

HAMMER HEAD

3rd Armored Brigade Combat Team, 3rd Infantry Division

October, 2012



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Commander's Message

Col. Johnnie L. Johnson Jr.
3rd ABCT, 3rd ID Commander
Command Sgt. Maj. Brian D. Harrison
3rd ABCT, 3rd ID Command Sergeant Major

Families and friends of the Sledgehammer Brigade,

Greetings from Camp Buehring, Kuwait! The month of September was perhaps our busiest yet as units across the brigade continued to train and prepare for various contingencies. We are indeed excited to see the calendar change to October for a couple of good reasons! First, temperatures have cooled considerably with lows in the 70s and highs in the low 100s. This definitely makes it a bit easier to train and accomplish our daily tasks! Second, and more importantly, we're a month closer

to our return! We do have a ways to go, but it's always nice to flip the page on the calendar!

The 3rd edition of "Hammer Heat" is full of terrific stories that highlight the tremendous abilities and accomplishments of your Soldiers. From "Top Gun and Fire Direction Center Competitions" to "Expert Infantry Badge" training, Soldiers and leaders across the brigade are fully committed to leveraging every opportunity and resource to hone individual and collective combat skills. The high levels of performance during training this month clearly indicates that our hard work has definitely paid off! Hammer 7 and I are immensely proud of the entire Sledgehammer Team and the significant contributions we're making in our area of operations and across the region!

Over the past month the brigade continued to emphasize Compre-

hensive Soldier and Family Fitness and resiliency with numerous team building events held at the battalion level and others hosted by the Camp Buehring Morale, Welfare, and Recreation Office. Maintaining a healthy balance across the five dimensions (physical, emotional, social, family, and spiritual) is essential to our overall strength and well being. Last week we participated in an Army-wide Suicide Prevention and Awareness Stand Down under the direction of our Army's senior leadership. The overarching purpose of the stand down was to address the increased number of suicides across the Army by re-emphasizing the resources available to our Soldiers and family

members as well as the important roles we all play in preventing these tragedies. The Sledgehammer family remains committed to identifying and helping those in need. The brigade's effort to create an enduring Army culture of trusting and caring must continue and every member of our Army family is needed in this enormously important endeavor!

We hope you enjoy this edition of Hammer Heat and encourage you to share our link with others! As



always, please keep the lines of communication with your Soldier open and supportive. We definitely need your love and encouragement as we continue to answer our Nation's call!

Remember to follow us at

www.facebook.com/3hbct3id

and

www.youtube.com/3hbct3id

for the latest news regarding the Sledgehammer Brigade.

Hammer 6 and Hammer 7



“SLEDGEHAMMER”

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M1A2 Abrams Training on the Move

Story by
Sgt. Christopher Johnston
3rd ABCT, 3rd ID
Public Affairs NCOIC

Soldiers from 1st Battalion, 15th Infantry Regiment, 3rd Armored Brigade Combat Team, 3rd Infantry Division, conducted a Table IV tank gunnery exercise in their M1A2 Abrams Main Battle Tanks at the Udairi Range Complex, near Camp Buehring, Kuwait, Sept. 6.

Tank crews fired their main gun, a 120 mm smoothbore gun, of their M1A2 System Enhancement Package (SEP) V2 down range during their training. The crews fired two different types of rounds during the range, Sabot and High Explosive Anti-Tank



An M1A2 System Enhancement Package (SEP) V2 Abrams Main Battle Tank fires its 120 mm main gun while on the move during a Table IV tank gunnery at the Udairi Range Complex, near Camp Buehring, Kuwait, Sept. 6. Soldiers from 1st Battalion, 15th Infantry Regiment, 3rd Armored Brigade Combat Team, 3rd Infantry Division, are scheduled to begin training with their Kuwaiti partners in the near future. (U.S. Army image by Spc. Derrick Ramey, 3rd ABCT, 3rd ID Public Affairs)



An M1A2 System Enhancement Package (SEP) V2 Abrams Main Battle Tank fires its 120 mm main gun while on the move during a Table IV tank gunnery at the Udairi Range Complex, near Camp Buehring, Kuwait, Sept. 6. Soldiers from 1st Battalion, 15th Infantry Regiment, 3rd Armored Brigade Combat Team, 3rd Infantry Division, deployed to Kuwait, are scheduled to begin training with their Kuwaiti partners in the near future. (U.S. Army image by Spc. Derrick Ramey, 3rd ABCT, 3rd ID Public Affairs)

(HEAT).
“Sabot is essentially a penetrator, think of a very hard and sharp spear,” said Capt. Stephen Harmon, Destroyer

Company commander, 1-15th Infantry, 3rd ABCT, 3rd ID. “We generally reserve the Sabots for enemy main battle tanks, as they are most likely to

penetrate over any other round. The HEAT is used to destroy armored personnel carriers and light trucks; really any type of vehicle.”
The M1A2, which has been battle tested during the wars in Iraq and Afghanistan, can reach speed in excess of 40 miles per hour, and its main gun has a range in excess of 2 miles.

“We have proven on the battle field that we can engage targets out to extreme ranges with this vehicle,” said Harmon. “We can do it exceptionally fast, we can do it in bad weather, we can do it at night, and we

can do it on the move.”
A total of 29 crews from Crusader and Destroyer Companies conducted the training in preparation for Table VI, the qualification range.
“We know that these Soldiers have already proven their proficiency at gunnery, they have done that in the States,” said Harmon. “But what we have been able to do is take these armored vehicles, bring them out here and learn to fight in this environment.”
The M1A2 Abrams crews fired their main guns from both the stationary position and on the move. After each set of tanks completed their run through Table IV, they immediately received feedback on how they performed during their run.
“I had a blast, me and my whole crew are ready to go see if we scored high enough to make Top Tank.” said Cpl. William Delaney, assigned to Destroyer Company.
“The big thing with the American

Army is the proficiency of the crews,” said Harmon. “If we take one of the best tanks in the world and mix it with the best armored crew member in the world we are always going to have a successful engagement.”

Soldiers of 1-15 Infantry are scheduled to begin training alongside their Kuwaiti counterparts in the near future. The combined training is in accordance with the United States’ partnership with the Kuwaiti military which promotes peace and stability in the region.



An M1A2 System Enhancement Package (SEP) V2 Abrams Main Battle Tank fires its 120 mm main gun from a stationary position during a Table VI tank gunnery at the Udairi Range Complex, near Camp Buehring, Kuwait, Sept. 6. Soldiers from 1st Battalion, 15th Infantry Regiment, 3rd Armored Brigade Combat Team, 3rd Infantry Division, fired Sabot rounds and High Explosive Anti-Tank (HEAT) rounds from the stationary position as well as on the move during the gunnery. (U.S. Army image by Spc. Derrick Ramey, 3rd ABCT, 3rd ID Public Affairs)

“Can Do!”

Lt. Col. Nelson G. Kraft
3rd ABCT, 3rd ID, 1-15 Commander
Command Sgt. Maj. Angel M. Ortiz Jr.
3rd ABCT, 3rd ID, 1-15 Command Sergeant Major

Greetings from Kuwait!

Since our last letter, the battalion has made great progress in training our Soldiers. The hours are long and the weather continues to be hot, but the Soldiers of the CAN DO Battalion continue to train with intensity and focus. We are now in our Tank and Bradley gunnery periods and the Soldiers are performing exceptionally well. Crusader and Destroyer have finished their gunnery tables and set high standards. Both companies produced very high scores, making the competition for Top Tank Company and Top Tank Crew extremely tight. In the end, Staff Sgt. Yong Choe and his crew achieved the honor of Top Tank Crew. Staff Sgt. Choe's crew received a 995 out of a possible 1000 points, thoroughly demonstrating their mastery of the M1A2

SEP Tank. Hardrock and Baker Companies are now in the midst of their gunnery tables and the competition for Top Bradley Company and Top Bradley Crew is ongoing.

Additionally, the CAN DO Battalion is proud of all of the Soldiers who competed for their Expert Infantry Badge (EIB). The EIB is a symbol of infantry excellence and demands that all candidates be a master of their infantry craft. The testing phase of the EIB has been completed; resulting in five CAN DO Soldiers being awarded the coveted EIB. Command Sgt. Maj. Ortiz and I are proud of all the candidates for their dedication to excellence.

Finally, we said goodbye to the command team of Capt. Don Fox and his spouse, Noelle. Hellraiser Company conducted a change of command ceremony, honoring the superb service of Capt. Fox and the dedication Noelle brought to the company's Family Readiness Group. Hellraiser has excelled under their leadership and they will be sorely missed. We wel-

come back, Capt. Craig Hobbs and his spouse Kristina, as they take command of Hellraiser. Capt. Hobbs, the former commander of Destroyer Company, has already established his presence in the Battalion and will continue the excellence of Hellraiser and push the company to new limits.

Command Sgt. Maj. Ortiz and I are very proud of what the battalion has done throughout this deployment. Our Soldiers are trained and our families are stronger. We thank you all for your continued support and look forward to our return to Fort Benning.

We will continue to execute our training as planned, keeping in mind the importance of open communication between the forward and rear elements. When our Soldiers re-deploy, we will be superbly trained, not only on the battlefield, but a more resilient organization that is prepared for our reintegration with our families.

Thank you again for your support.

We welcome the newest additions to our CAN DO family:

- Liam Michael Milroy was born on 07 August 2012 to 1Lt. Travis Milroy and his wife Sarah
- Heidi Marie Siebert was born on 31 August 2012 at 0246 to 2Lt. Christopher Siebert and his wife Michelle.

Dragon 6, 7



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 due to space restrictions.

Instructions:

Email the Following to 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.)



Citizenship Through Service

Story and photos by
Sgt. Christopher Johnston
3rd ABCT, 3rd ID
Public Affairs NCOIC

Seven Soldiers from seven different countries became American citizens at the Third Army/ARCENT Naturalization ceremony held Sept. 19, at Camp Arifjan, Kuwait.

Three of the seven Soldiers serve with the 3rd Armored Brigade Combat Team, 3rd Infantry Division; Spc. Ian Desengano who hails from the Philippines, Spc. Deno Harold from Guyana, and Spc. Yamilet Terry from Mexico.

Brig. Gen. Charles L. Taylor, Third Army/ARCENT chief of staff, addressed the Soldiers before they recited the Oath of Citizenship of the United States of America, and became U.S. cit



izens.

“I can’t tell any of you about what commitment is,” said Taylor. “Your personal commitment to this American dream knows that this is a journey, not a destination.”

The oath was administered by Kevin Ellis, overseas adjudications officer, U.S. Citizenship and Immigration Services, Rome field office.

After reciting the oath and becoming an American citizen, Desengano said he will strive to “be an example of a great American, and set an exam-



Spc. Deno Harold and Spc. Ian Desengano, both assigned to 3rd Armored Brigade Combat Team, 3rd Infantry Division, listen to Kenneth Ellis, overseas adjudications officer, U.S. Citizenship and Immigration Services, before reciting the Oath of Citizenship of the United States of America. Harold and Desengano were two of seven Soldiers who became U.S. citizens during a Third Army/ARCENT Naturalization ceremony held at Camp Arifjan, Kuwait, Sept. 19.



Spc. Yamilet Terry, assigned to the 3rd Armored Brigade Combat Team, 3rd Infantry Division, raises her right hand to recite the Oath of Citizenship of the United States of America during the Third Army/ARCENT Naturalization ceremony held at Camp Arifjan, Kuwait, Sept. 19. Terry was one of seven Soldiers from seven different countries who became U.S. citizens at the ceremony.

ple for the next people who want to be the first time.

Americans.”

With the presidential election coming in November, these seven Soldiers now have the ability to participate for the first time.

“Being able to vote is very important to me,” said Terry. “I believe that every vote counts and I want my vote to count.”

The ceremony ended with the seven new citizens and nearly 100 Soldiers in attendance reciting the Pledge of Allegiance and a video message from President Barack Obama.

OCTOBER 8, 1775

DURING WORLD WAR I IN THE ARGONNE FOREST IN FRANCE, U.S. SERGEANT ALVIN C. YORK SINGLE-HANDEDLY TOOK OUT A GERMAN MACHINE-GUN BATTALION, KILLING OVER A DOZEN AND CAPTURING 132. HE WAS LATER AWARDED THE MEDAL OF HONOR AND THE FRENCH CROIX DE GUERRE.

Sledgehammer Comic: That's the Spot...



Expert Infantry Badge

Story and photos by
1st Lt. Joseph Bush
1-15 IN, 3rd ABCT, 3rd ID
Unit Public Affairs Representative

On the Sept. 16, 53 Soldiers from the 1st Battalion, 15th Infantry Regiment participated in the Expert Infantry Badge qualifications at Camp Buehring, Kuwait. Of the initial candidates, 5 proud Soldiers of the “Can Do!” Battalion graduated with distinction as expert infantrymen.

The Expert Infantry Badge, or EIB, is an award whose origins are traceable to World War II, where then, as now, it was worn proudly by Infantrymen who proved their mastery in a variety of individual and team-building tasks. Although the scenarios and testing methods have evolved greatly over the years, the standard of excellence has remained



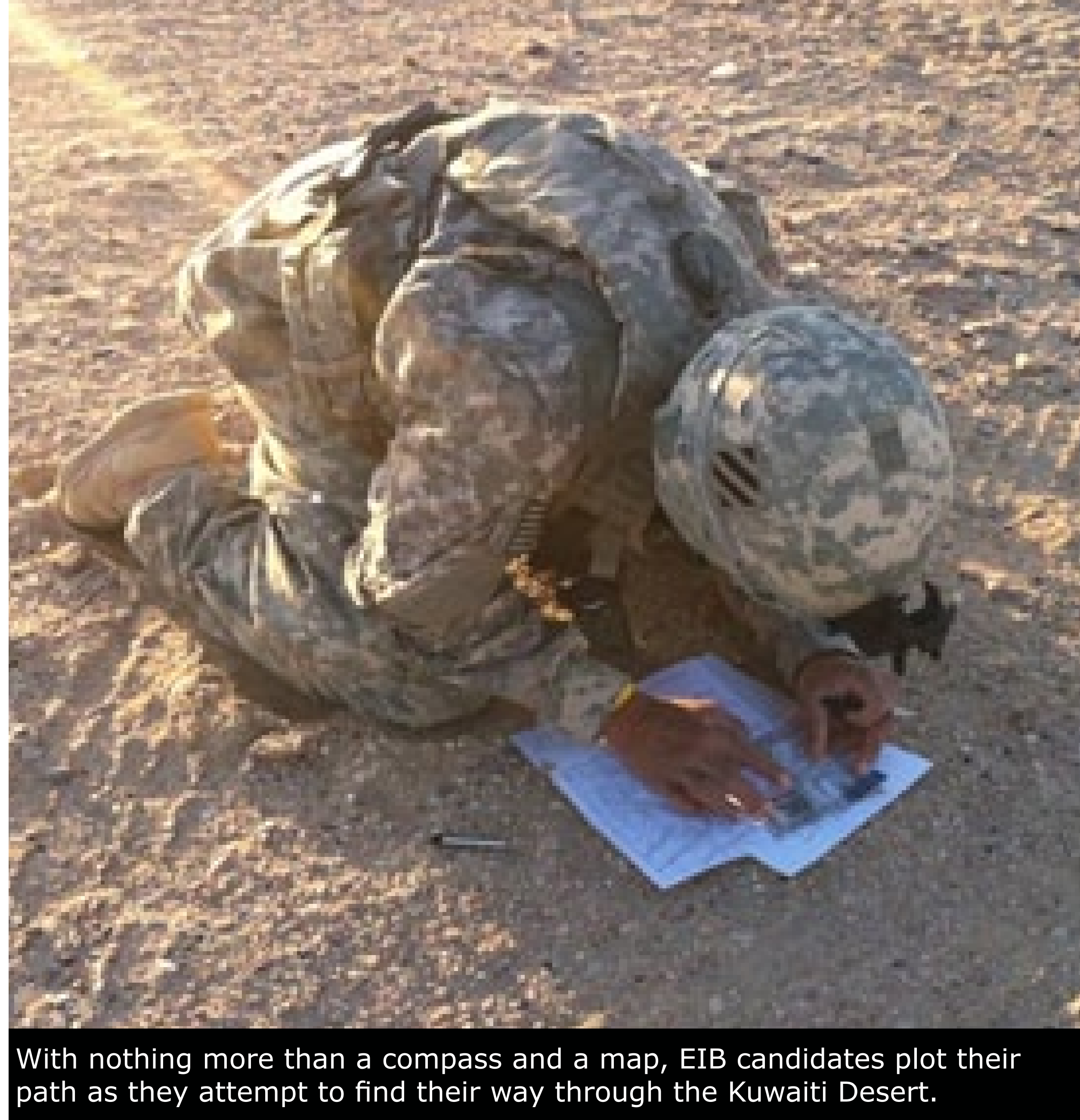
The newly-minted awardees stand behind the seasoned Expert Infantrymen who trained, developed, and graded them through the rigorous week of trials.
Top Row: Command Sgt. Maj. Ortiz, Spc. Paul Hedden, Spc. Cooper Winters, Spc. Michael Bradley, Cpl. Stephen Yeary, Lt. Col. Kraft.
Bottom: Cpl. Raymond Perlmutter, Sgt. Russel Smith, Staff Sgt. Jovan Clayton, Sgt Kendrick Trice, Staff Sgt. Ted Wasson, Staff Sgt. Denny Rush, Sgt. Stuart Bledsoe, Staff Sgt. Christopher Bowman

steadfast.

Hosted by the 4th Battalion, 118th Infantry Regiment, with support from units across the installation, this was a unique iteration of EIB, in which the challenge of testing infantry skills was met with the austerity of a combat deployment and the harsh climate of the Kuwaiti desert.

The 6-day event began with an Army Physical Fitness Test, which eliminated all but the most physically capable Soldiers from the trials. In the days that followed, candidates conducted land navigation during day and nighttime, navigating along vast expanses of a featureless and unforgiving desert with nothing more than a pencil, protractor, map, and compass. Because Soldiers often rely on terrain features and road networks for orientation on land navigation courses, Kuwait's course proved to be incredibly challenging, eliminating a great number of candidates from the trials.

Certain other events were conducted in a manner that closely imitated the conditions of the contemporary battlefield. This was seen in the "Urban Lane," where candidates were tasked with engaging a



With nothing more than a compass and a map, EIB candidates plot their path as they attempt to find their way through the Kuwaiti Desert.

simulated enemy force in a training village. Along the way, they completed such subtasks as operating the Blue Force Tracker (a digital navigation and communication tool), setting up and adjusting the M2 .50-caliber machine gun, employing night vision devices, treating a simulated casualty, and other tests of battlefield skills.

The culminating exercise was a 12-mile foot march around Camp Buehring. Although the candidates were weighed down by a full combat load, a strong desire to win propelled them from the starting line to the finish. Though mentally and physically exhausted, the five candidates to successfully complete all trials could hardly contain their sense of pride and accomplishment.

In a ceremony held on Sept. 22, 2012, Spc. Paul Hedden of Hellraiser Company, Pfc. Cooper Winters and Spc. Michael Bradley of Hardrock Company, and Baker Company's Cpl. Stephen Yearly and 1Lt. Brandon Bragg were awarded the EIB, along with several of their Infantry peers from the South Carolina and New York National Guard. These newly-

awarded Soldiers demonstrated the “Can Do!” spirit of the 1-15IN Battalion, having survived an intense battery of tests in which more than 90% of the starting class washed out. These men truly earned the Expert Infantry Badge and proved that any trial can be overcome with hard work, self-discipline, and a “Can Do!” attitude.

OCTOBER 13, 1775

THE UNITED STATES
NAVY WAS BORN
AFTER THE SECOND
CONTINENTAL CON-
GRESS AUTHORIZED
THE ACQUISITION OF A
FLEET OF SHIPS.

Health & Nutrition

Even if you changed nothing else about your diet, eating half a grapefruit before each meal may help you lose up to a pound a week!

A compound in the tangy fruit can lower insulin, a fat-storage hormone, and that can lead to weight loss. It's also a good source of protein, and because it's at least 90% water, it can fill you up so you eat less.

Vigilance & Honor

Lt. Col. Steven M. George
3rd ABCT, 3rd ID, BSTB Commander
Command Sgt. Maj. Scott E. Guillory
3rd ABCT, 3rd ID, BSTB Command Sergeant Major

Family Members and Friends of the
Buffalo Battalion,

“Vigilance and Honor!”

As our third month in Kuwait comes to a close, Brigade Special Troops Battalion Soldiers remain focused and engaged with our partnership effort, mission support, and conducting training, ensuring we are ready to execute whatever mission we are asked to perform. Although we are charging full speed ahead, we make a conscience effort to give our Soldiers time to relax, communicate with loved ones, and participate in Morale Welfare and Recreation events to maintain a high level of morale.

Partnership with the Kuwaiti Army remains one of our top priorities and has taken off in the past month. We are part-

nered with two Kuwaiti Brigades, the 94th Brigade and the 26th Brigade. As Ramadan came to a close, our Kuwaiti partners were eager to learn how we conduct operations as well as to share their tactics and techniques. We currently have Soldiers that train daily with our counterparts and will continue to do so till we return the Kelley Hill. Although we all benefit from sharing operational concepts, the true reward of the partnership is learning about the Kuwaiti culture and history as we build friendships with our gracious hosts.

Our internal training events dramatically increased this month as training restrictions were lifted at the end of Ramadan. All Soldiers have participated in a multitude of training events. We conducted multiple ranges increasing our marksmanship skills on every weapon system in the battalion. We then transitioned to buddy team and squad live fire ranges where Soldiers travel in teams of two to 12 and engage targets both inside buildings and out in the open. We then transitioned to wheeled gunnery where Soldiers engaged targets from weapons mounted on our varying vehicles including Humvee's, Mine-Resistant Ambush Protected vehi-

cles, and the Amored Breaching Vehicle. Our final major training event was a simulated mine field breaching event where our Engineers cleared a path through a minefield firing live Mine Clearing Line Charges (MICLIC), an extremely high explosive charge that clears a path for vehicles to pass. Although some of the training was unit specific, every training event was a team effort and we have a great team.

Morale of our BSTB Soldiers remains high thanks to programs and support we receive here in Kuwait. Besides the battalion led trips to other camps that provide different amenities, our Soldiers have taken MWR sponsored trips off Camp Buehring to malls, museums and restaurants in Kuwait City. These trips are outstanding and provide us the insight that Kuwait is much more than a desert, but also has all the offerings of any U.S. city.

Morale also remains high thanks to all the support of our Families, Family Readiness Groups, and even charitable organizations that supply us with

coffee and care packages of goodies. The support we receive does not go unnoticed and we are all thankful for the support.

Finally, our admiration and gratitude goes out to all our family members and supporters. We could not focus on our requirements here without the love and support from all of you. We have been highly successful both in Kuwait and back home thanks to everyone's commitment, dedication, and sacrifice. I thank each and everyone associated with the Battalion for this and along with everyone, look forward to the day that we are reunited at Fort Benning.

Buffalo 6, 7



1-10 FA's New Top Gun in Kuwait

Story and photos by
Sgt. Christopher Johnston
3rd ABCT, 3rd ID
Public Affairs NCOIC



An M109A6 Paladin fires at a target, Sept. 12, at the Udairi Range Complex near Camp Buehring, Kuwait, during the 1st Battalion, 10th Field Artillery Regiment, 3rd Armored Brigade Combat Team, 3rd Infantry Division's Top Gun competition. Sixteen Paladin crews from Alpha and Bravo Batteries competed for the honors of 1-10 FA's Top Gun title which is awarded every six months to the crew with the highest cumulative score. (U.S. Army photo by Sgt. Christopher Johnston, 3rd ABCT, 3rd ID Public Affairs)

Soldiers from the 1st Battalion, 10th Field Artillery Regiment, 3rd Armored Brigade Combat Team, 3rd Infantry Division, competed for the bragging rights of Top Gun at Camp Buehring, Kuwait, at the nearby Udairi Range Complex from Sep. 3 through Sep. 13.

Sixteen M109A6 Paladin crews from Alpha and Bravo Batteries contended for the highest cumulative score in events including physical fitness, artillery skills proficiency and section live-fire exercises.

The Top Gun competition began with cannon crews shooting 40 rounds from each of their M4 carbine rifles, followed by an Army Physical Fitness Test.

“The competition isn’t just who can shoot the best,” said Pfc. Anthony M. Ellingsworth, a cannon crewmember assigned to Alpha Battery, 1-10 FA. “It’s an overall competition of us as Soldiers and how we perform in our jobs.”

Crews conducted multiple hands on

events including the disassembly and assembly of their .50-caliber machine gun, Mk 19 automatic grenade launcher, and the breech of the 155 mm Howitzer cannon.

“Breaking down the breech was my favorite part,” said Pfc. Ronnie F. Payton, a cannon crewmember assigned to Alpha Battery, 1-10 FA. “Me and my driver excel at it, we always strive to be the best.”

The finale of the competition was the Paladin live-fire exercises at the



Spc. Kirk E. West, a cannon crewmember and Lancaster, Mo., native assigned to Alpha Battery, 1st Battalion, 10th Field Artillery Regiment, 3rd Armored Brigade Combat Team, 3rd Infantry Division, reassembles the breech of the 155 mm Howitzer inside his M109A6 Paladin during the 1-10 FA's Top Gun competition, Sept. 11 at Camp Buehring, Kuwait. Sixteen crews competed for the honor of Top Gun which showcased their knowledge and ability to perform multiple tasks within their Military Occupation Specialties. (U.S. Army photo by Sgt. Christopher Johnston, 3rd ABCT, 3rd ID Public Affairs)

Udairi range.

Coming out on top with a combined score of 1,035 points out of

1,100 was the crew consisting of Staff Sgt. Melvin A. Moss, Sgt. Eden H. Calhoun, Spc. Joshua E. Kloss, Spc. Ken

neth L. Russell, Pfc. Ronnie F. Payton, and Pfc. Austin L. Pickett of Alpha Battery.

“Every crew did an exceptional job,” said Lt. Col. James E. Willard, 1-10 FA commander. “Only a small amount of points separated first place from last.”

Willard presented the ceremonial red muzzle cover, with Top Gun and the 1-10 FA crest painted on it, to Moss and his crew.

“It stands out and lets everyone know who is the best,” said Payton. “We trained hard for six months, we came out and executed.”

Moss and his crew will retain the honors of Top Gun for the next six months.

The Paladin crews of A and B Batteries will continue to train during their deployment in Kuwait. Crewmembers said they will constantly strive to be the best in order to remain ready for any mission the Army presents them, as well as preparing for the next Top Gun competition.



(Left to right) Pfc. Ronnie F. Payton, Spc. Kenneth L. Russell, Sgt. Eden H. Calhoun, Spc. Joshua E. Kloss, Pfc. Austin L. Pickett and Staff Sgt. Melvin A. Moss assigned to Alpha Battery, 1st Battalion, 10th Field Artillery Regiment, 3rd Armored Brigade Combat Team, 3rd Infantry Division, proudly display the Top Gun muzzle cover on their M109A6 Paladin after being named 1-10 FA's Top Gun crew Tuesday at Camp Buehring, Kuwait. The crew beat 15 other Paladin crews in a competition testing every aspect of their Military Occupation Specialties, as well as physical fitness and individual weapons qualification. (U.S. Army photo by Sgt. Christopher Johnston, 3rd ABCT, 3rd ID Public Affairs)

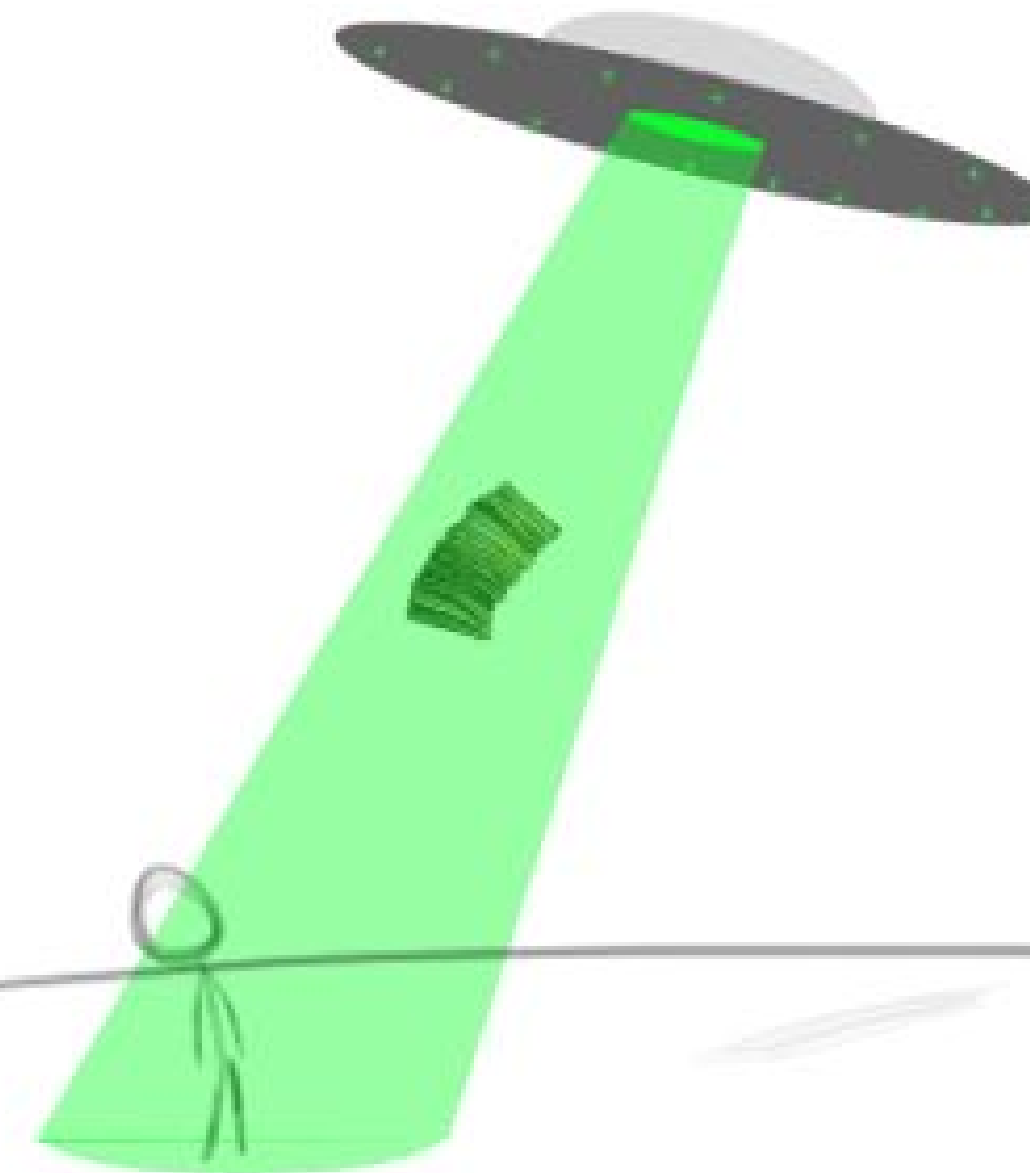
Sledgehammer Comic: Where have the hand receipts gone?

Why do we keep doing this?

I need to see all hand receipt holders today at 17:00.

V/R,

Beats me.



*Send.

I need to see all hand receipt holders today at 17:00.

V/R,

*Send.

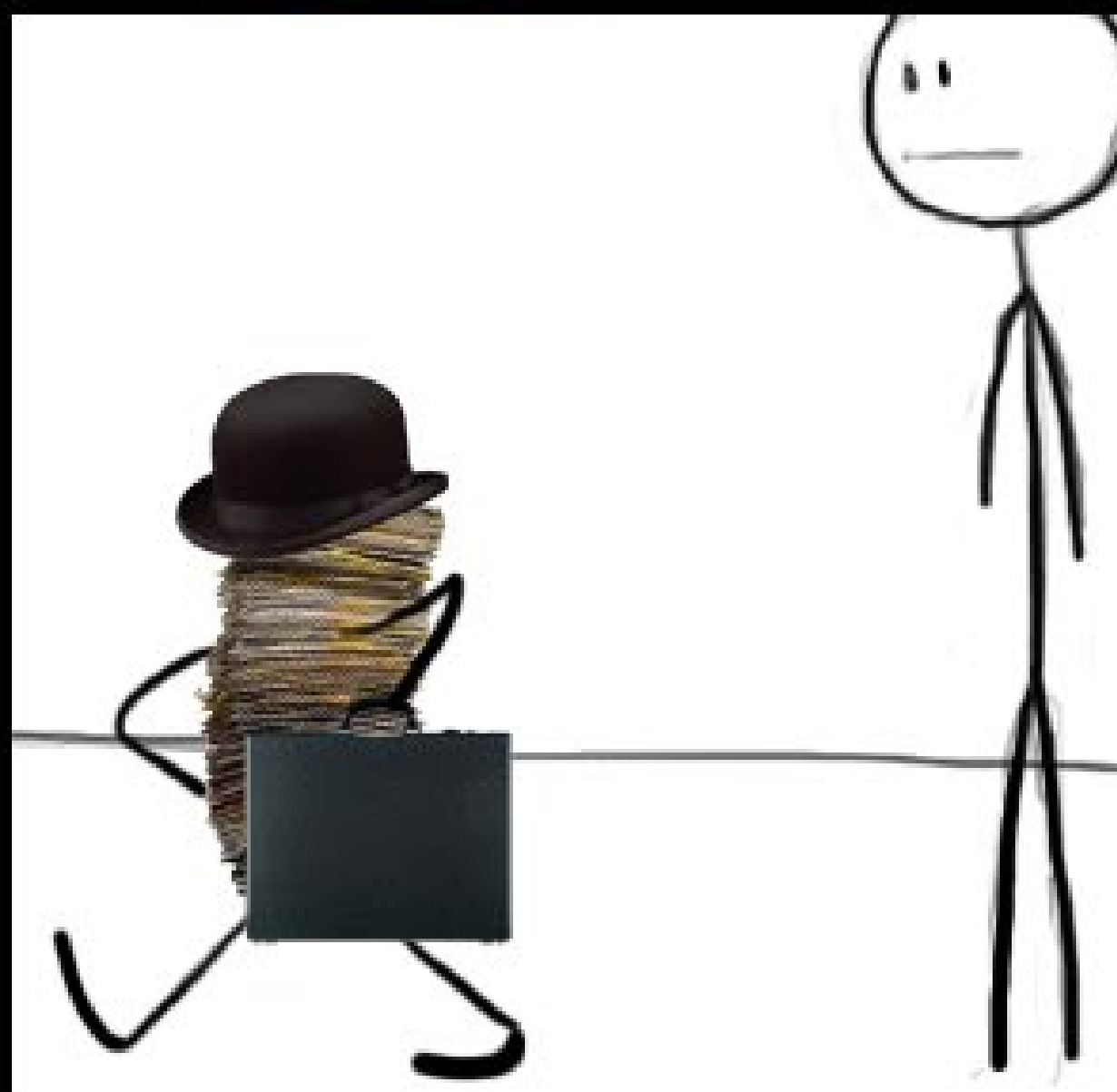
I need to see all hand receipt holders today at 17:00.

V/R,

*Send.

I need to see all hand receipt holders today at 17:00.

V/R,



Support & Defend

Lt. Col. Monica L. Burnhauser
3rd ABCT, 3rd ID, 203rd BSB Commander
Command Sgt. Maj. Kent A. Galvin
3rd ABCT, 3rd ID, 203rd BSB Command Sergeant Major

Eagle Families and Friends,
Greetings from Kuwait!

Another month has passed, which means we are one month closer to our return to Fort Benning, more importantly our return to our beloved family members. This month was filled with various training events, enabling our unit to continue to perfect our craft of sustainment operations. Close quarter marksmanship, medical sustainment training, land navigation, night drivers training, Convoy Academy classes, and suicide prevention training are just a few of the training events we completed this month. The highlight of the month was our Battalion Rollout, which was a 44 mile predetermined convoy route to test the battalion's overall movement readiness. It was a great opportunity for young leaders to be challenged, thinking out of the

box and Soldiers testing driving and vehicle recovery skills. Command Sgt. Maj. Galvin and I are extremely proud of our formation. The level of professionalism and mission focused mentality has enabled this battalion to support every mission set required from higher echelons.

For the month of September we had two Eagle Soldiers that were promoted to the next rank: Staff Sgt. Coleman (A Co) and Pfc. Wilson (HHC).

Congratulations to Spc. Terry from HHC as she obtained her U.S. citizenship during a Naturalization Ceremony held at Camp Arifjan, Kuwait.

It was an eventful and successful month for sports as the Alpha Company flag football team reigned supreme as champions winning all five games in the MWR flag football tournament. Also, from Alpha Company, Sgt. 1st Class Palmer participated in, and won the Camp Buehring push-up competition by completing 60 correct, continuous motioned, repetition push-ups. And finally, the battalion soccer team "Los Bandoleros" completed their regular season with 4 wins and only 1 loss and is ready to win the upcoming soccer tournament. Good luck, Eagles!

Back at Fort Benning, the rear detachment, which is one third of the battalion, has been very busy maintaining operations while the rest of us are deployed. The Supply Support Activity (SSA) is full of activity with turning in excess equipment/supplies - so far over 1,200 lines of excess have been turned in. The rear detachment maintains all the Battalion's equipment (PMCS and services) while preserving their Basic Soldier skills in the event they are called forward (weapons qualification, Combat Life Saver, drivers training), while supporting 2-69 AR and 3-1 CAV Gunneries, and supporting garrison tasking requirements. We acknowledge and appreciate all their hard work.

The battalion's communication lines remain open ensuring you have the most current and accurate information, in reference to events in Kuwait. The open line of communication (forward and rear) also allows the effectiveness of information flow of regular updates and key information of training, personnel,

and equipment. We continue to use newsletters, Facebook, FRG meetings, e-mail, Skype, and phone calls to keep you updated. As always, if you have a suggestion on how we can improve our communication, please send a note to your FRG leader, company commander/First Sergeant, or Command Sgt. Maj. Galvin/myself.

Thanks again for all you are doing and will do in support of the Eagle Battalion!

Support and Defend!

Lt. Col. Monica L. Burnhauser
203d BSB Commander
Command Sgt. Maj. Kent A. Galvin
203d BSB Command Sergeant Major





WANT TO PLACE AN AD?

HERE'S WHAT YOUR AD WILL LOOK LIKE

Soldier's 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

Email Title:

Soldiers Voice Submission (Your Name)

Email Message:

Your Name

Title

Message

Contact Information (Optional)

Rock's Support

Lt. Col. James E. Willard
3rd ABCT, 3rd ID, 1-10 FA Commander
Command Sgt. Maj. Mark A. Aaron
3rd ABCT, 3rd ID, 1-10 FA Command Sergeant Major

As another month ends here in Kuwait, I hope this note finds all of our families and friends well in the states. The Rock's Support Battalion has been tremendously busy training on our core competencies over the past three months. All of our efforts to maintain and refine our Artillery gunnery skills continue to pay dividends, as each and every Paladin section, Fire Direction Center section, maintenance team and logistic support element continues to perform at an incredibly high level. It is truly a pleasure to watch a group of professional Soldiers continue to learn, and some cases perfect their skills in the Military Occupational Specialties.

With 90 days of hard training under our belts, the battalion will take about a week to provide some well deserved down time to re-charge the batteries. This week includes a variety of opportunities for Soldiers to get away from Camp Buehring and enjoy some of the simple pleasures such as eating off of real plates, seeing a movie in a theater setting, and a chance to take a dip in a pool. In addition to the reduced training schedule, the battalion took the opportunity to present a variety of Awards, Certificates of Achievements and Brigade and Battalion Coins over the last week. These presentations span outstanding performances from Table VI gunnery to tireless dedication by our maintainers and supporters to the Top Gun/Top FDC competition.

level qualifications and provide fires in support of 1-15 Infantry's platoon level training exercises. During this training cycle, at least one platoon of Artillery, with their support elements, will be in the field each week of October. With several terrific training events upcoming, the time here in Kuwait continues to pass at a rapid rate, as we have already completed one-third of our deployment.

If you haven't taken a look at the battalion's Facebook Page, I encourage you to do so, as we routinely update the page with new photos, videos and information. If there are any issues you would like for us to address or photos you would like to see, please let 1Lt. Watkins or Stacy Gray know and we will do everything we can to accommodate your request. Additionally, many of the articles videos and news stories for the Battalion can be found on the Brigade YouTube page at 3HBCT3ID; stories such as the citizenship story on SPpc. Desengano and the coverage of the TOP Gun presentation.

In closing, all is going well here in Kuwait, and I want to thank everyone for your continuing support for the Battalion and our Soldiers. Please continue to send letters, packages and the like, as these are always terrific morale boosters. Keep us in your thoughts, as you are all in ours each and every day. "Rock's Support"!

Lt. Col. Ed Willard and
Command Sgt. Maj. Mark Aaron



Avoiding Sports Injuries

Warm Up:

A warm-up should prepare your body (and mind) for your main exercise session by:

- Gradually raising the heart rate.
- Warming the muscles and connective tissues.
- Improving mobility.
- Improving the functionality of all the body's movements.

Cool Down:

A spell of 10 minutes spent cooling down — which is basically the opposite of warming up — will flush out the waste by-products from your session and safely return your heart rate, blood pressure and breathing to your pre-exercise levels.

Stretch:

Maintaining or developing flexibility is extremely important for injury prevention because poor flexibility is the one of the primary causes of muscle and tendon strains. Reduced flexibility equals short, tight muscles, which are then highly susceptible to damage during dynamic sporting activities.

Focus on Technique:

Incorrect technique for any sporting activity is likely to result in injury. Resistance training injuries are the most common, and are usually caused by an over-zealous approach in an attempt to lift heavier weights. By focusing on correct technique, you will avoid injury, perform more efficiently and get greater gains from your sessions.

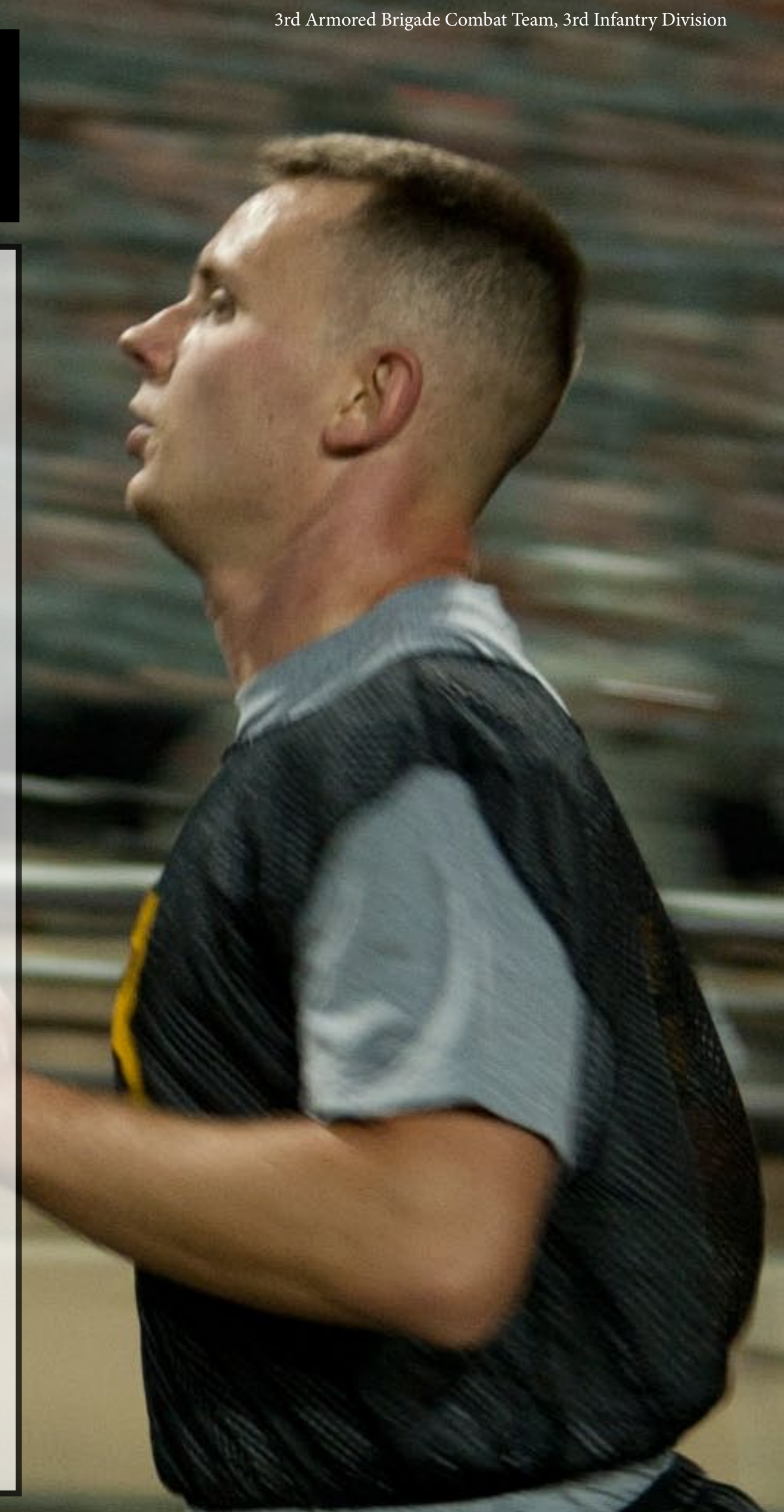
Rest After Training:

The most undervalued component of a training program, rest is essential to allow your body to recover from the demands of your activity and repair microscopic damage to the muscles and associated tissues that occur during exercise. If you neglect rest, damage will become cumulative, resulting in a weakened body that is more susceptible to injury or illness.

Total Training:

The primary elements of a balanced health and fitness program are:

- Resistance training.
- Cardiovascular (CV) training.
- Core training.
- Flexibility.
- Coordination.
- Nutrition.



Eagle Soldiers Take it Away During Sling-load Training

Story by Capt. Garrick I Guicko
203rd, 3rd ABCT, 3rd ID
Battalion Communications OIC
Public Affairs Representative

Soldiers from Alpha and Charlie Company, 203rd Brigade Support Battalion participated in sling-load training at

the Udairi Air Field, Camp Buehring, Kuwait. The class was taught by Staff Sgt. Jason Jenkins of Bravo Company, 1-106th Aviation. Eagle Soldiers were divided into teams

of three, where each was responsible for hooking up the sling load, being a static guide or signaling. During the training, Soldiers learned how to successfully and safely hook a 4000 lb. concrete block to a UH-60M Black Hawk. Prior to lifting the con-



3rd Armored Brigade Combat Team, 3rd Infantry Division

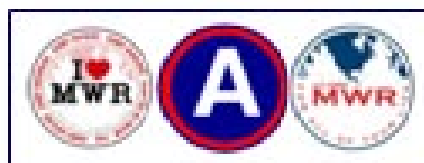


crete block, Soldiers inspected the loads for deficiencies. After hooking the concrete block to the sling, the Black Hawk lifted the load into mid-air, creating a sling load. The students also learned how to prepare, rig and inspect other supplies and equipment for sling loading.

CAMP BUEHRING

OCTOBER MWR EVENTS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Classic Movie Mondays - MWR Stage @ 1900	2 Salsa Lessons - MWR Oasis @ 1900	3 Weekly 5 K Fun Run - Green Beans Coffee @ 0600	4 Soccer league Championships - MWR Multi-purpose Field @ 1800 Karaoke Night - MWR Oasis @ 2000	5 Hip Hop Night - MWR Oasis @ 2000	6 Oktoberfest - MWR Stage @ 1800 Flag Football League Coaches Meeting - Movie Theatre @ 1800
	7 on 7 Soccer League -MWR Softball Field @ 1800 (31 Aug -09 Oct)					
	Waistn'a Weigh Till Thanksgiving - Main Gym @0800 (16 Sept - 18 Nov)					
7 ASG-KU Columbus Day Weekend 8 Ball Qualifying Tournament - MWR Udairi Recreation Center @ 1400 Preacher Curl Competition - Main Gym @ 1900	8 Classic Movie Mondays - MWR Stage @ 1900	9 Xbox360 Call of Duty MWR Tournament - MWR Palms @ 1900	10 Weekly 5 K Fun Run - Green Beans Coffee @ 0600	11 Karaoke Night - MWR Oasis @ 2000	12 Latin Night - MWR Oasis @ 2000	13 Navy Birthday 5K - Green Beans Coffee @ 0600 Saturday Night Bingo - MWR Oasis @ 1900 Flag Football League- Multi- Purpose Field @ 1800 (13 Oct - 13 Dec)
7 on 7 Soccer League -MWR Softball Field @ 1800 (31 Aug -09 Oct)		Waistn'a Weigh Till Thanksgiving - Main Gym @0800 (16 Sept - 18 Nov)				
14 Spin Marathon -Aerobics Tent @0600	15 Classic Movie Mondays - MWR Stage @ 1900	16 Salsa Lessons - MWR Oasis @ 1900	17 Weekly 5 K Fun Run - Green Beans Coffee @ 0600	18 Karaoke Night - MWR Oasis @ 2000	19 O'Skool Night - MWR Oasis @ 2000	20 Texas Hold'em Tournament - MWR Palms @ 1200 Zumbathon for National Breast Cancer Awareness Month - MWR Stage @ 1900
Flag Football League - Multi-Purpose Field @ 1800 (13 Oct - 13 Dec)						
Waistn'a Weigh Till Thanksgiving - Main Gym @0800 (16 Sept - 18 Nov)						
21 Buehring 10 Miler- MWR Oasis @0600	22 Classic Movie Mondays - MWR Stage @ 1900	23 Ping Pong Tournament - MWR Udairi Recreation Center @1900	24 Weekly 5 K Fun Run - Green Beans Coffee @ 0600	25 Karaoke Night - MWR Oasis @ 2000	26 Country Night - MWR Oasis @ 2000	27 4 on 4 Volleyball Tournament - Volleyball Court @ 1800 Saturday Night Bingo - MWR Oasis @ 1900
Flag Football League - Multi-Purpose Field @ 1800 (13 Oct - 13 Dec)						
Waistn'a Weigh Till Thanksgiving - Main Gym @0800 (16 Sept - 18 Nov)						
28 Leg Press Competition - Main Gym @1900	29 Classic Movie Mondays - MWR Stage @ 1900	30	31 Camp Buehring's Zombie Apocalypse 5K - Green Beans Coffee @ 1900 Halloween Haunted House - Pad 28 Tent 1 (behind D FAC 2) @ 1930	FACILITIES OPEN 24 HOURS OASIS - MWR PALMS - UDAIRI CENTER PHONE # 438 - 3202 FITNESS CENTER PHONE #438 - 3130		
Flag Football League - Multi-Purpose Field @ 1800 (13 Oct - 13 Dec)						
Waistn'a Weigh Till Thanksgiving - Main Gym @0800 (16 Sept - 18 Nov)						

1-10 Roll-up

Over the past month, the Rock's Support Battalion continued to increase proficiency in delivering fires in support of 3 Armored Brigade Combat Team. As the month began, the battalion executed Artillery Table VI and qualified all Soldiers on Paladin Operations. Concurrently, the battalion fired more than 1000 rounds to certify all key leaders in 1-15 Infantry Regiment's Call For Fire certification. The battalion fired multiple complex missions demonstrating the lethality of timely, accurate fires to maneuver forces. Leaders received blocks of instruction on how to properly Call For Fire and make adjustments to accurately place rounds on target. As the month progressed, the battalion worked closely with multiple



aviation assets. The Combat Observation and Lasing Teams spent multiple hours at the observation point with 3-159 Attack Aviation increasing proficiencies in Close Combat Attack missions and hell-fire lasing operations. Likewise, radar sections conducted electronic warfare (EW) training with various U.S. Navy aircraft as Brigade and Battalion EW sections validated counter-EW operations.

After operations maintenance concluded, sections began training for the Top Gun/Top Fire Direction Center (FDC) competition. A source of pride for each section, the competition included multiple events to test the total Soldier concept. The graded events included the Army Physical Fitness Test, weapons qualification, first responder medical tasks, crew drills, maintenance, communications,

fire mission processing, and direct fire missions. Throughout the intense competition, crews battled to perform at the highest levels. At the conclusion of the competition, Alpha Battery, led by Staff Sgt. Moss' 2nd gun section, and 2nd Platoon, Bravo Battery Fire Direction Center, led by Lt. Chikwem and Staff Sgt. Drake, took Top Gun and Top FDC honors, respectively. The competition raised esprit de corps and encouraged Artillerymen in the Rock's Support Battalion to become more proficient at their warrior tasks and drills.

As the month concluded, many Soldiers had the opportunity to participate in multiple off post Mo-



rale Welfare and Recreation visits to Kuwait City, and other bases within the immediate area. The time away from Camp Buehring allowed Soldiers to relax and enjoy a reprieve from the daily operations

here in the battalion. Exposure to the customs and courtesies of the Kuwaiti people has been critical to fostering a positive bond with our host nation.

As the battalion looks forward,

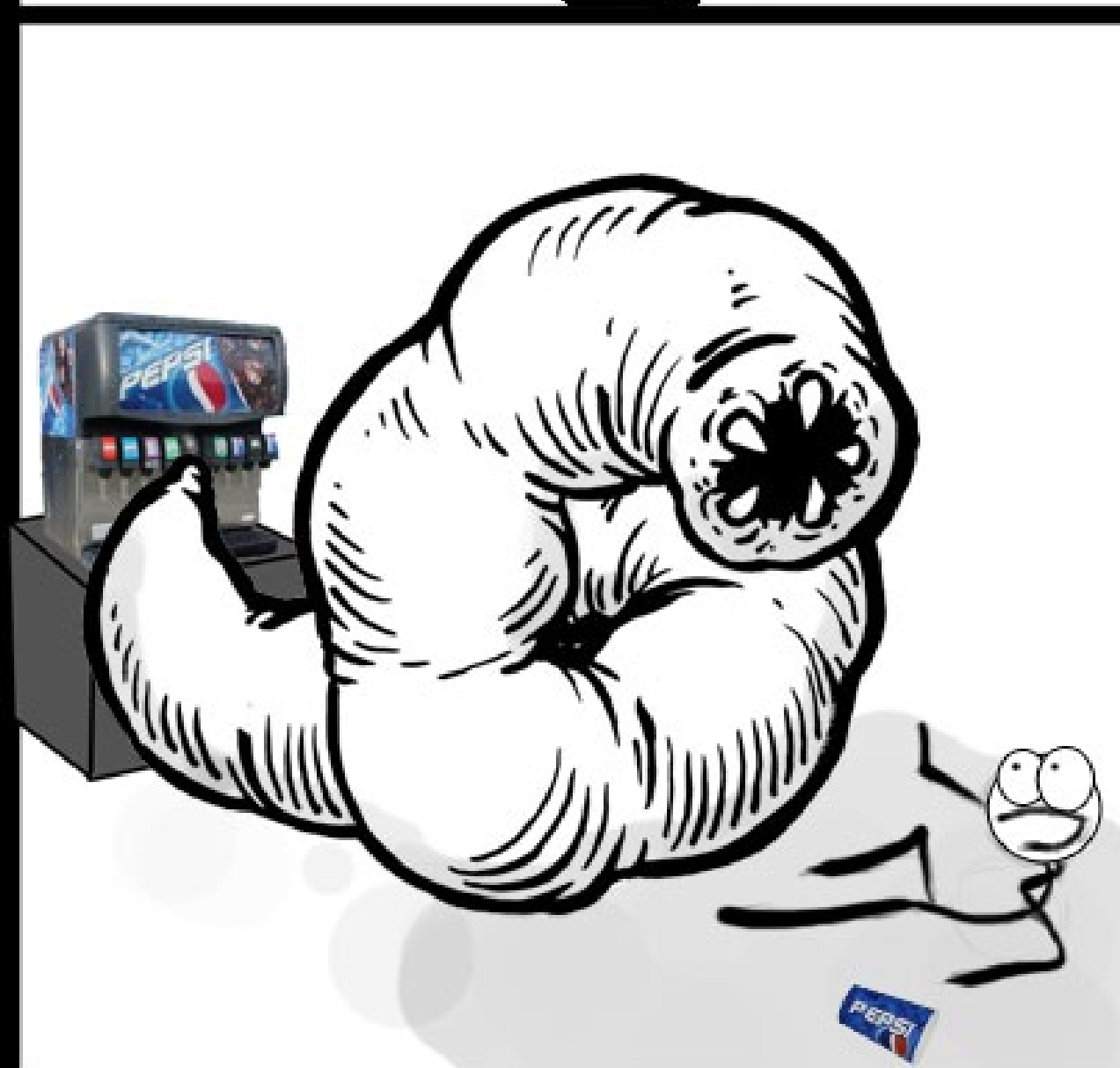
the training focus transitions from the individual to collective level tasks as we continue to hone the battalion's Field Artillery skills.

Various upcoming training events will further refine internal systems while we conduct combined arms live fires with 1-15 Infantry Regiment. With increased proficiency, the Rock's Support Battalion remains prepared to provide timely, accurate fires for the Sledgehammer Brigade regardless of time or location. Rock's Support!

OCTOBER 17, 1777

DURING THE AMERICAN REVOLUTIONARY WAR, BRITISH GENERAL JOHN BURGOYNE AND HIS ENTIRE ARMY OF 5,700 MEN SURRENDERED TO AMERICAN GENERAL HORATIO GATES AFTER THE BATTLE OF SARATOGA, THE FIRST BIG AMERICAN VICTORY.

Sledgehammer Comic: Ice Dispenser



Buffalo Soldiers Charge Ahead With Training

As the third month of our deployment and the summer comes to close, the Brigade Special Troops Battalion concludes an event filled month that included partnership exchanges with our Kuwaiti hosts, internal training events, and morale building events. Our primary focus has been training alongside our partnered Kuwaiti Brigades. The partnership program has expanded as we saw Ramadan come to a close and we began a six month long training cycle that has our Soldiers working side by side daily with our Kuwaiti friends. Every company also conducted great training events this month as we continue to hone our technical and warfighting skills to remain prepared to execute any mission at anytime. Finally, we have conducted multiple





ion level morale building events while also taking advantage of the cultural trips offered by Camp Buehring's Morale Welfare and Recreation office. Keeping our Soldiers busy while also balancing relaxing events continues allows our BSTB Soldiers to maintain the highest level of morale.

The Alpha Company Raptor's have had a great month executing not only their technical skills, but also taking

advantage of live fire ranges that would be limited at home station. The Raptors soared this month as they continue to provide aerial coverage of the area with the Shadow, our unmanned aircraft. They also provide critical intelligence support to U.S. Army Central and the Brigade conducting screen of every foreign national entering our facilities while also keeping us informed regarding international developments

in the region. Beyond these technical programs, the Raptors found time to conduct multiple live fire ranges including an Own the Night range where they fired all their weapons with the night vision devises. They also conducted an outstanding buddy team live fire range where Soldiers maneuvered in teams of two and engaged targets while moving.

The Bravo Company Beasts kept the equipment. Brigade talking and listening as they exercised their signal skills as well as trained beside our Kuwaiti partners. The Soldiers were thrilled to train with the Kuwaiti Army and described the experience as exciting, informative and rewarding. Several of Bravo company's Soldiers have also attended classes at Signal University to hone their already exceptional skills. They have taken a broad range of classes from Microsoft excel to Security Plus and have made the Buffalo Battalion proud. They continue to increase the Brigades ability to communicate across vast distances through their unique capabilities and

Chaos Company continued to demonstrate their combat engineer skills this month with a bang. Our Sappers have spent much of their time on the Kuwaiti ranges conducted demolitions training for not just themselves, but also the brigade. Additionally, they conducted a squad live fire exercise that had ten to 12 Soldiers maneuver





ing in the open as well as in buildings engaging targets. They concluded the month demonstrating to our Kuwaiti partners and the Brigade the firepower of the Assault Breacher Vehicle (ABV) as it fired our first Mine Clearing Line Charge (MICLIC) since our NTC rotation. The company concluded the month with the Chaos Olympics. The Soldiers had a great time

quarters while also leading the way in the Brigade's un-stabilized gunnery. The company leadership planned, resourced, and facilitated the un-stabilized gunnery range which accommodated crews from three different Battalions within the Brigade. We tip our hat to the Wardogs as they are truly the life line of the Battalion.

HHT Hellraisers, the home of the

competing in a number of events in which they received prizes for their accomplishments. HHC continued to provide outstanding support to the Battalion and Brigade Head-

Brigade Staff, not only conducted their staff functions, but also found themselves in the middle of some high speed training with the Commander's Security Detachment (CSD). The CSD executed a number of ranges including a buddy team live fire exercise as well as participated in the un-stabilized gunnery. Additionally, they played a huge role in partnership as they facilitated the first week of tactical exchanges with our Kuwaiti partners. The Hellraisers remain true to their company motto "Raising Hell" as they balanced training, partnership, and staff responsibilities.

As a morale builder, we conducted multiple Morale Welfare and Recreation events this month. Every unit continues to travel to neighboring camps that offer amenities we don't have on Camp Buehring. With the conclusion of Ramadan, Soldiers took advantage of Camp Buehring's MWR office's trips to Kuwait City where we were able to

experience the culture, dining, and historical experiences of Kuwait. Our goal is for every Soldier in the battalion to get the opportunity to participate in one of these trips.

Finally, we appreciate the support of our families, friends, Family Readiness Groups, and Rear Detachments. The letters and care packages are truly a morale raiser. We appreciate your hard word and sacrifice. Our pledge to families is that we will stay safe, stay vigilant, and remain in contact till we are all reunited back at Fort Benning.



Federal Voting Assistance Program

3rd Armored Brigade Combat Team, 3rd Infantry Division



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