



VANGUARD VOICE

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4/3 assumes Advise and Assist mission



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For more articles about the 4th Advise and Assist Brigade, 3rd Infantry Division visit the Team Stewart Website at www.stewart.army.mil.

Look for the 4/3 AAB on Facebook; visit www.facebook.com/4thBrigade3rdInfantryDivision

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On the Cover



Captain Daniel Henry, Headquarters Company, 4-3 Brigade Special Troops Battalion commander, awards Pfc. Shedekia Denson, a medic also assigned to HHC, 4-3 BSTB, the Shoulder Sleeve Insignia for Former Wartime Service during a ceremony held at Camp Ramadi, Iraq, Aug. 4.

Photo by Staff Sgt. Tanya Thomas



COMMAND TEAM MESSAGE

Vanguard Team,

You have all done an outstanding job during a challenging time of mission assumption and transition. The entire team has shown great professionalism and capability in taking over the important work in Anbar as we begin Operation New Dawn. Although the change to Operation New Dawn marks an important milestone in our Nation's mission in Iraq, the advise and assist role we perform everyday with our Iraqi counterparts largely remains the same. The stability operations we are conducting today continue to be critical for the Iraqis to stay in the lead of securing their own future. I make this point because I want the Vanguard Team, those deployed and those at home who support us, to know that we are continuing to do exactly what we trained to do. Bottom Line: Keep Driving On.

Right from the start, each of the Battalions and Stability Transition Teams have had a positive effect on our Iraqi Counterparts, the Government, and the population. Our advise and assist efforts with Iraqi Army and Police Headquarters down to their lowest level of Soldier and Policeman has been outstanding. The hard work put into planning and executing operations that protect the Iraqi population have made the Iraqi Security Forces more effective and capable. We have also helped Iraqi Security Forces and Government agencies provide assistance to their people through humanitarian and medical engagements. Keep up the great work.

As I began, our entire team, both Families at home or Soldiers here in Iraq, are off to a great start. It has been great to watch our Family Readiness Groups pull together to help each other during the first months of our deployment. I want to thank all of the FRsAs and volunteers who have made a difference in helping our Families. You are making a difference back home by caring for our own and making the service of your Soldier possible.

I would like to encourage you to stay in touch with the Vanguard Team through the many ways we have available to keep up with our current activities. Our Facebook page continues to grow and we update that often. We also keep the stories and links updated on our Marne Team page and vFRG page. These sites also have links to Army services at Fort Stewart and beyond to agencies that can provide you assistance during the deployment. And, of course, keep up to date with our great Family Readiness Groups to get the latest information from your individual units.

Thank you for reading this letter and being a part of the Vanguard Team. CSM Altman and I are proud of all you are doing. I encourage all of you to continue to expect the best from yourself and each other. Our efforts will continue to achieve success in our mission for the Brigade, the Army, and the Nation.

VANGUARD—OUT FRONT!



COL LOU LARTIGUE
COMMANDER



CSM JOSEPH ALTMAN
COMMAND SERGEANT MAJOR

4/3 arrives in Anbar, continues advise, train and assist mission

Staff Sgt. Tanya Thomas
4/3 AAB Public Affairs

CAMP RAMADI, Iraq – An advise-and-assist brigade from the 3rd Infantry Division arrived earlier this month to begin its transfer of responsibilities with 1st Advise and Assist Brigade, 82nd Airborne Division, as their deployment draws to a close.

Soldiers assigned to the Fort Stewart, Ga.-based 4th Advise and Assist Brigade, 3rd Inf. Div., have teamed up with their Iraqi Security Force counterparts in time to support Operation Iraqi Freedom and transition to Operation New Dawn soon. The 3,000 Vanguard Brigade Soldiers are replacing the 3,500 Soldiers of 1st Bde., 82nd Airborne Div., who will completely redeploy to Fort Bragg, N.C., next month.

Colonel Lou Lartigue, 4th AAB commander, said his team's operations will closely mirror the advise-and-assist mission of 1/82.

"We'll continue to support and enable the Iraqi Security Forces to prevent future attacks," he said during his initial Iraqi media gathering at Camp Ramadi July 17. The Vanguard commander said 4th AAB will train with their ISF partners on a daily basis.

Advise and assist missions begun right away at Camp Mejid, an Iraqi Army compound near the Al Asad Air Base. There, Stability Transition Team members and Soldiers assigned to the Company B, 3rd Battalion, 7th

Infantry Regiment, 4th AAB intelligence support team have partnered with 7th Iraqi Army Div. soldiers at the newly constructed Joint Operations Center.

The facility, which opened last May, was modeled on 1/82 AAB's tactical operations center, and allows Iraqi soldiers to receive a 'heads up' on any significant actions in their areas. Both IA and U.S. forces in the JOC track and trade information on all significant actions 24 hours-a-day, 7-days-a-week.

"Before [the JOC opened], the IA would meet with their American counterparts maybe once or twice a day to discuss significant actions that occurred," explained an Iraqi Army officer*. "Now, we have constant communication with each other; we can share information first-hand, and that's important."

The IA officer went on to say he is grateful for the presence of 4th AAB Soldiers at the JOC.

"We are reaping the benefits of the American expertise," he said. "Their knowledge and logistical support is definitely appreciated."

Enabling their Iraqi counterparts is the overall goal of the brigade, said Maj. Princeton White, intelligence advisor for the 7th IA Div. Stability Transition Team.


"We want to help the Iraqi Security Forces—police and army—secure their nation and protect themselves," he said, adding that the brigade is working to help legitimize the ISF in the eyes of the people and Government of Iraq.

Securing the streets

Wasting no time in helping the ISF, Soldiers from 1st Platoon, Co. B, 3rd Bn., 7th Inf. Regt., conducted partnered operations July 21 to assess four Iraqi Police checkpoints in Anbar.

The "Cottonbaler" Soldiers, accompanied by 1/82nd AAB troops assigned to Battery A, 3rd Battalion, 319th Airborne Field Artillery Regt., assisted Iraqi Police officers who searched oncoming vehicles. The traffic control point assessment afforded the 4/3rd AAB Soldiers another opportunity to establish an enduring friendship with the Iraqis before officially inheriting the largest province in Iraq.

Editor's Note: The name of the aforementioned Iraqi Army officer is being withheld for security purposes.



Staff Sgt. Donald Sewell, Company B, 3rd Battalion, 7th Infantry Regiment, assists his Iraqi police counterpart during a traffic control point assessment July 21.



An Iraqi police officer validates the authenticity of a driver's photo identification as U.S. Army Sgt. 1st Class Amar Shine, Company B, 3rd Battalion, 7th Infantry Regiment, looks on during a traffic control point assessment July 21. Photos by Staff Sgt. Tanya Thomas

Vanguard Soldiers help Iraqi Police reach milestone

Staff Sgt. Tanya Thomas
4/3 AAB Public Affairs

ANBAR PROVINCE, Iraq – U.S. advise and assist operations in Anbar province helped Iraqi Security Forces achieve another milestone Aug. 10 when the Iraqi Police hosted their first community outreach event at the Anbar Police Department’s Media Center, donating school supplies, stuffed animals and clothes to about 20 orphaned children of police officers killed in the line of duty.

“In the past, the U.S. has initiated many media engagements; this one is a true success in a sense that the Iraqi Police developed it,” said Maj. Oscar Malave, stability transition team member with the 4th Advise and Assist Brigade, 3rd Infantry Division. “They’ve taken forward what’s been taught in the past and they’re actually using their own capabilities.”

The event was spearheaded by the APD deputy media director who said he wanted to do something to

honor the children of fallen Iraqi Police officers before Ramadan, and to give the public a sense of trust that the Iraqi Police can stand on their own as the U.S. moves closer to the expected withdrawal deadline.

“It’s extremely important for the Iraqi public to see that the Iraqi Police is establishing trust,” Maj. Malave said. “The fact that they’re not only securing the streets, enforcing the rule of law and establishing IP primacy, they’re also doing community relations on behalf of the public—and that’s a good way for the public to gain more trust with them.”

Major Malave said nongovernmental organizations out of the United States also contributed to the cause and donated items to the children of the Ramadi orphanage. “The true story here, however, is that the Iraqi Police have donated out of their own funds,” he said. “Although we’re assisting in one capacity—and they do appreciate it—they’re donating and taking care of their own. It’s great to see the Iraqi Police doing such a great job. This is a success on all sides.”



Above: *An Iraqi child receives donated items at the Anbar Police Department Media Center, August 10.*

Left: *Specialist Daniel Owen, Battery A, 1st Battalion, 76th Field Artillery Regiment, fills backpacks with school supplies donated by U.S. non-government organizations for orphaned children, August 9.*



Private First Class Chris Wingate, Battery A, 1st Battalion, 76th Field Artillery Regiment, 4/3 Advise and Assist Brigade, brings donated items to the Anbar Police Department before an IP-hosted community outreach event, August 10.
Photos by Staff Sgt. Tanya Thomas

Transfer of Authority ceremony welcomes 4/3 Advise and Assist Brigade to Al Anbar



Staff Sgt. Tanya Thomas
4/3 AAB Public Affairs

CAMP RAMADI, Iraq – Paratroopers from 1st Advise and Assist Brigade, 82nd Airborne Division, officially handed their mission in Al Anbar, Iraq, to the Soldiers of 4th Advise and Assist Brigade, 3rd Infantry Division, during a transfer of authority ceremony at Camp Ramadi August 2.

Colonel Lou Lartigue and Command Sergeant Major Joseph Altman, the 4th AAB command team, unfurled their unit colors at the Ramadi Event Center, displaying the blue and red Vanguard flag for the first time since they cased the colors at Fort Stewart, Ga., June 25.

Continued next page



Above: *From right, Sergeant Aaron Beaumont, Sgt. 1st Class Anthony Cowart, Sgt. Christopher Taylor and Spc. Jas Rivera, all assigned to Headquarters Company, 4th Advise and Assist Brigade, 3rd Infantry Division, display the Vanguard colors during a transfer of authority ceremony at Camp Ramadi, Iraq, for the first time since the brigade's casing ceremony at Fort Stewart, Ga., June 25.*

Left: *Colonel Lou Lartigue and Command Sgt. Maj. Joseph Altman, 4th Advise and Assist Brigade, 3rd Infantry Division command team, uncase the Vanguard Brigade colors during a transfer of authority ceremony at Camp Ramadi, Iraq, August 2. The transfer of authority ceremony marked the official start of the 4/3 AAB deployment in support of Operation Iraqi Freedom/Operation New Dawn.*

Right: *Iraqi army soldiers of the 1st Brigade, 1st Iraqi Army Division, participate in 4/3 AAB's transfer of authority ceremony, August 2.*



Photos by Staff Sgt. Tanya Thomas

The ceremony, attended by both U.S. and Iraqi Security Forces, marked the start of the Vanguard Brigade's third deployment to Iraq while simultaneously bidding farewell to the Fort Bragg, N.C., based paratroopers.

"The transfer of authority continues to demonstrate the commitment of the United States to the people of Iraq," said outgoing commander, Col. Mark Stammer.

His team of 3,500 paratroopers replaced two Marine regimental combat teams one year ago and set out on their mission to enable Anbar's provincial government to establish security operations with 1st and 7th Iraqi Army divisions, the Department of Border Enforcement and the Iraqi police.

"Working shoulder to shoulder with our [Iraqi Security Forces] counterparts, we have built everlast-

ing friendships based on shared commitment, sacrifice and risk," said Col. Stammer, adding that combined operations between the ISF and U.S. troops have benefited all of western Iraq.

The incoming commander, Col. Lartigue, said his brigade will continue to build on the successes of 1/82 and continue to work alongside their Iraqi counterparts toward a "prosperous future for the people of Al Anbar. Together with our Iraqi partners and the people they serve, we can set the conditions for an enduring and lasting peace," Lartigue said. "All of those we represent, in America and Iraq, are filled with the hope of a future of continued freedom, prosperity and security. We are proud to stand shoulder-to-shoulder with the people of Al Anbar to continue to forge Iraq's new dawn."

Sporting shoulder sleeve insignia

Vanguard Troops earn time-honored patch



Captains Elizabeth Marlin and Brad Schmitt show off their Marne Patch after they were awarded the shoulder sleeve insignia for former wartime service at Camp Ramadi, Iraq, August 3. Photo by Staff Sgt. Tanya Thomas



Above: First Sergeant Robert Keith, Company A, 3rd Battalion, 15th Infantry Regiment, awards Sergeant First Class Allen Sistrunk the shoulder sleeve insignia for former wartime service, Aug. 6. Photo by Staff Sgt. Tanya Thomas

Below: Major General Tony Cucolo, 3rd Infantry Division commander, awards Soldiers of the 3rd Battalion, 7th Infantry Regiment, 4/3 AAB, their shoulder sleeve insignia during his visit to Al Asad Air Base, Iraq, Aug. 2. Photo by Spc. Jonathan Colon



"We are part of a time-honored division, with a tremendous record of service to our nation."

Lt. Col. Jeffrey Shoemaker
Commander, 3-15 Inf. Regt.

Staff Sgt. Tanya Thomas
4/3 AAB Public Affairs

CAMP RAMADI, Iraq – Wearing shoulder sleeve insignia for former wartime service was adopted by the Army in 1945. Sixty-five years later, Soldiers assigned to the 4th Advise and Assist Brigade, 3rd Infantry Division, joined in the Army's tradition and hosted "combat patch" ceremonies in the Anbar Province the first week of August.

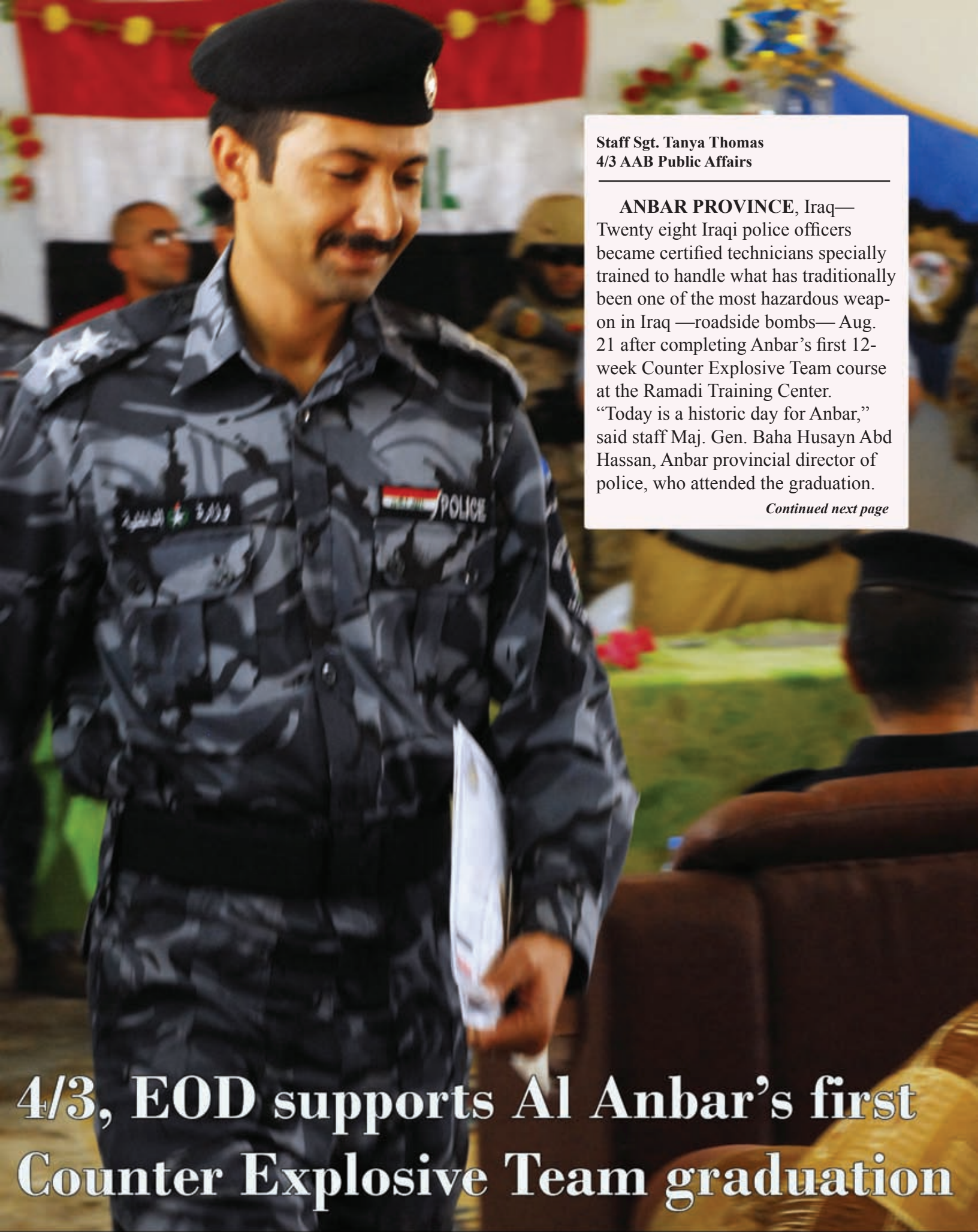
Vanguard Brigade patch ceremonies began Aug. 2 at the Al Asad Air Base, when 3rd Inf. Div. Commanding General Maj. Gen. Tony Cucolo affixed the subdued insignia on the right shoulder sleeve of first-time deployed Soldiers assigned to the 3rd Battalion, 7th Infantry Regiment. The brigade's Headquarters Company followed with a ceremony held at Camp Ramadi Aug. 3 as 4th AAB Commander Col. Lou Lartigue explained that the patch was not just another part of the Soldiers' uniforms, but a permanent reminder of their service.

"You are a part of a storied division," said Col. Lartigue, as he gave HHC Soldiers tidbits of Marne History.

Lt. Col. Jeffrey Shoemaker, commander of the 3rd Battalion, 15th Infantry Regiment, shared similar sentiments.

"You are a member of a very select, honored and respected group," he said to Company A Soldiers after a patch ceremony on Aug. 5. "We are part of a time-honored division, with a tremendous record of service to our nation."

The 4th Brigade is on its third rotation to Iraq, this time with an advise and assist mission for approximately 12 months.



Staff Sgt. Tanya Thomas
4/3 AAB Public Affairs

ANBAR PROVINCE, Iraq— Twenty eight Iraqi police officers became certified technicians specially trained to handle what has traditionally been one of the most hazardous weapon in Iraq —roadside bombs— Aug. 21 after completing Anbar’s first 12-week Counter Explosive Team course at the Ramadi Training Center. “Today is a historic day for Anbar,” said staff Maj. Gen. Baha Husayn Abd Hassan, Anbar provincial director of police, who attended the graduation.

Continued next page

“Before (today), the Army used to deal with the (improvised explosive devices), and we were just looking on. Now, we’re able to deal with the explosives ourselves. The (explosive ordnance) department is the top of the pyramid in Anbar.”

David Day, CET lead instructor, said his class provided the EOD students the basic tools necessary to counter IEDs—everything from safety and identification to demolition and proper reconnaissance.

Each graduate was awarded a certificate of course completion and the U.S. Armed Forces’ EOD badge.

“The shield represents the EOD mission—to protect personnel and property,” said Lt. Col. Everette Price, commander of the 441st Ordnance Battalion, describing one

of the badge’s four symbolic elements.

Capt. William Erwin, commander of the 731st EOD Company, said this was not only a monumental accomplishment for the graduating class, but a significant step toward assuring the people of Anbar that the Iraqi Police will be able to operate without U.S. military assistance.

“In time they will have to take complete ownership of this fight against the bomb makers and against the people who put these devices inside and around their cities,” he said in reference to the responsible draw down of forces.

“This threat is not going to go away for Iraq anytime soon, and it’s important that they are able to deal with it, without having to rely



on too much outside assistance.”

Erwin said his team and Soldiers assigned to the 4th Advise and Assist Brigade, 3rd Infantry Division, United States Division – Center, will continue advise, assist and train operations with the new Iraqi EOD team in an effort help build a more secure, sovereign and stable Iraq, including Anbar province.

“We’ll conduct combined response operations with the Iraqis in the lead,” he said.

“These graduates are a fine unit, and they are a great credit to their country.”



Above: **Brig. Gen. Kenneth Tovo (right), United States Division - Center's Deputy Commanding General-West, presents an Anbar Iraqi Policeman with a certificate of completion during a Counter Explosive Team graduation ceremony at the Ramadi Training Center Aug. 21.**



Left: **Omar Khalaf proudly displays his certificates after graduating Anbar's first Counter Explosive Team course, Aug. 21.**

Photos by Staff Sgt. Tanya Thomas

4/3, EOD supports Al Anbar's first Counter Explosive Team graduation

Senior leaders recognize Vanguard Soldiers



Right: *United States Forces - Iraq* Commander General Raymond Odierno presents a commander's coin to Pfc. Kendell Kimler during his visit to Camp Ramadi Aug. 17. Pfc. Kimler is assigned to the 3rd Battalion, 7th Infantry Regiment, 4th Advise and Assist Brigade, 3rd Infantry Division.

Below: *Command Sergeant Major Lawrence Wilson*, senior enlisted advisor for *United States Forces - Iraq*, presents an award to Staff Sgt. Curtis Ingram during his visit to Camp Ramadi Aug. 14. Staff Sgt. Ingram is assigned to the 3rd Battalion, 15th Infantry Regiment, 4th Advise and Assist Brigade, 3rd Infantry Division.

Photos by Staff Sgt. Tanya Thomas



Army cooks serve up Iraqi tradition



Above: *Specialist Chris Ramos*, a Soldier assigned to the 442nd Military Police Company attached to the 4th Advise and Assist Brigade, 3rd Infantry Division, serves a traditional Iraqi dish to senior U.S. and Iraqi leaders at Camp Ramadi, Aug. 23.

Right: *Specialist Jeffrey Arnette*, a Soldier assigned to the 4-3 Brigade Special Troops Battalion, 4th AAB, 3rd ID, serves Chai - a traditional Iraqi drink- to U.S. and Iraqi leaders, Aug. 23.



Deployed Soldiers celebrate women's rights, equality



CHAPLAIN'S CORNER

Chaplain (Maj.) Dave Cromeenes
4/3 AAB Chaplain

God has truly blessed our brigade with safe arrival of our Soldiers into Western Iraq. As I travel throughout the area of operations I am encouraged by the stories of troops calling home, talking with their families, getting on Skype and seeing them face to virtual face.

As we turn the corner from Operation Iraqi Freedom to Operation New Dawn, I am reminded how deployment separation can be an opportunity to turn the corner of family relationships from complacent and burdensome to intentional and sought after.

The reality of our physical separation forces us all to look forward to making phone calls, letters and emails special and meaningful. My encouragement to Family Members and Soldiers alike is to guard your moments together on the phone and email like a pit bull from criticism, sarcasm and unrealistic expectations of settling serious issues.

Table serious issues, agree on short term doable issues and focus on current issues and events that are peaceful, encouraging and happy for everyone.

Look forward to your times together, and let letters, emails and phone calls be opportunities to express love, respect and appreciation for each other's service to God, family and country.

It's an honor to serve you as your Vanguard Shepherd and I pledge to you diligence in prayer, obedience in devotion, and providing your Soldiers quality opportunities to worship, counsel and be encouraged by our Unit Ministry Teams.



First Sgt. Valerie Cleary, senior enlisted advisor for Company B, 4-3 Brigade Special Troops Battalion, 4th AAB and guest speaker for the Women's Equality Day observance, provides remarks about women's accomplishments past and present at the Ramadi Event Center Aug. 26.
Photos by Staff Sgt. Tanya Thomas

Staff Sgt. Tanya Thomas
4/3 AAB Public Affairs

CAMP RAMADI, Iraq— Soldiers with 4th Advise and Assist Brigade, 3rd Infantry Division, United States Division – Center, paid tribute to women whose efforts helped pave the way for other women today during an Aug. 26 equal opportunity observance program.



Fourth AAB female Soldiers pose for a photo after the 2010 Women's Equality Day observance held at the Ramadi Event Center Aug. 26.

The observance, at the Ramadi Event Center, celebrated the 90th anniversary of the 19th Amendment to the U.S. Constitution, which granted women the right to vote.

"The women's rights movement started with ordinary women wanting the same rights that their husbands had—the right to vote and to help create the laws they had to live by," said Sgt. 1st Class Sundi Ganaway, with 703rd Brigade Support Battalion, 4th AAB.

"These ordinary women became extraordinary in their accomplishments. They persevered through many things, to include being thrown in jail, in order to ensure we, as women, were granted the right to vote."

In doing so they opened up the doors for other women," said. Sgt. 1st Class Ganaway.

During the observance, female Soldiers assigned to 4th AAB gave audience members a glimpse of those efforts with a theatrical performance highlighting the accomplishments of Susan B. Anthony, Alice Paul and Helen Wyatt Snapp.

"Because these women worked deliberately and continuously to create a better world, I am empowered, inspired and motivated to take charge of my own destiny and continue to celebrate the right to vote while honoring the strength of a woman," said Sgt. Latina Brown, with Headquarters and Headquarters Company, 4th AAB.

First Sergeant Valerie Cleary, first sergeant of Company B, Brigade Special Troops Battalion, 4th AAB, and guest speaker at the event, talked about several achievements women have made—from Margaret Corbin, who was the first female to receive recognition for heroism on the battlefield in 1779, to Pfc. Kia Lester, a combat medic currently assigned to BSTB, 4th AAB, who helped provide medical assistance to fellow Soldiers whose vehicle was recently hit by an RKG-3 (grenade).

Cleary said the legacy of female pioneers in the past lives on through the lives of many today.

The next 4th AAB equal opportunity observance will honor Hispanic Heritage, in October.

Vanguard Voices

August 26 is the 90th anniversary of the 19th Amendment. How has the Women's Rights Movement helped you?



"Before the movement, women waited on their loved ones to return from war, now we're able to join in the fight."

Sgt. Latina Brown
HHC, 4/3 AAB



"Just 40 years ago it wasn't possible to have all that I have. I am proud to have been given the opportunity to help make a difference."

Sgt. 1st Class Christy Elm
HHC, 703rd BSB



"My 10-year-old son calls me his hero, and without those women who broke barriers, I would not be able to be that for him."

Sgt. 1st Class Sundi Ganaway
HHC, 703rd BSB

EQUAL OPPORTUNITY

Sexual Assault

Sexual assault is a CRIME. It can happen to men and women of all ages. Sexual assault is intentional sexual contact characterized by the use of force, physical threat, the abuse of authority or when the victim does not or cannot consent. Rape, forced sodomy, and non-consensual sexual contact are all forms of sexual assault.

“I’ve been sexually assaulted! What do I do? Who do I tell?”

Sexual Assault Reporting Options

Unrestricted: Chain of Command and investigative services (Criminal Investigation Department, military police, etc.) are notified. Victim is entitled to receive medical treatment, a forensic examination, advocacy services and counseling assistance.

Restricted: Does not trigger an investigation. Allows the victim to disclose information to the Deployed Sexual Assault Response Coordinator, Unit Victim Advocate, chaplain and health care provider. If someone outside of that list is informed, the complaint becomes unrestricted.

Sexual Harassment

Sexual harassment is a form of gender discrimination that involves unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when:

- * a person’s job, pay, or career is placed at risk.
- * an employee’s employment or career is placed in jeopardy.
- * it creates an intimidating, hostile, or offensive work environment.

Sexual Harassment complaints are filed through Battalion Equal Opportunity Leaders and the Brigade Equal Opportunity Advisor.

Myth versus Fact

Myth: Sexual Assault is committed by strangers.
Fact: Statistics show that victims of Sexual Assault often know their attackers.

Myth: Victims of sexual assault “ask for it.”
Fact: Nobody deserves to be assaulted. If a person dresses or behaves provocatively, that doesn’t mean she or he consents or wants sexual contact.

Myth: Only women are sexually assaulted.
Fact: Sexual assault can happen to anyone. Offenders may also be male or female. No matter who is involved in a sexual assault, victims should be treated with respect and support.

Myth: Rape is an act of uncontrolled passion.
Fact: Rape is a violent crime that is about power and humiliation, not sexual desire. If a victim does not or cannot consent to intercourse, it’s RAPE.

Myth: Rape is no big deal – “It’s only sex.”
Fact: Rape is ALWAYS a Big Deal- effects are often devastating. It is a crime punishable under UCMJ & other federal and state laws.

Myth: Most rapes/sexual assaults are reported.
Fact: About 16% reported, 80% unreported. Victims are scared, ashamed, and afraid they won’t be believed, or worry that the rapist will seek revenge.

Myth: Rapists don’t look like everyone else.
Fact: Most rapists have no obvious signs of being different from anyone else.

Contact your Deployed Sexual Assault Response Coordinator or Unit Victim Advocate at:			
DSARC	ALL	SFC Maddox	SVOIP: 696-5505
		SFC Cogdell	SVOIP: 696-5404
UVA	HHC BDE	MSG Johnson	SVOIP: 696-5855
		SFC Taylor	SVOIP: 696-5463
	4-3 BSTB	SSG Harris	SVOIP: 696-5019
		SSG Sherman	DSN: 440-4033
	1-76 FA	SSG Zanders	SVOIP: 696-5010
		SSG Terrell	SVOIP: 696-5495
	3-7 IN	SFC Dixon	SVOIP: 696-3958
		2LT Pabon	DSN: 440-2039
	3-15 IN	SFC Lopez	SVOIP: 696-5187
		SSG Oglesby	SVOIP: 241-5812
	703rd BSB	SFC Elm	SVOIP: 696-3567
		SFC Poston	SVOIP: 696-3567

DESERT SAFETY TIPS

Anthony Woodard
4/3 AAB Safety Officer

With temperatures soaring through the triple digits here in the Al Anbar Province, Iraq, its important for you to stay hydrated, use sun screen and keep cool. Remember these other helpful tips to keep you and your battle buddies safe.

- **Drink frequently.** Don’t wait until you feel thirsty. Monitor your urine color; if dark, drink more water. If you use a Camel Back, be sure to drain it every night.
- **With temperatures in excess of 120 degrees, wear protective clothing,** seek shade, use fans/air conditioning. Perform heavy work during the cooler hours of the day. Minimize heat stress by decreasing work pace and/or increasing rest periods.
- **Shield personnel and equipment** form gusty winds and sand storms.
- **Prevent animal bites and insect stings.** Avoid poisonous snakes, scorpions, spiders, centipedes, mosquitoes, rats and sand flies. Watch where you step and where you put your hands. Use insect repellent; shake out clothing; and check your socks, boots and bedding.
- **Drive carefully.** Wear your seat belts, drive defensively, and always be alert for the unexpected. Use caution at red lights, stop signs, intersections, over passes and when encountering traffic obstructions. Always give way

- to pedestrians and expect the unexpected.
- **Be alert during convoy operations.** Convoys in Al Anbar are high risk operations. Stress detailed pre-combat checks and safety briefs. Complete a risk assessment of hazards or threats identified along the route. Check personnel rest; brief assistant driver responsibilities; and use experienced drivers when possible. Enforce the requirement to wear seat belts, maintain communications, and maintenance of vehicles.
 - **Stress weapon safety.** Weapons will be properly cleared when you return from a mission. Remind Soldiers/personnel to handle all weapons as if they were loaded. Safely clean weapons, clip, and ammunition as necessary. Fratricide is caused by poor control of fire maneuver.
 - **Stress the need for constant awareness for potential explosive devices**
 - **Report** all accidents/incidents through your chain of command
 - **Always use the ‘Buddy System.’** Establish a buddy system and provide guidance on the issues buddies should help each other with such as enforcing water consumption, proper eating habits, personal hygiene, watching for sunburn, fatigue, sickness and heat/weather injuries.

And remember, Safety is a frame of mind, so concentrate on it all the time!

STAY ARMY

Contact your career counselor today!

BDE Senior Counselor	MSG Redmon	SVOIP: 696-5089 DSN: 864-0632
4-3 BSTB	SSG Russ	DSN: 864-0681
3-7 IN	SSG Saltsgaver	SVOIP: 696-3416 DSN: 440-4045
3-15 IN	SSG Vanderpool	DSN: 864-2385
1-76 FA	SSG Williams	SVOIP: 696-5630
703rd BSB	SSG Detheridge	SVOIP: 696-3024 DSN: 440-7612

Let us unite with hearts and minds.
Let us have peace and love in our relations with each other.
For without peace and love, liberty and life are sad things indeed.
- President Thomas Jefferson

Congratulations to our Vanguard Poster Contest winner, Pfc. Andrew Collins, Co. A, 4-3 BSTB!



Symbolizing partnership, the U.S., Iraq and Vanguard Brigade flags are raised at Camp Ramadi, Iraq.

Photo by Staff Sgt. Tanya Thomas