

EUFOR forum

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We also thank

**EUFOR Multinational Battalion
EUFOR LOT Houses**



Editor

Welcome to the 121st edition of the EUFOR Forum magazine!

This is my first edition since I have taken over as Editor from Lieutenant Commander Carl Perry.

I would like to thank all those who have contributed to this edition, either by providing stories and photographs or by contacting the Public Affairs Office in advance of your events allowing us to attend and gather our own material. We are always on the lookout for the next story and I would encourage you to let us know if you are doing something interesting.

I would like to thank Lieutenant Commander Carl Perry as he returns home to his family as well as to Captain Karina Sedlacek for their stewardship and I look forward to meeting more of you throughout my tour here and helping to tell your stories.

Captain Gregor Jesenko

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The Forum Magazine does not normally return materials and will assume no liability for material submitted.

The contents are not necessarily the official views of, or endorsed by, the coalition governments' defence departments.





European Force in Bosnia and Herzegovina

EUFOR Commander Major General Reinhard Trischak was joined by BiH Armed Forces Operations Commander Major General Radovan Ilić for a reconnaissance flight over Tuzla to assess damage caused by flooding. Access to the area and surrounding districts has been difficult due to several days of heavy rain.




5,923 People reached 1,306 Engagements [Boost Post](#)

120 3 comments 4 shares



Operation EUFOR Althea @euforbih · Jun 19

@euforbih Commander reminds us June 19 is an important day should all remember the damage that these brutal crimes have done to societies all over the world. We must continue to work hard in preventing and [#EliminateSexualViolenceinConflict](#) tinyurl.com/y7qvon4d




euforbih

Members of the Hungarian Company of the British Multinational Battalion control entry to a checkpoint during an exercise at Camp Butmir



120 3 comments 4 shares



Operation EUFOR Althea @euforbih · Mar 9

#EuropeDay held on 9 May every year celebrates peace and unity in #Europe. Although during these unprecedented times we are ought to keep a distance, we have never been more in need of solidarity, standing together working for the safety of us all. Happy Europe Day! @euforbih



#EuropeDay held on 9 May every year celebrates peace and unity in #Europe. Although during these unprecedented times we are ought to keep a distance, we have never been more in need of solidarity, standing together working for the safety of us all. Happy Europe Day!



YouTube

Lieutenant Colonel Dr Martin Jancuska bring his COVID-19 experience from Austria to EUFOR. Supporting and collaborating with the medical experts of BiH they hope to beat the virus by working together.



COVID-19 [Learn more](#)

EUFOR's Operation Commander gains vital situational awareness



On 10-11 June 2020, Lieutenant General Olivier Rittimann, the EU Operation Commander for Operation EUFOR Althea, visited Camp Butmir to gain first-hand situational awareness of the current situation in Bosnia and Herzegovina. Lieutenant General Rittimann was accompanied by his successor, Major General Brice Houdet, who will take over as EU Operation Commander for Operation EUFOR Althea on promotion in July this year.

Major General Trischak said:

“Today’s visit shows the level of importance placed on the upcoming Exercise Quick Response 20 this summer. It has afforded an excellent opportunity for the Operation Commander to fully understand the capabilities EUFOR has at its disposal and the challenges of operating within the limitations COVID-19 presents.”

Quick Response 20 is a pan-European, annual exercise, scheduled to take place in late August and early September 2020. It is designed to test and demonstrate EUFOR’s operational capability to quickly reinforce and position troops to guarantee ongoing security and stability at all times.

DID YOU KNOW

At the military/civilian strategic level, EU missions are commanded by an operation headquarters (OHQ) and for each EU military mission (certain missions are also referred to as operation), the Council of the European Union nominates a dedicated OHQ. Each OHQ is led by an Operation Commander. The OHQ directs the subordinate Force Headquarters (FHQ), which carries out the operation on the tactical level (i.e. on the ground). The FHQ is led by a Force Commander.



Positive decision on Exercise Quick Response 2020



After visiting EUFOR at Butmir and gaining insight on EUFOR's capabilities and the preparations and safety measures generated to make the exercise as safe and effective as possible, Lieutenant General Olivier Rittimann has given the green light for exercise Quick Response 2020.

COM EUFOR, Major General Reinhard Trischak was pleased with the decision:

"Exercise Quick Response 2020 is an amazing opportunity for EUFOR's reserve forces to work with the authorities and law enforcement agencies of BiH first hand. Clearly COVID-19 will present challenges and limitations but it will not prevent EUFOR from showing how important it is to integrate fully with the people of BiH."

Planning for Quick Response 2020 has been ongoing for many months with the Exercise Director

"I am pleased that all the hard work that everyone has done so far has paid off. The relationships we have already established will ensure everyone gets valuable training from the exercise".

COS EUFOR

and Chief of Staff EUFOR, Brigadier General Ernő Baráth chairing the Coordination Conferences involving all visiting troop nations.

COS EUFOR said: "I am pleased that all the hard work that everyone has done so far has paid off. The relationships we have already established will ensure everyone gets valuable training from the exercise."

Quick Response 2020 will be deployed across the entire country working in close partnership with local authorities, law enforcement agencies, and BiH armed forces. The effectiveness of these relationships is

critical for the success of the exercise and maintaining the secure environment that exists today.

The top mission priority for Quick Response 2020 is to conduct it in a safe manner for all those involved. EUFOR will also continue to monitor the ongoing global situation with COVID-19 and update the exercise status as conditions dictate.

EUFOR Chief of Staff Transfer of Authority



On 15 May 2020, in a Transfer of Authority ceremony held at Camp Butmir, Sarajevo, Brigadier General László Szabó relinquished his position of EUFOR Chief of Staff (COS) to his successor, Brigadier General Ernő Baráth, following the completion of a 13-month tour of duty.

Addressing the parade, Brigadier General László Szabó said:

“It was a fantastic tour of exploration, a huge amount of experience, a great deal of work, and a lot of comradeship to me. I am grateful that I found excellent colleagues within the staff who were able and ready to work together.”

COMEUFOR, Major General Reinhard Trischak, commended Brigadier General Szabó, saying:

“Your work on restructuring the



“It has become clear to me, that the EUFOR community is a well-trained, highly professional and motivated team, and more importantly, strongly committed to our mission”.

COS EUFOR

EUFOR Headquarters, as Exercise Director of Quick Response 19, the most wide reaching and visible exercise for many years, and coordinating measures within EUFOR in response to COVID-19, has been exemplary.”

Starting his third tour of duty with EUFOR, the new Chief of Staff, Brigadier General Ernő Baráth, said:

“It is a great honour and a great pleasure,” to take up his post. He is looking forward to continuing cooperation with the authorities on the state and local level, the BiH Armed Forces and Law Enforcement Agencies, to foster the well-developed trust and confidence between them and EUFOR.

COMEUFOR visits new migrant camp at Lipa



On 11 May 2020, COMEUFOR, Major General Reinhard Trischak, travelled to Lipa to visit the migrant camp recently established by the International Organisation for Migration (IOM). COMEUFOR was welcomed at the camp by officials of the IOM, including Mr. Vladimir Mitkovski who is responsible for the area.

After an introduction to the IOM and about work on the construction of the site and the organization of the camp, they then embarked on a tour of the facility. This new camp is named after the nearby village and is about 25km southeast of Bihać. The site, primarily funded by the EU, covers 39,000 square meters and can house approximately 1,000 migrants, but only single males. Security is provided by a 24hr police presence. To

deal with COVID-19 cases there are separate parts of the camp for isolation and quarantine including access to testing.

Major General Trischak was extremely impressed by the achievements of the IOM in Lipa. He congratulated Mr. Mitkovski and the Camp Commander on their work.



DID YOU KNOW

IOM is the leading inter-governmental organization in the field of migration. It is established in 1951 and works closely with governmental, intergovernmental and non-governmental partners.

With 173 member states, a further 8 states holding observer status and offices in over 100 countries, IOM is dedicated to promoting humane and orderly migration for the benefit of all. It does so by providing services and advice to governments and migrants.

IOM works in the four broad areas of migration management:

- Migration and development
- Facilitating migration
- Regulating migration
- Forced migration.

STRATCOM Manager



My role is to assist COM EUFOR in the development of key Strategic Communications themes and objectives and contribute to the coordination of Key Leader Engagement activities.

This is my second tour in BiH, the first being with UNPROFOR in 1994 and 1995 in the enclave of Gorazde. It is fantastic to see what progress has been made since then and I really look forward to exploring more of this beautiful country.

Major Ian Savage

Chief Air Ops



I am responsible for all kinds of air operations.

As an amateur pilot I really enjoy working in a multinational environment as the Air Operations Chief. In the last eight years I had the chance coming back to this mission to see the changes and progress

in this country on one hand from a bird's eye view and on the other hand from exploring it on the ground.

Lieutenant Colonel Gerald Schmutzler

Chief JMA



My job is to coordinate all activities related to the inspection of ammunitions and weapon storage sites and to humanitarian demining.

This enables EUFOR to make BiH a safer place to live in, thus providing tangible aid to the population. It is my first time here and I am eager to learn as

much about this country and its people as I can manage. Back home, I work in defense and security policy.

Colonel Hans Jörg Stopka

Spokesperson



My role is to write statements for the press and manage our digital footprint.

I am an Officer in the Royal Navy with an engineering background on nuclear submarines.

My operational experience stretches from the North Pole to the South China Sea!

Lieutenant Commander Nicholas Robinson

Deputy J5/French SNR



My role is to provide planning support to COMEUFOR and also coordinate the Operational Assessment and the six monthly reports.

After this mission, I will command the course about the maintenance of all the electronics systems. I am

sure that this is a very good opportunity for me to be here. I look forward to work with all the different nationalities and to take part in the stability of BiH.

Lieutenant Colonel Matthieu Millet

Current OPS/Greek SNR



My role is to contribute to the execution of current operations as Current OPS Officer.

I'm an Engineer Officer when back in Greece and this is my first time in BiH.

I hope I can explore the country, but above all, I'm very much looking

forward to work with my new colleague and improve my SO skills.

Major Georgios - Eleftherios Moraitis

Military Assistant 1



My role in this is mainly to act as conduit from the Commander EUFOR to the staff and vice versa. In particular, to ensure that the Commander's intent and requirements have been interpreted and received correctly, interacting with all internal EUFOR staff, units, and international actors.

As an Austrian Armed Forces Officer I have previously served with several international organizations including the UN, EU, and NATO, in missions spanning from the Middle East, Central and Southeast Asia, and Africa. Generally very interested in international relations, now serving with EUFOR ALTHEA I am delighted to serve in this mission and beautiful country

Colonel Georg Moik

LNO to OHR and OSCE



My job is supporting the POLAD group as Liaison Officer to OHR and OSCE.

This is my first mission in BiH but my sixth in my total military career of 45 years duty. I joined UNDOF three times, one time UNFICYP and on time KFOR. This will definitely be my last mission so I'll try to enjoy my time here with so many interesting people from various countries.

Lieutenant Colonel Dr. Robert Blunder

The photo competition is back!

Send us your photos featuring EUFOR in action. If your photo is published you win a EUFOR branded 4,000 mAh power bank and a T-Shirt.

So get snapping and send your photos to euforpao@gmail.com.

Include a short description and the contact details of the photographer. Up to three photographs of 2 MB each are accepted.

We like to see EUFOR people in action and a visible branding will increase your odds.





Inspection and Display 2020



EUFOR Italian COVID-19 specialists assist BiH hospitals



On 6 May 2020, two Italian military doctors arrived at Sarajevo International Airport by C-130 aircraft. Major Pasquale Giannelli, from the ‘Pozzuolo del Friuli’ Brigade, in Gorizia, and Major Marino Trivisani, from the ‘Julia’ Brigade, in Udine, are both from the north eastern region of Italy. They have been directly involved in the Italian response to COVID-19.

For three months they will assist now BiH hospitals to implement best practice to help the local response.

Medical facilities in Bihać, Sarajevo, Zenica and Tuzla were pleased to host them to share their experience of treating COVID-19. Both have extensive first-hand knowledge of diagnosing and treating Corona Virus back in their

native Italian hospitals, where the pandemic has sadly claimed many lives.

In Bihać, Dr Aida Mataruga showed the two EUFOR doctors how they worked under isolation conditions which is working well as no staff have been infected by the virus.

In Sarajevo, the hospital has been physically reconfigured and



Zenica hospital



Tuzla hospital



Sarajevo hospital

clinical practice altered to cope with the influx of BiH patients showing signs of the illness.

“Protecting employees as well as other patients is critical.” said Professor Sebija Izetbegović at the Clinical Centre University Sarajevo. “Using a team of special doctors who have no contact with other patients ensures re-transmission is impossible.”

The EUFOR doctors were very impressed with the proactive action throughout BiH to minimise the spread of COVID-19. EUFOR is keen to share the knowledge of its doctors and clinical staff within all areas of BiH and the three month tour of duty for these two will be very busy.



Video footages can be found on:



EUFOR’s Polish Military Contingent takes delivery of medical resources to support BiH



On 18 May 2020, the Polish Military Contingent of EUFOR took delivery of medical resources to support the people of Bosnia and Herzegovina against the COVID-19 pandemic at Sarajevo International Airport.

The Polish Contingent Commander of the EUFOR mission in Bosnia and Herzegovina, Lieutenant Colonel Arkadiusz Rożnowski, handed over 50,000 protective masks and 1,000 litres of disinfectant fluid to representatives of the Ministry of Security of Bosnia and Herzegovina.

Collaboration and assistance is of great importance for supporting bilateral relations between Poland and Bosnia and Herzegovina on the grounds of security and international cooperation, preventing the spread of the coronavirus pandemic.

by Captain Tomasz Filipiński





Remember our collective responsibility to prevent the spread of COVID-19.

Our daily life has changed with vital additions that should by now be automatic.

Keep discipline, obey the rules and set the example for others to follow.

Stay healthy, fit and safe!

COVID-19



KEEP YOUR DISTANCE

Social distancing in public places - 6 feet / 2 metres



Checkpoint training exercise tests skills of the Multinational Battalion

On 25 May 2020, the 3rd Platoon of the Hungarian Company of EUFOR's Multinational Battalion conducted a checkpoint training exercise.

The checkpoint consisted of two trucks blocking the street in the front and in the back of the checkpoint, to secure an area in the middle which is then used for checking vehicles and people

When a vehicle approaches, soldiers at the first truck conduct a pre-check of the vehicle and decide if it is safe to let it in.

After approval, the first truck reverses to make space to allow the vehicle to enter the checkpoint, before moving back into the road to secure the search area. The soldiers



can then start to check the vehicle and the identity of the driver. Several scenarios were conducted to improve the abilities of the QRF soldiers. The final scenario was truck with a driver only, with

a hidden gun in the truck. The soldiers first checked the identity of the driver before searching the truck. When the gun was found the driver was arrested and lead away for further questioning.

Combined patrol of the Multinational Battalion

Of the 20 nations that contribute to the make-up of EUFOR troops based at Camp Butmir, it was the first time this year that forces from Hungary and Turkey have combined to patrol together.

Eight Hungarian and two Turkish soldiers left Camp Butmir for short range patrols to Foča on the 16th, Doboj on the 17th and Livno on the 18th of June. They drove between 304 and 455km and it took them between 10 and 13,5 hours a day until they reached again Camp Butmir.

On their way they met up with the EUFOR Liaison and Observation Teams (LOT) in each of the three cities and local police and border patrol services to renew the communication links as well as engaging with the local population.

The Turkish Liaison and Observation Team (LOT) base themselves in Livno, 100km west of Sarajevo and were pleased to host their Hungarian and Turkish colleagues for the routine patrol.

COVID-19 restrictions have made it difficult for the LOT to integrate fully into the local communities over the past few months so getting back to talking to local



residents has been welcomed. Prior to COVID-19 restraints, the LOT teams also delivered Mine Readiness Education to schools and social clubs that regularly use the countryside. Last year, EUFOR delivered 680 mine education sessions which reached 20,000 people within BiH.

Combined mine clearance operation



EUFOR mine clearance experts based at Camp Butmir joined up with a team from the Federal Department of Civil Protection (FUCZ) to make safe some newly discovered devices.

The mines were discovered near a hiking trail in a remote part of the Pašina Mountain where access by vehicle is impossible. EUFOR used one of its helicopters for the 8 minute flight to winch the teams in close enough so they could walk to the mined area and begin making it safe.

The FUCZ team are regular partners with EUFOR and are mine clearance experts in their own right. Chief EUFOR demining and explosives expert Lieutenant Colonel Markus Haider said, "EUFOR have worked with these teams many times and we



Lieutenant Colonel Markus Haider



Video footage can be found on:



practice the delicate operation of winching into remote locations as often as we can. Mine education is also a big part of what we do here at EUFOR and the training groups

aim to be back into local schools in September."

The combined EUFOR BiH team used the knowledge of the hikers to pinpoint exactly where to begin the search and clearance operation. Once the two mines were located, it didn't take long for the explosives experts to identify the type of device and deal with the threat and remove the danger. The FUCZ team used a controlled explosion to render the mines safe.

COVID-19 restrictions has meant that the routine mine safety training delivered by EUFOR teams to schools and social clubs across BiH has been suspended. This type of training reached almost 20000 people in 2019 and EUFOR aims to restart the program as soon as social distancing measures are eased.

Head of Joint Military Affairs at EUFOR, Colonel Jörg Stopka said, "Using our collective assets today to make this area safe is vital work and is a great example of close cooperation between EUFOR and BiH Agencies. This is a remote area and the helicopter allows us to get in quickly to help prevent a future tragedy."

Spanish Ceremony of Remembrance held at Camp Butmir



In the last two months two commemoration ceremonies were held at Camp Butmir. The first on Wednesday 13 May 2020 at the Spanish Fallen Soldiers monument in Camp Butmir's memorial park in honour of the 23 Spanish soldiers who have lost their lives in Bosnia and Herzegovina.

“It is a stark reminder that the EUFOR mission in BiH carries risk but that risk brings with it hope and progress.”

COMEUFOR

It was also attended by the Spanish Ambassador, His Excellency José María Valdemoro Giménez, Commander NATO Headquarters Sarajevo, Brigadier General William Edwards, EUFOR Chief of Staff, Brigadier General László Szabó, and EUFOR Chief of Staff (designate), Brigadier General Ernő Baráth.

Major General Trischak said: “Today, our thoughts are with the families, friends and loved

ones of these fine people who died so young. This ceremony allows us the opportunity to recall their lives, their exceptional spirit, their professionalism and their contribution to the cause of peace and stability in

Bosnia and Herzegovina.”

The second commemoration ceremony on Friday, 19 June remembered the tragic accident that claimed 4 lives on 19th June 2008. The 2 Spanish crew and 2 German passengers were all killed when the BO-105 helicopter suffered difficulties and crashed during a routine flight in a mountainous area near Travnik, 90km NW of Sarajevo.

COM EUFOR, Major General Reinhard Trischak said, “It is with

much sadness that we remember today the 4 lives that were cut so short in this tragic accident. It is a stark reminder that the EUFOR mission in BiH carries risk but that risk brings with it hope and progress. Our thoughts today are with the families of the 4 men who gave their lives bringing stability and security to the region.”

DID YOU KNOW

More than 45,000 Spanish military personnel have served with great dedication in this country since 1992. For almost two decades their military has contributed to thousands of convoys that have transported more than a quarter of a million tonnes of food, medical supplies and clothing to BiH. Spanish military engineers also repaired some of the destroyed bridges over the Neretva River, one of which was the iconic Bridge of Tito.

The military specific fitness test of the Austrian Army



It is designed to simulate situations that a soldier may find themselves in when called into action in the battlefield. The test is broken down into two parts:

The first is a 3.2km speed march, carrying approximately 25kg of weight (Battle Dress Uniform including backpack and rifle), simulating strength and endurance when marching. Each soldier must complete this phase in the fastest time possible and in less than 29min 32s.

The second is a course designed to simulate several activities while carrying approximately 21kg of weight (Battle Dress Uniform without backpack and rifle).



The course consists of:

- moving in the field over approximately 100m,
- including a 10m seal crawl;
- pulling a 50kg dummy over a distance of 40m simulates dragging a casualty to cover;
- carrying two 18kg water canisters over a distance of 100m simulates carrying a stretcher; and
- lifting a 24kg load five times onto a platform of 125cm in height, simulating lifting a casualty into a vehicle.

These tests are conducted concurrently and need to be completed in less than 4min 15s.

| TEST | Strongly above average | Above average | Average | Sufficient | Insufficient |
|------------------------------|------------------------|---------------|-------------|-------------|--------------|
| Soldier'S parcours (minutes) | <2:10 | 2:10 - 2:25 | 2:26-3:00 | 3:01-4:15 | >4:15 |
| 3.2km speed march (minutes) | <19:00 | 19:00-21:30 | 21:31-24:30 | 24:31-29:32 | >29:32 |

Evaluation criteria for women and men in military specific tests (MST)

EUFORIA – The section for Health, Training and Nutrition

As the COVID restrictions ease slightly and the gym has reopened, our thoughts may turn to getting back to exercise. Getting fit again can be a challenge so here are 3 simple additions to help with your new regime. This edition of the EUFORIA section will be looking at the importance of mobility, what it means trying new things and adding variety in to your workout. The nutrition side of things will discuss the value of alkaline balance in the body.

1. Mobility

Many of us love to train and work hard for their fitness goals or just to get a beach body! Lots of us like lifting weights or love doing various types of endurance training. A further important part of a holistic fitness approach, which often gets overlooked is mobility. The body adapts quickly if we always train the same type way, whether it is a specific muscle exercise or repetitive endurance. It gets used to it and stiffens over time. Mobility is a very good tool here, as it encourages the body (as the name suggests) to be more mobile. The fascia that surrounds the

muscle stretches and thus makes it more supple. The underlying muscle tissue can regenerate and grow faster, and it also serves as a prophylaxis for injuries.

When used correctly, mobility is a fitness area that can be combined with any sport and is a great asset for physical health.

2. Variety

Diversity in all areas of life is important, you can discover new things that you might like, learn and grow. Variety is also important when it comes to sport. This can range from small changes, such as adapting a training plan with new exercises, to large changes, such as learning completely new sports.

Teaching the body something new and presenting it with new challenges is not only fun and enables new muscle stimuli, but also helps to form new neuronal nerve pathways that can have positive effects, mentally and physically. Try new things! ! It sometimes feels like taking a step backwards, but sometimes that's exactly what one needs to discover new paths with many further steps forwards, that contribute to personal growth.

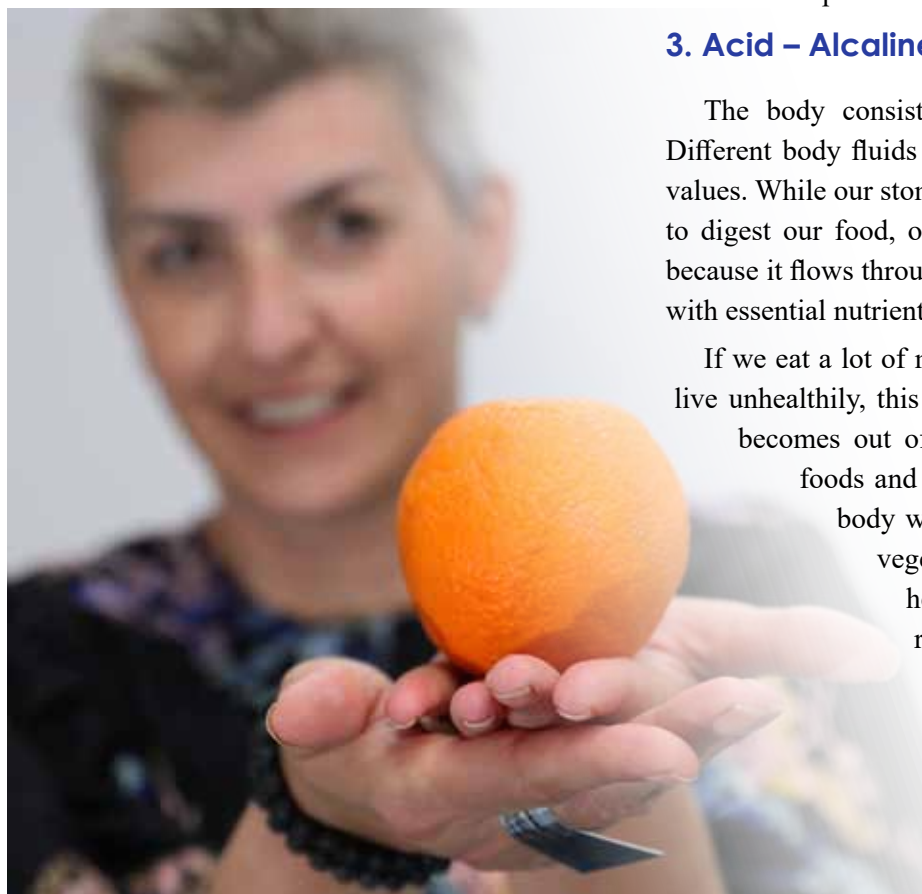
3. Acid – Alkaline – Balance

The body consists of an acid-alkaline profile. Different body fluids have different acid or alkaline values. While our stomach has a very high acid value to digest our food, our blood is neutral to alkaline because it flows through the entire body, providing us with essential nutrients.

If we eat a lot of meat, drink alcohol, smoke and live unhealthily, this profile can shift and the body becomes out of balance. Try to avoid acidic foods and habits and see how good your body will respond. Or add a fruit and vegetable day a week. This not only helps the body to detoxify and regenerate, but also contributes to a healthy sleep, longer life and increased well-being.

Keep moving forward!

by Captain Karina Sedlacek





We are above **politics**.

We contribute **to peace and stability**.

We are your **partners**.

We are the largest **international military presence** in BiH.

We **run a marathon**, not a sprint.