

EUFOR forum

MAGAZINE



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Welcome to edition 113 of the EUFOR Forum, this is the second edition I have edited and I am excited to deliver some fantastic stories.

This edition shows a great variety of activities that have occurred in Camp Butmir and around Bosnia and Herzegovina

during the start of 2019. Last year was a hugely successful year for EUFOR, and this edition of the Forum shows that we are continuing in the same way.

As usual I would like to thank everyone who has contributed in their actions, stories and photos for this edition. Lots of people have thanked me for the media coverage that the Public Affairs Office (PAO) has provided via the homepage or social media. However, I must say that it is the hard work and dedication of the EUFOR soldiers and staff that should be highlighted; the stories "write themselves" and the PAO team's job is always made that much easier when we have lots to cover.

If you have an interesting or fun story, please drop into the PAO team so we can get it into the Forum.

Lieutenant Commander Brian Bennett

Commander EUFOR
Major General Martin Dorfer

EUFOR Public Affairs Chief
Lieutenant Colonel Nicolai Tschol

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We also thank the contribution from the EUFOR LOT Houses

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

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European Forces in Bosnia and Herzegovina

EUFOR će pružati helikoptersku podršku #EYOF19 u slučaju hitnog medicinskog pomoći tokom sportskih događaja. EUFOR će biti pripravnosti uz Oružane snage Bosne i Hercegovine. U oktobru 2018. piloti i tehničari EUFOR-a proveli su vježbe sa timom Donike službe spašavanja Novi Grad, Sarajevo. Komandant EUFOR-a i osoblje u bazi Butmir žele sve najbolje takmičarima i stoje im na raspolaganju, ali se nadaju da neće biti potrebe za ovakvom vrstom pomoći.

EUFOR BiH will be providing assistance to #EYOF19 with helicopter support in the case of a medical emergency during the sporting event. EUFOR will be on stand-by alongside the Armed Forces of Bosnia and Herzegovina. The pilots and technicians of EUFOR conducted emergency helicopter winch drills in October 2018 with the Mountain Rescue Team Novi Grad, Sarajevo. COMEUFOR and the staff in Camp Butmir wish all the best for the competitors, whilst we don't wish for any medical emergencies, we are ready to help if needed.



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On 6 March Commander @euforbih, Maj Gen Martin Dorfer, participated in discussions at the @bi_nato conference for Women in Peace and Security (WPS) - supported by @eu_eas @MaraMarinakiEU – highlighting/discussing, WPS and @UN SCR 1325 (adopted Oct 2000) <https://tinyurl.com/y6rf63xo>



@euforbih is celebrating #iwd2019 and the achievements of military and civilian women in supporting a safe and secure environment in Bosnia and Herzegovina #balanceforbetter

International Medal Parades at Camp Butmir

A unique medal presentation took place on Monday 4 February when EUFOR Operation Commander, General Sir James Everard, and COMEUFOR, Major General Martin Dorfer, presented each other's medals in Camp Butmir, Sarajevo.

Receiving their medals at the parade were 157 soldiers from 10 different countries.

Addressing the soldiers, General Everard said: "You are all a visible demonstration of the European Union's commitment to Bosnia and Herzegovina, I am extremely grateful for all you hard work".

After the presentation of medals to the soldiers on parade, General Everard presented COMEUFOR's medal, then in return it was COMEUFOR's turn to pin the Operation Althea medal on the Op Commander's chest.

Commenting on the medal parade, General Everard said: "It has been a fantastic event, it is such a pleasure to present these medals to soldiers from such a wide variety of countries".



The Operation Althea medal is presented to soldiers who have served in the mission for at least 30 consecutive days.

"I am proud and honoured to present the Op Commander his medal, it's the first time I've given a medal to a 4-star General".

COMEUFOR

On Wednesday 27 February Commander EUFOR, Major General Martin Dorfer, presided over an international Medal Parade at Camp Butmir. Soldiers from 6 countries were decorated with the European Union Common Security and Defence Policy Medal 'Althea' in recognition of their service in Bosnia and Herzegovina.

Lieutenant Colonel Krzysztof Buc of the Polish Army took the salute on behalf of the 44-strong parade from COMEUFOR at the ceremony.

Photo: Parade Commander Lieutenant Colonel Krzysztof Buc receives his Althea Medal from COMEUFOR.



EUFOR Operation Commander visits Sarajevo



General Everard during his visit to Presidency member Šefik Džaferović

The EUFOR Operation Commander, General Sir James Everard, visited EUFOR at Camp Butmir, from Sunday 3 to Tuesday 5 February.

The Operation Commander spent 2 days at Camp Butmir where he met with COMEUFOR, Major General Martin Dorfer, and COM NATO HQ Sarajevo, Brigadier General Marti Bissell.

General Everard was updated on the EUFOR mission and also presided over a medal parade for 157 soldiers from 10 different troop contributing countries. General

Everard attended office calls with the High Representative to Bosnia and Herzegovina, Valentin Inzko, and the European Special Representative to Bosnia and Herzegovina, Lars-Gunnar Wigemark, early on Tuesday 5 February.

After his office calls General Everard had meetings with one of the members of the Presidency of Bosnia and Herzegovina, Šefik Džaferović.

Commenting on the EUFOR mission to

Bosnia and Herzegovina, Presidency member Šefik Džaferović said: “The Presidency of Bosnia and Herzegovina views Operation Althea as very important in supporting our efforts to provide peace and stability for the country’s people”.

General Everard’s final official meeting of his visit was with the Minister of Defence, Marina Pendeš.

During the meeting Minister Pendeš said: “Thanks to the Capacity Building and Training program that has been delivered by EUFOR, there has been a significant increase in the operational capability, and international interoperability of the Armed Forces of Bosnia and Herzegovina”.



“The EUFOR mission in Bosnia and Herzegovina has refocused on its core mandate, to support a safe and secure environment, I am really please with EUFOR’s achievements over the last 2 years”.

OP CDR



General Everard greeting Minister Pendeš

Security Update for Police Attachés and International Liaison Officers



Police Attachés accredited in Bosnia and Herzegovina (BiH) and liaison officers of international Law Enforcement Agencies were invited to the EUFOR Headquarters in Camp Butmir, Sarajevo, where they received an update on EUFOR and its activities in supporting the Safe and Secure Environment. EUFOR Chief of Staff, Brigadier General Gábor Horváth, and selected subject matter experts gave an insight into EUFOR's tasks, the political situation and developments in the field of ammunition, weapons and explosives as well as the demining progress in BiH.

EUFOR has evolved over the years and adapted to ensure a focus on the Safe and Secure environment in BiH with a timely and authoritative situational awareness as the bedrock for EUFOR's activities following the mission statement "Credibility, Visibility and Co-operation".

COMEUFOR, Major General Martin Dorfer, summarized that EUFOR's and Police Attachés' interests are similar, especially in the field of security related matters: "At the end, all of us working together to achieve the common goal of security, are working for the benefit of BiH, its Law Enforcement Agencies and ultimately for the good of the citizens of BiH. Co-operation among us is key, and I'm looking forward to continued co-operation with you and with your nations."

Updates on issues significant to the safe and secure environment in BiH are given to the diplomatic community in BiH on a regular basis to enhance their understanding of the overall situation and to foster the strong co-operation between EUFOR and the international community supporting BiH's path towards European integration.

by Lt Col Nicolai Tschol

Heads of EU Missions to Bosnia and Herzegovina

On Thursday 14 February EUFOR hosted the heads of 21 EU missions to Bosnia and Herzegovina at Camp Butmir.

COMEUFOR, Major General Martin Dorfer, and EUFOR staff, briefed the Ambassadors on the current security situation in the country, demining, and the Masterplan for management, storage and disposal of Ammunition, Weapons, and Explosives of the Armed Forces of Bosnia and Herzegovina.



"I would like to underline the importance of EUFOR as a strategic asset of the EU in Bosnia and Herzegovina in supporting the country's path towards EU integration"

COMEUFOR

COMEUFOR also informed the Ambassadors about ongoing changes to the operation to further improve EUFOR's performance.

EUFOR is made up of 15 EU countries, and 5 non-EU countries; today's visitors included EU Heads of Mission from all 15* EUFOR EU troop contributing countries, as well as from Denmark, The Netherlands, Finland, Germany, Sweden, and Belgium.

Commenting on today's gathering, Deputy Head of the EU Delegation to Bosnia and Herzegovina Khaldoun Sinno, said: "All of the ambassadors appreciate the EUFOR-specific updates, it is extremely beneficial to all of us to receive these detailed briefings".

EUFOR regularly hosts groups of key leaders from national and international organisations to exchange information and inform them about EUFOR's ongoing activities.

*Portugal rejoined EUFOR in March 2019

Memoranda of Understanding signed between EUFOR and Local Hospitals

Zenica Cantonal Hospital



COMEUFOR, Major General Martin Dorfer and the General Manager of the Cantonal Hospital Zenica, Dr Rasim Skomorac

On Tuesday 22 January 2019, a vital Memorandum of Understanding (MoU) was signed between Zenica Cantonal Hospital and EUFOR in Bosnia and Herzegovina.

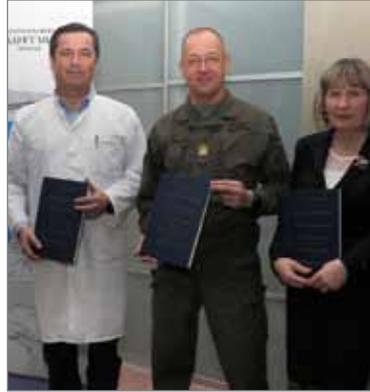
After signing the MoU, COMEUFOR said: “I am really pleased to sign this memorandum of understanding today, and I am looking forward to the future co-operation between EUFOR and the Cantonal Hospital Zenica”.

The purpose of the MoU is to establish a formal agreement between EUFOR and the Zenica Cantonal Hospital, regarding the conditions under which medical and MEDEVAC support will be provided for EUFOR personnel in the case of emergencies.

Describing the services that the Cantonal Hospital Zenica will be offering to EUFOR, Dr Skomorac said: “I hope you will be happy with our services, and I am looking forward to the exchange of knowledge as we work together”. The MoU has been established to ensure emergency helicopter access and the provision of specialised medical cover if it is needed.



Mostar Hospital



The Director of Mostar Cantonal Hospital, Dr Zlato Guzin, COMEUFOR and Deputy Director of Mostar University Clinical Hospital, Mrs Radica Božić

On Friday 1 February 2019, EUFOR in Bosnia and Herzegovina signed a second MoU for clinical care, this time with Mostar Cantonal Hospital and Mostar University Clinical Hospital.

After signing the MoU, COMEUFOR said: “Signing this agreement provides EUFOR with the best level of clinical support in the case of severe emergencies”.

Describing the services that Mostar Medical Hospital will offer to EUFOR, Dr Guzin said: “I am honoured to sign this agreement, and I am looking forward to the future co-operation with EUFOR”.

Mrs Božić said: “The University Clinical Hospital is at the disposal of EUFOR whenever it is needed”.

The MoU will ensure the provision of specialised medical cover, in the field of cardio thoracic surgery, if it is needed.

Remembrance Ceremony marking the 11th Anniversary of helicopter crash



On 12 January 2019 EUFOR personnel gathered in Camp Butmir for a remembrance ceremony marking 11 years since the deaths of 11 servicemen from the *Republic of North Macedonia who were killed in a helicopter accident.

The Chargé d’Affaires from the Embassy of the Republic of North Macedonia in Sarajevo, Mr Riste Velkovski, and COMEUFOR, Major General Martin Dorfer attended the ceremony of remembrance.

EUFOR soldiers formed a Guard of Honour in the Camp Butmir memorial garden to welcome the distinguished guests and take part in the commemoration.

During the ceremony 11 candles were lit to signify the lives lost, after which the Senior National Representative for the Republic of North Macedonia in EUFOR read out the names of the fallen.

The Republic of North Macedonia is one of 5 non-EU troop contributing countries, out of a total of 20, that are part of EUFOR in Bosnia and Herzegovina.

***The Former Yugoslav Republic of Macedonia changed its name to The Republic of North Macedonia on 15 February**

Emergency rescue training with Mountain Rescue Service Trebević

Despite the cold, misty conditions, the snowy peak of Trebević Mountain was the venue for specialist, emergency training on Wednesday 6 February for the Gorska Služba Spašavanja (GSS - Mountain Rescue Service) Trebević, and the Multi National Battalion (MNBN) from EUFOR in Bosnia and Herzegovina (EUFOR BiH).

Led by qualified mountaineering instructor, Lieutenant Colonel Oliver Pilles, the 20-strong MNBN team of Austrian, Turkish and Hungarian soldiers led training sessions on emergency rescue techniques from the cable car gondolas, first aid and Cardio Pulmonary Resuscitation (CPR), and map reading/navigation.

30 members of the GSS Trebević took part in the training in order to enhance their ability to deal with a variety of emergencies and accident scenarios; although experienced in their field of emergency rescue, the unique environment of the cable car poses particular issues for the team.

The “Sarajevska Žičara” (Sarajevo Cable Car) originally opened in 1959, and closed due to maintenance issues in 1989; during the 1992-95 Bosnian war it was completely destroyed; it was reconstructed between 2017 and 2018,

and officially reopened on 6 April 2018. Observing the training, Esad Tanović from J P Sarajevo (Public Company Sarajevo), which runs the Sarajevska žičara, said:

“Our annual emergency training plan involves national and cantonal emergency services. We would like to thank EUFOR for their efforts today, and we look forward to more co-operation and training with them in the future”.

The GSS Trebević is a voluntary, non-profit, public service, which specializes in search and rescue from inaccessible terrain and difficult weather conditions.

When asked about today’s event, the GSS Trebević team leader, Faruk Kadić said: “The mountain rescue team is well-trained for emergencies in difficult conditions. Today’s training activities with EUFOR have given my team an opportunity to exchange knowledge on evacuation systems and the management of injured people in the cable car”.

At the end of the training exercise, the MNBN commander, Lieutenant Colonel Pilles said: “It is a real pleasure to see the soldiers from EUFOR’s multinational battalion training with teams from the Sarajevska žičara and the Gorska Služba Spašavanja Trebević. It has been a great opportunity for us all to learn from each other”.



Video footage can be found on:



COMEUFOR conducts inspection of Defence Industry Companies



“This is routine business in accordance with the EUFOR executive mandate; I am looking forward to more visits in the future across the whole industrial military sector, in order to get a clear picture about the defence industry’s capabilities in Bosnia and Herzegovina.”

COMEUFOR

On 24 January COMEUFOR, Major General Martin Dorfer, and a small EUFOR team from the Joint Military Affairs branch in Camp Butmir, undertook an inspection of the Defence Industry Company TRB (Tehnički Remont, Bratunac*) in accordance with the EUFOR executive mandate.

COMEUFOR and his team met with the CEO of the company, Slavenko Ristić, and discussed the history of the company and its main business activities.

Welcoming COMEUFOR to the factory site in Bratunac, Mr Ristić said: “We are pleased to host the team from EUFOR today; we are completely transparent in all our business activities as we are a global and respected Defence Industry Company.”

On a tour of the factory site COMEUFOR was shown the development of new products, such as the DESPOT vehicle prototype, and the facilities for ammunition production, and small arms weapon systems.

***Technical Refurbishment Bratunac**



COMEUFOR visits Pretis in Vogošća

On 12 February, COMEUFOR and his team continued with inspections of Defence Industry Factories across BiH. The visit, in accordance with the EUFOR executive mandate, was at the Pretis factory in Vogošća and focused on the production various of types of ammunition made by Pretis.



Polish Minister of Defence



On Friday 4 January, a delegation headed by Mariusz Błaszczak, Polish Minister of Defence, visited EUFOR in Bosnia and Herzegovina at Camp Butmir, Sarajevo.

After taking the salute from the EUFOR Honour Guard, Mr Błaszczak discussed the current political and security situation in Bosnia and Herzegovina during an office call with COMEUFOR, Major General Martin Dorfer.

Taking the opportunity to meet with some of the Polish soldiers based in Camp Butmir, Mr Błaszczak said:

“Poland’s ambition is to continue to contribute soldiers to the important work EUFOR does here in Bosnia and Herzegovina”.

Poland is one of 20 troop contributing countries to EUFOR; they provide soldiers for one of the 17 LOT Houses in Bosnia and Herzegovina, as well as specialists in mapping and logistics.

I am Wing Commander Dave Carter, Royal Air Force, and recently arrived as the new Chief J4/J6 & UK SNR, responsible for the entirety of engineering/logistics and CIS support to the EUFOR HQ mission.

This is my first time in BiH, and already I am loving the culture and scenery of this beautiful country. Unlike my predecessors, I have a career-long affiliation with fast jet engineering rather than logistics and supply. I’ve worked extensively in the Middle East, Europe, South Atlantic and USA on a wide range of Operations and Exercises, so the opportunity to work with my international colleagues again is especially exciting. I look forward to making a tangible difference during my time working with EUFOR ... hopefully moving some of the bigger projects towards reality, whilst having fun doing it with my outstanding J4/J6 team!

Although born in the UK, I am currently ‘living the dream’ near Washington DC in the USA with my wife and two boys, where I am employed on the F-35 Joint Strike Fighter Program. My hobbies include any outdoor related activities, together with photography and numismatics.

My name is Lieutenant Colonel Alfred Sanz, this is my second time serving with the EUFOR mission in Bosnia and Herzegovina. I am the Battalion commander of the Multinational Battalion, my primary role is to command and lead more than 250 soldiers from Austria, Hungary and Turkey.

This is my fourth mission for the Austrian Armed Forces, and it won’t be my last.

I was born in the east of Austria and joined the army in 1994, after I graduated as an NCO in the branch of mechanized infantry I chose to gain my commission as an officer. In 2005 I graduated from the military academy, since then I have served in Mechanized Infantry Battalion 13.

My private interests are working with wood, historical events especially from the military, and cycling. I am currently planning to get married later this year and I am looking forward to the “big day”.

NEW Chief J4/J6



Wing Commander
Dave Carter

“
This is my first time
in BiH, and already
I am loving the
culture and scenery
of this beautiful
country.
“

NEW MNBN Commander



Lieutenant Colonel
Alfred Sanz

“
My primary role is
to command and
lead more than
250 soldiers from
Austria, Hungary and
Turkey.
“

Austrian Holstein cows join herds in Kalinovik



On 10 January a special project in Kalinovik reached its conclusion with 33 Holstein cows being added to livestock herds for breeding and milk production.

The project was initiated in September 2018 by Major General Martin Dorfer, COMEUFOR in Bosnia and Herzegovina, and delivered by the CIMIC team in the Austrian National element supporting EUFOR.

COMEUFOR met the Mayor of Kalinovik, Mrs Mileva Komlenović, on 14 September 2018; they discussed EUFOR’s presence during military exercises in the area, and how to minimise possible disruption to the local population due to troop movements.

After the meeting, Major General Dorfer agreed to facilitate a project involving the procurement of 33 dairy cows, which would benefit the people of Kalinovik.

Lieutenant Colonel Alexander Wallinger, project manager for the plan, said: “We have managed to assist with the process to procure 33 of the world’s best dairy breed, the famous black and white Holstein-Friesian cows”.

The cows, specially selected for breeding and milk-production, arrived in Kalinovik on 21 December 2018; they then had a routine, 3-week, quarantine period.

On the day the cows were officially handed over to local farmers, Mrs Komlenović said: “I am very satisfied with the successful conclusion of this project; the introduction of these cows is good news for the future of agriculture in Kalinovik”.

The Austrian “Carinthian Holstein Co-operative” supported the project, as they are experts in the export/import of Holstein-Friesian dairy cows.



On 13 February COMEUFOR visited the Mayor of Kalinovik, Mrs Mileva Komlenović to see dairy cattle that were delivered in December 2018 with the help of the Austrian National Contingent in Camp Butmir. All the cattle were pregnant when they arrived, 1 calf has now been born.



EUFOR PATROL

Family from Tomislavgrad saved by Turkish soldiers



The Turkish team with patrol commander (3rd from left)



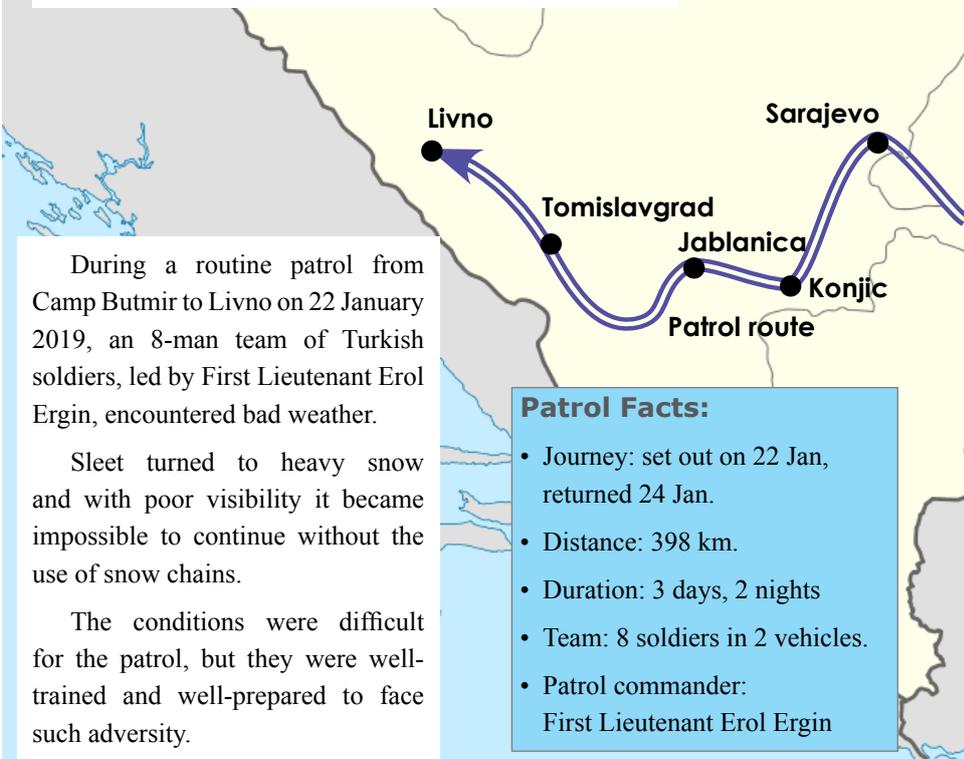
Trying to tow the car out of the snow



Using manpower to free the car



Cold, but happy, the car is freed



During a routine patrol from Camp Butmir to Livno on 22 January 2019, an 8-man team of Turkish soldiers, led by First Lieutenant Erol Ergin, encountered bad weather.

Sleet turned to heavy snow and with poor visibility it became impossible to continue without the use of snow chains.

The conditions were difficult for the patrol, but they were well-trained and well-prepared to face such adversity.

Towards the end of their patrol, the Turkish patrol team came across a car stuck in snow near Tomislavgrad.

In the car was a family, including a pregnant woman, who had been there for 6 hours; when the family saw the EUFOR patrol vehicles they asked for help.

Seeing that the car was incapable of moving without help, Lt Ergin's team worked in freezing temperatures for 45 minutes to free the car.

They used the towing line from the patrol vehicles, and when that wasn't enough, the team used physical manpower to get the car moving.

Despite the cold, the family was full of smiles after the car was freed; they were very grateful for the determination and hard work of the EUFOR soldiers.

When the team returned to Camp Butmir, the event was included their patrol report; it was highlighted on

the EUFOR facebook site as a "good news story".

The story then went viral and was all over the media in in the soldiers' home country, even being broadcast on CNN TURKEY.

When asked about his team rescuing the family, First Lieutenant Ergin said: "It is a great honour to represent EUFOR, the patrol team did a great job, and the family said EUFOR provides a great service to Bosnia and Hezegovina".



CNN TURKEY reports the story



LOT House Bratunac



On 24 January COMEUFOR, Major General Martin Dorfer, visited LOT house Bratunac to receive updates and meet new staff members.

LOT house commander, Captain Gernot Marschnig of the Austrian Army introduced the team to COMEUFOR.

Captain Marschnig has been the LOT house commander in Bratunac for just 2 weeks; he briefed COMEUFOR on local election results, the daily liaison with local the local police commander, local employment issues and strikes, and an assessment of the issue of migrants in the border areas.

When asked about COMEUFOR's visit, Captain Marschnig said: "It is a great opportunity to welcome COMEUFOR to LOT house Bratunac, and to brief him personally on our work here."

COMEUFOR thanked the team for their hospitality and praised the team for their efforts to identify issues that will affect the area in the future such as local investment in technical education and the National Park areas.

There are 17 EUFOR LOT houses in Bosnia and Herzegovina, manned by 7 different troop contributing countries; COMEUFOR regularly visits all of the LOT houses in order to meet the teams on the ground.



LOT House Mostar



A team from the EUFOR LOT House Mostar visited the United World College (UWC) in Mostar to brief Bosnian and international students on the work of EUFOR on Monday 11 February.

Captain Matthias Corodi, First Lieutenant Lea Fuchs and Special Officer Robert Ramser delivered lectures on the role of EUFOR Bosnia and Herzegovina, and the role of women in the EUFOR and the Swiss Army.

The presentations were delivered to a group of over 130 students from over 60 different nationalities; in the audience were over 40 students from Bosnia and Herzegovina.

After the visit, Mark Feltham, Headteacher of UWC Mostar, expressed his thanks to the team from LOT House Mostar for explaining their work in Mostar, and the work of EUFOR in Bosnia and Herzegovina. Special Officer Ramser shared his own story of his path from UWC student to EUFOR; this gave students an insight in to how one can follow UWC values whilst working in the military.

Special Officer Ramser said: "As a former UWC student, it was a great pleasure to present a lecture on the Swiss involvement in EUFOR to the students of UWC Mostar." UWC was founded in 1962 to offer an educational experience based on shared learning, collaboration and understanding so that the students would act as champions of peace; UWC Mostar was founded in 2006 and is described as being firmly established as a College at the heart of the UWC movement.

CROSS FIT

Taking on the toughest sports challenge in Butmir



ALVARO

Rank	OF2
Nation - Branch	Chile - J2
Height	170 cm
Weight	70 kg
Likes	Thrusters
Dislikes	Pull-ups
Final position	4 th Male



DAVID

Rank	OF1
Nation - Branch	Hungary - MNBN
Height	181 cm
Weight	81 kg
Likes	Thrusters
Dislikes	Pull-ups
Final position	3 rd Male



ANGELO

Rank	OR4
Nation - Branch	Austria - MNBN
Height	192 cm
Weight	93 kg
Likes	Rowing
Dislikes	Pull-ups
Final position	2 nd Male

Rowing, burpees, pull-ups, press-ups (with a hand-clap), thrusters, and a 900-metre run: any one of these events may seem demanding enough, but for 6 hardy souls, they did all of the events in one go for the Camp Butmir Cross-Fit competition on 12 and 14 February.

The Cross-Fit competition is one of the monthly competitions organized by the gym staff in order to contribute to a healthy level of rivalry and co-operation between members of EUFOR.

According to www.crossfit.com, CrossFit is a “lifestyle characterized by safe, effective exercise and sound nutrition”. The website goes on to say: “CrossFit can be used to accomplish any goal, from improved health to weight loss to better performance”.

Typically CrossFit involves exercises which combine strength and explosive power, but this can be tailored to the ability of the individual. The sport often combines elements such as power lifting, rowing and body-weight exercises such as pull-ups and press-ups.

The 6 athletes who participated in the Camp

Butmir CrossFit competition decided to get involved for reasons such as: “proving myself”, “just to see how much I can accomplish”, and “just for a bit of fun”.

However, it didn’t seem to be much fun from the sidelines!

CrossFit involves exercises which combine strength and explosive power, but this can be tailored to the individual

After 2000m of rowing, all the competitors seemed to be sweating and gasping for breath. Next came 30 burpees with a sideways jump over a low hurdle; this really took it out of the athletes and all of them had to take short breathers at this stage.

Next up were the pull-ups: 30 in total. Swinging legs for momentum, over hand grip and under

hand grip were all utilized by the athletes to get their chins over the bar. At this stage pauses for breath were getting more frequent.

And then the dreaded thrusters: a squat with 30 kg, then the weights bar had to be extended above the head. There was no hiding place in this exercise, All 6 competitors were streaming with sweat at this point in the competition.

Press-ups don’t sound too demanding, but they are when they have to be explosive press-ups with a hand-clap. By this stage some of the competitors were doing them in pairs as their bodies were reaching the limits of exhaustion.

Finally the end was almost in sight: after the press-ups came 3 laps of the gym... and the blessed finish-line! All 6 had pushed themselves as far as they could. Even the fittest out of the 6 were hardly able to speak.

First out of the 5 men was Miklos with an outstanding time of 21 minutes 21 seconds; the only female competitor was Maj Jessica Drew (UK) with a time of 24 minutes 7 seconds.

According to www.crossfit.com, CrossFit is a "lifestyle characterized by safe, effective exercise and sound nutrition".

The winner, Miklos, described the combination exercises as "horrendous", but he still managed to complete them in a new record time. All of the athletes were very pleased to have completed the competition; with only 6 of them competing, they can all be rightly proud of being in an elite group of CrossFitters in Camp Butmir.

JESSICA



Rank	OF3
Nation - Branch	UK - J5
Height	166 cm
Weight	60 kg
Likes	Rowing
Dislikes	Everything else!
Final position	1 st Female

MIKLOS



Rank	OF2
Nation - Branch	Hungary - MNBN
Height	180 cm
Weight	85 kg
Likes	Thrusters
Dislikes	900-metre run
Final position	1 st Male

HAMZA



Rank	OF2
Nation - Branch	UK - J5
Height	173 cm
Weight	90 kg
Likes	Press-ups
Dislikes	Burpees
Final position	5 th Male

visits

New Austrian Ambassador



On Thursday 31 January, Her Excellency Ulrike Hartmann, the new Austrian Ambassador to Bosnia and Herzegovina, paid her first office call to Major General Martin Dorfer, COMEUFOR in Camp Butmir, Sarajevo.

During the visit COMEUFOR briefed Her Excellency Hartmann on the EUFOR mission in Bosnia and Herzegovina, as well as on the contribution of the Austrian contingent.

Member of BiH Presidency Šefik Džaferović

COMEUFOR Major General Martin Dorfer met for the first time with BiH Presidency



Member Šefik Džaferović, in Sarajevo on Wednesday 16 January for an introductory visit to the elected member of the BiH Presidency and to discuss

Bosnia and Herzegovina's progress in the security and defence sector. Other key topics were the demining activities and the destruction of surplus weapons and ammunition.

The significant amount of war remnants in Bosnia and Herzegovina still poses a threat to the safe and secure environment. COMEUFOR assured Mr Džaferović of his support to BiH in maintaining the safe and secure environment and to the Armed Forces of BiH. In terms of the country's path to European integration, Major General Dorfer underlined the vital and close cooperation with the EU delegation in BiH and the EU Special Representative.



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