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3,2,1 ... go ... 6km Fun Run

IN THIS ISSUE:

- Joint Training with AF BiH
- EUFOR's Generals Visit Local Schools
- Exercise "Waterfall"
- H-Coy on Exercise "Snowball"
- The Teacher Portal

3,2,1 ... go ... 6km Fun Run



On Saturday, 21st April 2012, a 6km Fun Run was held in Camp Butmir, organized by HQ CMDT / MWA. About 60 runners participated in three categories.

Winners by category:

Female Category:

First - Veronika Varga / HUN 28:12:24

Second - Luczne Magon Maria / HUN 31:37:56

Third - Shvraka Dejana / MKD 31:43:37

Male Over 40 category:

First - William Mathis / USA 23:53:89

Second - Saban Zunic / BIH 24:02:21

Third - Gradischnig Alfred / AUT 24:28:40

Male Under 40 and Overall winners:

First - Zaim Suman / BIH 19:46:81

Second - Dzalaj Karol / SVK 21:23:64

Third - Senad Softic / BIH 22:08:30



CONTENTS

EUFOR Cup Winners Return from London	4
Joint Training with the AFBiH	8
MTT TRADOC Improvement	10
H – Coy conducted FTX “Snowball”	16
Salsa Magic	23



Joint Training with the AFBiH

EUFOR FORUM

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Dear All,

Since the end of November 2011 I have been working as Chief Public Affairs Office in HQ EUFOR in Sarajevo. In these last five months many changes took place in the Althea mission in Bosnia and Herzegovina. Heavy snowfalls paralyzed many areas of this beautiful country. EUFOR has done a great job in supporting help in different areas and we and our job was praised in the local media as a very good one.

Now spring is coming and we are facing a hopefully much more beautiful and warmer time. Of course every season has its advantage but I prefer spring time when the grass is growing and the leaves are spreading.

Thanks a lot to all of you who are supporting us with articles for our EUFORUM.

My intention is to foster a wider coverage of almost all the things we are doing in our mission. Everyone is important and together we are great.

Lt Col Knut Scheutz
Chief Public Affairs Office
EUFOR HQ, Sarajevo



EUFOR Cup Winners Return from London



The winners of the 2011 EUFOR Soccer Cup returned to Sarajevo yesterday evening, 20 March 2012, from an action-packed five day trip to London.

The group of eight boys from “Mladen Stojanovic” primary school in Laktaši, and six girls from “Milan Rakic” primary school in Karanovac, Banja Luka, enjoyed a variety of activities in England’s capital city.

The tour began with a visit to Wembley stadium, home of the England football team then on to Tottenham Hotspur’s ground; White Hart Lane, where they had a training

Session with the ‘Spurs’ youth coach. The English football experience was completed with attendance at the Championship game between Millwall FC and Southampton FC at ‘The Den’ where the children had their picture taken at half-time with Millwall’s mascot; ‘Zampa the Lion’.

In addition to the football, the EUFOR Cup winners took a tour of the Olympic site which will host this year’s summer Olympic and Paralympic games. They also saw many of the famous sights of London from an open-top bus, a boat on the

River Thames and from the London Eye.

Major General Robert Brieger, the Commander of EUFOR, and Ms Anne Macleod of the British Embassy, were at Sarajevo Airport to welcome the children back from their London visit.

The trip, which was funded by the British Embassy and arranged by EUFOR and the Embassy, was first prize in the 2011 EUFOR Soccer Cup. It is hoped that a similar prize will be made available in the 2012 EUFOR Soccer Cup which will be held later this year.

EUFOR's Generals Visit Local Schools to see Competition Entries

In order to see first-hand the work that school children are producing towards this year's EUFOR Schools Competition, Major General Robert Brieger (Commander EUFOR), and Brigadier General Ernő Péter Siposs (Chief of Staff EUFOR) visited schools in the Sarajevo area on 10th and 11th April 2012.

Major General Brieger saw both primary and secondary classes' work at Catholic School Centre 'Sveti Josip' before moving on to the Graphic High School Ilidža. Brigadier General Siposs took the opportunity to visit primary and high schools in Pale.

Both EUFOR visitors were extremely impressed with the variety and quality of the work produced by the children, all centred on this year's theme of 'Olympic Spirit – Spirit of Unity'. The standard of entries is always high but, judging by what has been seen over the last two days, it is anticipated that 2012's contributions will be of an exceptionally high level.

The closing date for this year's Schools Competition is 20th April.



King of Spain attends Ceremony in Mostar



Major General Robert Brieger, Commander EUFOR, was present for the visit of His Majesty, King Juan Carlos of Spain, to Mostar on 29th March 2012.

The King was the Guest of Honour for the opening ceremony of the renovated Spanish Square in the center of Mostar which now includes a memorial for 22 Spanish troops who lost their lives serving with the United Nations peacekeeping mission in Mostar and wider Bosnia and Herzegovina. It is hoped that the square and the monument will connect the citizens of Mostar to citizens of Spain, and will remind all of the selfless sacrifice of the Spanish soldiers in Bosnia and Herzegovina.



Washington Joint Staff visit to EUFOR Headquarters



Rear Admiral Jeffrey Harbeson was welcomed by Major General Robert Brieger, the Commander of EUFOR (COM EUFOR), to the Sarajevo Headquarters of EUFOR at Camp Butmir on the 4th of April 2012. Admiral Harbeson is the Deputy Director of Political-Military Affairs Europe within the Joint Staff, Washington DC, USA.

The Admiral discussed with COM EUFOR the general situation in Bosnia and Herzegovina (BiH) and the wider Balkan region. COM EUFOR also briefed Admiral Harbeson on the current operational activities of EUFOR in BiH, including the ongoing Capacity Building and Training initiatives which EUFOR are conducting with the Armed Forces of BiH.

Major General Brieger highlighted the close co-operation between EUFOR and the US led NATO HQ Sarajevo, both organisations working with the authorities of BiH on their path towards NATO and EU membership.

The Bureau of Political-Military (PM) Affairs is the US Department of State's principle link to the US Department of Defence. The PM Bureau provides policy direction in the areas of international security, security assistance, military operations, defence strategy and defence trade.



General Syren visits Multinational battalion

On 6th March 2012, General Haken Syren, the Chairman of the European Union Military Committee, was welcomed by Lieutenant Colonel Thomas Holzbauer, the Commander of the Multi-National Battalion (MNBN).

After a helicopter flight over the area of operation, General Syren was given a short

mission briefing about the responsibilities, capacities and tasks of MNBN and Integrated Police Unit (IPU) from the Battalion Commander. The General then witnessed a demonstration of Civil Disturbance Operations and minefield rescue using the “Spiderman” deployed from a helicopter.

On completion of the demonstrations General Syren inspected the MNBN and IPU troops before being presented with a photograph to commemorate his visit.





Joint Training with the AFBiH

Between 19th and 23rd of March 2012 the Turkish Company (T-Coy) of the Multi-National Battalion (MNBN) conducted Joint training with the troops of the 4th Infantry Brigade in the Forward Operation Base (FOB) at Glamoč.

The focus for the week was practical work at the platoon level. The topics for training were Explosive Ordnance Disposal (EOD), First Aid and Medical Evacuation, plus how to handle all types of checkpoints such as a vehicle or temporary checkpoint. Escorting and organizing a convoy was also on the schedule. The highlight for



Friday was the Live Firing Exercise done in cooperation between the two nationalities.

One of the main goals of this training was to share the experiences with the troops of AF BiH and to further improve cooperation between EUFOR and AF BiH.

OF3 Alexander Kogard



Exercise “Waterfall”



The whole of the Multi-National Battalion (MNBC) had chance to improve their skills in the first Battalion sized Field Training Exercise (FTX) of 2012; Exercise “Waterfall”. The FTX included the topics of Civil Disturbance Operations (CDO) and rescue of civilian persons from an urban area including via medical evacuation, plus the utilisation of the Austrian and Turkish EOD teams.

On 26th March the exercise started with the deployment of the Reconnaissance Platoon (Recce Plt) to the vicinity of Bileca. The following day the main body of the MNBN deployed to the Forward Operating Base (FOB) in Bileca, where the 2nd Infantry Battalion of Armed Forces BiH is based. After a journey lasting 8 hours and covering 250km, the 318 EUFOR troops in 78 vehicles were warmly welcomed to the base.

Staff officers of the MNBN were presented with the exercise ‘situation’ by the

Recce Plt and then worked through the night to provide the different options (Courses of Action), for the Battalion Commander; Lieutenant Colonel Holzbauer, to consider the following morning.

Expecting civil disturbances (for exercise only, of course!), cordons were set up, and the Air-Ground-Surveillance-Radar (AGSR) plane was used to give advanced warning of approaching personnel.

Mock riots and demonstrations ensued with attempts to burn down buildings, but through a series of calming measures and negotiations, the exercise scenario was successfully controlled by the MNBN.

The whole team made the long trip back to Camp Butmir on the 29th.

FTX Waterfall was a successful exercise which also allowed the MNBN Commander to liaise with the Commander of the 2nd Infantry Battalion AFBiH and his staff.

MTT TRADOC Improvement

Capacity Building and Training Division (CB&T Div) has been providing Capacity Building and Training tasks in different subject areas for the Armed Forces of Bosnia and Herzegovina (AF BiH). One of the most important training areas outlined in the current Combined Joint Statement of Requirements (CJSOR) is Training and Doctrine Command (TRADOC) Improvement (TI). Both EUFOR and AF BiH have been seeking a robust and self sustainable structure for AF BiH.

To enable achievement of the goal mentioned above, EUFOR has provided a Mobile Training Team (MTT) in the theatre called “MTT TRADOC Improvement (MTT-TI)”. The mission of the MTT-TI is to advise the AF BiH on European Union (EU)/North Atlantic Treaty Organization (NATO) doctrine, inter-operability, standardisation and training. The main focus is to provide comprehensive assistance in developing doctrines and training for Peace Support Operations (PSO) in accordance with NATO standards. To fulfil this task, MTT-TI plays the role of mentor in accordance with the

applicable CJSOR, using Embedded Staff Officers within TRADOC. MTT doesn't do classroom, give lectures or field training. It works as a mentor for the audience.

Since the beginning of this work in September 2010, there have been three MTT-TIs, based in Travnik, and each of them served for six months. The 3rd and most recent team consisted of 7 members; 4 officers (3 Spanish + 1 Austrian) and 3 NCOs (all Spanish). In addition to this team, there were 5 civilian translators and 1 admin NCO from Spain. The 3rd MTT-TI successfully completed their tour of duty in mid-March 2012 and briefed all CB&T Div staff about their activities. The MTT-TI Leader, OF-4 Jose Miguel Esturillo LOPEZ made it clear from his de-brief that their work has been of benefit to AF BiH. Beyond the remit of an MTT, they had worked as an embedded team developing close working relationships with all TRADOC staff. What the first three MTT-TIs have done so far to improve TRADOC is significant, but still there are many things to be achieved. This is the task for the new MTT-TI conducting the 4th rotation.



The DCOS CB&T is giving a letter of appreciation to OF-4 Jose Miguel Esturillo LOPEZ (MTT-TI Leader)



The Train the Trainers Chief with OF-3 Angel Tome CARILLO (MTT-TI Training Chief)



The Expert Training Chief with OF-3 Jesus Reguera SANCHEZ (MTT-TI Doctrine Chief)



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The Teacher Portal

What's he doing, where's he going and why do we hardly see him at the office anymore? OR5 Arjan Zwerver (CB&T ET ...) understands these questions and starts to answer them immediately, with visible enthusiasm and dedication. He has been working hard, real hard, and he is not done yet. Before he can deliver his invention, his design, to his target client, Arjan will be busy. Very busy. But let's start this story at the beginning. In November 2011, when it all began...

Arjan: "My predecessor Leon and the new CB&T ET Branch Chief had had contact with Maj Johan Ryden from the CB&T TPC Team. They had talked about the student registration forms, that currently were used to register all the AF BiH personnel that had undergone any one of the CB&T training courses. There was a lot of work in these forms: Mobile Training Teams (MTT's) first had to have the students fill in the forms, the forms then had to be manually transferred to an Excel sheet, which had to be send to Maj Ryden, who then had to manually transfer them to the Training Audience Database. You can imagine the delays in this process and the many flaws and mishaps this process was susceptible to. If only because of the sometimes hardly readable handwriting in the very first step! So, my first



assignment was to program an Excel sheet, with a fixed lay out and the so called 'drop down lists', that the students could fill in on the computer of their instructors in the classroom. This at least helped to improve the quality of the basic inputs/inputs."

No sooner said than done. Arjan developed the requested Excel sheet, presented it to his CB&T 'customers', talked a little about his ideas on the further improvement of the student registration process and left Maj Ryden's desk with a second assignment: please develop the website you're suggesting to support and further facilitate the registration process.

Arjan: "Then the real challenge began. I started writing down my ideas for this CB&T website on paper, elaborating my suggestions, searching for ways to digitally connect the different steps in the process and the different programs used. I tried to tie all the knots together in the simplest, user friendly way."

He presented his first draft of the 'Website' to Maj Ryden who considered it a good idea and told Arjan to go for it.

"And that's why I am not seen so much in the office anymore", Arjan explains. Due to the –understandable– network limitations in HQ, Arjan needs to initially build the intended CB&T website on his own laptop, using external servers. "I have been working in my room a lot, and in the NSE. That has been a little lonely sometimes, but it has been worth it. I'm progressing. In total the website will consist of three parts: the Student, Teacher and CB&T Portal. The first two are done already."

The Student Portal is based on the earlier mentioned student registration Excel sheet. When a student navigates to the CB&T website on the world wide web, he'll find this familiar registration form, again in a fixed template with obligatory boxes and drop down lists. After having submitted the completely filled in form –which as an extra can be viewed in both the English and Bosnian/Serbian/Croatian language the student is registered. He can then subscribe to the CB&T course(s) for which he has been appointed. But what's more, the Student Portal not only consists of a regular user and sign in page, it also offers a message board, a discussion board and the possibility for the student to produce an overview of all the CB&T courses he has undergone and/or completed.

Thus, the student can contact his teacher via the Portal, find -when applicable- the documentation on the course (e.g. manuals, readers) and use the Portal as a personal portfolio .

The Teacher Portal is meant for the CB&T teachers and instructors only. They can be either part of one of the multiple MTT's providing training all over Bosnia-Herzegovina or work at EUFOR Headquarters, in the CB&T Division as one of the Subject Matter Experts (SME's) (Subject Matter Experts). Teachers can use the Portal to create, view or change one of their own courses. Also they can check the names and numbers of the students that have subscribed to their courses, administer the course results (passed, pending, failed) and upload any document they want to share with their students connected to the course. The Teacher Portal is open to AF BiH Joint Staff and TRADOC too. They can log in via de world wide web and see which student attended which training with what result. In this way, AF BiH can also keep track of the distribution of knowledge and experience among its personnel and start to plan further training and future careers accordingly.

“For sure the uploading of the databases with the use of Excel was the hardest part of the assignment”, Arjan continues. It's not without reason that this is strongly discouraged in every manual and handbook on the subject. Subsequently, that's also why it's hard to find information or guidance on this method. “Nevertheless, it's working! So now I'm busy with completing the third and final part of the website: the CB&T Portal.”

The most important output of the CB&T Portal –and the main idea behind the entire CB&T website- is the Training Audience Database. Not surprisingly, as this is where the story all began. Arjan: “The CB&T Portal definately requires the most work. I have to write a query for every question anyone might



ask. How many students attended course letter A, module number x? How many of those had previously attended course letter A, module number x-1? And how many of those students actually passed? There is an almost indefinite number of questions that could be asked, up to inquiries like ‘How many students with a last name that starts with an E in the age ranging from 34 to 43 attended and passed course number Y in the last four and a half months?’ Every one of these queries has to be written as a separate filter. You can imagine the amount of time that takes...”

For Arjan the most important requirement is that the Portals are built and arranged in such a way that they are easy to maintain. “The CB&T Data Handler who is going to be in charge of the website and the underlying portals must be able to work with it, to keep it all up to date and functioning. Otherwise it all would have been a waste of time and nobody would benefit from the effort.” That's why Arjan makes sure that he works and arranges all the underlying structures, queries, forms and files in a very structured and traceable way. “I've never built something this big before, this all encompassing. So for me as well, it has been quite a challenge and an educational one at that. So after completing this –and I really hope it's going to be a success! - I expect to be able to use this experience and everything I've learned in my future career too. Because although it may has been and still is a lot of work, I really enjoy it!”

‘H’-Coy on Exercise “Snowball”



After the Hand-Over / Take-Over phase in January and a training phase at nearby Pazarić for Full Operational Capability, the Hungarian Company (‘H’-Coy) of the Multi-National Battalion, along with the Albanian EOD team, conducted the Field Training Exercise (FTX) “Snowball”.

On 6th March, ‘H’-Coy started the morning in Camp Butmir with preparations for the convoy to Čapljina. On the way the training



topic was “patrolling”. In the afternoon the Coy practiced some shooting exercises at the shooting range in Gorica.

The following day the soldiers conducted Medical Evacuation training with the EUFOR Alouette III helicopter in the base of Čapljina. The scenario included seriously wounded troops and the platoon leaders practiced how to make the correct reports and how to get in contact with the helicopter. They also had to prepare the helicopter landing site, including checking for mines. After lunch the main item was some road recon on the way to the base in Bileća.

On the third and final day, ‘H’-Coy made their way back to Camp Butmir, where they arrived in the late afternoon after completing 700km of driving over the exercise period. The FTX was successful with all participants performing very well.



Introducing the Hungarian Company of the MNBNA

The 10th rotation of the Hungarian Infantry Company within the Multi-National Battalion (MNBNA) arrived at Camp Butmir in Jan 2012. They are 99 troops in total and comprise two thirds of soldiers from 12th Arrabona SAM Wing based at Gyor and one third are engineering soldiers from 37th II Rakoczi Ferenc Engineering Regiment located at Szentes.



Captain Sandor Nagy

The Hungarian Company is run by Captain Sandor Nagy. The 35 year old Commander was commissioned in 1998 to the 12th Arrabona SAM Wing at Győr, where he was at the time in the position of a Missile Battery Commander. In 2010 he was with ISAF based in Baghlan Province in Afghanistan.

Ending winter in support of a cause



This year's winter has been a tough one. The Sarajevo snow was intense, and many soldiers and civilians alike were forced to spend time indoors, or outside shoveling out their vehicles to get to

work. It was a long season, whether you are from Chile or Canada, but winter has ended and spring is finally here. Coming into spring there were many opportunities to get outside and get involved.

Whether you enjoy running outside or spending time downtown in Sarajevo, the warm weather and sun has made everything a little easier. There could be no better way to celebrate and enjoy the transition however, than for the nations of NATO and EUFOR to come together for an event in support of a good cause.

Recently, members of many nations in Camp Butmir participated in a fundraiser supporting the local Pazarić Institute, home for mentally disabled persons. The fundraiser was set up so that various nations could participate by bringing different food and drinks from their respected homelands



for sale to those who bought tickets. This became sort of a competition, as each nation strived to “out-sell” the other with ticket sales.

Other activities included games such as darts, table soccer, and a billiard competition to which guests could play and participate in with a ticket purchase. Winners received prizes donated from local organizations willing to support the cause. An auction was also held that night, offering flights around Sarajevo to the highest bidder. The director of Pazarić (Jasmin Cerimagic) also spoke during the event, sharing insight into the mission and purpose behind Pazarić. In the end, the best



way to kick off the springtime was with a little “Spring Giving”. The evening ended in a great success, not only by raising satisfying numbers for the Pazarić Institute, but by increasing Base Morale as well.

I would lastly like to thank every nation that participated in this event. It would not have been a success without you. Thanks again.

EUFOR makes Donation to Pazarić Institute

A donation of almost 10,000KM was made by EUFOR to the Pazarić Institute for the Mentally Disabled on 13th April 2012.

A multi-national delegation from Camp Butmir, known as the ‘Friends of Camp Butmir’, was delighted to present a cheque to Mr Jasmin Cerimagic, the Director of the Institute.

The money was raised during a charity event in Camp Butmir where individual EUFOR contributing nations sold items of food and drink associated with their respective countries. There was also an auction and raffle which added to the total amount raised of 9,885KM.

The Pazarić Institute will buy industrial washing and drying machines with the money raised by EUFOR.



‘Friends of Camp Butmir’ present a cheque to Mr Jasmin Cerimagic, the Director of the Pazarić Institute.



Badminton Tournament

After the first successful badminton tournament (singles) organized by HQ CMDT/ MWA in January this year, the second badminton tournament, this time for doubles teams from NATO and EUFOR, was held on Saturday 17 March at Camp Butmir gymnasium. Eight teams from four different countries (AUT, HUN, SVN and SVK) took part in the tournament, including the EUFOR HQ Chief of Staff, Brigadier General Siposs. The tournament saw high quality, competitive games being played with no shortage of fighting spirit!

The final game was very exciting and the outcome was uncertain until the last minute. The Slovakian team of Dusan Baranec and Norbert Mozgo won the tournament with a very close second place going to Slovenian team; Andre Beljan and Saso Krapez. A commendable third place was taken by Mitja Kren and Jaros Britovsec, also from Slovenia. The top three teams received trophies and awards from Deputy HQ CMDT Istvan Szakacsi.



Report Table Tennis Tournament

On Saturday 14 April 2012, at the Gymnasium of Camp Butmir, was held an International Table Tennis Tournament organized by HQ CMDT/ MWA. The total number of registered participants was 21 (19 men and 2 women) who came from eight different countries (SVK, AUT, BIH, BGR, POL, TUR, CHL and ROU). In a very well organized tournament spectators could see very interesting and, up to the last second, uncertain matches. Both female participants were given certificates for winning first and second places. In the male category the top three winners were awarded with appropriate cups and certificates. Results:

Female category:

1. Adelina Velkova OR- 7/ BGR
2. Evgenia Iordanova OF- 2/ BGR

Male category:

1. Andrej Kowalik OF- 2/ POL
2. Dusan Baranec OF- 3/ SVK
3. Gabriel Muresan OR- 6/ ROU



With the arrival of spring we have the possibility to run outside. Therefore it would be good to give some advice and tips for beginners.

Endurance Training for beginners

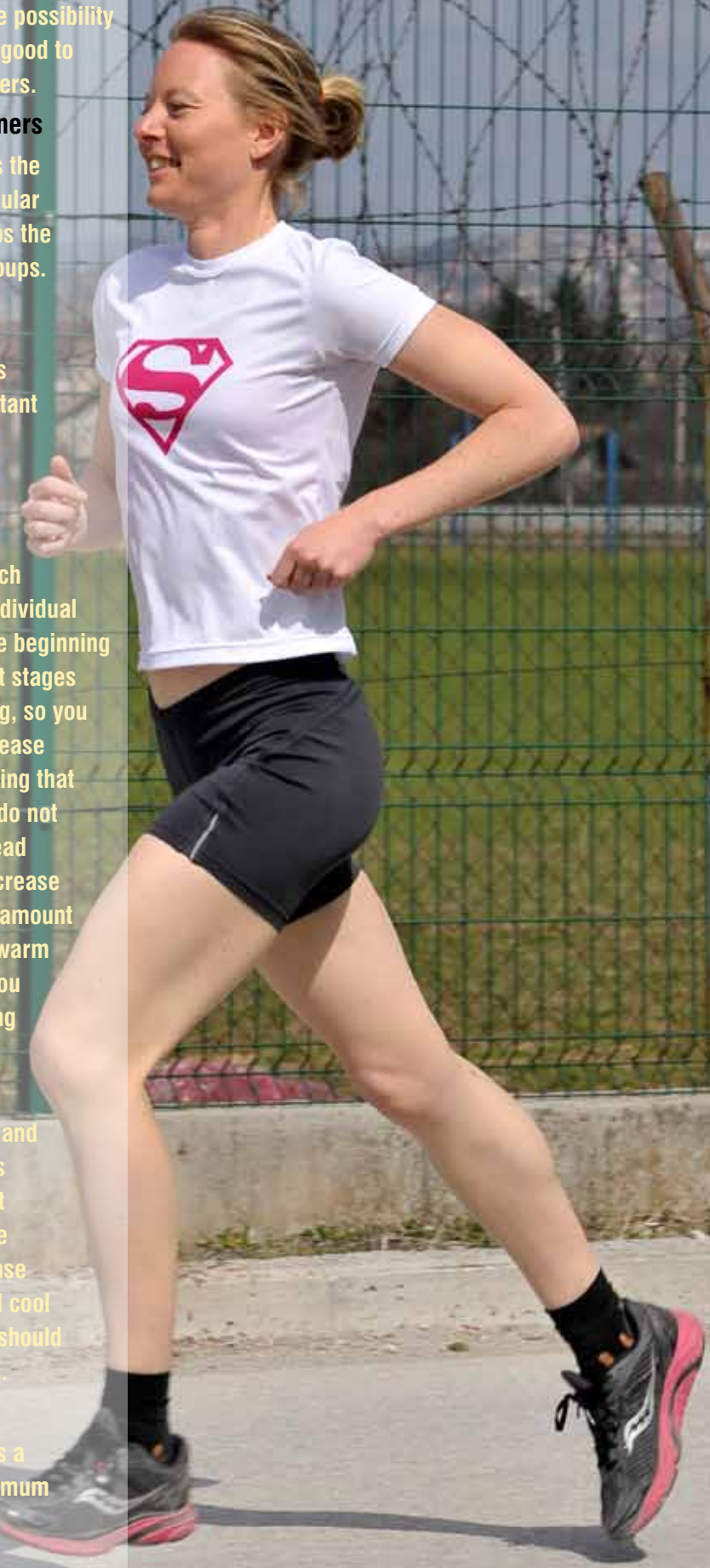
General endurance training improves the performance range of the cardiovascular system and metabolism, and develops the endurance ability of large muscle groups. Suitable sports for the development of endurance are: running, cycling, swimming, rowing, many team sports games, etc. For beginners it is important how much time you spend running, not how fast you run. You should not go to your maximum limit. For beginners it is recommended to start with interval endurance training, which involves an exchange between the individual phases of walking and running. At the beginning you should start cautiously with short stages of running and long phases of walking, so you are able at the end of training to increase the intensity and end up with the feeling that you could still run. As you progress, do not increase the running speed, but instead shorten the phase of walking, and increase the phase of running. Due to the low amount of running you are free to waive the warm up and cool down. But in any case, you should do stretching exercises, lasting 5-10 minutes.

Continuous run

Continuous run implies a continuous and uninterrupted run of 30 to 60 minutes without a break. Training should start slowly and cautiously, so that you are able to withstand and possibly increase the pace of running. Warming up and cool down including stretching exercises should be done for a duration of ten minutes.

Recommendation

For fat burning, run at least 2-3 times a week with heart rate 60-75% of maximum (during the run you should be able to talk).



Food Service

Everyone who arrives at HQ EUFOR/NATO Camp Butmir will be welcomed by a military restaurant that offers a varied selection of food combined with an efficient friendly service. A main highlight of an Officer/Soldiers day is making sure either he/she are able to sit in a clean and comfortable environment and be presented with good wholesome food. A great deal of effort is carried out by all catering staff to ensure that a suitable variety of menus are produced daily to accommodate and please the mixture of Multi National personnel that are accommodated on Camp Butmir.

The DFAC are caterers for a Multi National Unit therefore it is befitting to provide a varied service in order for all Nations to be treated equal. All catering related costs are reimbursable via Nation Borne Costs. It is difficult to create each Nations perfect dish as to how they would make it in their own country maybe either the lack of a certain home brand of ingredient, herbs or spices

are missing that are difficult to obtain in Bosnia but the DFAC do their best to bring a bit of each Nations country into the Butmir restaurants.

Not only do Food Service staff cook and serve food they are also responsible in ensuring the guidelines are applied as to the cost of the food. This means total 100% awareness from each member of staff as to the applying of correct storing, security, preparation and cooking methods, from the raw to the cooked state of all food items. This minimises wastage and losses which is also a cost saving. Staff are often reminded if they were running their own business then they would also follow these simple rules.

In addition to the restaurant service the DFAC also provides catering support to both EUFOR and NATO JVB events, VIP visits, TOAs, National days, Medal parades and other smaller events such as Nations when hosting visitors. The DFAC also provides vast quantities of packed meals when the Multi National Battalion are out of camp on exercise. DFAC also participate in EUFOR/NATO charity events either providing



buffets or refreshments or on a much grander scale providing all the catering support to the annual Bosnian schools football tournament some 1500 packed meals and the catering at Rajlovac during the football finals.

The Food Service plays a very important role in ensuring the soldier's needs are met, either at meal times or social functions. Butmir Camp is a complex unit with many Nationalities all requiring at times the undivided attention for their catering requirements. Wherever possible Food Service shall endeavour to be available to support them.

**Glenn Meekings, Catering Manager
Food Service Department**



salsamagic

“Dance is the hidden language of the soul of the body.”

When I started working as a Graphics Specialist for NATO HQ Sarajevo, I couldn't believe that at some point I would be given a chance to share my dance knowledge with the military personnel in Camp Butmir.

I'm international adjudicator for sport dance disciplines as well as international dance coach and teacher for different age and levels. Beside classic and social dances I found myself also in performing and teaching Latin dances. Among them, salsa, merengue, bachata and tango argentino are the most popular and most wanted nowadays.

So, these are the actual dances that I'm trying to teach every Thursday in Millennium Bar, here in Camp Butmir, for already five years. The main objective of these lessons is to provide basic knowledge of various Latin dances and rhythms, beside great fun and socializing within this military base. People were finishing their mission here in Bosnia and Herzegovina happy that they were also able to learn something more, something different and that they could continue this dance activity once when arriving home.

“To dance is to be out of yourself. Larger, more beautiful, more powerful. This is power, it is glory on earth and it is yours for the taking.”

As mentioned, salsa is nowadays one of the most popular dances. Its origins are Cuban as a mixture of different cultures, mainly



European and African. Salsa is mainly danced with the partner, although there are recognized solo forms. It can be improvised or performed with a set routine. This dance is popular all over the world despite cultural diversities.

“The body says what words cannot.”

That's why I'll continue teaching and performing dance, cause it's connecting people, no matter whom they are or where are they coming from.

If you find this type of music interesting, please join us every Thursday night in Millennium Bar, Camp Butmir Sarajevo for fun and learning some dancing skills. Who knows, once you might need it.

“While I dance I cannot judge, I cannot hate, I cannot separate myself from life. I can only be joyful and whole. That is why I dance.”

Quotations by Martha Graham, choreographer and dancer Nikola Illic

...MARK
EUROPE DAY...
"RUN TO EUROPE"

**SUNDAY
MAY 6TH**



**START AT
10:30 AM**
FOR MORE INFORMATION
PLEASE VISIT
WWW.SARAJEVOMARATHON.BA

IMPORTANT!!!
THE RACE FOR KIDS
STARTS AT 10:00 AM



eTrkomu evropu

START/FINISH: NEXT TO BBI CENTER, SARAJEVO 4KM RACE



ORGANIZERS:
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DELEGATION OF THE EUROPEAN UNION TO BOSNIA AND HERZEGOVINA / EUSR
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