

# VANGUARD VOICE



## Lest We Forget

Pfc. Barrett Austin's Warriors Walk Tree Dedication

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July

Volume 3

2013

Issue 2

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U.S. Soldiers with the 4th Infantry Brigade Combat Team, 3rd Infantry Division, take a tour of the renovated Task Force Vanguard Wounded Warrior Center May 4, 2013, at Bagram Airfield in Parwan province, Afghanistan. (U.S. Army Photo by Sgt. Sarah Bailey, 703rd BSB UPAR)

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U.S. Army Sgt. Miguel Thomas, a native of Orlando, Fla., and a member of Company B, 4-3 Brigade Special Troops Battalion, 4th Infantry Brigade Combat Team, 3rd Infantry Division, walks through a field during a security patrol near Combat Outpost Soltan Khel, Afghanistan, June 6, 2013. U.S. Soldiers continue to conduct security patrols with Afghan security forces to eliminate enemy activity in the area. (U.S. Army National Guard photo by Sgt. Julieanne Morse, 129th Mobile Public Affairs Detachment)

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COL Kimo Gallahue  
Commander,  
Task Force Vanguard

# Vanguard 6 Sends

As we approach the mid-way point of our deployment, CSM Hummel and I would like to take this opportunity to thank our Families, friends and Soldiers for their continued support over the past few months and touch on several important issues facing our Soldiers and their Families.

The Vanguard team has been incredibly successful over the past two months. Our Soldiers continue to assist the Afghan Security Forces and conducted more than 100 missions with our partners taking many weapons, explosives and enemy fighters off the battlefield. Our logistics and maintenance Soldiers have been hard at work ensuring 116 of our vehicles received an armor upgrade package designed to make the vehicles even safer for our Soldiers. The unit ministry teams provide support to the Vanguards with events like the recent dedication of the Austin Resiliency Center and a much anticipated 4th of July Prayer Breakfast.

As we enter the summer season, we'd like to discuss summer safety for our Soldiers and Family Members at Fort Stewart and beyond. Summer should be a fun time for family vacations and Independence Day picnics with your neighbors and friends. Unfortunately, these fun activities can lead to tragedy if we're not careful. Swimming, long drives for vacation and fireworks are a few examples of great summer activities that have the potential to be dangerous. Please follow all safety guidelines to stay safe while enjoying your summer.

Sexual assault and harassment in the military have been prominently featured in the news lately. We want to emphasize that this behavior has no place in the Vanguard Brigade and will not be tolerated. We expect our Soldiers to continue to act professionally and treat one another with the utmost respect. We appreciate the hard work of our sexual harassment and assault prevention representatives and believe that we can eradicate this horrific behavior. We also want to say that if anyone feels they've been assaulted or harassed in any way they should immediately seek help from one of the many resources available to include SARC, IG, medical professionals, chaplains and the chain of command.

CSM Hummel and I cannot adequately express the pride we feel for the Soldiers, civilians and Families of the Vanguard Brigade. Your efforts both deployed and at Fort Stewart, are awe inspiring. Keep up the great work!

Lastly, we'd like to say thank you again to our Families and Friends for the outstanding support we receive each and every day. Please continue to follow the Brigade on Facebook at ([www.facebook.com/4IBCT.3ID](http://www.facebook.com/4IBCT.3ID)) as this is one of the best ways to stay in touch with your Vanguard Soldiers.

Vanguard, Out Front!

COL Kimo C. Gallahue and CSM Alan K. Hummel  
Task Force Vanguard Command Team



CSM Alan Hummel  
Command Sergeant Major,  
Task Force Vanguard

# Vanguard 7 Sends

# Vanguard twins are brothers in arms

By U.S. Army Sgt. Bob Yarbrough  
4th IBCT, 3rd Inf. Div. Public Affairs

LOGAR PROVINCE, Afghanistan – Twin brothers, and U.S. Army first lieutenants, Joseph and Joshua Mouré, natives of Covington, Ga., are both forward deployed to Forward Operating Base Shank, Afghanistan with the 4th Infantry Brigade Combat Team, 3rd Infantry Division.

Joseph, about two minutes older than Joshua, is the fires support officer with Company C, 3rd Battalion, 7th Infantry Regiment, 4th IBCT, and Joshua is the liaison officer for 3rd Battalion, 15th Infantry Regiment, 4th IBCT.

“It was nice always having someone there to hang out with,” Joshua said, about growing up with a twin. “We always were on the same football team, baseball team, things like that,” added Joseph. “We grew up playing war and stuff like that, so we decided, I guess, we’ll make it a career,” said Joshua.

The Mouré’s parents, Joseph and Tammy Mouré, both served in the Signal Corps of the U.S. Army, and that was a factor in the twins’ decision to join.

The twins joined the Georgia National Guard in 2006, attended the Georgia Military College, and were commissioned in 2008. They finished their degrees at North Georgia College and State University, where they met their wives, Abby and Ashley, who were roommates at the time.

Joseph attended the Field Artillery Basic Officers Leadership Course at Fort Sill, Okla., and Joshua attended the Infantry Basic Officers Leadership Course at Fort Benning, Ga., After their training, they were both assigned to the 4th IBCT, also known as the Vanguard Brigade.

“Since Josh was going to be infantry, I figured he needed somebody to protect him,” joked Joseph. “It’s good being the fires support officer so I can call in air assets, artillery, and mortar fire to help out the guys. It’s pretty interesting deconflicting and controlling

those assets while the infantry are maneuvering around.”

As a liaison officer, or LNO, Joshua is responsible for keeping communication and information flow between his battalion and the brigade. “As the LNO, I see what goes on at the brigade side, and I can help to translate down to the battalion, and vice-versa, so there’s a clearer picture.”

The Mouré twins said being misidentified can be a challenge. “People come up and start talking to you, and you have no idea what they’re talking about,” said Joseph. “It gets old fast,” added Joshua.

“It’s always been a dream of mine to deploy, and I’ve always imagined fighting alongside my brother, so it’s a unique experience for us to be able to be on the same FOB and contribute to the fight here in Afghanistan,” said Joshua.



LOGAR PROVINCE, Afghanistan - U.S. Army first lieutenants Joshua, right, and Joseph Mouré, natives of Covington, Ga., pose together for a photo, May 24, 2013, during one of the rare moments the twins have together during their deployment to Eastern Afghanistan. Joseph is the fires support officer with Company C, 3rd Battalion, 7th Infantry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division,





# 3rd Battalion, 7th Infantry Regiment

"Cottonbalers By God, Damn Fine Soldiers"

## 195 'Dog Face' Soldiers awarded combat badges

By U.S. Army National Guard Sgt. Julieanne Morse

129th Mobile Public Affairs Detachment

LOGAR PROVINCE, Afghanistan (May 28, 2013) – A total of 195 Soldiers in 3rd Battalion, 7th Infantry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, were awarded combat badges at Forward Operating Base Shank, May 28.

Of the 195 badges awarded, 151 were combat infantry badges, 40 were combat action badges and four were combat medical badges.



Command Sgt. Maj. Thomas Capel, International Security Assistance Force command sergeant major, speaks to Soldiers in 3rd Battalion, 7th Infantry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, after awarding combat infantry badges, combat action badges and combat medical badges at Forward Operating Base Shank, Afghanistan, May 28, 2013. A total of 195 combat badges were presented.

Command Sgt. Maj. Thomas Capel, the International Security Assistance Force command sergeant major, gave an encouraging speech to the Soldiers at the award ceremony.

"We are so lucky, over blessed, by having great men and women like you who went to find that recruiter, raise your right hand, swore on the Constitution that you wanted to take and defend," said Capel. "You didn't have to be here. You didn't have to join the Army, but it takes great men and women like you to fight for freedom that so many people back in the United States of America get to enjoy everyday."

To be awarded a combat infantry badge, an infantry Soldier in an infantry unit must engage or be engaged by the enemy during combat operations.

For medical personnel to receive a combat medical badge, he or she must engage or be engaged by the enemy during combat operations.

The combat action badge is for all other Soldiers who personally engage or are engaged by the enemy during combat operations.

Being awarded a combat badge is a significant event for Soldiers.

"The badge signifies everything that myself and my entire battalion is going through day in and day out," said 1st Lt. Gerald Ratchford, the 3rd Bn., 7th Inf. Regt., chemical officer, who earned his badge after being within 40 meters of an indirect fire impact.

"This is justification for them that they [unit Soldiers] are prepared for combat," said Command Sgt. Maj. Jeffrey Dillingham, the battalion's command sergeant major. "They are going to survive and they are going to take care of their friends out there on the battlefield."

Being prepared for combat is critical for the battalion, also known as Task Force Baler, who have a unique mission to respond when needed in Regional Command East.

"We're the operational ready reserve force for RC-East," said Lt. Col. Gregory Bell, commander of 3rd Bn., 7th Inf. Regt. "Basically, we are the reserve force and when division or another unit needs help with an assignment, they call us and we quickly integrate and fill in to help accomplish their mission."

Capel thanked the Soldiers, who serve selflessly overseas during wartime. "We can't do what we do without you," he said. "We are very proud, very thankful of you great Soldiers from the 3ID."



Command Sgt. Maj. Thomas Capel, left, International Security Assistance Force command sergeant major, pins a combat infantry badge onto Sgt. Michael Bowlin, an infantryman with Company A, 3rd Battalion, 7th Infantry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, of Bartlesville, Okla., at Forward Operating Base Shank, Afghanistan, May 28, 2013. A total of 195 Soldiers were awarded a combat badge during the ceremony.





# 3rd Battalion, 15th Infantry Regiment "Can Do"

## Mortar training increases ANA's capability on battlefield

By U.S. Army National Guard Sgt. Julieanne Morse

129th Mobile Public Affairs Detachment



WARDAK PROVINCE, Afghanistan (June 3, 2013) – Thirteen Afghan National Army soldiers completed two weeks of 60mm mortar training with a ceremony on Forward Operating Base Airborne, June 3.

U.S. Soldiers from Company C, 3rd Battalion, 15th Infantry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, taught ANA soldiers how to fire 60mm mortars, using conventional

many instructor for the mortar training and an indirect fire infantryman with Co. C., said the ANA soldiers showed improvement from where they started before the training.

ANA Sgt. 1st Class Abdul Samed Mohammady with the 2nd Kandak, 4th Brigade, 203rd Corps, said the ANA soldiers, who attended the training, didn't know how to use the 60mm mortars before the training and were happy to know how to use them correctly now.

Fernandez said the ANA were fully mission capable and he expected senior noncommissioned officers to go back and teach other soldiers. "That way we multiply the knowledge and combat power across the kandak," the Ponce, Puerto Rico, native added.

Mohammady said he hopes to teach the other ANA soldiers in his kandak what he has learned.

The relationship between ANA and U.S. Forces continues to grow as the ANA also grow and take full security responsibility ahead of the U.S. Forces scheduled leave in 2014.

"I really enjoy working with them," said Fernandez. "My guys actually have a lot of fun working with them."

"We are working to better the country," added Wideman, a Baltimore native.

Afghan National Army soldier Mohammad Sawar, with the 2nd Kandak, 4th Brigade, 203rd Corps, adjusts the base to level the 60mm mortar system during hands on instruction for the mortar system training, June 2, 2013, on Forward Operating Base Airborne, Afghanistan, while U.S. Army Sgt. Harold Wideman, a Baltimore native and an indirect fire infantryman with Company C, 3rd Battalion, 15th Infantry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, observes. Coalition Forces help increase the ANA's combat capabilities on the battlefield by advising and assisting the ANA.

and handheld methods, to increase the ANA's capabilities on the battlefield.

The 60mm Lightweight Company Mortar System is made up of a tube, a base plate and a bipod assembly. The entire system, not including ammunition, weighs approximately 46.5 pounds and can easily be carried by one or two people for short distances.

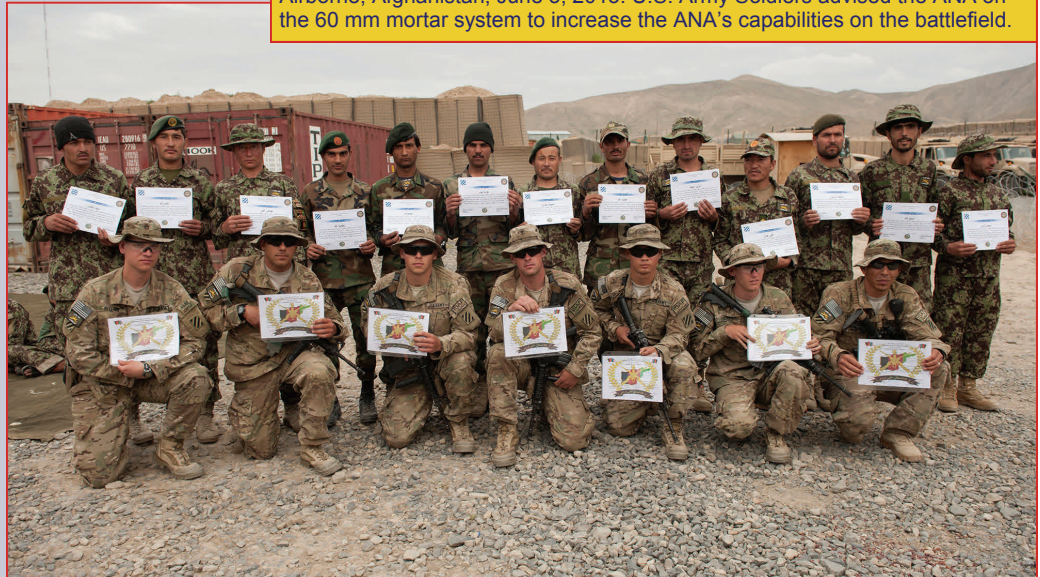
Using the conventional method, the bipod is used to stabilize the system pushing the maximum effective range to 3,490 meters.

Both the conventional and handheld methods allow for speed in engaging a target.

"Mortars are a good asset," said U.S. Army Sgt. Harold Wideman, an advisor during the mortar training and an indirect fire infantryman with Co. C., "and if they use them correctly, then they should have no problems at all."

Staff Sgt. Ferdinand Fernandez, the pri-

Soldiers with Company C, 3rd Battalion, 15th Infantry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, show their certificates of appreciation, while Afghan National Army soldiers with the 2nd Kandak, 4th Brigade, 203rd Corps, show their certificates of completion after a ceremony marking the completion of a two-week 60mm mortar class at Forward Operating Base Airborne, Afghanistan, June 3, 2013. U.S. Army Soldiers advised the ANA on the 60 mm mortar system to increase the ANA's capabilities on the battlefield.







# 6th Squadron, 8th Cavalry Regiment

“Honor And Courage”

## Afghan forces lead combined patrol with US Soldiers

By U.S. Army National Guard Sgt. Julieanne Morse

129th Mobile Public Affairs Detachment



1st Lt. Joshua Prior, a member of Troop C, 6th Squadron, 8th Cavalry Regiment, Afghan Local Police members and Afghan National Army soldiers, conduct a presence patrol and resupply mission near Combat Outpost Baraki Barak, May 22, 2013. Coalition Forces remain combat ready, as necessary, in support of Afghan National Security Forces as the ANSF transition to full security responsibility.

LOGAR PROVINCE, Afghanistan (May 22, 2013) – Afghan Local Police, Afghan National Army soldiers with 4th Tolai, 1st Kandak, 1st Brigade, 203rd Corps, and U.S. Soldiers with Troop C, 6th Squadron, 8th Cavalry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, conducted a foot patrol, May 22, from Combat Outpost Baraki Barak (BBK) to make their presence known in the area and resupply ANA soldiers located in Baraki Rajan.

The patrol is a prime example of the transition to full Afghan security responsibility.

The ANA Soldiers led the foot patrol, accompanied by the ALP, who provided security. The joint effort moved through rural areas and through Baraki Rajan’s main market. While patrolling through the market, the ANSF members briefly talked with some of the shop owners.

“They just know the atmospherics; they know the people around here,” said Staff Sgt. Ray Perez-Rosa, an infantryman with Troop C. “They can tell the bad guy from the good guy.”

Working together helps promote teamwork among Afghan forces for a better future for Afghanistan.

“I think the ANA is doing a much better job of providing the necessary security to allow the Afghan Uniformed Police and the ALP to establish their local security,” said Capt. William Gillespie, the Troop C commander.

While on the foot patrol, the U.S. Soldiers and ANSF members communicated through an interpreter.

“The interpreters are great,” said Perez-Rosa, a native of Orlando, Fla. “We have a great set of interpreters here at BBK – very motivated and very passionate about their job. They get it done.”

“I love my job,” said Shafiullah Berang, an interpreter with Troop C who helped bridge the communication gap during the patrol. “I’m very happy that they work together.”

Working together now is step toward enabling ANSF to better conduct independent operations when Coalition Forces draw down.

“After the U.S. forces leave Afghanistan, I believe that Afghan forces are able to protect this country, and I am proud to serve my country,” said ANA Sgt. Mohammad Jawad Sultani, a member of 4th Tolai.



U.S. Soldiers from 6th Squadron, 8th Cavalry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, Afghan National Army soldiers and Afghan Local Police conduct a presence patrol and resupply mission through Baraki Rajan near Combat Outpost Baraki Barak, May 22, 2013. Coalition Forces will continue to support the Afghan National Security Forces as they continue to grow in capability.



# 1st Battalion, 76th Field Artillery Regiment

*Duty The Spirit of '76'*

## Afghan artillerymen gain technological experience to improve firing ability

By U.S. Army Sgt. Bob Yarbrough

4th IBCT, 3rd Inf. Div. Public Affairs

WARDAK PROVINCE, Afghanistan (June 3, 2013) – Afghan National Army artillerymen with the fire direction center, Artillery Coy, 6th Kandak, 4th Infantry Brigade, 203rd Corps, trained on the Afghan Gunnery Computer, or AGC, June 3, at Combat Outpost Doshe Towp.

The AGC is designed for use with the D30 Howitzer, which ANA artillery units use to fight the enemies of Afghanistan.



Staff Sgt. Joshua Kuhnert, right, a native of Pinckneyville, Ill., and a field artillery automated tactical data system specialist with 1st Battalion, 76th Field Artillery Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, shows ANA Pvt. Abdul Raqib, an artilleryman with Artillery Coy, 6th Kandak, 4th Infantry Brigade, 203rd Corps, the basic operations of the Afghan Gunnery Computer, June 3, 2013, in Wardak province, Afghanistan. The AGC uses technology to calculate the settings for the D30 howitzers, advancing the ANA artillery's capabilities to fight the enemies of Afghanistan.

The AGC takes coordinates for the position of the howitzers, either manually or through built in GPS input; the coordinates of the desired target, along with other details like weather, elevation, and possible hilltops and valleys in the line of fire; and calculates the settings for the artillerymen to set the D30 in order to hit their target.

"We used data from previous fire missions as practice to make sure they got the lessons," said U.S. Army Staff Sgt. Joshua Kuhnert, a native of Pinckneyville, Ill., the primary instructor and a field artillery automated tactical data system specialist with 1st Battalion, 76th Field Artillery Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division.

The day's lesson included entering all of the data into the AGC to double check the fire direction center team's manual data calculations, ensuring they would still be on target if the AGC was unavailable.

"They definitely know their stuff," said U.S. Army Sgt. Chris Ostrander, a native of Newport News, Va., and a field artillery automated tactical data system specialist with 1st Bn., 76th FA Regt. "Everything was either right on or very close."

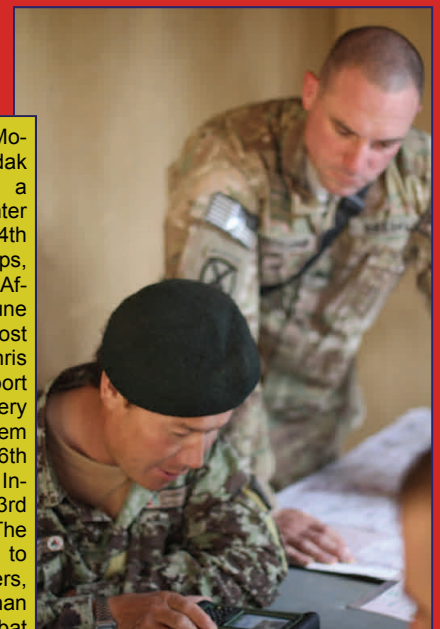
Two ANA privates, Abdul Raqib and Mohammed Zia, who were classmates almost two years ago at the ANA's artillery school and are now assigned to the 6th Kandak Artillery Coy, at COP Dash Towp, said they were happy to have the advisors who taught them many things.

"This computer is a good thing," said Raqib, a native of Kunar province, who only spoke Dari. "It is simple and accurate."

"I'm feeling very good about this," said Zia, a native of Wardak province, who only spoke Pashtu. "The computer is so quick, so fast. I want to learn more."

Jamil, the interpreter, used his experience with the AGC to overcome the language barriers during the training. He worked as an interpreter for the ANA's artillery school previously, where he translated manuals for the D30 AGC, and helped put together lesson plans for the system.

The newly-trained ANA soldiers will teach the rest of 6th Kandak's fire direction teams how to operate the AGC, increasing their capacity to provide security to the Afghan people.



Afghan National Army Pvt. Mohammed Zia, a native of Wardak province, Afghanistan, and a soldier in the fire direction center of Artillery Coy, 6th Kandak, 4th Infantry Brigade, 203rd Corps, inputs coordinates into the Afghan Gunnery Computer, June 3, 2013, on Combat Outpost Doshe Towp, while Sgt. Chris Ostrander, a native of Newport News, Va., and a field artillery automated tactical data system specialist with 1st Battalion, 76th Field Artillery Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, watches. The AGC is specifically designed to be used with the D30 Howitzers, the artillery system the Afghan National Army uses to combat the enemies of Afghanistan.



4



# 4-3 Brigade Special Troops Battalion

“One Team, One Fight”

## Lest We Forget

By Sgt. Amanda Rengifo

4th IBCT, 3rd Inf. Div. Public Affairs

FORT STEWART, Ga. - (June 20, 2013) - In a place where thousands have been welcomed home, there are 458 3rd Infantry Division Soldiers who have never left the grassy fields and swaying trees that surround the Warriors Walk on Fort Stewart. With everything, “Freedom” has a price.

On April 21, Pfc. Barrett Austin, paid the price with a sacrifice of life that can never be forgotten.

Austin was born in Easley, S.C., on Nov. 10, 1992, to Curt and Yolanda Buck Austin. He graduated Pickens High School in 2011 and joined the U.S. Army shortly thereafter as a combat engineer. After Advanced Individual Training, Austin joined the 'Vanguard' Brigade, where he served in the 4th Brigade Special Troops Battalion. In March of 2013, Austin deployed to Afghanistan in support of Operation Enduring Freedom.

On April 17, barely a month into a six month deployment, Austin sustained severe injuries when the vehicle he was driving hit an improvised explosive device in Wardak Province, Afghanistan. He was flown to Landstuhl, Germany for treatment for his injuries. Sadly, he passed away four days later on April 21. He was 20 years old.



A granite marker placed in front of the tree is etched with Pfc. Austin's name. (U.S. Army photo by Sgt. Joshua Laidacker, 4th IBCT, 3rd Inf. Div. Public Affairs)

Family Members and friends gather at the Eastern Redbud Tree dedicated to Pfc. Barrett Austin on June 20 at Warriors Walk on Fort Stewart. (U.S. Army photo by Sgt. Joshua Laidacker, 4th IBCT, 3rd Inf. Div. Public Affairs)

Three other Soldiers were also injured in the attack. Staff Sergeant Brendan Fossum, Sgt. Walter Hunter and Spc. Nicholas Neely were riding in the vehicle when the IED went off. All were present for the Tree Dedication Ceremony held in Austin's memory.

Soon, with the changing of seasons, the trees that line Warriors Walk will bloom with the echo of life of the Soldiers dedicated there. This is the place, where in silent appreciation of those who have passed, Soldiers and Family come to thank and honor those Fallen in a silent procession. It is in their honor and, on ours, that we remember.

Lest we forget.

A 3rd ID patch lies at the base of the tree dedicated to Pfc. Barrett Austin on June 20 at Warriors Walk on Fort Stewart. (U.S. Army photo by Sgt. Joshua Laidacker, 4th IBCT, 3rd Inf. Div. Public Affairs)







# 703rd Brigade Support Battalion **"Maintain"**

## Vanguard dining facility named best in Army

By U.S. Army Sgt. Sarah Bailey

703rd BSB, 4th IBCT, 3rd Inf. Div. Unit Public Affairs Representative

LOGAR PROVINCE, Afghanistan (May 13, 2013) –The Department of the Army announced the 4th Infantry Brigade Combat Team Vanguard Dining Facility, 3rd Infantry Division, as the winner of the 45th Philip A. Connelly Award for best military garrison dining facility, May 13.

Since 1968, the Philip A. Connelly Awards Program has promoted professionalism and excellence within Army food services by evaluating the appearance, food preparation procedures and sanitation of military dining facilities.

Sgt. 1st Class Maurice Owens, from Bolingbrook, Ill., the Vanguard Dining Facility manager with the 703rd Brigade Support Battalion, 4th IBCT, and his team knew they possessed the characteristics needed to be a Connelly award recipient and set out to become one. Owens knew that to be the best, he and his team had to believe they were the best so when the facility opened in 2010, he presented his team with a new name, the "Swagger Team."

"Swagger started in June 2010," Owens said. "I knew that in order to accomplish the goals that I had set forth and the vision of becoming the best dining facility on Fort Stewart and in the world, it was going to take a special edge to achieve that goal."

It seemed that adding a dash of swagger, or self-confidence, to their work was just the ingredient the 4th IBCT chefs needed to be successful.

During 2012, the Vanguard Dining Facility's chefs won 32 individual awards in various culinary competitions to include the Fort Stewart, Ga., Culinary Specialist of the Year Award, which was presented to Spc. Aaron Vegh, a food service specialist with 3rd Battalion, 7th Infantry Regiment, 4th IBCT, who hails from Lansing, Mich.

The facility received four installation awards to include Best Decorated Commanding General's Mess Award for Thanksgiving 2012, and was chosen to host many of the installations VIP luncheons. Owens and his team concluded 2012 by winning the Mid-Atlantic Region Philip A. Connelly Award in October 2012, which placed them in the finals for the Connelly award.

Seven months later, the announcement was published naming the Vanguard Dining Facility the winners of the award.

One of the 32 noncommissioned officers and Soldiers who contributed to the Vanguard Dining Facility's success, Sgt. Michael Myers, a food service NCO from Danville, Va., was overjoyed when he heard the news while deployed at Forward Operating Base Shank.

"My team and I have spent the last two years striving for this goal; we have been through the best and the worst of things," Myers said. "The hours spent at the dining facility for training and preparations have finally paid off, and our end result was without question or deniability. We are the best in the world and that is something that can never be taken from us."

Command Sgt. Maj. Michael Mosier, from Richmond Hill, Ga., and the 703rd BSB command sergeant major said that while the team was preparing to go to combat in Afghanistan they were also preparing to compete and win at the highest level in the Army.

"Our Soldiers display selfless-service and ability to put the mission before their personal lives to ultimately achieve this huge honor of having the best dining facility in the Army, and it's an honor for me to be part of this team," said Mosier.



Foods service specialist from the 4th Infantry Brigade Vanguard Dining Facility, 3rd Infantry Division, show their excitement after winning the Mid-Atlantic Region Philip A. Connelly award, Oct. 26, 2012, on Fort Stewart, Ga. The Department of the Army named them the 2013 Philip A. Connelly Awards Competition military garrison winners, May 13, 2013, for their contributions toward improving the Army's Food Service Program and superior efforts in enhancing the quality of food service provided to service members. (U.S. Army photo by Staff Sgt. Elvis Umanzor, 4th IBCT, 3rd Inf. Div. Public Affairs)



# GONE, BUT NOT FORGOTTEN

## A TRIBUTE TO FALLEN VANGUARD HEROES

**SPC. RAY A. RAMIREZ, 20, OF SACRAMENTO, CALIF., DIED JUNE 1, IN WARDAK PROVINCE, AFGHANISTAN, FROM INJURIES SUSTAINED WHEN HIS UNIT WAS ATTACKED BY AN IMPROVISED EXPLOSIVE DEVICE. HE WAS ASSIGNED TO THE 3RD BATTALION, 15TH INFANTRY REGIMENT, 4TH INFANTRY BRIGADE COMBAT TEAM, 3RD INFANTRY DIVISION, FORT STEWART, GA.**



**1ST LT. ROBERT J. HESS, 26, OF FAIRFAX, VA., DIED APRIL 23, IN PUL-E-ALAM, AFGHANISTAN, OF WOUNDS SUFFERED FROM ENEMY INDIRECT FIRE. HE WAS ASSIGNED TO THE 2ND AVIATION BATTALION, 10TH COMBAT AVIATION BRIGADE, 10TH MOUNTAIN DIVISION, FORT DRUM, N.Y., AND ATTACHED TO THE 4TH INFANTRY BRIGADE COMBAT TEAM.**

**CAPT. AARON R. BLANCHARD, 32, OF SELAH, WASH., DIED APRIL 23, IN PUL-E-ALAM, AFGHANISTAN, OF WOUNDS SUFFERED FROM ENEMY INDIRECT FIRE. HE WAS ASSIGNED TO THE 2ND AVIATION BATTALION, 10TH COMBAT AVIATION BRIGADE, 10TH MOUNTAIN DIVISION, FORT DRUM, N.Y., AND ATTACHED TO THE 4TH INFANTRY BRIGADE COMBAT TEAM.**



**PFC. BARRETT L. AUSTIN, 20, OF EASLEY, S.C., DIED APRIL 21 IN LANDSTUHL, GERMANY, OF INJURIES SUSTAINED WHEN HIS VEHICLE WAS ATTACKED BY AN ENEMY IMPROVISED EXPLOSIVE DEVICE IN WARDAK PROVINCE, AFGHANISTAN, APRIL 17. HE WAS ASSIGNED TO THE 4-3 BRIGADE SPECIAL TROOPS BATTALION, 4TH INFANTRY BRIGADE COMBAT TEAM.**

# CHAPLAIN'S CORNER

## *A Recipe For Resiliency*

Resiliency is “the ability to recover from illness, depression, or adversity” (dictionary.reference.com) I would add “deployment” to that list. Deployment can bring distance, discouragement, depression, danger, difficulty and much more. Resiliency is the ability to survive and to thrive both during and after a deployment.

Not only am I a chaplain, I am also a good cook (one of the reasons my wife misses me). I am such a good cook that I even have a “recipe for resiliency.” This “recipe” is helping both me and my wife survive our 4th deployment and hopefully it can help you survive this deployment.

The first ingredient in my recipe is a sizeable helping of Faith. For me, where there is God there is always hope and where there is God there is always help. God is in control, loves us, has a plan for us, and always has a purpose for everything. God is always present and always answers prayer. God is bigger than any deployment!

To Faith in God, add Family and mix well. Technologies like Facebook, Face Time and Skype helps make communicating with our Soldiers and Families much easier. Our love and commitment for one another can help us keep going, especially in the hard times of a deployment. When this deployment ends and when our time in the Army ends, hopefully we will always have our Family.

After mixing our Faith and Family, pour in a helpful bunch of Friends. Good Friends are always there to listen, to lean on, to comfort and to correct whenever needed. No Soldier, Spouse or Family can handle a deployment alone so don't forget to add good Friends to your deployment recipe.

The last key ingredient is a healthy portion of Fun. Sitting in our room or house feeling sorry for ourselves or worrying is always a recipe for failure. Get up, get out, get going and have some Fun. Use this time to learn a new skill, get fit, find a hobby, laugh and have Fun. We can have fun at FOB Shank, our COP, at Ft. Stewart or at whatever city or wherever you call home.

So here it is: Faith, Family, Friends and Fun. Follow this recipe for resiliency and before you know it, this deployment will be history. Not only will you have survived, but you will have thrived. Now that is resiliency!

Chaplain (Maj.) David Trogdon  
TF Vanguard Brigade Chaplain

U.S. Army Chaplain (Capt.) Mickey Basham, from 3rd Battalion, 7th Infantry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, leads Soldiers in prayer before going on a foot patrol in eastern Afghanistan, May 30, 2013 ( U.S. Army National Guard photo by Sgt. Julianne Morse, 129th Mobile Public Affairs Detachment)

This photo was an RC-East photo of the week winner. Thanks for the support, Vanguards!





# Safety First—Heat Injury Prevention

**HEAT ILLNESS CAN BE DEADLY.** Every year, hundreds of Soldiers become sick from exposure to heat, and some even die. **These illnesses and deaths are preventable.**

**Who is affected?** Soldiers exposed to hot and humid conditions are at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some Soldiers might be at greater risk than others if they have not built up a tolerance to hot conditions.

**What is heat illness?** The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke requires **immediate medical attention** and can result in **death**.

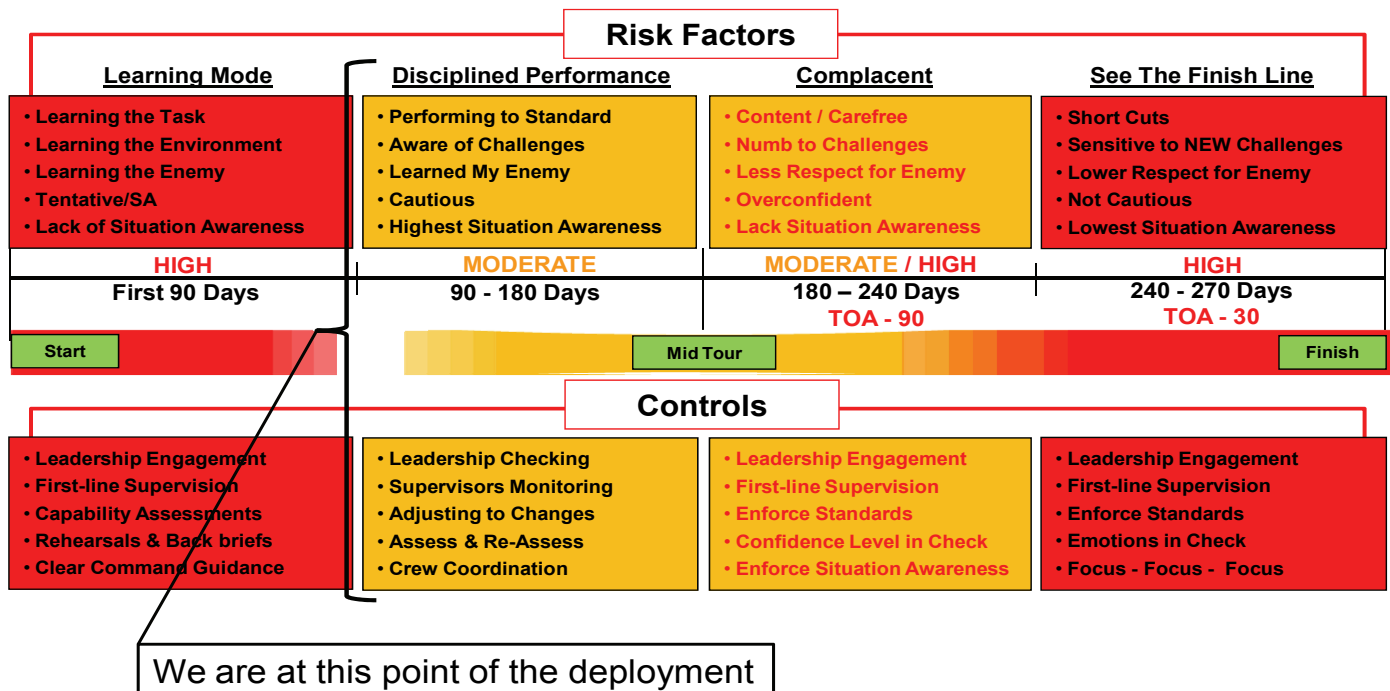
**How can heat illness be prevented?** Remember three simple words: **water, rest, shade**. Leaders should educate their Soldiers on how drinking water often, taking breaks, and limiting time in the heat can help prevent heat illness. They should include these prevention steps in worksite training and plans. You should plan for an emergency and know what to do - **acting quickly can save lives!**

**The best defense is prevention. Here are some prevention tips:**

- Drink more fluids (no caffeine), regardless of your activity level. Don't wait until you're thirsty to drink.
- Don't drink liquids that contain large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing

**Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others.**

## TASK FORCE VANGUARD BASED ON 9 MONTH DEPLOYMENT RISK TIMETABLE PROFILE



Courtesy of Mr. Anthony Woodard - TF Vanguard Safety Manager

[anthony.woodard@afghan.swa.army.mil](mailto:anthony.woodard@afghan.swa.army.mil)



# Sexual Harassment/Assault Prevention

## What is it?

The U.S. Army's goal is to eliminate sexual assaults and sexual harassment by creating a climate that respects the dignity of every member of the Army family. The U.S. Army's Sexual Harassment/Assault Response and Prevention program, known as SHARP, exists so the Army can prevent sexual harassment and sexual assaults before they occur.

What is the Army doing?

The Army continues to aggressively implement its "I. A.M. Strong" Sexual Harassment/Assault Prevention Campaign, aligned with the Chairman of the Joint Chiefs of Staff's five lines of effort: prevention, investigation, accountability, advocacy and assessment.

On the direction of the Secretary of the Army and Chief of Staff of the Army, the Chief of Army Personnel will host the department's annual SHARP summit, June 10 and 11, at Joint Base Andrews. Army leaders and subject matter experts will share best practices, examine lessons learned and develop/communicate new ways to prevent sexual violence.

What continued efforts does the Army are planned for the future?

Army leaders are committed to - and accountable for - eliminating sexual harassment/assault incidents by creating a climate where Soldiers feel safe from this threat and a climate stigma free pertaining to reporting. The Army:

- Provides compassionate care to survivors and protects the accused/victim rights with thorough investigations.
- Expects to hire a total of 902 Sexual Assault Response Coordinators (SARCs) and Victims Advocate (VA) and Trainers.

The Army is increasing the professional standards for all SHARP personnel to include professional credentialing in accordance with the FY12 National Defense Authorization Act requirements.

- Continues to integrate SHARP training into all its professional military education and operational unit training. And, is working to incorporate SHARP into the Civilian Education System.
- Institutes a more frequent command climate surveys and other forms of continuous assessment to measure progress in its sexual assault prevention strategy: identifying/addressing conditions that may escalate to sexual violence.
- Continues to formally investigate every allegation of sexual assault resulting from unrestricted reporting. Though this practice may contribute to a seemingly high number of cases, it demonstrates the Army's commitment to fostering a climate that minimizes with the goal of eliminating sexual assault incidents.
- Directed a "Stand-Down" period for refresher training for SHARP personnel and Army leaders to engage their personnel about SHARP principles/Army values.
- Develops behavioral health check policies for personnel selected for SARC and VA positions.

Why is this important to the Army?

As the department continues its SHARP campaign, Army leaders work to ensure the safety of all Army team members, strengthening force readiness and reinforcing the bond of trust among force and nation.

Your Brigade SHARP Sexual Assault Response Coordinator is:

SFC Matthew D. Smith

[matthew.d.smith@afghan.swa.army.mil](mailto:matthew.d.smith@afghan.swa.army.mil)



# EQUAL OPPORTUNITY

## LATEST UPDATES

### JULY

#### HISTORICAL MILESTONES

**Title VII of the Civil Rights Act of 1964** Title VII prohibits employment discrimination based on race, color, religion, sex and national origin.

Congress repealed the statutory requirement for the service's four all-black regiments.

**Army Organization Act of 1950**

**AMENDMENT XIV 1868** No State shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States; nor shall any State deprive any person of life, liberty, or property, without due process of law.

**Executive Order 9980 1948** Established a policy of fair employment throughout the Federal establishment; without discrimination because of race, color, religion, or national origin.

**Executive Order 13163 2000** Increasing the opportunity for individuals with disabilities to be employed in the Federal government.

**Americans With Disabilities Act of 1990** An act to establish a clear and comprehensive prohibition of discrimination on the basis of disability.

**Executive Order 9981 1948** There shall be equality of treatment and opportunity for all persons in the armed services without regard to race, color, religion, or national origin.

**Women's Reserve PL689, HR6807 1942** Created to expedite the war effort by releasing officers and men for duty at sea and their replacement by women in the shore establishment of the Navy.



**All service members, regardless of sexual orientation, are entitled to an environment free from personal, social, or institutional barriers that prevent them from rising to the highest level of responsibility possible. Harassment or abuse based on sexual orientation is unacceptable and will be dealt with through command or inspector general channels.**

**The DoD stated that later in 2013, military members and retirees with same-sex partners will qualify for up to 24 new benefits. Two of the new benefits will be available at the service member's election: hospital visitation and Family Readiness Group membership.**

**For 22 other benefits, service members and their same-sex partners may file a "declaration of domestic partnership." The declaration entitles same-sex partners to military identification cards, commissary and exchange shopping privileges, child care and youth programs, sexual assault counseling, and other benefits.**

**Your Brigade Equal Opportunity Advisor is SFC James Ward**

**[James.J.Ward@afghan.SWA.army.mil](mailto:James.J.Ward@afghan.SWA.army.mil)**



# VANGUARD VOICE



U.S. Army 1st Lt. Andrew Maxwell, left, a platoon leader, and Staff Sgt. Curtis Myers, a forward observer, and both with Company B, 3rd Battalion, 15th Infantry Regiment, 4th Brigade, 3rd Infantry Division patrol near Combat Outpost Soltan Khel, in eastern Afghanistan, June 6, 2013. U.S. Soldiers help clear Highway 1, the gateway to Kabul, of improvised explosive devices and provide support for the Afghan National Army patrols near villages along Hwy 1. (The National Guard photo by Sgt. Julianne Morse, 129th Mobile Public Affairs Detachment)

This photo was an RC-East photo of the week winner. Thanks for the support, Vanguards!

## The Task Force Vanguard Public Affairs Team

Public Affairs Officer: MAJ Matt Fontaine

Public Affairs NCOIC: SSG Elvis Umanzor

Broadcast NCO: SGT Bob Yarbrough

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Sgt. Bob Yarbrough, the public affairs broadcaster for 4th Brigade, 3rd Infantry Division, teaches Afghan National Army Capt. Hamid, the public affairs deputy for 4th Brigade, 203rd Corps, how to import and edit video Hamid has collected in support of ANA missions. (U.S. Army photo by Staff Sgt. Elvis Umanzor, 4th IBCT, 3rd Inf. Div. Public Affairs)