

# ARMED & READY

3rd Armored Brigade Combat Team, 3rd Infantry Division

August, 2012

MWR

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Col. Johnnie L. Johnson Jr. 3ABCT, 3ID Commander

### Family and friends of the Sledgehammer Brigade,

Greetings from the desert here at Camp Buehring, Kuwait! I hope all is going well on the home front! I'd like to welcome you to the first edition of Hammer Heat! The intent for Hammer Heat is to provide you with monthly updates on how things are going for the brigade during the deployment. I know that keeping our families and friends informed as much as possible will relieve a little of the anxiety that comes with being separated from your Soldier. So, I look forward to highlighting the great work we're doing!

It has been about six weeks since the Sledgehammer Brigade arrived in Kuwait and the pace of operations has steadily increased. After acclimating to the extremely

hot weather we are beginning to hit our stride. We have already developed great relationships with other forward deployed Army units and sister services as well as the command team and staff at U.S. Army Central, our higher headquarters. We've also established partnerships with Kuwaiti Armed Forces and will be planning combined training events and exercises in the future. The level of cooperation and professionalism is absolutely amazing and will, without question, allow us to form the strong bonds needed to accomplish any mission!

Since arriving on Camp Buehring your Soldier has worked extremely hard to prepare for a wide range of contingencies. We've attended a variety of specialized classes and training that units deployed in this region are required to complete. If you're a fan of the brigade or a battalion Facebook page, and I hope that you are, you've seen that your Soldier has been quite busy qualifying with their individual weapons. Some units have already had the opportunity to shoot gunnery tables. Every type of unit and military occupational specialty in the brigade, including our attachments, is honing their respective skill and contributing to mission success. It is exciting to watch the team grow as we progress along a very challenging training glide path. You've also noticed on Facebook that it has not been all work and no play for your Soldier. As part of the brigade's Comprehensive Soldier Fitness and Resiliency Program, we're making sure that every Soldier in the brigade is able to enjoy the many activities and places to visit on and off the camp. Our goal is to maintain as much of a balance as our mission allows.

I've had numerous opportunities to talk with Soldiers while visiting training and work areas. Almost all have expressed that they are keeping in touch with their families and friends on a regular basis. If you have not heard from your Soldier, please contact the rear detachment on Kelley Hill and we'll ensure that you hear from him/her soon. We truly appreciate being able to communicate with loved ones before or after a long hot day! You are part of what makes Sledgehammer the best Brigade in our Army!

It is truly a blessing to serve with America's finest! Your Soldier is part of something special and you should be as proud as I am of their commitment and dedication to serving our nation! Please keep us and all who are deployed in harm's way, and our Families in your thoughts and prayers!

God bless and take care!

Sledgehammer!  
Hammer 6

<https://twitter.com/jjhammer6>

# Sledgehammer Soldiers Hit the Ground Running

## Kelley Hill Deploys to the Kuwaiti Desert in Support of Operation Enduring Freedom

CAMP BUEHRING, Kuwait- Soldiers of the 3rd Armored Brigade Combat Team, 3rd Infantry Division, have arrived in Kuwait for their deployment.

The Sledgehammer Brigade is deployed to Kuwait for a limited duration to conduct security cooperations, joint exercises and training. Their deployment is in accordance with the United States' long standing bilateral defense cooperation with Kuwait. This partnership promotes security, stability, and the two countries' mutual interests in the region.

Sledgehammer Soldiers will be dedicated to training and fine tuning their mis-

sion readiness during their time in Kuwait.

"The adverse climate and terrain offers great opportunities to train in conditions unlike the ones we have back at Fort Benning," said Chief Warrant Officer 2, Mau-



Soldiers of the 3rd Heavy Brigade Combat Team, 3rd Infantry Division, inventory and inspect gear upon their arrival in Kuwait. The brigade is deployed to Kuwait for a limited duration for security cooperation, joint training and exercises with their Kuwaiti partners. (U.S. Army photo by Sgt. Christopher Johnston, 3rd HBCT, 3ID Public Affairs)

# Sledgehammer Soldier

## Recognized for Saving Local Woman's Life

riese Jones, 3rd ABCT targeting officer.

The Udairi Range and similar sites in Kuwait afford 3rd ABCT the opportunity to conduct live fire exercises and battle simulations which mirror real world combat environments.

"It's all about the mindset," said Private First Class, Richard Chae, Headquarters and Headquarters Troop, 3rd ABCT. "You get out here and you train with that mindset and it will be more like second nature when it actually goes down."

The brigade is maintaining a presence in Kuwait to continue security cooperation efforts with critical U.S. regional partners.



Soldiers from the 3rd Heavy Brigade Combat Team, 3rd Infantry Division, orientate a satellite system which will provide the brigade internet signal during their duration in Kuwait. The brigade will conduct training and joint exercises with their Kuwaiti partners and support ongoing military-to-military partnerships with Kuwait and partner nations in the region. (U.S. Army photo by Sgt. Christopher Johnston, 3rd HBCT, 3ID Public Affairs)



On July 18, 2012, Sgt. Matthew R. Patterson was notified by a local national that a woman had collapsed and stopped breathing. Sgt. Patterson ran to the company to call 911 and returned to the location where the woman was to assist with CPR. Immediately upon return, Sgt. Patterson assessed the situation and started CPR. After one set of chest compressions the local woman gasped for air and regained consciousness. Sgt. Patterson was recognized by EMS personnel as being responsible for saving the woman's life.

# Surviving the

# HEAT

As the heat continues to increase, abiding by the Army's Work/ Rest/ Water Consumption Table becomes imperative. Remember that the chart applies to average sized, heat acclimated Soldiers. Individual Soldiers may vary in acclimation and their tolerance to heat related injuries.

It is the responsibility of leaders and individuals to emphasize safety in this climate. Drinking fluids is important but is not a cure all. If you see another Soldier or you yourself are:

\*Feeling Dizzy, Nauseous, Weak, Headache, Flushed or Pale.

Inform someone, preferably leadership, of your symptoms and seek a cool, shaded area, fluids, and rest.

Be smart out there; don't try to "push through it" if you are feeling serious symptoms. Most heat injuries can be prevented and no heat injury needs to be fatal.

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest	Water Intake (Qt/H)	Work/Rest	Water Intake (Qt/H)	Work/Rest	Water Intake (Qt/H)
1	78° - 81.9°	NL	½	NL	¾	40/20 min	¾
2 (GREEN)	82° - 84.9°	NL	½	50/10 min	¾	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (RED)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1



## *Load The Cannons*

### *1st Battalion, 10th FA In Kuwait*

After arriving last month, 1st Battalion, 10th Field Artillery Regiment began the transfer of authority process with 1st Battalion, 82nd Field Artillery Regiment out of Fort Hood, Texas. The battalion's initial focus was to build combat power, acclimate to the new environment, and establish life support systems. After completing equipment draw, each battery conducted a variety of mandatory training courses and executed small arms ranges during a busy first month.

C/5-3 FA Bn. from Joint Base Lewis-

McChord, Wash. joined Task Force 1-10 FA Bn. in theater. With the addition of their organic High-Mobility Artillery Rocket System (HIMARS) assets, the task force is now capable of providing direct support fires to maneuver units and deep, precision strikes using the entire arsenal of indirect fire munitions. Task Force Rock's Support is a lethal, force multiplier prepared for any mission in support of our regional and sister service partners.

Our top priority is to continue building the partnership with our Kuwaiti counterparts. The battalion command team and staff officers met with Colonel Khalid and the leadership of the Kuwaiti Field Artillery Regiment on several

occasions. Not only have we built friendships with our fellow Redleg's, we also laid the foundation for several combined, training exercises that will further the artillery proficiency of all Soldiers in both formations. With our second month in country already upon us, we are excited about the upcoming field artillery live fires as well as joint and combined training events with our Marine, Air Force and Kuwaiti partners.

Though we will remain busy throughout our deployment, the Soldiers are provided ample opportunity to relax. These opportunities include a variety of athletic events, MWR tours of Kuwaiti historical and cultural venues, and periodic visits from USO sponsored shows. The Rock's Support Soldiers are adapting well to this harsh, unforgiving environment and continue to impress with their professionalism and morale.

In conclusion, we want to thank the families and friends back home for their continued and unwavering support while we are deployed. We are grateful for the hard work and commitment it takes on the home front to ensure our deployed Soldiers can focus on their duties in Kuwait. Once again, thank you for all you do.

Rock's Support!



# “CAN DO!”

To the families, friends and Soldiers of the Can Do Battalion, greetings from Camp Buehring, Kuwait!

The first 30 days of the deployment have passed and the Can Do Soldiers of 1-15 are starting to settle into their new environment here on Camp Buehring, Kuwait. Some people have asked, “how’s the weather out there?” and the best way I can describe it is to get a hair dryer, turn it to high heat, point it right at you and throw some sand in it.

Despite the high temperatures and occasional sand storms, the Soldiers have been doing great! Some awesome individual achievements include Brigade Soldier of the Quarter, with PFC McDonough from the Scout Platoon, Brigade Heros of the Week for SPC Tarvin Morgan, our high speed commo guy who made this BN able to run and communicate via internet, and SPC Justin Price from Crusader Company who has been stepping up and leading from the front. To show our hard work is paying off the Baker Boys were featured on the front page of the July 18th edition of the Bayonet doing air mobile operations.

I understand it is tough being away from home and loved ones, living day in and day out with the same people and places. This is why our number one priority remains unchanged – Resiliency.



Lt. Col. Nelson G. Kraft, 1-15 Commander

MWR and the USO have lots to offer and do here on Camp Buehring both indoors and out. There is a theater, game rooms plus plenty of organized activities for the Soldiers. At least once a week MWR/USO organizes some sort of activity around Camp Buehring. We have had a 4th of July BBQ, as well as live entertainment with last year’s American Idol contestants and Eve 6 putting on a show. There are plenty of sports, in fact a group of from Hardrock won a base-wide dodge ball competition continuing to show that 1-15 IN Soldiers Can Do!

Combat deployments are tough – but with the great support of our Rear-Detachment, Family Readiness Groups and you (our families and friends) – we are easily able to keep things in a positive perspective. As always, thank you for your love and encouragement. 1-15 IN stands ready for any mission, anytime, anywhere, under any condition.

**Patton’s Own, Sledgehammer...  
CAN DO!**



Lt. Col. James E. Willard, 1-10 Commander

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Command Sgt. Maj. Mark A. Aaron, 1-10  
Command Sergeant Major

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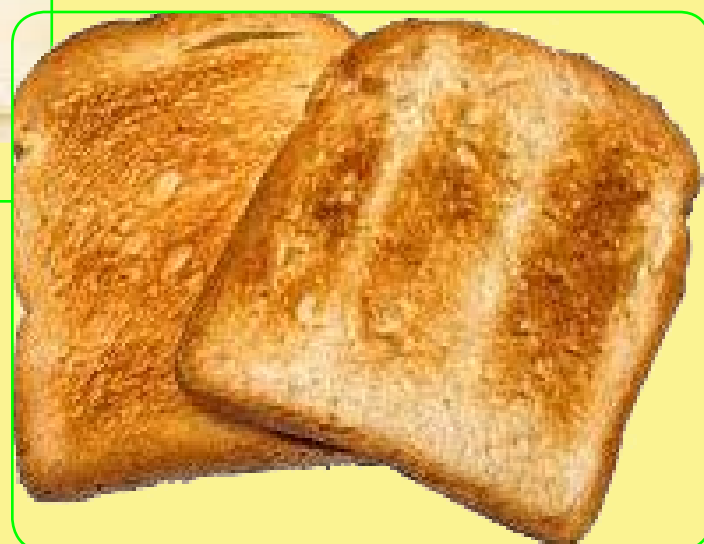
**“Rock’s Support!”**

# Health & Nutrition

Many of us have been in Kuwait for at least a month and we have definitely had to get used to a few things. Some people are struggling with the temperature or the living conditions but many of us have become very familiar with the porta potties. Unfortunately, it isn't uncommon for people to experience an upset stomach when traveling internationally. If you have experienced diarrhea, cramping, bloating, etc. make sure you go to the TMC. In the meantime, there are ways to remedy an upset stomach so that the porta pottie doesn't have to be your new hang out spot!



According to health.com many people use simple foods like toast, applesauce, bananas and rice to calm the rumbling of an upset stomach.



Dr. Robynne Chutkan, gastroenterologist, told health.com that people should avoid foods that will provoke acid reflux and choose starchy foods that will coat the lining of your stomach like rice,



Crackers have also been a known remedy for dealing with an upset stomach. Webmd.com suggests eating salty crackers.



We know it's hot out and most people want to drink ice cold beverages but herbal tea can subside the aches of an upset belly. The herbs assist with the reduction of inflammation and will put more fluid in your body.



Coconut water!! yep.. Dr. Chutkan recommends coconut water because it's natural and supplies your body with natural sugar and potassium.

No one wants to see you like this



Always remember to replenish your body with fluids and if any symptom persists don't hesitate to stop by your TMC for professional help.

Family Members and Friends of the Buffalo Battalion,

## “Vigilance and Honor!”

We had an emotional and exciting month since departing Ft. Benning for the desert setting of Camp Buehring, Kuwait. Although Soldiers and family members did not like saying farewell, we have done an outstanding job both in Kuwait and at Ft. Benning during this first month of our deployment. Our deployed Soldiers have been nothing short of stellar immediately upon our arrival.

Our first full month of deployment operations has come to an end. Although our primary focus was transitioning with 1-1 CAV, BSTB, we also executed a few other key events all while acclimating ourselves to the desert heat. Our first major ceremony held was our Right Shoulder Sleeve Insignia Ceremony, better known as the “Patch Ceremony”. The ceremony serves as a rite of passage for those Soldiers who are deployed and authorizes them to wear the unit’s patch on their right sleeve. It cements their place in history with the rest of the Buffaloes and Soldiers across the country, past and present, willing to support and defend our great nation. The patching ceremony signifies that they have deployed in support of combat operations. It is a symbol of their commitment to a higher cause, which is the freedom of this great nation.

Soldiers of all ranks participated in several training events. One event was the MRAP egress trainer, also known as the roll-over trainer. Soldiers were strapped into an MRAP and it was mechanically rolled 180 degrees so that Soldiers were hanging upside down simulating a vehicle rollover which is not uncommon in combat situations. We then had to exit the MRAP from this upside down position being careful not to fall on our heads or each other when we undo our seatbelts. The next major training event was the IED (Improvised Explosive Device) training lane where we were introduced to procedures on how to identify and react to an IED. This was great training that ensures our Soldiers are best prepared to identify an IED and react to a detonation if sent into a combat situation.

Lastly, morale is high amongst our deployed Soldiers. This is due not only to their professionalism, commitment and dedication, but also to the love and support they are receiving from their loved ones back home and our rear detachment at Fort Benning. I want to offer a huge thank you for all your support. I encourage everyone to continue to support each other and don’t hesitate to contact your Family Support Group of the rear detachment leadership if you need anything.



Lt. Col. Steven M. George, BSTB Commander

## Greetings from Kuwait!

The Eagle Battalion has been actively engaged in training and supporting the brigade’s mission since we’ve arrived in theater. We continue to improve our area of operations and are all settled into our living quarters. Day to day operations are nonstop as we complete all the mandatory theater-based classes and training. Overall, 96% of Eagle Soldiers that went to the range qualified on their assigned weapon. Soldiers also enhanced their skills by attending counter IED (Improvised Explosive Device), HEAT (Humvee Egress Assistance Trainer), and MRAP (Mine Resistant Ambush Protected) training. Even with all the required training and classes, the Eagle Battalion managed to improve its transporting capabilities by acquiring four HETs (Heavy Equipment Transporters) which are not part of the Battalion’s equipment roster. Command Sgt. Maj. Galvin and I have been very pleased with the efforts from our Eagle Soldiers here at Camp Buehring. We’ve even had several reenlistments, promotions and awards given to hard working Eagle Soldiers. When not busy working, Soldiers are



Lt. Col. Monica L. Burnhauser, 203rd Commander

taking online courses, attending college classes, hitting the gym and enjoying the MWR (Morale, Welfare and Recreation) facilities. Morale remains high despite the heat and conditions. Although none of us want to be away from the comforts of our families and homes, we remain committed to preparing for whatever missions come our way. This commitment and the support provided by our loved ones is what keeps us going.

We would like to thank all the families and friends who continue to support our Eagle Soldiers. Additionally, the Soldiers of the rear detachment are working just as hard maintaining the battalion’s equipment and taking care of all the garrison taskings and missions. If it weren’t for your dedication and sacrifice, accomplishing our mission would be next to impossible. Finally, keep in mind that the Eagle Command Team (rear and forward) are always here for you and your Soldier.

I hope that you enjoy this first of many deployment newsletters. Continue to follow us on Facebook and make comments on your Soldier’s photos.

## “Support and Defend!”

# A Changing of the Guardians

## Sledgehammer Brigade Assumes Training Mission in Kuwait

CAMP BUEHRING, Kuwait- As one brigade completes its mission and its mark in history, another brigade begins the journey to make a mark of its own.

An assumption of mission ceremony was held June 29, between the Soldiers of the 1st Brigade Combat Team, 1st Cavalry Division, based out of Fort Hood, Texas, and the Soldiers of the 3rd Armored Brigade Combat Team, 3rd Infantry Division, based out of Fort Benning, Ga.

As part of the ceremony, Col. Scott L. Efflandt and Command Sgt. Maj. Robert F. Leimer, commander and sergeant major, respectively, of 1st BCT, 1st Cav., cased their colors, representing the end of the Ironhorse Brigade's mission in Kuwait.

"The best part of this color casing ceremony, beside the eminent return to our families," said Efflandt. "Is that forward progress will continue; the Sledgehammer Brigade will no doubt continue to build what we have started here."

The Ironhorse Brigade deployed in July 2011 to Iraq as an advise and assist brigade focused

on building Iraq's military capabilities and ensuring adequate security of Iraq by the Iraqi Security Forces. The unit ended America's mission in Iraq as the last brigade to exit the country in December 2011.

The Ironhorse Brigade then redeployed to Kuwait in support of Third Army/U.S. Army Central.

After the casing of the Ironhorse Brigade's colors, Col. Johnnie L. Johnson Jr. and Command Sgt. Maj. Brian D. Harrison, commander and sergeant major, respectively, of 3rd ABCT, uncased the Sledgehammer Brigade's colors, assuming Ironhorse's mission in Kuwait.

"This is truly an exciting day for the Sledgehammer Brigade," said Johnson. "Our deployment to the [Central Command] area of responsibility marks the culmination of many months of training and preparation."

The Sledgehammer Brigade will conduct training and joint exercises with its Kuwaiti counterparts and continue the military-to-military cooperation with Kuwait and other regional partners.



Col. Johnnie L. Johnson Jr. and Command Sgt. Maj. Brian D. Harrison, command team for 3rd Armored Brigade Combat Team, 3rd Infantry Division, uncased the Sledgehammer Brigade's colors during an assumption of mission ceremony today at Camp Buehring, Kuwait. The Sledgehammer Brigade will conduct joint training, exercises and security cooperation with Kuwaiti counterparts during its deployment. (U.S. Army photo by Sgt. Christopher Johnston, 3rd ABCT, 3rd ID Public Affairs)



Color guards from 1st Brigade Combat Team, 1st Cavalry Division and 3rd Armored Brigade Combat Team, 3rd Infantry Division present arms during the assumption of mission ceremony held at Camp Buehring, Kuwait, today. As the Ironhorse Brigade ended its mission in Kuwait, the Sledgehammer Brigade continues the longstanding relationship with Kuwait. The brigade will conduct joint training and exercises with Kuwaiti forces and other regional partners. (U.S. Army photo by Sgt. Christopher Johnston, 3rd ABCT, 3rd ID Public Affairs)



Col. Scott L. Efflandt and Command Sgt. Maj. Robert F. Leimer, command team for 1st Brigade Combat Team, 1st Cavalry Division, prepare to case their colors during an assumption of mission ceremony today at Camp Buehring, Kuwait. The casing of colors represents the end of Ironhorse Brigade's mission in Kuwait, as they prepare to return home to Fort Hood, Texas. (U.S. Army photo by Sgt. Christopher Johnston, 3rd ABCT, 3rd ID Public Affairs)

# A LESSON FROM “HARD LUCK HARVEY” HADDIX

CH (Capt.) Joe Reffner – 2-69 Armor      been done before or since.

On May 26, 1959, Pittsburgh Pirates left hander Harvey Haddix threw the “greatest game ever pitched.” Facing the defending National League champion Milwaukee Braves, whose lineup included Hank Aaron, Haddix threw a perfect game for 12 innings, gunning down 36 consecutive batters. No runs, no hits, no errors. It has never

And he lost; 1-0.

In a bizarre set of events in the bottom of the 13th inning, Haddix lost the game on a three run home run to Joe Adcock. The runner on second scored but Hank Aaron left the base path and was passed by Adcock. Both were called out and the game ended 1-0. The

heart-breaking loss was broadcast across the nation. A writer dubbed Haddix “Hard Luck Harvey.” A Texas A&M fraternity wrote Haddix a letter that simply stated, “Dear Harvey, Tough \*\*\*\*.”

The lesson from “Hard Luck Harvey” is of character and self-worth. He was dogged by tough luck his entire life. When Major League Baseball removed his game from the record books of “perfect games” in 1991, Haddix’s family was extremely angry. But Harvey simply said, “It’s ok. I know what I did.”

We all have experienced tough stuff and bad luck. It hap-

pens. The important thing is to remember that our self-worth is not in the things we accomplish or fail. Your self-worth is found in the created human being that you are; your character, your image in God, your uniqueness. Don’t ever let anyone take that away from you. Many will try to take away your accomplishments and remind you of failures. But that’s ok. Stay true to yourself. Take a lesson from “Hard Luck Harvey.” He overcame hard luck and became the winning pitcher of Game 7 in the 1960 World Series.





WANT TO PLACE AN AD?  
HERE'S WHAT YOUR AD WILL LOOK LIKE

# Soldiers VOICE

Title: Keep it short and to the point. Try to stay around five words.

## Wanting to Start a Dodgeball League

SPC Chuck Finley:

Message: Include as much relevant information as you can but be brief. Anything over 7 sentences will be trimmed down.

We've got six guys right now from HHT who are ready to play and we know 3 people from 203rd who are interested too. It doesn't have to be based on company, but we want to get some teams together and start playing. If you want to play, have suggestions for forming teams, or have a team already, contact us. Let's get this going!

Contact: If you are wanting feedback, include some contact information. We will not include this unless you ask.

Contact: Chuck.Finley@gmail.com

Facebook: facebook.com/beuhringdodgeball

This space is for you to ask questions, post concerns, or to find other Soldiers to set up an event. A submission does not guarantee placement due to space restrictions.

### Rules:

Posted content is "clean" in nature. Content that is offensive, or contains generally harsh language will be rejected.

Posts which are derogatory or a direct attack on an individual will be rejected.

Posts will not advertise any for profit content, to include selling or looking to buy items.

### Instructions:

Email the Following to [pao.sledgehammer.bde@gmail.com](mailto:pao.sledgehammer.bde@gmail.com)

#### Email Title:

Soldiers Voice Submission (Your Name)

#### Email Message:

Your Name

Title

Message

Contact Information (Optional)

# Can Do in Kuwait

Can Do families and friends,

It has been a busy month in the Hellraiser Company. Thanks to all of you who were on site to send HHC off from the Kelley Hill Recreation Center. After disappearing down the road on our Bluebird busses we spent a number of hours at the air field, enjoying snacks and beverages that were provided by the USO and the various FRG's of the brigade. At the terminal we conducted our final roll call and brief then stepped foot onto our planes and took off for Kuwait. The food and camaraderie on the flight were outstanding, and on most of the birds there was plenty of room to stretch out and take a nice nap as we crossed the Atlantic. Once over Germany we had the opportunity to stop off in scenic Hann, Germany, and see some of the sights and sounds of Europe. Unfortunately, our stay in Germany was all too brief,



and before you knew it we were back on a plane and setting down in sunny Kuwait. If you were worried about it being chilly here, you can set your mind at ease.

As of midnight (when the first plane touched down) the temperature was a balmy 101F. When the last of the bags were unloaded and the last Soldier accounted for we boarded busses and drove to our new home, Camp Buehring. Unlike years past, when the camp acted as a staging area for the invasion of Iraq, we were happy to find that the amenities on post are more than could be expected in the middle of the Udari Desert, and the accommodations are quite comfortable. The boys of the company certainly hit the ground running too! In addition to all of the classes and training we had to conduct over the last month, Hellraiser has also completed a number of small arms ranges as well as a makeup Bradley Fighting Vehicle Gunnery.

It is a well known fact that a busy Soldier is a happy Soldier, so in addition to the aforementioned large training events, daily training has been conducted as well. PT, monthly counseling, motor maintenance; all the simple tasks that separate good units from great units have been carried out here, just like we do back on the Hill. I know what you must be thinking; with all of this stuff going on, when does my Soldier have time



to relax? Don't worry! Due to the outstanding efforts of the noncommissioned officers of the company the guys have had plenty of time to kick back and enjoy some of the finer points of Kuwaiti living. Every Sunday the theatre, gym, internet café, and

Starbucks (yes, no joke, we have a Starbucks) are crammed full of Hellraiser soldiers enjoying some well deserved time off. Additionally, the battalion has started a "Biggest Loser" competition for the guys, so if you are lucky, your Soldier will come back with those six pack abs you (or they) have always wanted! We are also planning a number of morale trips out into Kuwait City so the Soldiers can experience some local Kuwaiti cuisine and culture.

Finally, it should go without saying that even though we have the most visible tasks of this deployment, the true burden of our absence lays upon you. From the spouse who manages children and a household, to the parent who pays bills, to the friend who sends a letter or package, the support you provide is often the difference between the success and the failure of the job we do here. Despite this, many of you toil in anonymity, acting as the backbone of this force and the bulwark of the emotional stability of the men on the ground. Do not think that your sacrifices and daily struggles go unnoticed by us as we do our duty

on the other side of the world. You may not get a parade or party when we get back, but we know you deserve one. So just in case no one has told you lately... Thanks. As always the men and women of Hellraiser stand ready to accomplish any task. Hellraiser, Can Do, Sledgehammer, Rock of the Marne!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p><b>FACILITIES OPEN 24 HOURS</b>  <b>OASIS - MWR PALMS - UDAIRI CENTER</b>  <b>PHONE # 438 - 3202</b>  <b>FITNESS CENTER</b>  <b>PHONE # 438 - 3130</b></p>			<p><b>MWR</b>  <b>C A L E N D A R</b></p>		<p><b>1</b>                      Weekly 5K Fun Run - Green Beans Coffee @ 0500</p>	<p><b>2</b>                      Karaoke Night - MWR Oasis @ 2000</p>	<p><b>3</b>                      Hip Hop Night - MWR Oasis @ 2000</p>	<p><b>4</b> Coast Guard Birthday 5K Run - Green Beans Coffee next to MWR Stage @ 1900                      Saturday Night Bingo - MWR Oasis @ 1900</p>
					<p><b>7 on 7 Soccer League Sign Up @ Main Gym @ 1700 (01 August - 18 August)</b></p> <p><b>6 on 6 Volleyball League - Volleyball Court next to the Main Gym @ 1800 (01 July - 16 Aug.)</b></p>			
<p><b>5</b>                      Table Top Triathlon - Udairi Recreation Center @ 1200                      Unit Tug-Of-War - Main Gym @ 1900</p>	<p><b>6</b>                      Xbox 360 Call of Duty MW3 Tournament - Palms @ 1200</p>	<p><b>7</b>                      9 Ball Tournament - Udairi Recreation Center @ 1900</p>	<p><b>8</b>                      Weekly 5K Fun Run - Green Beans Coffee @ 0500</p>	<p><b>9</b>                      Karaoke Night - MWR Oasis @ 2000</p>	<p><b>10</b>                      Latin Night - MWR Oasis @ 2000</p>	<p><b>11</b>                      Texas Hold'em Tournament - Palms @ 1200</p>		
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<p><b>12</b>                      Strongman Competition - Basketball Court @ 1900</p>	<p><b>13</b>                      Dominoes Tournament - MWR Oasis @ 1900</p>	<p><b>14</b>                      Ping Pong Tournament - Udairi Recreation Center @ 1900</p>	<p><b>15</b>                      Weekly 5K Fun Run - Green Beans Coffee @ 0500</p>	<p><b>16</b> Karaoke Night - MWR Oasis @ 2000  <b>6 on 6 Volleyball League Championship - Volleyball Court @ 1800</b></p>	<p><b>17</b>                      Kickball Tournament - MWR Softball Field @ 1800                      O'Skool Night - MWR Oasis @ 2000</p>	<p><b>18</b>                      Saturday Night Bingo - MWR Oasis @ 1900</p>		
<p><b>7 on 7 Soccer League Sign Up @ Main Gym @ 1700 (01 August - 18 August)</b></p> <p><b>6 on 6 Volleyball League - Volleyball Court next to the Main Gym @ 1800 (01 July - 16 Aug.)</b></p>								
<p><b>19</b>                      Buehring Survivor - Volleyball Courts @ 1800  <b>7 on 7 Soccer League Coaches Meeting - Basketball Court @ 1800</b></p>	<p><b>20</b>                      Madden 12 Tournament - Palms @ 1900</p>	<p><b>21</b>                      8 Ball Tournament - Udairi Recreation Center @ 1900</p>	<p><b>22</b>                      Weekly 5K Fun Run - Green Beans Coffee @ 0500</p>	<p><b>23</b>                      Karaoke Night - MWR Oasis @ 2000</p>	<p><b>24</b>                      Country Night - MWR Oasis @ 2000</p>	<p><b>25</b>                      Texas Hold'em Tournament - Palms @ 1800</p>		
<p><b>26</b> Women's Equality Day 5K Run - Green Beans Coffee @ 0500                      Women's Equality Day Observance - MWR Theater @ 1000                      Women's Equality Day Duathlon - Main Gym @ 1700</p>	<p><b>27</b>                      Spades Tournament - MWR Oasis @ 1900</p>	<p><b>28</b>                      Chess Tournament - MWR Oasis @ 1200</p>	<p><b>29</b>                      Weekly 5K Fun Run - Green Beans Coffee @ 0500</p>	<p><b>30</b>                      Karaoke Night - MWR Oasis @ 2000</p>	<p><b>31</b>                      Reggae Night - MWR Oasis @ 2000  <b>7 on 7 Soccer League - MWR Softball Field @ 1800 (31 Aug - 09 Oct)</b></p>			

# Like Father Like Son

For two Soldiers currently deployed to Camp Buehring, Kuwait, they're living a life normally reserved for television and movie storylines. Sgt. 1st Class Kevin A. Gardner and Spc. Kevin A. Gardner Jr., both of Headquarters and Headquarters Company, 203rd Brigade Support Battalion, 3rd Armored Brigade Combat Team, 3rd Infantry Division, are father and son experiencing Gardner Jr.'s first deployment, together.

Gardner Sr., a maintenance supervisor and Cleveland native, joined the Army Reserves in September 1992 and switched to active duty July 1993.

He recalls being at work and receiving a phone call from his son almost three years ago.

"Can you come down to the recruiter to help me pick my job?" I was there in about five minutes," said Gardner Sr. "I always wanted my son to go to college, but he told me that school was not for him."

"I had mixed emotions about him joining the Army, but when he graduated from basic training at Fort Sill, Okla., I couldn't be more proud of my son," said Gardner Sr.

Their career paths crossed for the first time at Camp Casey, Korea, where Gardner Jr. was ending his rotation in Korea, and his father was beginning his. A year later, they crossed again at Fort Benning, Ga.

"It was the luck of the draw," said Gardner Sr.



Spc. Kevin A. Gardner Jr. smiles as his father, Sgt. 1st Class Kevin A. Gardner prepares to place the Third Infantry Division shoulder sleeve insignia on his son's right shoulder during a patch ceremony at Camp Buehring, Kuwait, July 6. Gardner, a Cleveland native, and Gardner Jr., of Savannah, Ga., share a unique opportunity to work together as both are assigned to 203rd Brigade Support Battalion, 3rd Armored Brigade Combat Team, 3rd Infantry Division. Gardner Jr. plans to attend the August promotion board to become a noncommissioned officer like his father. (U.S. Army photo by Capt. Garrick Guico, 203rd BSB, 3rd ABCT, 3rd ID Public Affairs)

"Neither of us requested to be sent to the same unit."

"People always told me they had never heard of a father and son at the same unit," said Gardner Jr., an automated logistical specialist and Savannah, Ga., native. "Let alone deploy together."

However, in June 2012, the father and son team boarded a plane; destination, Kuwait.

Deploying with your father can have its ups

and downs. For Gardner Jr., his father is a role model and family support, but sometimes the younger Gardner is the target of a few friendly jests from his peers.

"I hear it all," said Gardner Jr. "Like, 'you know your dad is just a phone call away.' And, 'if you mess up I'm gonna tell your daddy.'" With an offhanded smile he explains, "There was no getting around that, but my dad isn't always watching over my shoulder."

"I try not to overdo it," said Gardner Sr. "I try to let him be his own man, allow him to experience life and the Army on his own."

Although the father and son duo give each other their space, there has always been friendly family competition between them, whether out on the basketball court, or taking the Army Physical Fitness Test.

"At the moment, I am currently the PT (Physical Training) King," said Gardner Jr.

They looked at each other with identical smiles, "My son can run faster than me, but I don't know about out doing me in PT."

During the 203rd BSB patch ceremony at Camp Buehring, Gardner Jr. received his patch from his father.

"This isn't the only thing you are gonna pin on me," Gardner Jr. said as he plans to attend next month's promotion board to get promoted to sergeant.

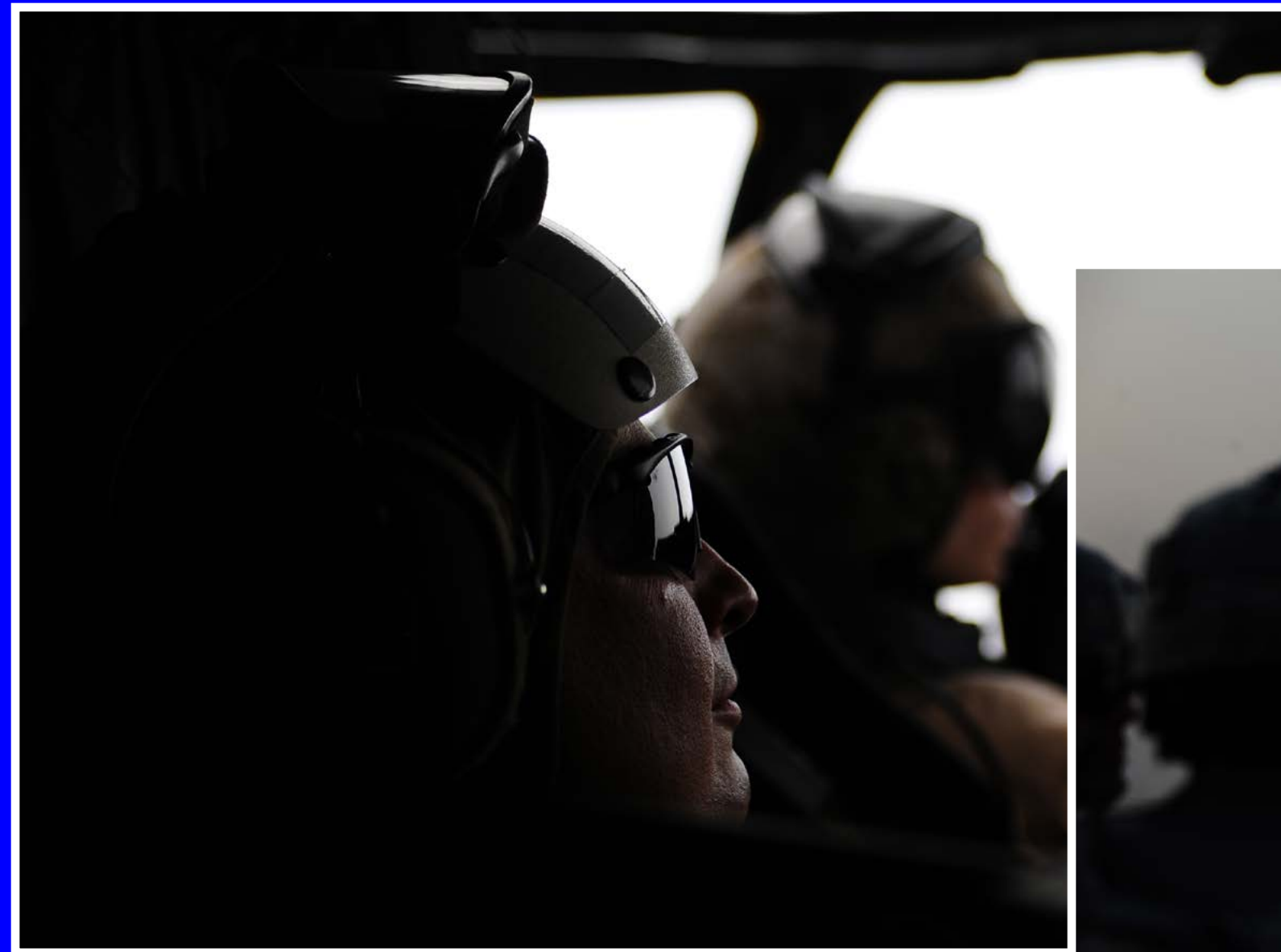
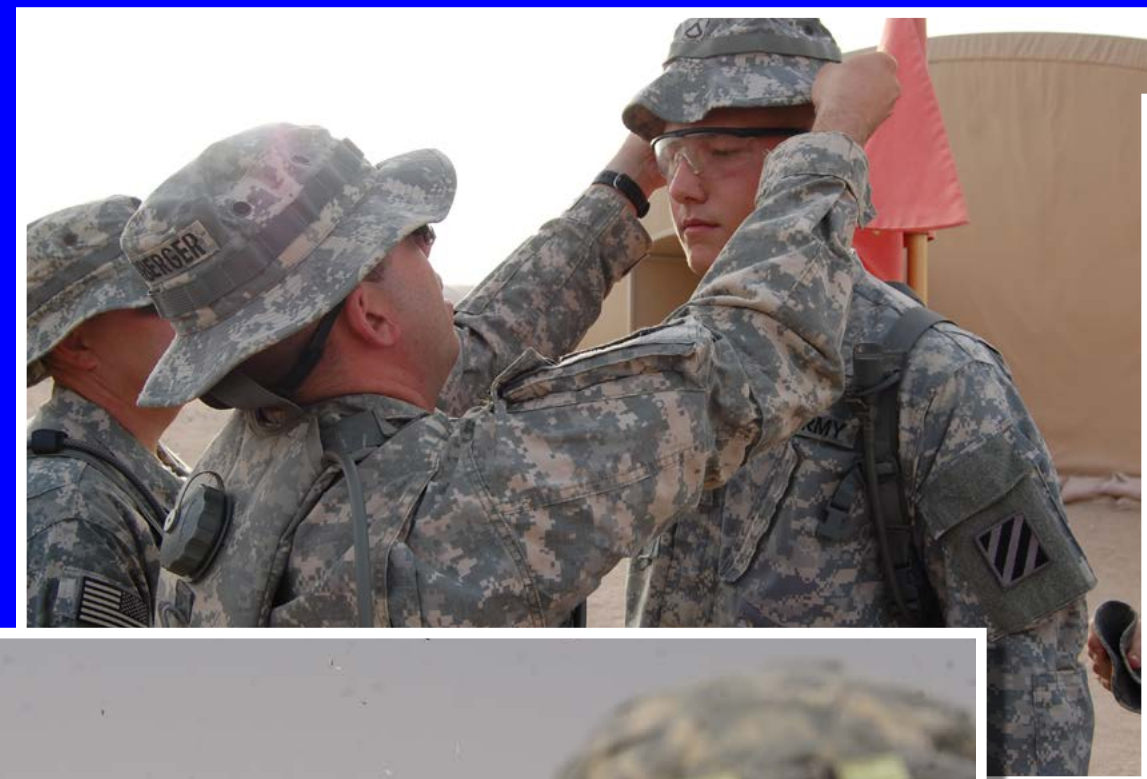
"I couldn't tell you how proud that made me feel," said Gardner Sr. "Knowing he was in it for the long haul."

With Gardner Sr. approaching retirement, the family military torch will soon be handed over to his son.

"I love my son, and I know he loves me," said Gardner Sr. "I am experiencing something a lot of fathers dream of. They wish they were there to see their son grow and become a man. I am here experiencing it."



Sgt. 1st Class Kevin A. Gardner (left) and Spc. Kevin A. Gardner Jr., both of Headquarters and Headquarters Company, 203rd Brigade Support Battalion, 3rd Armored Brigade Combat Team, 3rd Infantry Division, stand side-by-side during 203rd BSB's patch ceremony at Camp Buehring, Kuwait, July 6. The father and son duo deployed together with the Eagle Battalion to support the Sledgehammer Brigade's mission promoting regional security in the Middle East. (U.S. Army photo by Capt. Garrick Guico, 203rd BSB, 3rd ABCT, 3rd ID Public Affairs)



# Buffalo Soldiers *Stampede* the Kuwaiti Desert

The 3rd Brigade Special Troops Battalion initiated their nine month deployment to Kuwait with the lead element of the battalion's Soldiers arriving at Camp Buehring, Kuwait, on the June 12, 2012. The remainder of the Battalion's deploying Soldiers subsequently arrived over the next ten days and everyone started acclimating to their new hot and sandy environment. We were cordially and excitedly greeted and ushered by our 1st Cavalry Division counterparts who were absolutely awesome receiving and integrating us into our new mission set. There was a mixture of excitement and trepidation as we settled into our living quarters, unloaded our gear, and established our work areas with a focus on assuming the mission. The 1-1 Cavalry Brigade Special Troops Battalion Soldiers and 3-3 Brigade Special Troops Battalion Soldiers worked hand and hand for nearly two weeks ensuring we were prepared for the transfer of authority from one unit to the next. Soldiers from both battalions came in early, stayed late, and dedicated their time to ensuring that we had the necessary tools for success. On June 29, 2012 the



3rd Armored Brigade Combat Team completed the transfer of authority from 1st Brigade Combat Team 1st Cavalry Division. We thank 1st BSTB, 1st CAV for all their help and their great contributions to the successful start of our deployment.

Upon assuming the mission from 1-1 CAV, we immediately went into our training regiment ensuring we are ready and able to execute any mission assigned. Frank Burns once stated, "Without discipline the Army would just be a bunch of guys wearing the same color clothing." The Soldiers of the 3rd Brigade Special Troops Battalion are the epitome of discipline, demonstrated by our head first attitude as we began tackling the training schedule. Before the twilight of the first month had set, we were shooting, moving, and communicating. On the third week of June, we began MRAP egress training. As some of our Soldiers stepped into an MRAP for the very first time, the feeling of nervous tension was almost palpable. Not only were these Soldiers entering this vehicle for the first time, it was also going to spin them completely upside down. This was an unforgettable training event, which will prove to be invaluable if Soldiers find themselves in a situation where the MRAP Egress battle drill needs to be second nature. Next, we executed counter improvised explosive device training. During counter improvised explosive device training, we were as steadfast as a true buffalo should be. We pushed headlong through the training as we acclimated to the harsh desert environment. As Buffalo Soldiers navigated the lane under the blazing hot sun, we learned to identify threats that

would not garner our attention back in the rear. This training helped prepare Buffalo Soldiers for austere environments we may be tasked to operate in during the current deployment. At the completion of the mandatory training events we prepared to verify our marksmanship skills. As our rounds flew down range with pinpoint precision, we persevered despite the desert trying to bury us under mounds of sand.

On July 3, 2012, we conducted the patch ceremony for all the deployed Buffalo Battalion Soldiers, earning the right to wear the 3rd ID patch on the right arm. For the 3rd Brigade Special Troops Battalion, there were many new Soldiers who were getting patched for the first time. As Lt. Col. Steven George began the ceremony by patching the battalion leadership, there was a sense of pride and honor as we not only recognized our own sacrifice but the sacrifice that many Buffalo Soldiers have made since the activation of the unit in mid 2004. For many new Buffalo Soldiers, it was an exciting experience. Some Soldiers realized that while they are away from home in a foreign country, only a select few get to do what we do. It gave them a sense, of togetherness with the Soldiers that have come before them and the ones that will come after they have transitioned out of the Buffalo Battalion. No matter what unit they go to next or what is in store for their lives, this will always be their first deployment. It was a beautiful sight to behold as the formation sang together while the Kuwaiti sun sat on the desert horizon.

**"Vigilance and Honor"**



# Soldiers Gallery

*A canvas for short stories, poetry, drawing, and other visual arts*

Do you have a creative bone in your body?

Whether you write short stories on a regular basis or took a stab at poetry on a whim, if you want to share it, that's what this page is for. We are accepting submissions from Soldiers for any type of visually based art. So get out there and start exercising that creative muscle!

Submission Examples:

- \*Short Stories
- \*Poetry
- \*Drawings
- \*Paintings
- \*Graphic Design Work
- \*Photographs

Submission Guidelines:

Submissions are "clean" in nature. Content that is offensive, or contains generally harsh language will be rejected. Any derogatory works or direct attacks on individuals will be rejected. Posts will not advertise any for profit content, to include selling or looking to buy items. Submitting your work does not always guarantee placement do to space restrictions.

Instructions:

Email the Following to [pao.sledgehammer.bde@gmail.com](mailto:pao.sledgehammer.bde@gmail.com)

Email Title:

Soldiers Gallery Submission (Your Name)

Email Message:

Your Name (If you wish to submit your work anonymously, indicate after your name.)

Title of Work

The work of art

(All work must be submitted digitally, either attached or included in the email. If submitting an image, submit the highest quality possible.)





# SLEDGEHAMMER SHOUT-OUTS

on YouTube.com

