an exercise this time. The German

Major General Roland Kather, who will be the next commander of the KFOR troops from September on, came to Kosovo to take a closer look at his future troops. He was deeply impressed by the exercise, taking place in Camp Prizren, the headquarter of the Multinational Task Force South. "The people in Kosovo want peace and stability, and therefore they should remain quiet", he said. "But if there are aggressions for whatever reason, KFOR is definitely willing and able to sustain public order."



Yet the demonstration is peaceful...



The crowd expresses their anger about

and Riot Control



Leave the party when you like it best



the fictive results of the status talks



In robot-like formation the German unit moved forward to push the violent demonstrators back



'Be aware: Not all dangerous areas are marked with mine signs'

Text and photos by Lt Magdalena Dvorakova, Czech Army



The EOD specialists showed the students what UXOs can look like



Quizzes and games motivated the children to actively participate in the lessons

Every year after the winter season, the number of UXOs found increases sharply. But this year, after very long and snowy winter and the raining season with flooding, the increase was much higher than expected. Due to soil washed out, new layers of hidden UXOs are revealed.

Children find UXOs and take the explosives to their home villages or even to the school yards to show friends what they have found. Children in their enthusiasm of enjoying spring time playing outside are often not careful enough or just don't know what dangerous items can surprise them on their journeys.

Task Force Centre Headquarter decided to take quick action before the end of the school year. A MNTF(C) team composed of IEDD/EOD, CIMIC and LMT members prepared a "Mine Risk Education" program for children from seven to seventeen years. Choosing regions and schools was the first step.

"We choose five regions where we found the largest number of UXOs and then selected the biggest schools in the area," said the EOD Chief MNTF (C) Capt. Clodagh McConnell from Irish Navy, and added, "Like this we can inform as many students as possible. The time



es in Mind

Imagine what it's like to live with just one leg...

was running fast for us since the end of school year was only a month ahead,"

Then the EOD team created lessons suitable for students of different age to make sure also the 7-year old would understand the given information. One mine risk lesson was half an hour long. It included basic information about UXOs, what they look like on the ground, how to mark places where UXOs were found and guidelines on what to do when you find one.

"During these 30 minutes we used quizzes and games to maintain the children's attention all the way through. The basic messages of the lecture were not to touch suspicious items and call KFOR or KPS for help," said IEDD Team Sergeant Damian Patchell.

School principals and teachers reacted very positively to the Mine Risk Education. The children were very interested in the issue and asked a lot of questions even after the end of the lesson. The program ended with the school year as we planned. 1350 students of 13 schools could take part in the program.

"Since the Mine Risk Education project went so well and there is still a lot of schools to visit and inform we decided to continue our lessons also the next school year", concluded Capt. Clodagh McConnell, IEDD Team leader.



Unexploded cluster bomblets can detonate on the slightest touch



'That can surprise you when playing in non-cleared areas'

"NOTHING HILL"

Re-opening of KFOR base in Northern Kosovo is in line with a new task force structure concept. Through this concept, KFOR will be able to move freely yet operate the same at any of its different locations with no loss in operational capability, thereby increasing operational flexibility and responsiveness

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

Nothing Hill Camp will be established in two phases. To put up accommodation tents, the dining tent and the command post tent, as well as to provide security for the territory of the camp is planned for the first phase. In order to enhance the camp with a minimum investment, former Belgian KFOR camp site near by the town of Leposaviq/Leposavic has been chosen as Nothing Hill Camp location. According to Lt.Col Pierre-Max Voureau, KFOR HQ J4 JLCC Chief, every MNTF contributed into establishing of the camp. "MNTF S and KTM performed the engineering job," said Lt.Col Voureau.

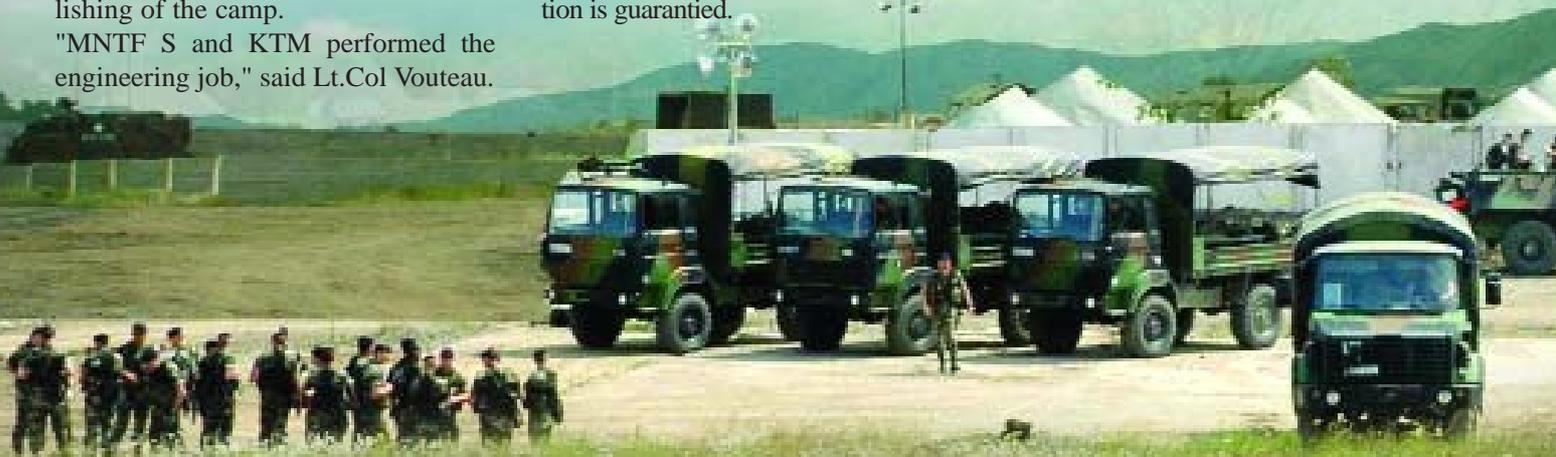
"MNTF E and CBR Company from Bondsteel built the tent site; MNTF N provided fuel supply, medical assistant and security; MNTF W provided transportation service; KFOR HQ coordinated the project.

"Nothing Hill Camp is designed to accommodate up to a company of troops and is able to accept a battalion inside the wire," said Lt.Col Voureau. Each MNTF dedicates a company to form a contingent for the camp.

The companies will rotate each other in a regular two-week basis, accordingly to KFOR HQ plan. During the first phase of the camp every company requested to be totally self sustained. Only accommodation is guaranteed.

The work started on June 3. The first contingent of the camp, a company of French Infantry Battalion, Camp Belvedere, MNTF N occupied Nothing Hill on June 13. The contingent is to perform regular KFOR Cross Boundary Operations within North of Kosovo.

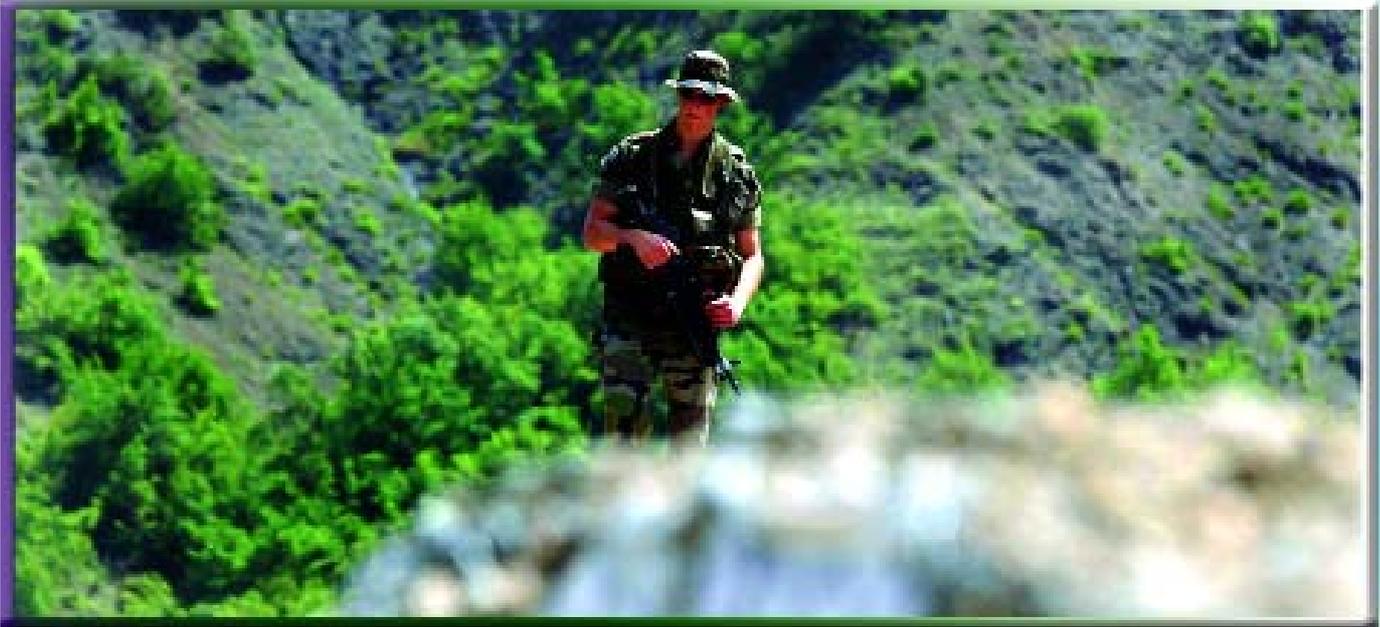
In the second phase, regular living conditions will be provided for the soldiers of Nothing Hill Camp. Permanent accommodations will replace the tent living area by the end of September. And a dining facility, run by a contractor, will provide regular nutrition for the camp contingent. The base will be permanently occupied.



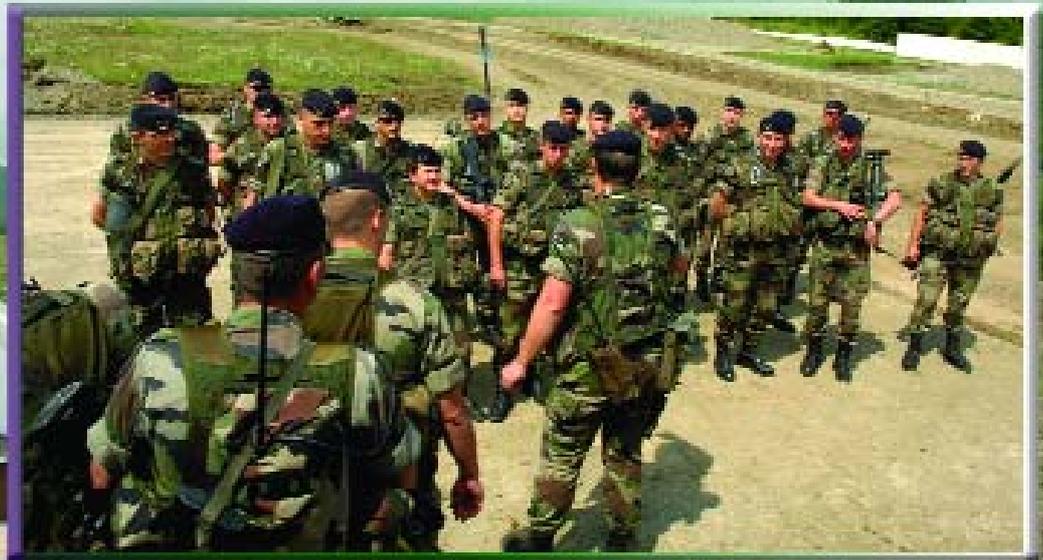
A French soldier guards the main gate of Camp Nothing Hill



Greek soldiers from MNTF N provided the construction



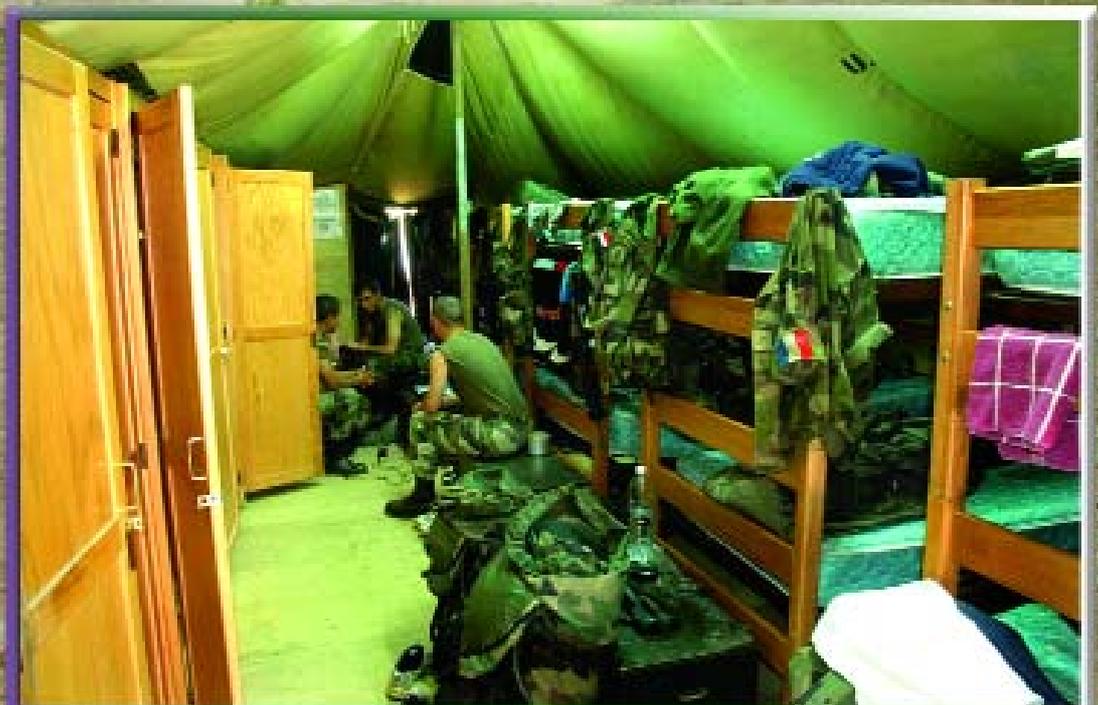
A French soldier walks on top of HESCO-bastion while guarding the perimeter of Camp Nothing Hill



The first contingent has arrived at Camp Nothing Hill



security for the camp during



The tent living area was built up during the first phase of establishing the camp; every tent is equipped with an air conditioner system

7 Rules for the DANCON

Mitrovica - 1144 participants from more than 30 nations took part in the legendary DANCON March, Sunday, June 4. A Portuguese soldier managed to accomplish the 25.2 kilometers through rough hilly terrain in 2:22:55 hours

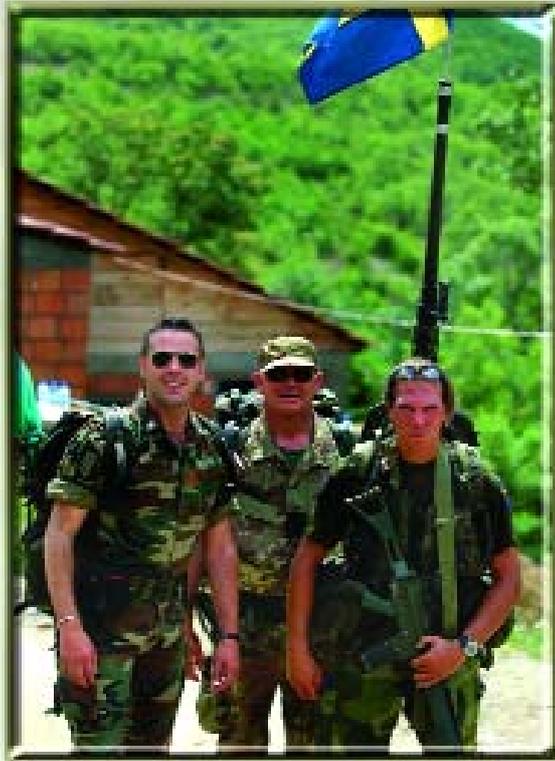
*By MAJ Heimo Gruber, AUT Army
Photos by LT Maksym Nedria, UKR Army*

A pyrotechnical explosion was the starting signal for the multinational folks taking part in the popular march organized by the Danish KFOR Contingent. It started at the Danish Camp Olaf Rye near Mitrovica, where the obligatory additional weight of 10 kilograms, including the respective personal weapon, was checked.

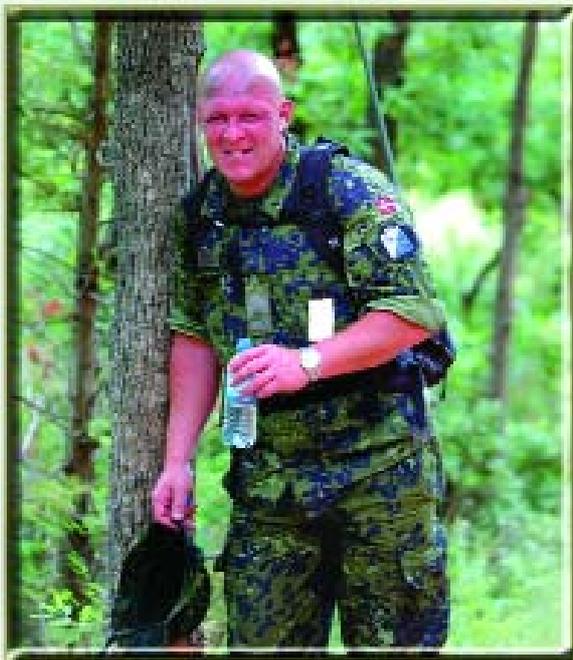
The weather was surprisingly favorable, so the track was perfect, even for the ambitious participants who were running the whole distance.

That's what Portuguese Corporal Nuno Nunes did - he ran in full combat uniform, one of the preconditions to get the DANCON March medal and diploma. Nunes crossed the finishing line after 2:22:55 hours. A German UNMIK Police Officer came in second while Casper Dupont Nielsen, representing the Danish host nation, finished third.

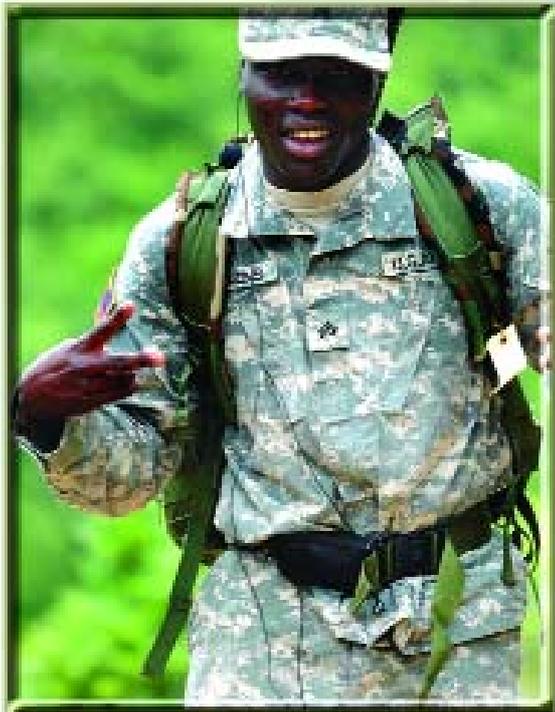
The DANCON March was again a big success and proved to be the most popular sports event within KFOR.



Italian proverb: Pose with the best - mess with the rest



Give everything plus 20% - the Danish Sergeant Major showed the boys what the maximum looks like



Chose the right beat - 50cent for 25 km could be the right choice

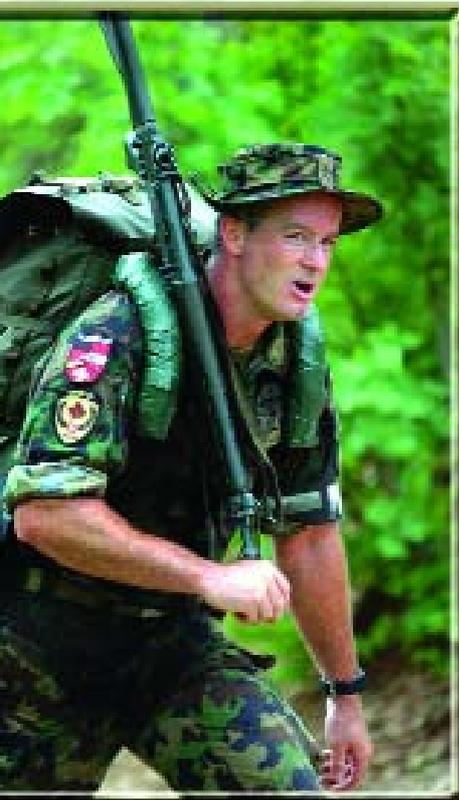
NY March



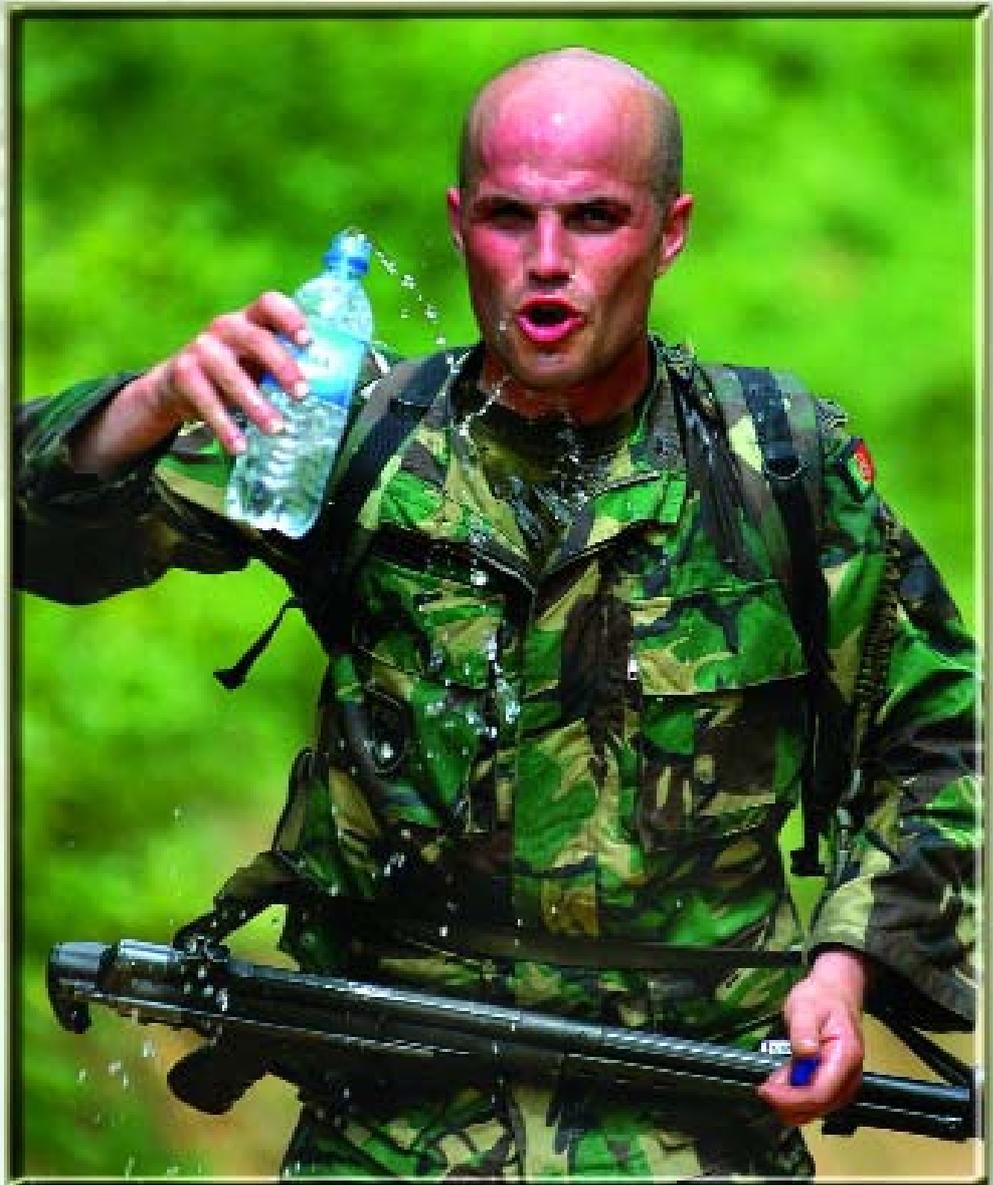
surrender to terror, pain or injury



You are different? Don't worry - you are not alone!



hesitate to modify military equipment,
it is not yours anyway



No doubt - sweating men do look sexy indeed...

Kosovo Ethnogr

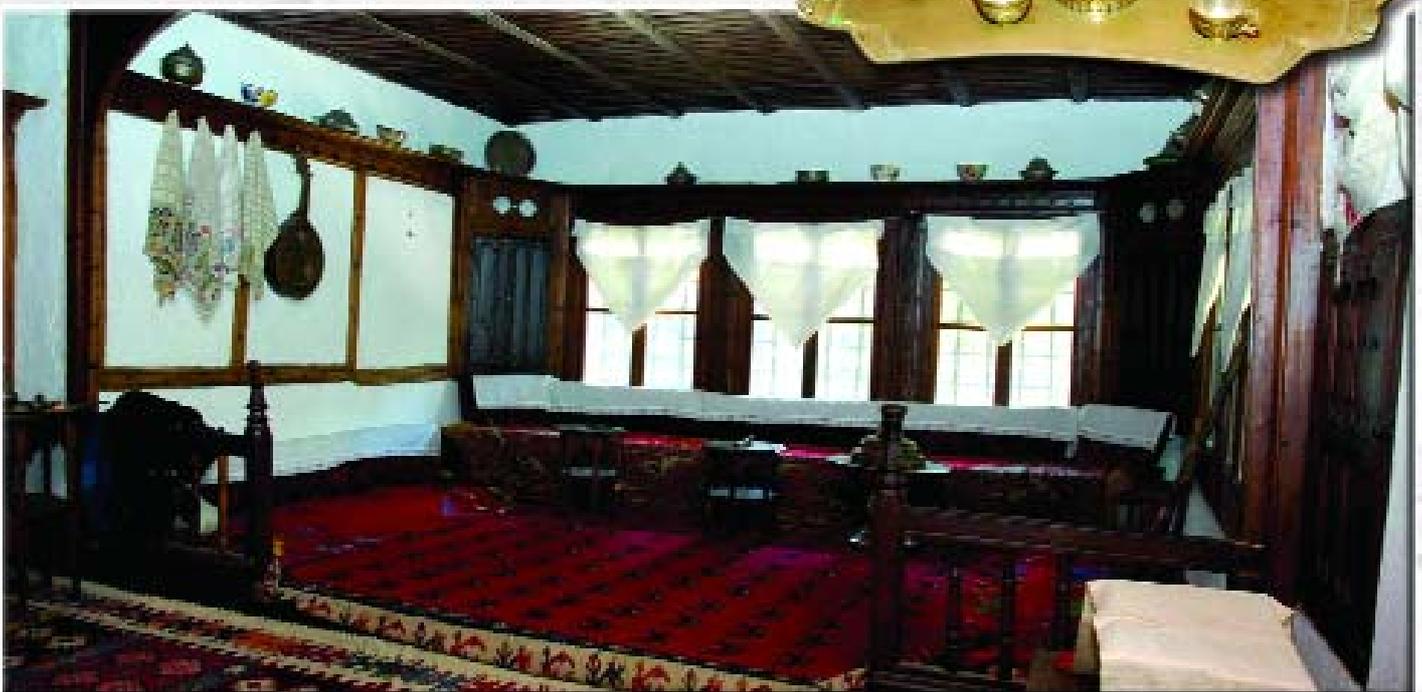
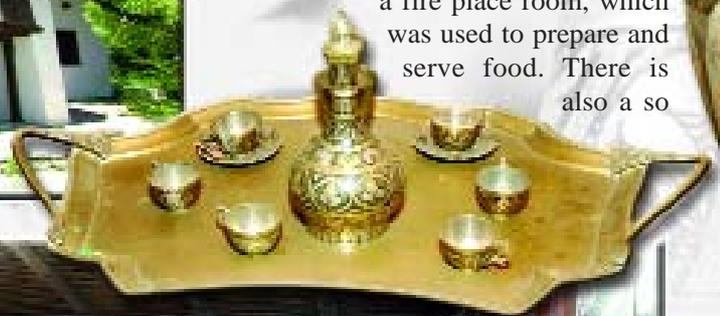
*Text by 1st LT Maksym Nedria
Ukrainian Army
Photos by Armend Aqifi*

Kosovo's Ethnographic Museum is a part of the National Museum of Kosovo, which contains Historical, Archeological and Museum of Nature departments as well.

The museum is located in Pristina/Prishtine in a place built in XVIII century and previously occupied by a rich family. The government purchased the buildings in 1950, and eventually turned them into an exposition of ethnographic Kosovo cultural heritage in June, 2006.

The exposition combines two buildings, a garden around, an old well and a stone wall with the gates, creating an atmosphere of ancient times. The museum shows the ethnography of different ethnic groups of Kosovo.

The décor of every room is reach with authentic furniture, utensils and items of everyday life. Visitors may observe a living room, a nursery, a basement, and a fire place room, which was used to prepare and serve food. There is also a so



Graphic Museum

called Turkish bath and a home heating system in the exposition.

Currently, a part of the exposition is opened for visitors and the rest of the museum is under construction. However, the exposition is planned to be entirely opened in July and it will present ethnography of all the regions of Kosovo.



Working Out with

Major Javier Laguna studied physiotherapy and osteopathy at Madrid University.

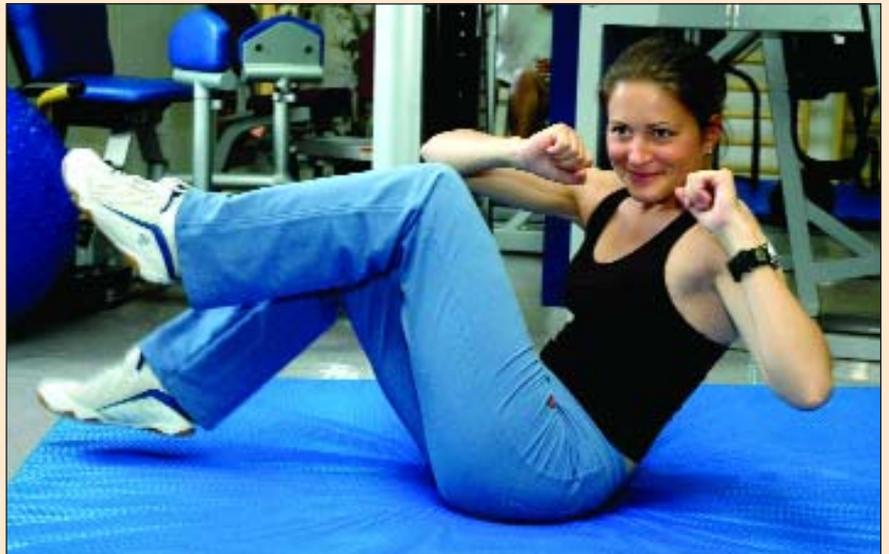


Weight training

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

ABDOMINALS (Abs)

These muscles are essential for any other exercise. Once abs are toned up, your whole body structure improves and is less likely to be injured. Consequently, your body muscles grow on a stronger frame that both makes them safer and allows them to develop well balanced and structurally sound. All abs (5 zones) are important to train 2 to 3 times a week. Try not to skip any. The less you do the more they grow, so let these muscle relax and grow. Do not train them every day. When exercising them, try to do as many repetitions as your body allows you to but never forget the more slowly and concentrated the repetition is, the better these muscles are built up. If you rush when training your abs you will train all other muscles (Dorsal, Iliopsoas) except your abs. Your exercise will be mainly due to inertia and will not isolate the correct muscles.



Major Laguna Part II

In this edition KFOR's fitness guru talks about working out and specific muscle groups.

BICEPS

Every time you train your biceps, your back must be straight and stable. When lifting weights with your biceps, both your elbow and shoulders act as levers. Your lower back muscles make a large effort in order to counteract against this lifting. As a consequence, if you want to prevent injuries as well as train your biceps properly you should lean your upper back against a wall or a vertical frame.

You should also reduce weight if your exercise stretches your elbow 180° or you could sustain a long lasting injury to your biceps tendon.



SHOULDERS

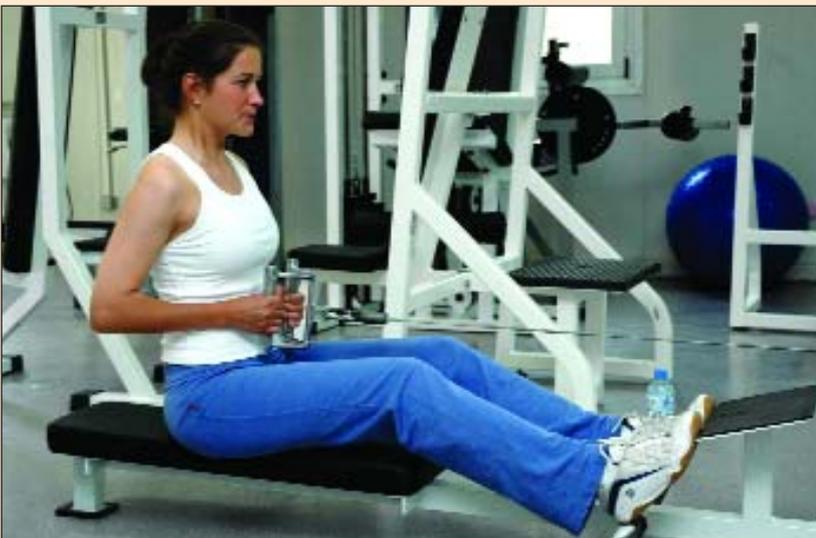
The shoulder is prone to injury, as it is comprised of multiple muscles & ligaments. It is one of the most complex joints in the body, but it is also very weak and fragile. All hands and arms movements are connected and depend on the shoulder. Therefore, you had better reduce weight and increase repetitions in order to gain stability, steadiness and also definition. You should train the three portions of the Deltoid and external rotators to get a balanced shoulder and to avoid injuries.



TRICEPS

There many people who use heavy weights when they do triceps training. And many of them do this workout with the help of abdominals. In that case, if you want to have good triceps you should:

- " Train all portions equally
- " Keep your arms as parallel to your body as you can (in all exercises)
- " Put your hips forward making your lower back curvature more pronounced



PECTORALIS

The pectoral muscle is one of the strongest muscles in our body. It has several connected bones; sternum, collarbone, ribs, etc. and a single strong tendon inserted on the femur. Heavy weights are normally lifted to build large pectorals, but adequate, accurate and analytic exercises can do the same without this weight.

There two main topics to deal with this muscle:

" Concentration on the muscle to avoid diverting your main effort to the triceps or biceps

" The eccentric movement (bearing out the weight) is as important as the concentric one (pulling upwards against gravity).

Push-ups are mostly left out by experts and regular trainees. This is a mistake. Push-ups strengthen not only the pectorals, but also many other muscles.



LEGS

Leg training increases basal and your overall muscle cell metabolism. Therefore, your body will burn more calories when it rests. It also augments hormones production that increases overall muscle growth, and thus it will make you stronger.

Train calves and thighs as a whole.

Adductors and Abductors muscles must be trained to prevent injuries, make your movements safer and more balanced as well as give your legs a good shape.

Try to set your feet at different angles to give your musculature more stability. And never forget to stretch your legs afterwards.



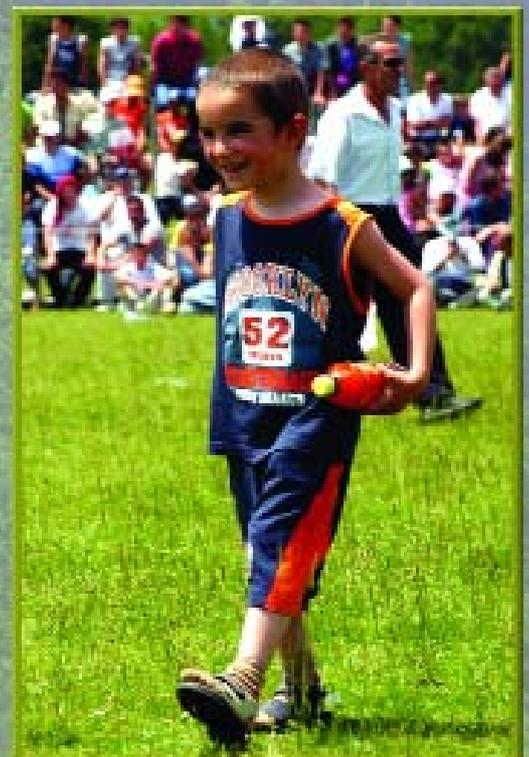
Wrestlemania in Dragas

By Msgrt JIhami Giden, AUT Army

700 years ago, male villagers began to match with one another in wrestling competitions. The strongest men of each region competed with one another, and the regional champions fought at much bigger events. On June 19 athletes from Kosovo, Albania, FYROM and Bulgaria met for a competition on a field just outside Dragas.

The youngest participants were only 10 years old but they were fighting like lions while their ambitious parents were shouting encouragement. Adult fighters additionally oiled their bodies with olive oil, which made it more difficult for the opponent to get hold of them.

3-5 fights were held at the same time and 2000 spectators were applauding the robust athletes in their struggle to bring the opponent's slippery body to the ground. A fight ended only when both shoulders of one athlete touched the ground or when a fighter managed to lift the other one up for more than 3 seconds.



Engineers Make Something out of Nothing (Hill)



By 1st Lt Dirk Siebels, GER Navy

After just a few steps, mud is all over your boots. About 200 men are working on the area of what is supposed to be a new field camp in the north of Kosovo. And they are working under difficult circumstances. After a couple of rainy days, the whole place looks like a huge mess. Its name is a pretty good description of the location: Camp Nothing Hill.

Fortunately, Lieutenant Robert seems to be everywhere. He is here with his platoon of German engineers and acts as the chief engineer for the whole building process. "Sometimes it is a bit complicated", he says and smiles. It certainly sounds like there is a lot

of understatement in this sentence, considering that there are soldiers from more than ten different countries. "But my men are doing an awesome job", Robert says. Following the completion of the new

camp, 120 troops are to be stationed here for two weeks each. They are supposed to create a safe and secure environment in the Serbian-dominated northern part of Kosovo.



Italian Republic Day

Text and photos by 1st LT Maksym Nedria, UKR Army

On June 3, Italian KFOR members enjoyed the presence of COMKFOR General Valotto, UN SRSG Mr. Søren Jessen-Petersen, Kosovo's President, Mr. Fatmir Sejdiu and other important political, religious and military leaders while celebrating the Italian Republic Day in Camp Villaggio Italia, MNTF West HQ.

The birth of the Italian Republic, officially on June 2, 1946 is a key event of Italian contemporary history. Until 1946, Italy was officially a monarchy ruled by the House of Savoy, kings of Italy since the Risorgimento and, previously, of Sardinia. In 1946, Italy became a republic after the results of a popular referendum. A constituent assembly was elected at the same time to prepare a new constitution for the Republic.

The ceremony was held with a military parade of Italian KFOR troops and marked with an honoring of fallen soldiers.

"Dear Italian soldiers deployed in Kosovo," said General Valotto, "the prestige collected by our country here has to be accredited to your daily job, serving the international community and the beloved Kosovar people."

"Lebanon, Bosnia-Herzegovina, Somalia, Mozambique, Albania, FYROM, Timor East, Afghanistan, Iraq, Sudan and obviously Kosovo are all familiar names for the Italian public, because these are the places where our Armed Forces are deployed and still continue to work towards peace and international stability."



Undercover detective

A tourist asks a man in uniform, "Are you a policeman?"
"No, I am an undercover detective."
"So why are you in uniform?"
"Today is my day off."

Does your dog bite?

A man walks into a pub and sits down next to a man with a dog at his feet.
"Does your dog bite?"
"No."
A few minutes later the dog takes a huge bite out of his leg.
"I thought you said your dog didn't bite!" the man says indignantly.
"That's not my dog."

Chatting on the plane

A man was recently flying to New York. He decided to strike up a conversation with his seat mate.
"I've got a great policeman joke. Would you like to hear it?"
"I should let you know first that I am a policeman."
"That's OK. I'll tell it really slow!"

This tells me that I must be drunk

A man walks into a bar and orders one shot. Then he looks into his shirt pocket and orders another shot. After he finishes, he looks into his shirt pocket again and orders another shot. The bartender is curious and asks him "every time you order a shot, you look in your shirt pocket. Why?"
The man replies, "I have a picture of my wife in my pocket and when she starts to look good, I go home."



You're in big trouble

John was driving when a policeman pulled him over. He rolled down his window and said to the officer, "Is there a problem, Officer?"

"No problem at all. I just observed your safe driving and am pleased to award you a \$5,000 Safe Driver Award. Congratulations. What do you think you're going to do with the money?"

John thought for a minute and said, "Well, I guess I'll go get that drivers' license."

Judi, sitting in the passenger seat said to the policeman, "Oh, don't pay attention to him -- he's just a wise guy when he's drunk and stoned."

Brian from the back seat said, "I told you guys we wouldn't get far in a stolen car!"

At that moment, there was a knock from the trunk and a muffled voice said, "Are we over the border yet?"

Would you please move your cars?

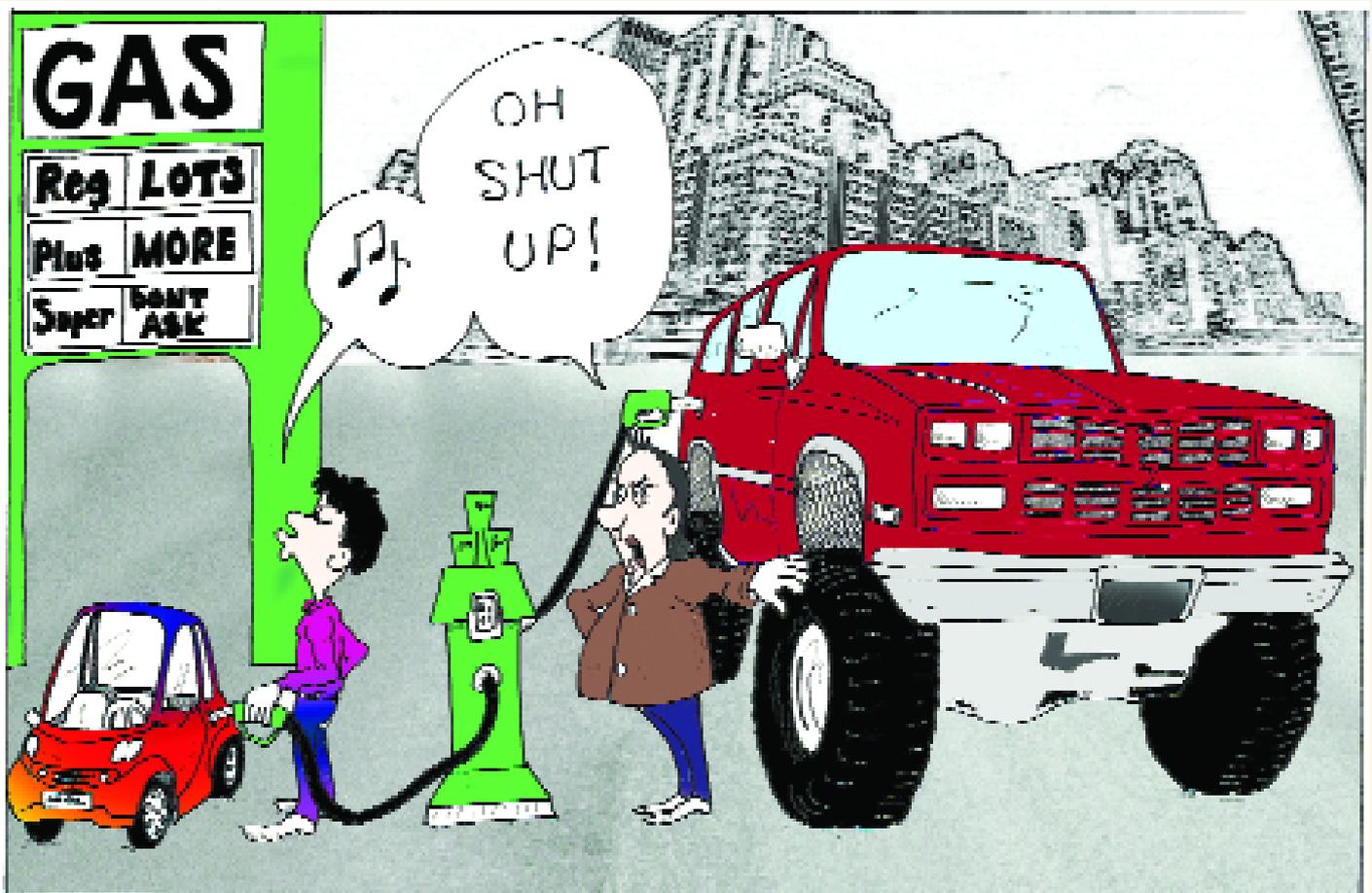
It had been snowing for hours when an announcement came over the intercom: "Will the students who are parked on University Drive please move their cars so that we may begin snow removal." Twenty minutes later there was another announcement: "Will the nine hundred students who went to move fourteen cars return to class."

The reason for running

A police officer attempts to stop a car for speeding and the guy gradually increases his speed until he's topping 100 mph. He eventually realizes he can't escape and finally pulls over.

The cop approaches the car and says, "It's been a long day and my tour is almost over, so if you can give me a good excuse for your behavior, I'll let you go."

The guy thinks for a few seconds and then says, "My wife ran away with a cop about a week ago. I thought you might be that officer trying to give her back!"



Breaking into a house

A man went to the Police Station wishing to speak with the burglar who had broken into his house the night before.

"You'll get your chance in court." said the Desk Sergeant.

"No, no no!" said the man. "I want to know how he got into the house without waking my wife. I've been trying to do that for years!"

Please describe him

A cop was interrogating a very intoxicated Irishman, who was also severely bleeding.

The officer asked, "Can you describe the person who did this to you?"

The Irishman replied, "That's what I was doing when he hit me."

Should have glasses

A policeman stops a lady and asks for her license. He says "Lady, it says here that you should be wearing glasses."

The woman answered "Well, I have contacts."

The policeman replied "I don't care who you know! You're getting a ticket!"

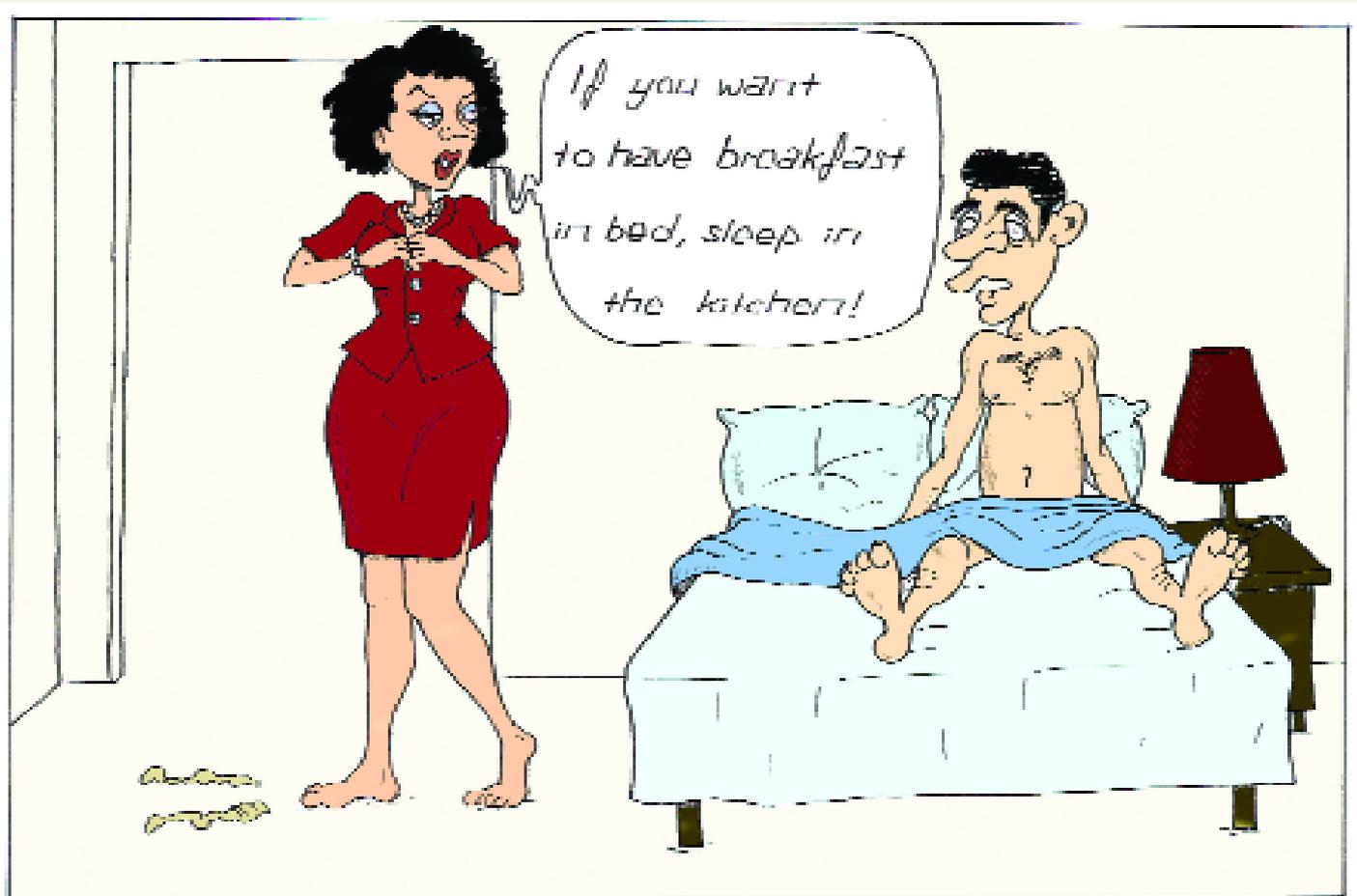
Dog Telegram

A German shepherd dog went to a telegram office, took out a blank form and wrote,

"Woof. Woof. Woof. Woof. Woof. Woof. Woof. Woof. Woof."

The clerk examined the paper and politely told the dog: "There are only nine words here. You could send another 'Woof' for the same price."

"But," the dog replied, "that would make no sense at all."



The dark side of equal rights

Name: Raffaella Spada
Rank: Lieutenant
Age: 32
Where I am from: Rome, Italy
Home unit: Army General Staff - LEGAD Office
Unit in KFOR: LEGAD Office

About the mission: I'm very proud to be here in Kosovo. My job as LEGAD assistant is very interesting because it allows me to increase my knowledge and my professionalism in an international environment.

Family reaction: I would like to say thanks to my mother Antonietta, my father Donato and my loved sister Valentina for supporting me during this mission. And a special thank goes to my boyfriend whom I'm going to marry next year.

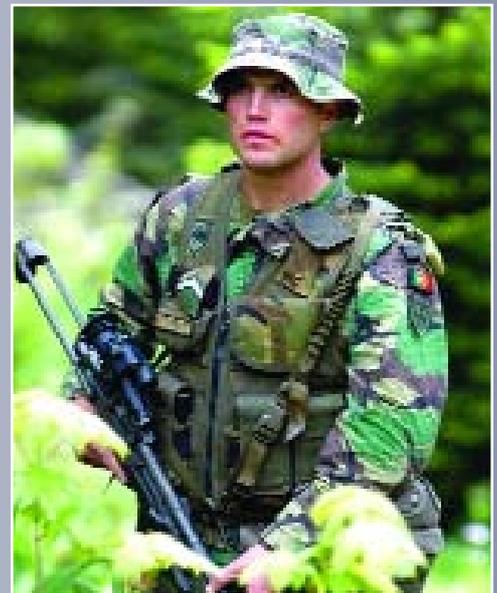
Plants for the future: I will return to Roma, where I will share my experience with my colleagues, family and friends.



Name: António Teixeira
Rank: Corporal
Nationality: Portuguese
Unit in KFOR: KTM Battalion, TACRES PRISTINA/1st MECANIZED BATTALION

About the mission: This is not my first mission. I have been in some others NATO and UN missions abroad, but this is my first time in Kosovo. I like serving my country in missions like that. I believe we help the people of Kosovo to achieve peace and stability for their country. Moreover, I have an opportunity to interact with different people from different countries and to learn other cultures and experiences.

Plans for future: I will return to Portugal and I will share my memories and experiences from the mission with my colleagues and friends. I look forward to seeing my family and having some good food; the best in the world, the Portuguese food!

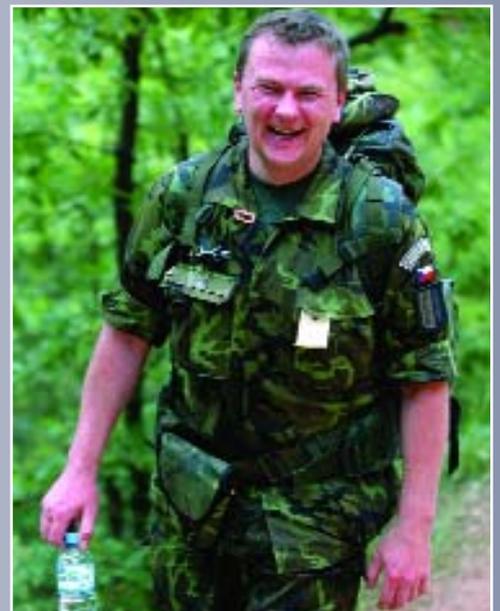


Name: Michal KRAL
Rank: Lieutenant Colonel
Age: 38
Nationality: Czech
Home unit: Military Geographic and Hydrometeorologic Office, Dobruska
Unit/position in KFOR: HQ KFOR/Chief Geographic, J2

About the mission: This is my first mission abroad and I was very curious what it is about. The Key Leader Training at the beginning of my tour helped me understand the KFOR structure and principles. My responsibility as a Chief Geographic Officer is to maintain geographic support of HQ KFOR. My job is to order geographic products from NATO Geographic services, issue maps to KFOR HQ staff and redistribute the products to subordinated Geo Cells located at MNTFs HQ.

Family reaction: My family and especially my wife support me and I would like to thank her for that. We have two daughters, ages 14 and 17. Like many at their age they have lots of problems with themselves now and pass them to my wife of course. I appreciate that my parents and parents-in-law help my family if it is needed.

Plans for the future: After my mission I would like to go for a vacation somewhere seaside. Then I will return to my unit and continue with my previous work. Of course, I want to apply the experience from my job in KFOR at home. My long term objective is to build or buy a house in a quiet place.



Leposavic



Photo by Armend Aqifi