

GOLAN

The UNDOF Journal



FORCE MEDICAL BRANCH

UNDOF's LIFE SUPPORT



APRIL - JUNE 2016





DEAR READERS!

EDITORIAL



Welcome to the 147th edition of the Golan Journal which covers the second quarter of the year from 01 April to the 30th of Jun 2016. Having arrived in UNDOF in May 2016 it is an honor to present my first Golan Journal which I hope will add to the last editions produced by the media cell in theatre.

This edition of the Golan Journal will feature the contribution of the Medical Personnel who provide UNDOF with the Mission Support to fulfil its mandate. The medical staff in UNDOF are key mission enablers ensuring that the force has the staff, knowledge, skills and expertise to deal with the wide variety of challenges in the Golan. Their capabilities can often be under-valued until the moment arrives when their knowhow and contribution is required to tackle a difficult situation. This Golan Journal covers a story where the medical personnel in UN Position 80 were called upon to give emergency medical treatment to a local boy who was suffering severely from a snake bite. Inside are useful articles to help readers combat heat illness, tuberculosis and stress, while this edition of the Journal also remembers UNDOF's deceased members who are listed on the back page and were commemorated in a ceremony on the 29th of May in Camp Ziouani. Also featured in edition 147 of the journal are significant events in the Region and dates which may be important to many of the multinationals serving in the Golan Heights.

UNDOF extends a warm welcome to the newly appointed DFC, Brig Gen Mauri Tapani Koskela from Finland and his MA Major Keijo Keskinen. A welcome is also extended to all the new arrivals in the Mission many of which are featured under the 'new faces' section of the Journal.



WO1 RP Singh, Comdt Toye, Sgt Ben

Much appreciation and thanks is extended to my predecessor Commandant Mick Murphy for his support during my first few days in UNDOF. I would like to wish him and Major Jayaram Thapa (SO Media and PR) who has also completed his tour of duty in UNDOF a very successful and fulfilling military career which will be greatly enriched by the valuable experience gained in the Golan.

The media cell are looking forward to the arrival of the incoming SO PR Major Bijay Bhandari in July 2016 and are delighted to inform you that all the previous Golan Journals are available on the UNDOF website which you can access at <http://undof.unmissions.org>

Yours sincerely,

Comdt Patick Toye
SSO Media & PR



www.undof.unmissions.org

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Force Commander & HOM Message



HOM & FC UNDOF



I am delighted to have the opportunity to address all my UNDOF colleagues and Golan Readers in this edition of the Golan Journal. Time passes so quickly and almost four months have passed since I first arrived to take up the appointed Head of Mission and Force Commander of UNDOF.

Firstly, I would like to acknowledge the professional contribution of all our Soldiers, Staffs, UN employees and our Mission partners to UNDOF over the first several months of my deployment in the Golan. On the 29th of May, UNDOF commemorated the UN peacekeepers and comrades who made the ultimate sacrifice for peace and it is fitting that we continue to honor their memory and acknowledge the contribution to peace and security in the Area of Separation in the Golan Heights.

During my first few months in UNDOF I have observed the strong comradeship and professional companionship that exists between all contingents in UNDOF and OGG who are an integral part of us, fostered by the recent sports competitions and the interoperability gained from focused training and joint operations. This group spirit is of significant importance to UNDOF and becomes a force multiplier in our efforts to promote peace and security in the mission's area of operations. UNDOF team character is further enhanced through the professional behavior and good conduct of each individual peacekeeper. I take this opportunity in commending the attitude, behavior and values of all our UN peacekeepers in UNDOF and I strongly encourage the continuation of this exemplary mindset in the manner in which we interact with the people in the communities we serve.

I am pleased to announce that on the 28th of June 2016 the United Nations Security Council extended UNDOF's mandate until the 31st of December 2016 by adopting Resolution 2294. While the UNSC reaffirmed resolution 1308 dated 17th July 2000 it reinforced the UN's commitment to peace in the Golan Heights and stressed the importance of the terms of the 1974 agreement. The UNSC condemns the continued fighting in the Area of Separation, calls on all parties to the Syrian conflict to exercise restraint, to cease military actions in the UNDOF area of operations to respect international humanitarian law.

UNSC Resolution 2294 welcomes efforts to plan for UNDOF's expeditious return to the vacated positions in the Area of Separation conditions permitting. UNDOF's redeployment will be subject upon the continuous assessment of security in the area and the provision of adequate force protection measures. As HOM and FC I acknowledge the human effort and conscientious planning that is ongoing to ensure that UNDOF are prepared for its return to Camp Faouar and to ensure that its redeployment will be executed in a manner which is prudent and efficient while maintaining situational awareness to provide for the safety, wellbeing and security of our personnel.

I would like to highlight the importance of all our efforts being aligned to One Mission, One Team, One Goal as it will be quite significant to the mission objectives over the next three months.



Major-General Jai Shanker Menon
Force Commander & Head of Mission UNDOF



DFC's Message



Dear colleagues and fellow peacekeepers!
UNDOF area of operations ain't the same anymore!

I served with UNDOF for the first time as a young captain, 26 years ago at a period when the UNDOF Peacekeeper was confronted with a different situation to one that currently pertains in the Mission Area. Today the complex and fragile situation in Syria has changed everything, influencing UNDOF operations and impacting in each one of us. Most of our forces are now located on A-side which presents UNDOF with unique challenges. UNDOF has demonstrated its versatility in the manner it has accomplished its mission and pursued its mandate from a different posture since September 2014. Despite some promising signs, we cannot ensure that the indirect risk to our troops does not exist which demands awareness, foresight and sound decision making from Leaders at all levels to ensure the safety, health and wellbeing of all our team members in UNDOF.

UNDOF is in the middle of a transition phase. All indicators demonstrate the willingness of the International Community to have UNDOF, situation dependent, return to its original location. We don't yet know what challenges will face us, but we must be prepared for them all! Only through working together in the existing operational environment can we achieve the ultimate task given to us. I believe in cooperation, mutual support and in an open atmosphere. With a good team spirit we can maintain effectiveness and operational tempo, whatever the future brings. The warm welcome my MA and I received from you all has already highlighted the professionalism and good spirit within this mission. Long may this continue.

It is a great honor for me to be appointed as the Deputy Force Commander of UNDOF. I feel privileged to serve together, both with and for you! My promise at the beginning of my tenure as a Deputy Force Commander is that I will do my best, within my capacity, to serve the UN, the Force Commander and all of you, regardless of which side of the AOS you are on, or whether you belong to the military or civilian component of UNDOF or UNTSO.

I would like to take this opportunity to express my appreciation to the Force Commander, Maj Gen Jai Shanker Menon, for his warm welcome and professional guidance from the very beginning of my mission. I also wish to thank my predecessor, Brig Gen Tony Hanlon, for his contribution to UNDOF and for enhancing the cooperation between UNDOF and its respective counterparts on the Golan Heights, especially UNTSO, a cooperation I intend to evolve. We wish Brig Gen Hanlon all the best for the future wherever it brings him.

Let me conclude by saying that I have no doubts as to your commitment to restore peace in this part of the world, or in your continued professionalism in your respective duty stations.

"Look good, Do good"

Brigadier-General Mauri Tapani Koskela
Deputy Force Commander

New Faces



Brigadier General Mauri Koskela was born in Lappajärvi on 19th September 1960. In 1980, after completing his national service as a first lieutenant, he joined the Finnish Army Military Academy as a cadet officer with the Mortar branch.

Mauri Koskela completed his officers training in 1983 and has held several positions in the Finnish Defence Forces, varying from intelligence and operations to personnel and logistics. He has served also as a Battalion Commander of the Finnish Rapid Deployment Force, Chief of Staff, Brigade Commander of the Arctic Warfare Brigade and the Commandant of the Finnish Defence Forces International Centre. Promoted to Brigadier General, he then was appointed Deputy Chief of Staff Personnel (A1/A7/A10), Finnish Land Com-

ponent Command. His latest appointment before joining UNDOF was Special Advisor for Chief of Defence, Finnish Defence Forces.

Brigadier General Mauri Koskela has served five times in international Peace Support and Crisis Management Operations. From December 1989 to February 1991 he served as deputy company commander and DACOS G3 FINBATT UNDOF, Syria. In June 1996 he was appointed Chief Operations Officer FINBATT, IFOR, Bosnia-Herzegovina and this was followed by an appointment of Chief of Staff FINBATT SFOR from January 1997 to May 1997. In 1998 he served as Chief Operations Officer UNPREDEP, Macedonia. From December 2001 to July 2002 Mauri Koskela served as ACOS G9 (CIMIC) ISAF Forces, Afghanistan. His latest appointment was Forces Chief of Staff UNMIL, Liberia from November 2013 to November 2014.

Brigadier General Koskela has completed his University studies in Military Science (Ph.D.), Educational Science and Political Science respectively.

For his distinguished service, the general officer has been awarded the Cross of Liberty with swords.

Brig.Gen Mauri Koskela is married with four children and his hobbies are cycling and skiing.



Lt Col Antonius Gerardus (Tom) Smit joined UNDOF on the 26th March 2016 to take up the Chief Liaison Officer (CLO) appointment. Lt Col Smit lives in the northern part of the Netherlands in the city of Steenwijk which is a popular area for the outdoor life that includes sailing, running, mountain biking and simply walking the dog. Lt Col Smit is married to Jeanette, has a daughter called Frances and a son called Benjamin.

Lt Col Smit started his military career in 1983 as a conscript officer and a commander of a tank platoon. He began his professional career with the officer training in 1984 in Breda. After that he served in several postings in both operational units and training and exercise centers.

His military experience includes being deputy G4 of the 41 Light Brigade, Commander 11 Maintenance Company Air Assault Brigade and Commander 43 Maintenance Battalion Mechanized Brigade. Lt Col Smit has also served as a staff officer at Division, Brigade, and at the Ministry of Defense (MOD) level. His latest posting was at MOD level as a Senior Staff Officer of Knowledge & Innovation.

Lt Col Smit served in the ISAF mission as an officer J3 plans in the Kabul Multi National Brigade (KMNb) Kabul in 2003 and as the Chief CJ4 in Regional Command South (RC-S) Kandahar in 2009.

Lt Col Smit is a graduate from the war college at the Netherlands Defense Academy in The Hague in 2008. After completion of this tour he will be posted to the staff of the Division Schnelle Kräfte in Stadtallendorf, Germany.





New Faces



Lt Col Timo Mellin from Sweden joined the Army immediately after his high-school graduation. He has trained as an armory officer and during his early career has served, as a Platoon Cdr/instructor and subsequently as the OIC of a MBT Coy in Sweden. After completing staff courses at Stockholm's Military Staff College, he served as a UN Military Observer in UNTSO in 1992 and in UNPROFOR (Croatia / Bosnia-Herzegovina) in 1993.

Upon completion of advanced staff courses in Sweden, he travelled to the Balkans for a deployment in Bosnia-Herzegovina with IFOR as a Coy Cdr in 1996. He returned to the Balkans to serve with SFOR in Bosnia-Herzegovina as a staff officer in 2003-2004. From 2008 to 2011, Lt Col Mellin was posted as a staff officer to NATO's SHAPE (Supreme Headquarters Allied Powers Europe) in Brussels, followed by a deployment with UNAMA in Afghanistan as a UN Military Advisor in 2012-2013. He will serve as Chief OGG-D for one year until April 2017.

Lt Col Timo Mellin is married to Lise-Lotte Mellin and one daughter called Sofie who was born in 1995. He likes to keep fit through playing golf and long walks and his hobbies include renovating his Ford Mustang GT 1966 model and travelling in his camping vehicle throughout Europe.



Lt Col Christine HEGGLI from Switzerland was commissioned as a logistics officer in 1985 and has, during her career, served as the Commander of a transport Company and later as the Battalion Commander of a military hospital in the Swiss Armed Forces. From 1997 to 1998, she became the first Swiss female military observer to be sent abroad and served as a UN Military Observer in UNOMIG (Georgia).

More missions as a UN Military Observer were to follow: In 2008, she deployed to Nepal for UNMIN and subsequently served in the Middle East for a first time from 2010 to 2012, where she was posted to UNTSO's OGG-T (Team Eagle, occupying OP's 52 and 53) and to Observer Group Lebanon (OGL, Team Sierra). She will serve as Chief OGG-T for one year until May 2017 and afterwards resume her reserve duties as a staff member and training officer of the Swiss Armed Forces International Command (SWISSINT).

In her spare time, she enjoys travelling, with an emphasis on mountain trekking, history and the discovery of new cultures.

New Faces



Lt Col Declan Crummey was born in Dublin and was commissioned into the Irish Defence Forces in 1994. Lt Col Crummey is an alumnus of National University of Ireland (NUI) Maynooth where he was awarded an MA in Leadership Management and Defence Studies. He also holds a Bachelor of Arts Degree in History, Sociology and Politics from the National University of Ireland (NUI) Galway and is a Graduate of the Irish Defence Forces Command and Staff Course.

Prior to being deployed to UNDOF in the COO appointment he served in the Directorate of Strategic Planning in Irish Defence Forces Headquarters. Lt Col Crummey has also served as; Officer Commanding 1st Mechanised Infantry Unit, Brigade Staff Officer (G3/5), Chief Instructor of the Defence Forces Infantry Weapons School and Instructor in the Defence Forces Infantry School, Officer Training Wing.

He has served overseas as; S1 in UNIFIL in 2013, a Staff Officer in Multi-National Task Force Centre in Kosovo in 2008, a Military Observer with MONUC (DRC) in 2004 and as a Platoon Commander with UNIFIL in 1999.

Lt Col Crummey is married to Elaine and has two children, Molly and Paddy. He is actively involved in his local community and has a keen interest in all sport, including football and golf.



Lt Col Shakti Jang Basnet joined the mission on 30th June 2016 and took over the appointment of CITO. He was born in 1970 in Tehrathum, Nepal and joined the Nepalese Army in 1990 and got commissioned into a Signal Battalion. He has commanded a Brigade Signal Company and has commanded an independent Infantry Company deployed for the Wild Life Conservation role in Khaptad National Park.

Lt Col Basnet commanded a Signal Battalion for 2.5 years and has staff experience in J1 (Personnel) of Division Headquarters and as the G3 Brigade HQ and the S1 of a Signal Battalion.

He has completed the Infantry YO's including Commando training, Regimental Signal Officer Course, Company Commander Course, Junior Staff Course and Command and Staff College. He has also completed Signal Young Officer's Course and Signal Company Commander Course in the Military College of Telecommunication Engineering, India and has participated in multinational workshops held in Mongolia, Singapore, USA and Thailand.

Lt Col Basnet served with UNIFIL as a Pl Comd and with MONUC Congo in the S3 appointment and with UNMIS, Sudan from 2009-2010 as SO Rations.

He has completed an MA in Public Administration from Tribhuvan University, Nepal and likes to play tennis and football.

He is married to Pooja Basnet and blessed with a son and a daughter

New Faces



Born in Dublin, Lt Col Mark Hearn was accepted into the Cadet School on leaving school. He was commissioned into the Infantry Corps and has held a variety of unit appointments at command and staff level up to and including Battalion Commander of the Defence Forces premier unit, 27 Infantry Battalion. He has also served in staff positions in DF HQ and as an instructor at the Command and Staff School in the Military College. He completed a BA at UCG, a Post Graduate Diploma in Russian Studies at Trinity College Dublin, an MA in International Relations at DCU and an MA in Leadership, Management and Defence Studies at NUI Maynooth. He has completed the Senior Command and Staff Course at the Irish Military College and the Command and General Staff Course at Fort Leavenworth, USA. This is his eighth overseas mission having served previously in UN, EU and OSCE missions in the Middle East, Afghanistan, the Caucasus and Africa. Lt Col Hearn likes to run, swim, hill walk and support the Leinster and Ireland rugby teams in his spare time.



Lt Col Brajesh Kumar Jhariya from the Indian Army joined UNDOF on the 17th of May 2016 and took over the appointment of DCISS. He was born on the 2nd of April 1980 at Jabalpur, India and was commissioned into Army Service Corps in 2002 after graduating from National Defence Academy, India and Indian Military Academy. During his initial years in the service he has served in the active counter insurgency area as part of operational planning team and logistics. Apart from his Basic Military Courses Lt Col Jhariya is an Alumnus of Defence Services Staff College, Wellington, India where he also qualified for a Master's degree in Defence and Strategic Analysis. During his service he has served as Adjutant, Company Commander and Officer Commanding of units dealing with Rationing of Troops, POL management and transport fleet management. In addition to his military qualification he has an Executive Diploma in Supply Chain Management from Alliance University, India and has experience in providing logistic support to military formations.

Lt Col Brajesh who enjoys cycling, sketching and listening to music is married to Rupali and they are



Lt Col Prashant Bhaisor from the Indian Army joined UNDOF on the 27th of May 2016 as MA to the FC. Lt Col Bhaisor is an Infantry officer and has accumulated a variety of experience operating in many types of challenging terrain including riverine, jungle and high altitude. He has also gained experience the area of counter insurgency. Lt Col Bhaisor has experience working in many staff appointments which include U1, U2 and U3 branches at the Unit or tactical level. He has also held an U3 branch appointment at operational level and gained experience in the U1 branch at the strategic level.

Lt Col Bhaisor has attended Command Courses commensurate to his service at Indian Army War College and Commando Course at the Commando School. He is an alumnus of prestigious Defence Services Staff College, Wellington, India where he qualified for a Master's degree in Defence and Strategic Analysis. Lt Col Prashant is married to Ragini and the couple have a son and a daughter. His hobbies include reading and travelling.

OGG-T and OGG-D Change of Command

Within a month, both Observer Group Golan – Damascus (OGG-D) and Observer Group Golan – Tiberias (OGG-T) have seen their respective Change of Command ceremonies.

On the 22nd of April, the command of OGG-D was transferred in Camp Ziouani's Ketharpal Hall from Lt Col Alexandre ZERMATTEN (SUI) to Lt Col Timo MELLIN (SWE) by DCOS UNTSO, Col Eamon CAULFIELD (IRE), in the presence of FC and DFC UNDOF. While normally manning the UNTSO Observation Posts (OP's) along the B-line and being responsible for the monitoring activities in the B-side Area of Limitation (AOL), since Autumn 2014 OGG-D has been temporarily relocated to Camp Ziouani and its staff is currently developing the plans for the return to the B-side.



CO-OGGD Lt Col Mellin, Timo



OGG Staffs parade for Medal at the OGG-T's MAC House in Tiberias.

On the 23rd of May, OGG-T's MAC-House in Tiberias was the venue for OGG-T's Change of Command Ceremony, where command authority was transferred from Lt Col Deborah WARREN-SMITH (AUS) to Lt Col Christine HEGGLI (SUI) by COS/HOM UNTSO, Maj Gen David GAWN (NZL). OGG-T is responsible for the manning of the UNTSO A-line OP's and for all monitoring activities in the A-side AOL. These tasks are executed by approximately 50 military observers originating from approximately 20 countries all over the world.

Article by: Maj Sandro Mollet. OO (J3) OGG



CO OGG-T handover ceremony at Tiberias



Early Morning Medical Response in Position 80

As the sun begins to rise, the day commences in Position 80 in the South East of UNDOF's Area of Operations. There are many alarm clocks to be heard at this time of the morning which include the metal jangle of the latrine door and the crowing roosters. On this particular day I am also awakened by the deep crackles on my Motorola as Richie the FRC Platoon Commander informs me about a Medical Emergency at the gate. Duty calls and I am out of bed in a flash grabbing for clothing and equipment left nearby for quick response.



Major Goel & Lcpl Anny attending to an emergency,

moments after gently applying the pressure immobilization with the help of the Fijian nurse Anny.

Nurse Mela pulled out her Bluetooth speakers and clicked on the first music available. Up popped "Lean on me" – one of my favorite songs by DJ Snake which was quite ironic considering the situation. This brought some ease to the child who started smiling as his on-looker father started to become more relaxed.

With the patient distracted by the music I took my chance and started examining his arm carefully. The bone looked regular, smooth and normal which was good compared to other cases where the bone can be infected. However, the child's bone looked good. Treatment and medical attention continued and after a couple of songs had played, I complimented Nurse Mela's choice of tunes!

The boy's father was so grateful with huge smiles and wet cheek kisses delivered for every vial of the anti-snake venom and bottle of Intravenous fluid used. He appreciated the concern, reassurance and the conversation. After two hours of emergency aid there was much thanking us, and thanking Allah.

As a very happy father and son departed Pos 80 the medical staff headed for breakfast. Sleepy "Bula's" and "Good mornings" were exchanged between colleagues as I walked to the "Levukana" (dining room) satisfied with my morning's work.

The small efforts of the UNDOF medical staff in the early hours of the morning can make it a bright day in the life of a five year old suffering from the effects of a nasty snake bite which would have had very serious consequences for the health of the child if left untreated. Sometimes it's the small things we do that can be life impacting.



Moment of grace amid pervasive chaos, supporting a cyanosed hand on the front lines

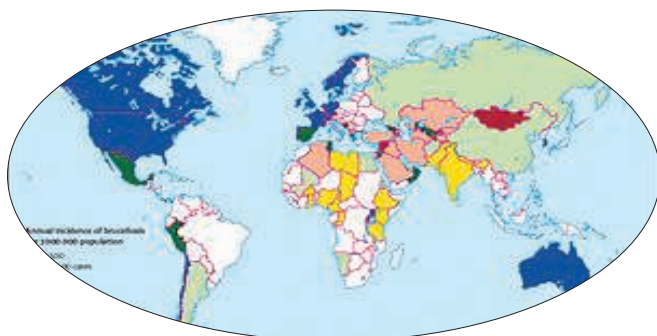
*Article By: Maj Ritesh Goel, INDCON SMO
Photo By: Cpl McGeogh, IRECON*

Combating Human Brucellosis

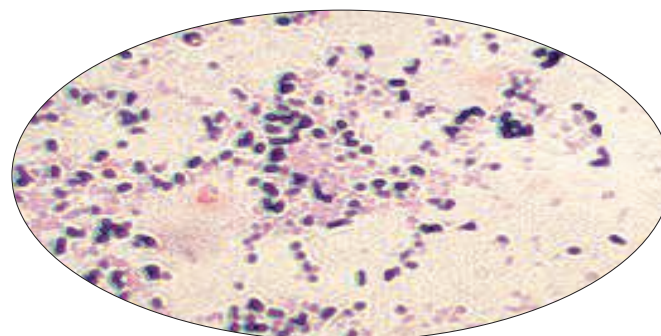


Introduction: Recent diagnosis by UNDOF medical staff has highlighted the risk factors of human brucellosis in the region and the need for awareness among personnel in UNDOF. Force medical staff have been proactive in combatting this disease which is a health and hygiene challenge, this article helps inform people about the epidemiology, transmission, clinical signs and prevention of this disease.

Epidemiology: Human Brucellosis is the most common bacterial zoonosis world-wide mainly transmitted from cattle, sheep, goats, pigs and camels with more than half a million estimated new cases each year. This disease remains endemic in the majority of Middle Eastern countries, accounting for tens of thousands of new annual cases. It affects people of all age groups and of both sexes.



Epidemic pattern of human brucellosis in the world



Brucella microorganism (Gram-negative, intracellular coccobacilli)

Transmission: It is almost invariably transmitted to people by direct or indirect contact with infected blood, placenta, fetuses or uterine secretions of infected animals or their products. Consuming unpasteurized or raw milk and dairy products and by consuming undercooked or raw infected meat.

Clinical manifestation: The disease in human beings manifests itself in the acute or subacute and chronic forms. The signs and symptoms of the brucellosis are as follows:

a. Acute or sub-acute form: They include fever, sweats, fatigue, malaise, anorexia, headache, arthralgia and back pain. If untreated, the pattern of the fever waxes and wanes over several days ("undulant fever") and it may persist for weeks or months.

b. Chronic form: Chronic symptoms include constipation/diarrhea, abdominal pain, weight loss, cough, pneumonia, Testicular pain, epididymo-orchitis and central nervous system disturbances.

Prevention: Prevention of human infection is primarily based on raising awareness, food-safety measures, occupational hygiene and laboratory safety.

a. Avoid eating/consuming unpasteurized/under pasteurized/raw milk and dairy products, including cheese & ice cream.

b. Avoid eating undercooked/raw meat and its products.

c. Elimination of contact with infected animal and their byproducts.

d. Personal hygiene: *Brucella* spp can survive for long periods in dust, dung, water, slurry etc. Personal hygiene of UNDOF personnel is of utmost importance.

e. People who handle animal tissues (such as meat handlers and cooking staff) should protect themselves by using rubber gloves, goggles, gowns or aprons. This will help ensure that bacteria from potentially infected animals do not get into eyes or inside a cut or abrasion on the skin.

Article by: Maj Ram Ratan, FHO



Stress Management

'A man is but the product of his thoughts. What he thinks, he becomes'. – Mahatma Gandhi.

Stress is the feeling of being under too much mental or emotional pressure.

Stress Symptoms

Sleeping problems, sweating, loss of appetite and difficulty concentrating, anxious, irritable or low in self-esteem, headaches, muscle tension or pain, or dizziness.

Stress Management

1. Remove yourself and distract yourself from the stressors.
 - a. Exercise.
 - b. Brisk walk and self-talk.
 - c. Rehydrate with water not with tea, coffee, coke, 'sports' drinks, Red Bull or fruit juice etc.
 - d. Rest and relaxation: powernap.
 - e. Humor.
 - f. Cry.
 - g. Entertain: Television, films, computer games, music.
2. Respond acutely with:
 - a. Exercise.
 - b. Brisk walk and self-talk.
 - c. Rehydrate with water not with tea, coffee, coke, 'sports' drinks, Red Bull or fruit juice etc.
 - d. Rest and relaxation: powernap.
 - e. Humor.
 - f. Cry.
 - g. Entertain: Television, films, computer games, music.
3. Positive thinking: Identify fair and balanced thoughts.
 - a. Identify the evidence that supports these hot thoughts.
 - b. Identify the evidence that contradicts the hot thoughts.
 - c. Raise your confidence.
4. Control negative feelings such as frustration, anger, or impatience.
5. Manage Your Response:
 - a. Managing your anger:
 - i. Be Assertive: Be honest with what you want and the needs of others.
 - ii. Forgive and Forget.
 - iii. Live each day as if it's your last.
 - b. Show patience.
 - c. Use emotional intelligence.
6. Avoid fighting battles you don't need to win.
7. Reduce stress through commitment, control and challenge.
8. Focus on your priorities: take a good vacation and Reassess your goals.
9. Random acts of Kindness: note of appreciation, compliment, help, listen, smile, empathy, compassion and be grateful.
10. Mindfulness: worry and happiness it won't last and accept the things you can't change.
11. Self-confidence: self-efficacy and self-esteem, what you've already achieved, your strengths, what's important to you, and where you want to go.
12. Avoid bad company: One great book is equal to hundred good friends but one good friend is equal to a library.
Dr A P J Abdul Kalam.
13. Meditation, pray and read religious books.



Exercise to distract yourself from the stress

UNDOF Armored Truck Training

With the blasting heat of the sun cascading heavily upon UNIFIL HQ Naqoura, Lebanon, nine (9) civilians comprising of 3 international and 6 national staff mainly from UNDOF B-side attended a three (3) days training on the five (5) FIAT IVECO armored trucks that UNDOF mission had recently purchased to meet operational demands in its AOR. These students mainly consisted of transport mechanics and engineering technicians.

The aim for the training was to inform and familiarize the staff with the methods of how to operate the trucks in all types of conditions. Lessons were also conducted on the technical and mechanical information on the daily maintenance of these vehicles. Under the leadership of by Mr Emmanuel Bernateau the training was conducted by UNIFILs Transport Section utilizing the vast area compound of UNIFIL HQ for the practical part of the training.



Armored Trucks



UNDOF Staffs in Damascus

Despite the challenging conditions, full attention was devoted to ensure that all information was assimilated in the short few days of this highly valuable course. The course concluded with all the drivers and maintenance staff fully prepared for the challenges in ensuring that these vehicle are operated to their full potential to support UNDOF meet its operational commitments.



UNDOF Staffs train on how to operate the armoured trucks

Article by and Photo By: Glloria Time-Cusack









FIJIBATT



Fiji Battalion Medal Parade

The First Fiji Infantry Regiment Battalion 3 conducted its Medals Parade on the 14th of April 16 in Camp Ziouani, which was reviewed by Major General Jai Shanker Menon, Force Commander and Head of Mission.

The DFC, CMS, COS and other UNDOF senior military and civilian staff were also in attendance. On the fine sunny spring day, the three detachments on parade proudly saluted the marching on of the 1st Battalion Colors, marking 73 years of its first deployment to the Solomon Islands in WWII. During the parade, the FC presented medals to specially selected medal recipients including the front rank of the formation whilst the DFC and COS presented medals to the center and rear ranks respectively.

Whilst addressing the troops, the FC praised them for their loyalty, dedication and commitment in the Area of Operations. "Since your induction, I have closely monitored the activities of the Battalion in UNDOF and I am proud to say that FIJIBATT have excelled in the role as loyal, dedicated and committed Peacekeepers in the Area of Operations," he said. "Operationally FIJIBATT has performed with distinction. They have occupied Position 80 and taken over Position 22. FIJIBATT is deployed into 2 Positions and 3 Observation Post to give protection to OGG observers.

The FC was later presented with a token of appreciation; a Fijian war club traditional ceremonial dance that was carried by the lead warrior who led the traditional Fijian war cry performance before the end of the ceremony. During the proceedings which followed, Major General Jai Shanker Menon Head of Mission and Force Commander, Col Jone Kalouniwai, Chief of Staff and Mr. Bernard Lee, Chief Mission Support, pinned up the coveted UNDOF medal to all ranks of FIJICON.

It was a momentous occasion when the Force Commander pinned up the medal to the CO FijiBatt himself.

This unique parade displayed the high level of integration, cooperation and coordination the Fiji contingent enjoy as they carry out their operation tasks.

FIJIBATT took this momentous occasion as a perfect opportunity for a modest display of the multifaceted Fijian culture and the rich traditions of the Fijian Army.



Falling in of the 1st Fiji Infantry Regiment Colours



UNDOF FC presents the CO FijiBatt with the UNDOF Medal



FijiBatt 3 Troops with the UNDOF Medal



In his address which followed, Lt Col Jerry Tuikoro, CO FijiBATT complimented each soldier under his command on the momentous occasion and exhorted them to keep on doing the great work. He set the morale of his troops soaring high, when he said: "The medal that you have received today you must wear this with utmost pride because you have earned it through hardwork and great enthusiasm".

The euphoria of having accomplished a mission and being recognized for the same is an inexplicable feeling for any soldier. Soldiers across the world derive immense motivation from an inch long ribbon and inch wide piece of metal, pinned to their chest in recognition of their selfless service to any cause they are assigned. The beauty of the UNDOF medal brings out the essence of the mission in the depiction of the mandate and the geography of the mission area in an artistic blend of superlative quality.

After spectacular march past, the distinguished guests were ushered by the contingent to the International Kitchen where the food was arranged and decorated in a splendid way to enhance its aesthetic appeal. Before these proceedings a few folks performed a traditional war dances that marks the fusion of culture in Fiji and the diversity of the unique Fijian traditions. Fijians are known generally for their love of singing. The soldiers sang a Fijian song that was sung by the soldiers during Second World War title, "Red White and Navy Blue, to any deployment this is usually emotionally momentous for every Fijian soldier.



Cultural dances performed during the FijiBatt Medal Parade Day

The day's proceedings came to a conclusion after the sumptuous Fijian Lunch at the International Kitchen in Camp Ziouani.

The day and its events will remain etched in the memory of each member of FIJICON that rekindled the sanguine thoughts for everyone that indeed the organizational, operational, cultural and normative differences are narrowing down. At the same time we managed to contribute to a proud and cheerful atmosphere, played sports, conducted cultural and social events, which make life here enjoyable. As to any operation, there is no end, but a continuous cycle of hardwork, learning, developing plans and implementing them to fulfill the mandate of the mission. The cooperation and the synergy achieved by each soldier in the mission contributed immensely towards the fulfillment of UNDOF's mandate during the period. And we have hope that the spiral of violence in the region will end and lasting peace prevails in the Golan Heights and the Region.

The Fijian soldiers end this day on a high note to be formally recognized for the efforts as a 'Blue Beret' in the Biblical land of the Golan.

Article by: WO2 Illisapeci Nabose Photo By: Sgt Samuela Tikomaimaleya



FijiBatt 3 Troops on parade ready to be presented with their UNDOF Medal

Building For Success in the C-IED Battle

A lone soldier advances on foot at the front of an armoured column. His job is to make sure this Vulnerable Point is safe for the patrol to pass through. To his front, buried and hidden, is an explosive device. His tools are his ground sign awareness, his metal detector and his training!

The Patrol Search teams of the FRC are trained to confirm the safety of patrol routes from IEDs or other Explosive Remnants of War (ERW). If anything is found, or even suspected, they can call on the Engineer Specialist Search and Clearance (ESSC) and Explosive Ordnance Disposal (EOD) teams to locate and make safe the device. Having arrived in UNDOF in early April, the Patrol Searchers of the FRC recently conducted their in-theatre training, culminating in a validation exercise with the full Quick Reaction Force (QRF) under the watchful eye of the ESSC team.



Detector lane Pinpointing

In order to conduct realistic training and also to test and calibrate their metal detector equipment, the ESSC team have constructed purpose built metal free Detector Training Lanes in Camp Ziouani. By carefully excavating the area and then building it up with filtered soil, free from metal contamination, these lanes replicate the soil conditions that will be experienced within the AOS and AOL and allow the teams to test and calibrate the various types of detection equipment available to them. They also provide a sterile area where all the functions of the detection equipment can be utilised to best effect and troops can practice the techniques and procedures required when a device is found without unnecessary interference. The Patrol Search teams are now fully operational, adding another valuable capability to UNDOF.

Article By: Capt Ronan Kavanagh, ESSC Officer, FRC

Maintaining Effectiveness

When soldiers deploy, many people often believe that members of the military will be injured as a result of an explosion, trauma or gunshot wounds. In reality, diseases and non-battle injuries (DNBIs) have historically caused more operational ineffectiveness and death during war than battle injuries. Most DNBIs are preventable when troops and medics have the benefit of preventive medicine training or experience. In this article we will examine the risk posed by heat illness.

What is Heat Illness?

Heat illness is a condition in those individuals who become unwell as a result of a rise in core body temperature. If untreated, it can lead to permanent brain damage or death. Between 1980 and 2002, 5246 soldiers were hospitalized, and 37 died due to heat illness in the United States Army.

Most heat illness is preventable. Awareness by soldiers, NCOs and commanders at all levels, recognition of heat illness symptoms and diligent planning of higher risk activities can significantly reduce the risk of heat illnesses. Giving the right first aid and evacuation to medical care can be the difference between life and death. Heat illness can happen anywhere. The weather doesn't need to be hot if personnel are: exercising hard, carrying heavy loads or wearing protective clothing such as overalls or body armour.



Pte Fitzpatrick 2Plt FRC drinks water in full battle order whilst on duty post in Tango 2 watchtower in UN Position 80

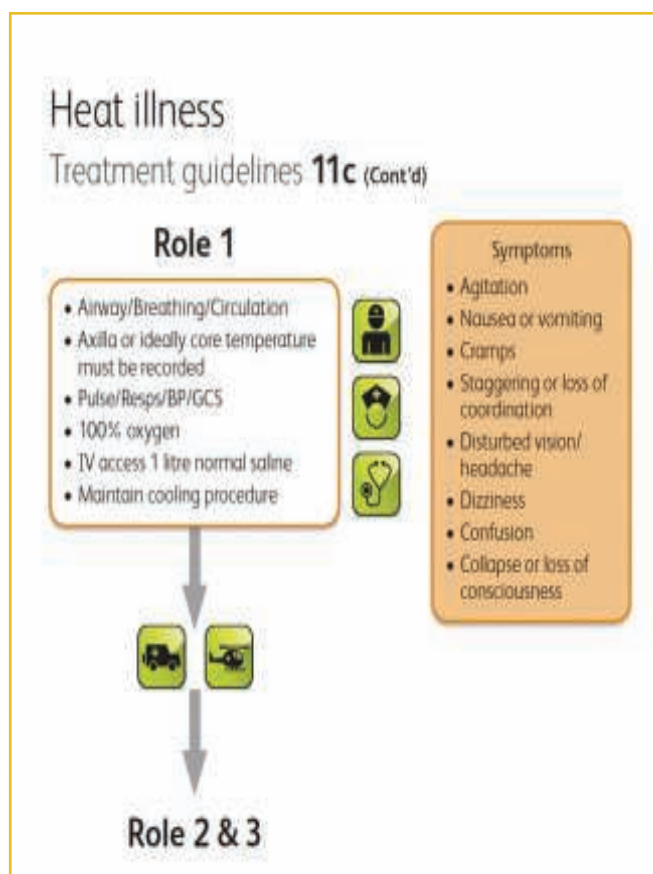
How does it happen?

Heat illness occurs due to a rise in core body temperature that is not matched by heat loss. Body temperature rises when running, or marching carrying heavy loads or wearing protective clothing. Bodies also heat up from high air temperature, direct sunshine or heat reflecting off buildings and other surfaces. Heat is lost mainly through sweating. Usually, this helps the body to cool down and continue to function. In humid conditions, sweating is ineffective in lowering temperature and if too many clothes (or the wrong sort of clothes) are worn the body may retain more heat than it should.

What are the Risk Factors and how do we prevent it?

- **Individual factors.** You are more likely to suffer heat illness if you are; Tired, Hungry, Thirsty (dehydrated), Unfit, Overweight, A smoker, Have consumed alcohol.
- **Environmental conditions.** Temperature should be measured using a special thermometer which takes into account temperature, humidity and wind speed.
- **Work intensity.** The type, intensity, duration of the task and the inclusion of rest periods should all be considered. Strenuous work should be scheduled for the coolest part of the day. Rest breaks to allow cooling are required if working on hot days.
- **Water intake.** It is important to drink water throughout any activity. Provided you are normally hydrated (you are not thirsty and have pale yellow urine):
 - a) Minimum of 1/2 litre of water should be drunk 2 hours before a high risk activity
 - b) A further 1/3 litre 15 mins prior to the task
 - c) On completion 1 litre should be drunk over the next 1-2 hours.
- **Clothing, equipment and additional load.** The more clothing you wear the more heat you retain, the more you carry the more energy (and heat) your muscles generate to move that load. This increases the rate at which the body heats up.

Article By: Capt Patrick Kelly, SMO IRECON





Glorious Gloria

Mrs. Gloria Jacinta Time-Cusack, who spends her days in UNDOF security section, Providing us with 24/7 defense and protection, always willing to assist with no procrastination, has answered our questionnaire with charming humor and affection.

Which places around the world have you been visiting as a UN staff member?

Wow, let me say that I have been to many places that I wouldn't dream of getting closer too. I have been to Liberia, Ghana, Kenya, Malawi, Uganda, Ethiopia, Chad, The Hague in Netherlands, Kosovo, Macedonia, Rep. of Georgia, Turkey, Armenia, Russia, Abkhazia (breakaway region of Georgia), East Timor, Lebanon, Cyprus and of course here in Syria, the list can go on but these are the few ones to make you happy Neta.

Home leave is taken:

My home leave is always taken in Apia, Samoa – the Heart of Polynesia down in the South Pacific even though I haven't visited it for a while due to its very far location but the main reason is because I do not have enough leave days.

The best joke you have ever heard:

At the queen's party, one Sgt Major instructed the Sentry to notify him immediately when the Queen enters the place. The Sentry stopped the first limousine and put his head in the window and asked, are you the Queen? The lady responded no I'm Princess Anne, the Sentry said I'm sorry please proceed, the second limousine approached again the Sentry stopped the car and stuck his head in the window and asked are you the queen. The lady said no I am Princess Margaret, the Sentry apologized and asked her to proceed, when the 3rd limousine approached, again the Sentry stuck his head in the window and asked are you the queen, to which she replied yes I am, the Sentry immediately replied without missing a beat "you better get the f***k out of here because that Sgt Major is looking for you".

A person you wish to have coffee with:

Hmmmm, I wish to have coffee with anyone who wants to have coffee with me and that they will pay for the coffee of course hahahaha. I hope Denis will not be reading this huh.



**If you were an animal, which animal would you like to be?**

Well my dear, I will never be an animal nor do I want to be an animal so I say that I would love to have one big Kung Fu PANDA as an animal pet.

3 things you would have taken to an isolated island:

1. Knife – to kill any living thing on the island to survive.
2. Clothes – I'm sure I don't want to run naked around the island.
3. And the last one is – I think I will take my husband with me for the manual labor hahahhaa.

Your first childhood memory:

Playing outside in the heavy rain and gusty wind while a type 5 cyclone hits my country tremendously, that's back in the early nineties but again that's normal back in the islands.

Your favorite music album and favorite movie:

I love country music the most, therefore my favorite is all the country singers albums.

I really enjoyed any type of comedy movies but the one I was watching last weekend really hits me hard, it literally i was rolling on the floor almost choking from laughing, it is called – The Brothers Grimsby – it is a 2016 comedy movie that sets up in Britain although it was hard to understand the British accent at the beginning but it really hits you hard on the chest through the rest of it.

**The first thing you look at when you are looking at a person:**

Well obviously the first thing that anyone looks at when looking at the person is the front part of the body from top to bottom hahahaha, unless someone else is looking at some other part. Hmmmm, I look at the persons face first, his or her first impression, words spoken, actions etc. etc.

A person who had the strongest impact on you:

My beautiful beloved and late mother, even though she has gone from this sinful world almost 5 years ago at such a young age, every day I owe to her and wish she is still around so that I could give back what she had instilled in me.

Your wasted talent:

Writing – My mother worked in the field of journalism/media for more than 30 years and during my young years I always tagged along with her especially if she was working in the night. From those times I started writing creative love stories and writing poems related to my own life experience and things that evolves around me, although my family have been involved in the media for so many years my father who was not a media type of person was a senior police officer therefore he had encouraged me to join our Police Force which brings me here today. Otherwise if I was not a Police Officer I might be a crook journalist somewhere in Samoa hahahahah. Just joking.

When was the last time you have been crying?

Literally last weekend while watching The Brothers Grimsby movie.

Article & Photo by: Neta Norman Sivan

Fire Fighters Of Camp Ziouani



*When fire is cried and danger is neigh,
"God and the firemen" is the people's cry;
But when its out and all things righted,
God is forgotten and the firemen slighted.*

(The Fireman's Journal, 18 Oct 1879)



It's late in a warm night in Camp Ziouani, Sgt M Mahendran (Smokey NCO) wakes up at a call. The caller says, "Wake up Sgt, there is a fire raging at the old Transport area at Camp Ziouani". The half awake Sgt rushes to his team and they are up and gearing in a blink. The Fire fighting team sprints to the Smokey shack. To their surprise, he does not find any such raging fire anywhere. The FFM is already on site, a stop watch hanging from his neck, and impatiently waiting for his team. The Sgt reports to the FFM, "Sir, there is no fire". "Well, there could have been. The clock has not stopped, Sgt and neither should you. You know the drill. So, get moving now", says the FFM. The Rapid Reaction Group, reaches and establishes a cordon around the supposed fire area. The FFM watches every move by his team cautiously and making a note of all actions. One contingency after another by the FFM, The drill ends after an hour of struggle. The team is exhausted and its already early morning at Golan.



Firefighting Drill

For the Sgt and his team, the day starts early at 0600hrs. An early check of all firefighting equipment and gear held is carried out. A Log to the effect is generated every morning at 0800hrs regarding the serviceability to the Fire Chief. A fortnightly check is carried out for all fire hydrants in the Camp Area. The duties of the team are often summoned by the contingents for their small arms and ICVs firing. Regular drills and modifications to existing practices are part of the team's fortnightly review.

The fire fighting drill has finished in the wee hours of morning. The Fire Marshal is giving the necessary review to the mock drill. The team's work is very interesting, although highly routine between alarms for Mock Drill/ fire hazard. The team enjoys a high degree of freedom and on the other hand requires excessive emphasis on teamwork & mutual support. The team is dual tasked to provide Engineering support to Camp Ziouani and provide firefighting services, when

required. As per Career information site Careercast in 2015 "Fire Fighting remains the most stressful jobs, with a job in armed forces as a close Runner up."

The review of the drill carries on for another half an hour. As the Sgt is ordered to march the team back to the barracks. A question lingers in the Sgt's mind "Whether to go back to sleep or carry on with the day's work ahead? ". The following lines said by 'John Godfrey Saxe' come to his mind and he decides to carry on -

*"If Prometheus was worthy of the wrath of heaven
for kindling the first fire upon earth, how ought all
the Gods honor the men who make it their profes-
sional business to put it out?"*



Article By: Maj Manjul Raj, CEO, FFM

UNDOF's Road Safety Campaign

From the 23rd of May to the 31st of May 2016 the UNDOF A Side Road Safety Campaign Week was held with major activities focused in Camp Ziouani. This involved the combined participation of all the various sections from Transport, Logs, Medical and Military Police under the co-ordination of the Chief Transport Officer and his Staff.

The Military Police focused on driver awareness through reminders to drivers and checks of their vehicles entering and leaving Camp Ziouani for items such as spare tyre, first aid kit, wheel changing equipment, communications.

Lectures were provided to drivers on safe driving and road traffic accident and collision procedures. Practical demonstrations were also provided culminating with an "accident" outside Kheterpal Hall with emergency respondents guiding the audience through the Medical, Military Police and Vehicle Recovery procedures.

The week concluded with participants in the campaign week receiving Certificates of Participation presented by the CTO, Mr. Inge Sodahl.



Exercising Emergency Medical Trauma personnel in a road traffic accident

Driving Tips

- Braking: Avoid hard braking. Cycle down through the gears to slow down rather than hard braking where possible. For sharp bends, brake in a straight line before the bend and release the brakes to allow the car roll around the bend under its own momentum without accelerating too hard. TRY NOT TO BRAKE ON A BEND. Hard braking on a bend could spin the car.
- When descending down a steep slope, drop to a very

low gear and cover the brakes. The vehicle will not be able to accelerate too fast in 1st gear and will be easier to stop.

- Principle of traction: If the wheels are moving you can maintain positive control of the car. If your wheels lock up, release the brakes.

- If emergency braking is required and you brake hard, the car is very likely to skid. If your vehicle has anti-lock brakes (ABS), brake firmly and consistently. If the vehicle does not have ABS, apply the brakes in a slow pumping motion. This will allow the wheels to start moving again and provide traction and allow you to steer while slowing down. If time permits, drop to a low gear and allow the low engine speed to slow the car down without skidding.

- GOLDEN RULE: All major effects on the car should be done in a straight line – accelerating, braking, gear change.

- Steering in a skid. If your wheels lock up and you skid to one side, steer into the direction you are skidding. It may seem like an un-natural action at first but it will transfer the vehicle's momentum forward and get the wheels moving again so you can steer the car.



Road Traffic Accident Exercise in Camp Ziouani

Article By: Capt Tomas Caulfield, MP SO Ops



Mountain Warrior & Their Role in Mt Hermon

"Mountain Warriors are those soldiers, who are designed to fight in rough terrain, not only to survive combat but also to fight, survive with uneven terrain and extreme weather conditions."

Mountain ranges are of strategic importance and often act as a natural border between the countries and may also be the origin of water sources (e.g. Golan Height). Mountains at any time of year are dangerous- lighting, strong gusts of wind, rock falls, avalanches, snow pack, ice, extreme cold and general uneven terrain and the slow pace of troops & material movement are additional challenges to the combatants. Movements, reinforcements, logistic supply and medical evacuation in mountainous terrain are major challenges throughout the year.

The NEPCON was deployed in Mt. Hermon in the Golan Heights since 2013 as a part of UNDOF. Currently NEPCON IV, many of whose members are Mountain Warriors (except technical man power) are serving in this rugged terrain as part of the peacekeeping force. They all are qualified with the basic and advance Mountain Warfare Training at High Altitude Mountain Warfare Training School, Jomsom, Nepal. Many of the mountain warriors had the experiences of summiting the minimum height of 7000 meter's mountain in Nepal. They have acquired considerable expertise in rock craft, ice craft, rescue and evacuation in rocky and snowy terrain and have developed the various military skills to perform in mountainous terrain. They have the good fortune to apply their skills while serving in the Golan Heights on the Mt. Hermon complex. Beyond their refresher training on mountaineering skills, NEPCON IV has conducted various training like CIED, SAGEM, live firing exercise (integrated with ROE, first aid, communication and casualty evacuation) which ultimately helped to enhance the capability of mountain warrior to work in various situation on Mt Hermon.



NEPCON troops on a ration supply patrol from Pos 12 between Apr-Jun

NEPCON IV has been trusted by UNDOF with the important job of occupying UN Positions on the Hermon mountain range. Apart from the terrain and the weather, there exists, numerous operational challenges in the mountainous area. The skill set of the mountain warrior and the pre-deployment training has ensured that NEPCON have been quite successful in deploying to the Mt. Hermon positions, operating in the peacekeeping role, dealing with all the operational and environmental challenges and sustaining its deployment to support UNDOF fulfil its mandate in the Golan Heights.

Article By: Capt Shrestha Santosh



NEPCON soldiers after a Rockcraft exercise

Team-Building In UNDOF

Sport is a universal language that can be considered as a powerful tool to promote peace, acceptance and understanding by bringing people together across boundaries, cultures and religions. Its fundamental values such as teamwork, impartiality, discipline, respect for the opponent and the rules of the game are understood by everyone and can be bound in the advancement of esprit de corps, social cohesion and peaceful living.

UNDOF held an Inter-Contingent sports competition from the 26th to the 27th of May 2016 to promote team building which included such sports as Soccer, Basketball, Volleyball, Sack Racing, Tug of War, Darts, Badminton Singles and Doubles. Over 150 people took part in various events with some notable performances and shock results. Congratulations to Capt Viliame Turagaiviu (Staff Officer for Welfare) for the excellent organization of these very enjoyable events.



Basketball champions INDCON



Soccer champions FRC with the Commanding Officer FRC



Fiji Batt winners of the volleyball tournament

*Article By: Cmdt Toye SSO Media
Photo By: Sgt Ben Taoi*



WELFARE





Upcoming Regional Events

06 July 2016 Eid al-Fitr

Eid al-Fitr, means the 'festival of breaking the fast' is celebrated by all Muslims worldwide that marks the end of Ramadan.

The day of Eid, falls on the first day of the month of Shawwal (10th month). The date for the start of any lunar Hijri month (Islamic Calendar) varies based on the observation of new moon by local religious authorities, so the exact day of celebration varies by locality. However, in most countries, it is generally celebrated on the same day as Saudi Arabia. The Supreme Court in Saudi Arabia has asked Muslims in the country to look for the crescent moon on Monday, the 4th of July, which, if sighted, will mean that Eid al Fitr will be celebrated on Tuesday, the 5th of July.

In India, where the festival is commonly known as Eid ul-Fitr, Muslims celebrate it a day after it is marked in Saudi Arabia, and are therefore likely to celebrate Eid on Wednesday, 6th July. The dates of Ramadan change each year, and so does the date of Eid al-Fitr. This year, Ramadan started on 6th June and will end on 6th July if no visual sighting is possible due to weather conditions.

On Eid al-fitr Muslims wake up before sunrise, usually eat dates for breakfast, and then visit mosques for special prayers before families and friends host gatherings and feasts. Donations and gifts are also exchanged. While the 5th of July is a Public Holiday in Syria, the 07th, 08th and the 09th of July 2016 are designated as National Holidays in Egypt, while the 7th, 8th, 9th and the 10th of July are designated as National Holidays in Jordan.



23 July 2016 Fast of the Shiva Asar B'Tammuz in Israel

The Fast of Shiva Asar B'Tammuz is held on the 17th day of Tammuz, which is the fourth month of the Hebrew calendar. It marks five calamities that affected the Jewish people. These are: (1) Moses broke the tablets of stone; (2) an idol known as "the Golden Calf" was erected in 1313 BCE; (3) the daily sacrificial offerings were discontinued in 423 BCE; (4) Jerusalem's walls were breached in 69 BCE; and (5) the Roman military leader Apostomus burned a Torah scroll possibly around 50 CE just before the Bar Kokhba revolt.

This is not a public holiday in Israel however many Jewish people (except the weak, children and pregnant or nursing mothers) fast from dawn until nightfall by abstaining from food and drinks. In addition, special prayers are recited and sections of the Torah and Haftarah (Haftarah, Haptara) are read during the morning and evening services.



14 August 2016 Tisha B'Av



Tisha B'Av, (observed by Jews) the fast of the ninth of Av is a day of mourning to commemorate the many tragedies that befell the Jewish people many of which occurred on the ninth of Av including the destruction of the First and Second Temples of Jerusalem and the expulsion of the Jewish people from England in 1290 and Spain in 1492. Tisha B'Av is the culmination of a three week period of increased mourning, beginning with the fast of the 17th of Tammuz. During this three week period weddings and parties are not permitted and people refrain from cutting their hair. From the first to the ninth of Av it is customary to refrain from eating meat or drinking wine (except on the

Shabbat) and from wearing new clothing. People who are ill need not fast on this day. Many of the traditional mourning practices are observed, people refrain from smiles, laughter, idle conversation and sit in low stools.

Tisha B'Av is never observed on the Shabbat and if the 9th of Av falls on a Saturday the fast is postponed until the 10th of Av. In Synagogue, the book of Lamentations is read and mourning prayers are recited.

15 Aug 2016 Feast of the Assumption

The 15th of August is a Public Holiday in Lebanon to commemorate the Assumption of the Virgin Mary into Heaven also known as the Falling Asleep of the Blessed Virgin Mary. According to the beliefs of the Catholic Church, Eastern Orthodoxy, Oriental Orthodoxy, and parts of Anglicanism, the assumption was the bodily taking up of the Virgin Mary into Heaven at the end of her earthly life.



13 Sep 2016 Eid al-Adha

Eid al-Adha (Festival of the Sacrifice), also called the Bakr-Eid (Sacrifice Feast), is the second of two Muslim holidays celebrated worldwide each year and considered the holiest days in the Islamic Calendar. It honors the willingness of Ibrahim (Abraham) to sacrifice his son, as an act of submission to God's command, before God then intervened, through his angel Jibra'il (Gabriel) and informed him that his sacrifice has already been accepted. The meat from the sacrificed animal is preferred to be divided into three parts. The family retains one third of the share; another third is given to relatives, friends and neighbors; and the remaining third is given to the poor and needy.



In the Islamic lunar calendar, Eid al-Adha falls on the 10th day of Dhu al-Hijjah and lasts for four days. Eid al-Adha begins with a sunnah prayer of two rakats followed by a sermon (khutbah). Eid al-Adha celebrations start after the descent of the Hujjaj, the pilgrims performing the Hajj, from Mount Arafat, a hill east of Mecca.

The 13th of Sep is a Public Holiday in Syria and is designated as a National Holiday in Lebanon while the Eid al-Adha is commemorated in Jordan and Egypt over four days with National Holidays declared on the 13th, 14th, 15th and 16th of Sep.

Featured in the Next Golan Journal

Article By: Media Cell
Photo: Supplied

Date	Weekday	Holiday Name	Holiday Type
03 rd & 04 th October	Monday & Tuesday	Rosh Hashana (New year)	National Holiday in Israel
03 rd October	Monday	Muharram (New Year)	Public Holiday in Syria, Lebanon, Jordan, Egypt
06 th October	Thursday	October Liberation day	Public Holiday in Syria
11 th October	Tuesday	First Day of Ashura	Public Holiday in Lebanon
12 th October	Wednesday	Yom Kippur	National Holiday in Israel
17 th October	Monday	Sukkot	National Holiday in Israel

LEST WE FORGET UNDORF'S FALLEN

MCpl Hofer Hans
 Cpl Sturm Helmut
 Pte Neuhauser Walter
 Pte Voloder Alija
 Capt Foster Gary
 MWO Landry Gaston
 MCpl Spencer Roland
 Cpl Simpson Mike
 Capt Mireau Keith
 Capt Wicks Bob
 MWO Korjeo George
 Cpl Kennington Morris
 Cpl Stringer Bruce
 Lt II Pisa Leopold
 Pte Moradpour Yadollah
 WO Aghei A. A.
 Cpl Ross Darryl
 Maj Pellegrini Ernest
 LCpl Hörmann Peter
 MCpl Grasserbauer Anton
 WO II Krupicka Peter
 Pte Krainz Wolfgang
 Pte Bognor Manfred
 MSgt Skrzek Lucjan
 MCpl See Werner
 Pte Hinteregger Rudolf
 SrLt Lindman Eerik
 WO Tupvinen Ilkka
 Capt Haapala Matti

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Sig Porter Perry
 SSgt Korvensalo Keijo
 LCpl Kratzer Günther
 Cpl Hudon J.P.R.
 WO II Müller Reinhard
 NCO Pellinen Mauri
 NCO Krusko Juhani
 NCO Mufikainen Pasi
 Cpl Dörfler Siegfried
 MSgt Mandl Wolfgang
 MSgt Kajszozak K.
 Pte Jankowski Robert
 MWO Caban Wieslaw
 Sgt Lenczewski Wiktor
 Cpl Larose Gregory
 Sgt Chmura Jozef
 Pte Zuzanski Jozef
 LCpl Zaruba Herbert
 WO I Grasser Wolfgang
 MCpl Karnitschnig Gerhard
 WO I Ecker Wolfgang
 Cpl Krzysztof Wysocki
 WO I Tschon Wolfgang
 Cpl Szukielojc Czirzegorz
 WO I Reinhold TEMMEL
 Mr Sami K. Issa
 Staff Sgt Racolo
 Sgt Amol Deka
 Sgt Savenaca Bulivakacegu

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