

# GEORGIA GUARDSMAN

★ ★ SERVING THE NATIONAL GUARD AND STATE DEFENSE FORCE OF GEORGIA ★ ★

August 2012

## SEEDS OF A NEW AFGHANISTAN

Georgia's second ADT works with Afghan women to improve farming practices

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## THE UNFORGOTTEN WAR

Korean War vets honored by Guard, others in Atlanta

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## 'WARFIGHTER' EXERCISE

48th IBCT finishes one exercise, prepares for another in Minn.



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# GEORGIA NATIONAL GUARD GUARDSMAN

★★ SERVING THE NATIONAL GUARD AND STATE DEFENSE FORCE OF GEORGIA ★★

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*The Georgia Guardsman is published monthly under the provisions of AR 360-81 and AF 6-1 by the Georgia Department of Defense Public Affairs Office. The views and opinions expressed in the Georgia Guardsman are not necessarily those of the Departments of the Army, Air Force or the Adjutant General of Georgia. The Georgia Guardsman is distributed free-of-charge to members of the Georgia Army and Air National Guard, State Defense Force and other interested persons upon request.*

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# FORMER ARMY CAPTAIN RECEIVES SILVER STAR 43 YEARS LATER

Story and photo by Spc. Steven Bennett  
124th Mobile Public Affairs Detachment  
Georgia Army National Guard

CLAY NATIONAL GUARD CENTER, Marietta, Ga., July 16, 2012 – After more than 40 years of waiting, former Army Capt. Robert Moore, Jr. received the Silver Star for his actions during the Vietnam War in a ceremony here at the Joint Forces Headquarters. Major Gen. Jim Butterworth, Georgia's Adjutant General, presented Moore the Army's third highest honor in front of members of every branch of the military and nearly 250 members of the local community.

Later in the ceremony, Congressman Phil Gingrey

handed Moore an American flag flown specifically for the occasion over the state capitol in Atlanta.

"It is an incredible story. Forty-three years ago, a deserving military member performed gallantly on the field of battle," Butterworth said.

Butterworth's words were a testament to the personal courage Moore showed on July 13, 1969.

Moore served in Vietnam with the 101st Airborne Division. It was 43 years and three days ago that then 1st Lt. Robert Moore, Jr., "performed with courage and discipline under fire. After an enemy land mine exploded and sent shrapnel tearing through one of his knees. Moore, according to official accounts of the action that day, continued to command his unit and refused medical treatment until the other wounded first received help."

Moore is not the first in his lineage to receive commendations for acts of heroism. Lieutenant Col. Robert R. Moore, Sr., is remembered for the 1944 Pulitzer Prize winning photo, entitled "Homecoming." Moore Sr. also received two Silver Stars, making the Moore family a breed of their own.

Congressman Gingrey spoke about the importance of giving back to Soldiers like Moore who risked everything for the freedoms Americans hold so dear. Regarding Moore, Jr., Gingrey said, "He is the epitome of a hero. He is the embodiment of what makes this nation the greatest on Earth."

Moore said afterward that he is full of pride, but also feels guilt. He feels guilty, he says, for not understanding why he was awarded a Silver Star in lieu of the other brave Soldiers in his unit.

"I don't know why I was awarded," said Moore with tears in his eyes, "but I do know that I will wear my medal with pride and that I wear it for each one of my men. Thank You."



## NCO NOTEPAD



By Command Sgt. Maj. James Nelson, Jr.  
State Command Sergeant Major  
Georgia Department of Defense

In light of the recent suicide of one of our fellow Guardsmen, I would like to go back and revisit the topic of suicide prevention and how suicide touches every one of us. I would also like to explain how we, as NCOs, can be a force multiplier to those who are experts in this area.

In today's environment of constant deployments, we all have lost someone in combat, or know someone who was lost. As hard as it is to lose our members in combat, as leaders, we sometimes feel even more helpless with the loss of teammates to suicide.

To play an active role in suicide prevention, and to ensure the well-being and effectiveness of our units. We, as NCOs, have a need to know our Soldiers and Airmen. We need to build trust with them so that our warriors will tell us when stress, and life overall, is getting to them and that they need to get help.

Being involved means showing our fellow Soldiers and Airmen that we care, which builds morale and resilience. Those who feel connected

generally handle stress better. Caring also builds trust.

When our troops trust us, they will be more receptive to help. When they trust us, they will ask for help. We must know our Soldiers and Airmen, we simply must. We have to know them as service men and women, but also as people. Ensure that there is a supportive environment in your units.

The Army ACE Suicide Intervention Training Program is one program developed to assist in suicide prevention. ACE stands for "Ask, Care and Escort." It encourages Soldiers and Airmen to directly and honestly question any battle buddy who exhibits suicidal behavior. The Soldier should ASK the battle buddy whether he – or she – is suicidal, CARE for the battle buddy and then ESCORT the battle buddy to the source of professional help.

We as leaders should never try to "fix" potential suicidal members on our own, but refer them to the professionals who can help them when stress becomes overwhelming.

In the National Guard, we have the added challenge of not seeing our Soldiers and Airmen on a daily basis like the active Army and Air Force do. This, in itself, makes it difficult to really know what may be happening in their lives, but we cannot let that be a deterrent to our effort to prevent suicides.

If there is any doubt about our role as NCOs, our obligations to each other, or those we lead, we all need to go back and read our Warrior Ethos, our Army and Air Core Values.

As a reminder to you, we as NCOs can never compromise good discipline and order as we strive to help our members. Never refrain from disciplining your Soldiers and Airmen when necessary, or – by the same token – dwell on a service member's mistakes unless there is a pattern of negative behavior. Sometimes, there is a thin line between caring for and instilling trust in our people and enabling them to behave contrary to our values.

Remember where that line is, and remember that we are a team. What affects one, affects us all. Let us keep good discipline, but also let us also tell our fellow Guardsmen that we are here to help them seek positive resolutions to the challenges and stresses of life.

# GEORGIA GUARDSMEN HELPING AFGHAN WOMEN IMPROVE AGRIBUSINESS, QUALITY OF LIFE

Story by Capt. Michelle Grant  
Georgia Agribusiness Team II  
Georgia Army National Guard

**AFGHANISTAN, Aug. 6, 2012** – The Georgia National Guard continues to work with Afghan farmers on agribusiness and agricultural development operations in support of the Government of the Islamic Republic of Afghanistan (GIROA), primarily in Wardak and Logar provinces.

The team mission is focused on capacity building, and in the training of key organizations – like the agribusiness community within GIROA – in market identification and financial management. Although most of the area of operations is agrarian-based, some smaller regions are ready to transition specific crops to market-based farming.

Georgia's Agribusiness Development Team (ADT) II, now deployed to Afghanistan, is focusing on providing a clear way forward for a transition of responsibility for agricultural development to the Afghan government. The team intends to minimize use of large-scale, high-dollar projects in favor of micro-projects that afford Afghan officials the opportunity to take on planning, budgeting, executing, and assessing responsibilities.

The Women's Initiative Training Team (WITT), for example, is a pertinent part of the ADT team's mission. Its purpose is to assist Afghan women with establishing sound agribusiness practices, from putting seed in the ground to selling the final crop in the market place. When ADT II took over from ADT team I, the new team faced some specific challenges. The most important among these was

building relationships with the Afghan female leaders.

ADT II enters local meetings with the goal of observing agricultural methods handed down for thousands of years, and then working with local Afghans to come up with alternative methods necessary for getting the most out of their agriculture programs.

The women's training team has worked with several district directors of women's affairs, female school principals, contractors and agricultural specialists to determine the agriculture education and supply needs of the women of Afghanistan. With those needs identified,



the team works with Afghan women to come up with solutions, and then provides them the means to achieve these solutions through agribusiness curricula, seeds for home gardens, greenhouses, and composting.

Since the WITT approached them with greater cultural understanding and respect, Afghan women in the two

provinces have opened up and grown more accepting of additional – sometimes quite different – ways of growing, harvesting and marketing their agricultural products.

Georgia ADT II currently manages large multi-faceted projects. Its plan is to develop micro-watersheds and then have the Georgia ADT step into a supporting role while the local staff takes lead responsibility for developing the project scope of work, managing bidding, conducting quality control, and managing contractor payments.

These watershed projects aim to place GIROA in the lead and have the districts reap the benefits. In the end, the ADT supports the needs of the Afghan people while GIROA takes ownership of the planning and development of projects for their people.

# SHADOW PLATOON RETURNS FROM AFGHANISTAN

Story by Maj. Will Cox  
Public Affairs Office  
Georgia Army National Guard

**CROWNE PLAZA RAVINIA, Atlanta, July 21, 2012** – Soldiers with the Georgia Army National Guard's Unmanned Aerial System (UAS) unit, known as the "Shadow Platoon," have been reunited with their families and are here attending their 30-day reintegration training. This event gives Soldiers a chance to come together with service members with whom they deployed, and it gives their families the chance to share in the reintegration process.

Savannah's Detachment 1, Company B, 48th Brigade Special Troops Battalion – based at Hunter Army Airfield in Savannah – flew the RQ-7B Shadow UAS while providing route clearance and conducting other reconnaissance missions looking for improvised explosive devices in order to keep American and coalition partners safe while on patrol or when conducting resupply missions.

"You may have heard this before," said Command Sgt. Maj. Joseph Recker, senior enlisted leader for Macon's 48th Infantry Brigade Combat Team, "but great job, and don't be surprised when you hear it again because we mean every word."

According to unit statistics, Georgia's Shadow platoon directly accounted for 2,321 flights and 5,860 aircraft hours, culminating in 14,995 hours with 706 launches by its crew chiefs in support of five separate brigades supporting Operation Enduring Freedom 2011-12.

"It is good to have all of you back. You are one of the priority units in the state, providing a unique capability, not only for the warfight, but also for homeland security," said Col. Brock Gaston, who commands Marietta's 78th Aviation Troop Command. "We are looking forward to fielding the new unmanned arial systems and developing

that capability for any future scenarios."

As to the reintegration training, Gaston told the Guardsmen, "Take advantage of all of the training and briefings this weekend. For those of you who are looking for jobs, there is help for that here."

For those looking for help easing back into their unique family dynamics, he says there is help for that as well.

The Shadow system is a tactical unmanned aerial system weighing about 400 lbs., with optical and infrared cameras effective over three miles. The system is piloted by UAS operators from Ground Central Control System, giving the commander on the ground "eyes in the sky."

"It is great to be back after such a successful deployment," said Chief Warrant Officer 2 Anthony Brooks, the detachment commander. "I am just glad to have everyone home with their families and beginning the integration back into their civilian lives. We had a unique opportunity to work under five separate brigades and to see what works and what does not work," he added about the deployment. "This will make our unit better going forward."

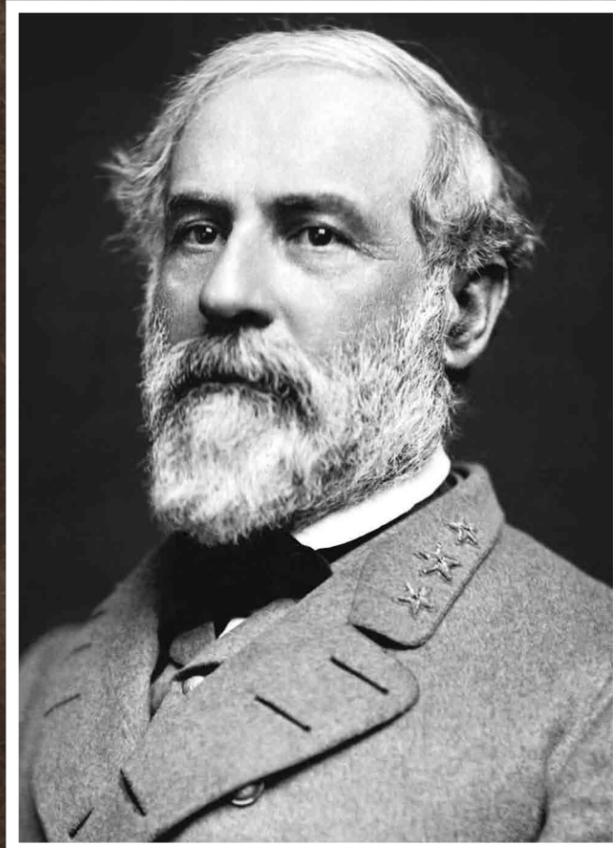
Sergeant 1st Class Anthony Bouchard, the detachment's first sergeant, says he too is glad to be back.

"At the same time," Bouchard said, "I look forward to training up the next generation of UAS operators and maintainers to take my place, and integrating the lessons learned from this deployment into our future training plans."



# REBELS RESURGENT: LEE'S BOLD GAMBLE AT SECOND MANASSAS

By 1st. Lt. William Carraway  
Public Affairs Office  
Georgia Department of Defense



With Maj. Gen. George McClellan and the Army of the Potomac retreating from Gen. Robert E. Lee's attacks on the Peninsula, a number of disparate Union commands in northern Virginia were consolidated as the Army of Virginia. Major Gen. John Pope was Lincoln's choice to command the newly formed Army. Pope had built a reputation as a hard fighter in the west having captured New Madrid, Mo., in March 1862 and Island Number 10 on the Mississippi River the following month.

Desperate for aggressive commanders, Lincoln brought Pope east hoping that the move would change the Union's prospects in Virginia. Pope immediately made a bad impression by boasting of his western exploits, permitting his men to requisition food from Virginia farms, and holding civilians responsible for damage caused by Confederate actions. These pronouncements not only upset his subordinates but caused the unflappable Gen. Robert E. Lee to regard him with unusually strong language. Lee described Pope as "a miscreant who needs to be suppressed."

With McClellan no longer a threat to Richmond, Lee dispatched Stonewall Jackson's corps north to begin the suppression of the miscreant Pope. Lee would have to act fast. With McClellan withdrawing by water from the Peninsula there was great risk that he would join Pope in northern Virginia and confront Lee with a united Union army.

By August 9, 1862, Jackson's men had arrived in the vicinity of Culpeper, Va., where they defeated Union forces at the Battle of Cedar Mountain. By this time, Lee had confirmed McClellan's intent to reinforce Pope. Lee therefore ordered Maj. Gen. James Longstreet's corps to march to Jackson's support. With the Confederate Army again reunited, the Army of Virginia and the Army of Northern Virginia faced off in a series of indecisive

clashes as both armies jostled for tactical advantage.

Then, on August 25, scouts from Jackson's Corps discovered an unguarded route around the Union right flank. On receiving the intelligence, Lee ordered Jackson to make a dramatic march around the Union flank to place himself between Pope and Washington in the hope that Pope might react rashly and give him battle on terms favorable to the South. Jackson, whose men had achieved legendary status as "foot cavalry," marched more than 50 miles in 36 hours to Manassas Junction in the rear of Pope's army. There, Jackson's men seized Pope's supply depot.

After two days forced marching Jackson's men feasted on the spoils before burning what could not be carried. His men flush with victory, Jackson took up positions near Manassas, Va.

The attack had the desired effect. Pope abandoned his position on the Rappahannock River and marched north hoping to catch Jackson's isolated corps. Unbeknownst to Pope, Lee was simultaneously marching north with Longstreet's Corps

On August 28, Pope's elements were furiously searching for Jackson who had by then taken up a strong defensive position in an unfinished railroad cut. From his concealed position, Jackson observed Union troops moving on the Warrenton Turnpike to his front. Seizing the opportunity Jackson attacked.

The engagement was to be a bloody stalemate as the Union Soldiers Jackson faced were excellent Wisconsin and Indiana troops who would go on to earn the nickname The Iron Brigade. Despite the setback, Southern forces were poised for success. Lee and Longstreet had pushed aside resistance at Thoroughfare Gap and were within miles of reinforcing Jackson. Pope, meanwhile, had no idea of Lee's whereabouts.

Having discovered Jackson's corps, Pope ordered his army to converge and destroy it. On August 29 he pitched his united forces in a series of uncoordinated attacks. Though successful in breaching the Southern lines, the Union was unable to exploit the breaches and was driven back by stubborn resistance.

While the battle raged at the unfinished railroad, Longstreet's Corps arrived on the outskirts of Manassas and deployed on Jackson's right flank. Longstreet was perfectly positioned to crush the Union left.

On the morning of August 30, 1862, believing Jackson was in retreat, Pope ordered an assault. Two Union corps attacked and were pushed back. As the Union corps attempted to reorganize, Longstreet launched a massive assault directly into their left flank.

The 18th Georgia was among the first of Longstreet's regiments to meet the enemy. The Georgians drove the skirmishers of the 10th New York from their positions and inflicted 300 casualties on the 500 Soldiers of the 5th New York. This regiment suffered the highest percentage of Soldiers killed of any regiment in the Civil War.

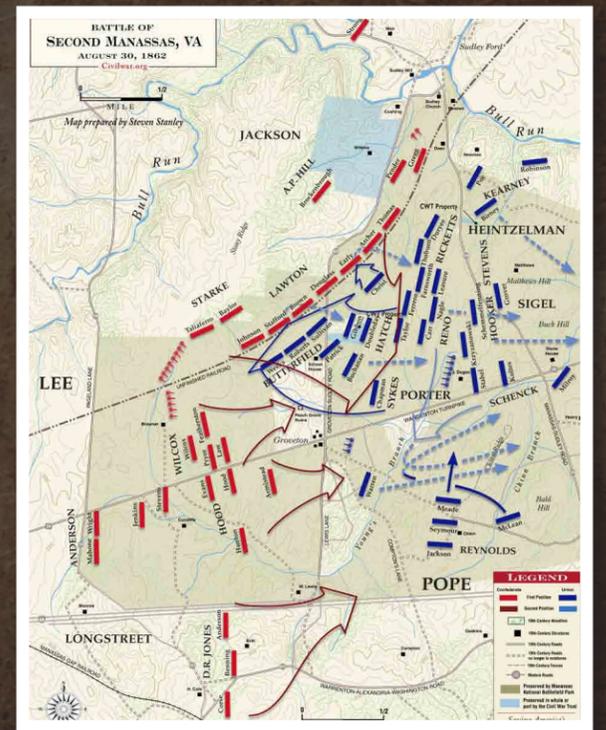
Five Confederate divisions were barreling down on two undersized Union brigades. Their objective was Henry House Hill, a prominent feature that had been the scene of fighting at the first Battle of Manassas one year earlier. From Henry House Hill the Confederates would be able to shell retreating Union columns with impunity. Pope, belatedly recognizing

the danger, dispatched troops to defend Henry House Hill. A division under the improbably named Maj. Gen. Zealous B. Tower was the first to arrive.

In the engagement that followed Tower was wounded and Colonel Fletcher Webster, son of Daniel Webster, was killed. The Union resistance crumbled before the Confederate vanguard led by the brigades of Col. George Anderson and Col. Henry Benning (for whom Fort Benning is named). Despite this success, the Confederate assault sputtered for exhaustion and want of ammunition.

By darkness Pope ordered a general withdrawal from the field. Of the 62,000 Union Soldiers engaged 10,000 were casualties. In September, Pope's career became the final casualty of Second Manassas as he was relieved of command and exiled to a post in Minnesota.

The Confederates had lost 8,000 out of 50,000 engaged. With Pope's men streaming for the safety of Washington's defense network no army stood between Lee and his bold plan to take the war to Northern soil. With Pope's army wrecked, Lee turned north on a march that could culminate near Sharpsburg, Md., along the banks of the Antietam Creek on the single bloodiest day of the war.



Next month: *The Bloodiest Day.*



# 224TH JCSS SUPPORTS PACIFIC PARTNERSHIP 2012

Story and photos by Ms. Julianne Sympson  
Joint Enabling Capabilities Command  
United States Air Force

**NAVAL STATION NORFOLK, Norfolk, Va., July 24, 2012** – Since May 1, seven personnel from the Joint Communications Support Element (JCSE), a subordinate command of the Joint Enabling Capabilities Command (JECC), have been embarked on the USNS Mercy (T-AH 19) supporting Pacific Partnership 2012 (PP12), a humanitarian assistance mission in the Asia-Pacific region. In the midst of their deployment, these highly trained communicators took time to reflect on the lasting impact this unique mission has already had on them.

JCSE provides rapidly deployable, mission-tailored teams of highly trained communicators to support worldwide joint mission requirements. Similar to the

communications services they would provide to a joint force commander, the team from the 224th JCSS, a Georgia Air National Guard unit aligned with JCSE, has provided ship-to-shore communications services during PP12.

The seven JCSE members are among 1,200 personnel aboard the Mercy consisting of medical, dental, veterinarian and engineering teams who are providing a range of procedures and civic activities to support the local populace during each scheduled port visit. These teams consist of personnel from Australia, Canada, Chile, Japan, Malaysia, Peru, Netherlands, New Zealand, Singapore, Republic of Korea, Thailand, all four services of the U.S. military, government and non-government organizations and numerous volunteer groups.

JCSE member Senior Master Sgt. John Vining commented on how his team's direct support in communications services has eased communications

challenges for the healthcare providers and civil engineers.

“Communications in the middle of a rural area, giving real-time request and response to and from the Mercy each day, has provided a capability that was otherwise non-existent,” said Vining. “The reliability and speed of our services allowed the Medical Civil Action Project teams to query the ship for a patient surgery or treatment and give a response within a matter of minutes.”

The Pacific Partnership mission promotes multilateral cooperation among its participants and their compassion has been illustrated in the diligent efforts they've provided to the local communities. This mission exemplifies how the international community is collectively working towards building partnerships and improving quality of life for people in the Asia-Pacific region.

While deployed to various sites in Indonesia, PP12 provided engineering subject matter experts who initiated the construction of a brand-new emergency care building and a pharmacy, and also supplied much needed renovations to sanitation facilities and a nearby clinic. The JCSE teams provided mission-critical communications services to support the MEDCAP teams as they executed significant logistical operations and made a visible difference in the community.

One medical team member supporting PP12, Dr. Lynn Bemiller, the Medical Director from Project Hope, spoke of how JCSE team member Staff Sgt. Charles Grant fixed processes while supporting a MEDCAP team on site.

“His first project was to engineer flow in and out of our little pharmacy until he got our wait times consistently down to 15 minutes,” said Bemiller.

“That was so successful he took a look at our registration and waiting room processes, made a few changes and then we had our process so smooth that over 600 patients flowed through the site in a six-hour timeframe with no hang up.”

Following the stop in Indonesia, Mercy continued its journey to the Philippines where the medical teams worked with local healthcare providers to complete a record-breaking 36 surgeries and offer medical screening to over 700 patients in one day. JCSE was on hand to provide the critical ship-to-shore communications needed for the physicians and medical technicians on site to complete these humanitarian missions.

Another JCSE team member, U.S. Air Force Tech. Sgt. Brian Abel, spoke of how this humanitarian assistance mission has impacted him and the incredible



reception the Pacific Partnership personnel have received at each site.

“The reception at both places, [Indonesia and the Philippines], was unbelievable. We arrived as early as 7 a.m. and there were hundreds of people waiting patiently for us,” said Abel. “Even after the Medical Civil Action Project was completed, we

were offered small gifts of thanks and even celebrated with their local customs and traditions in place.”

The good will and combined efforts of these dedicated service members, government civilians, and volunteers have helped thousands so far and continue to make a considerable difference during this exceptional mission. The JCSE team is looking forward to continuing their journey to strengthen partnerships and provide similar humanitarian assistance in Vietnam and Cambodia. PP12 is scheduled to conclude in early September.

# 48TH BRIGADE FINISHES “WARFIGHTER” EXERCISE

Story by Pfc. Joshua Smith and Spc. Hannah Stratton  
48th Infantry Brigade Combat Team  
Georgia Army National Guard

**FORT STEWART, Hinesville, Ga., July 25, 2012** – Select troops from the 48th Infantry Brigade Combat Team (IBCT) set up their standardized integrated command post systems and tactical operations centers this July at Fort Stewart to participate in Warfighter 2012. Participating units included the 1st Battalion, 108th Reconnaissance, Surveillance, and Target Acquisition Squadron; the 1st and 2nd Battalions of the 121st Infantry Regiment; 1st Battalion, 118th Field Artillery Regiment; the 148th Brigade Support Battalion; the 48th Brigade Special Troops Battalion; and the 48th Headquarter and Headquarters Company.

Warfighter was conducted in three phases beginning July 5, 2012, with the advance party setting up its respective command posts including tents, generators, and satellite communication hubs at Fort Stewart. The next phase consisted of standard operating procedure refinements and battle drill rehearsals. The final phase culminated with a unified land operation exercise.

“This was a good training event,” said the HHC’s Tommy Coffee. “We know our Soldiers came out of the exercise better prepared for deployment and ready to serve when called to duty. We are excited and thankful to get innovative training like this.”

During the two-week training exercise, the Brigade transitioned from 12-hour shifts to 24-hour operations as the Soldiers were launched into a full-scale battle simulation with enemy near-peer conventional forces taking over a city and setting up defensive and offensive positions.

The warriors of the 48th Brigade manned computer simulations, including the command post of the future and the advanced field artillery tactical data systems in coordination with map plotting and strategy planning in their Tactical Operations Centers.

Ultimately, Soldiers fought a four-day simulated battle with enemy insurgents, executing an attack, a defense

against a counterattack, and then transitioned to stability operations after the near-peer conventional forces had been repelled from the city.

In an interview with the exercise’s “embedded civilian media,” Lt. Col. Matthew Smith, Brigade Deputy Commander, said, “We have moved toward the offensive, taking back locations and pushing enemy forces toward the border. We saved the city from further damage resulting from enemy activity and will begin reconstruction as we restore law and order with the local government.”

Before the 48th Brigade finished its exercise, Smith reminded them of the reason for training early and training often.

“This is all part of Col. John King’s [48th IBCT Commander] ‘Go ugly early’ campaign,” said Smith. “We train as much as we do to get the mistakes out of the way now, learn from our mistakes, and improve our ability to

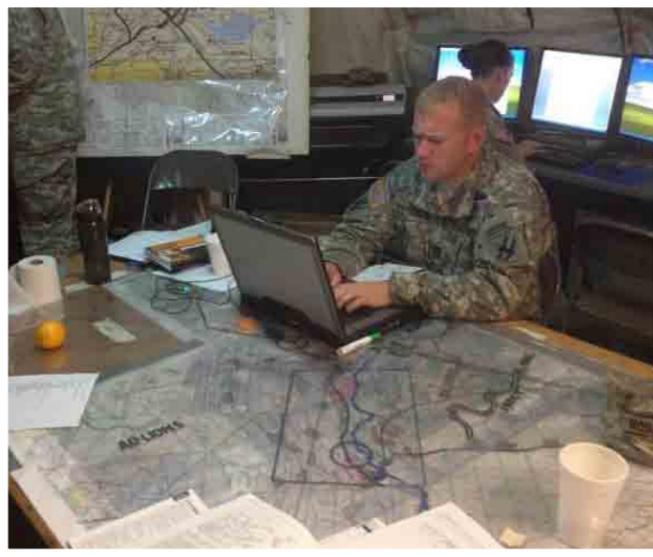
get combat power where it is needed, when it’s needed, and with the right equipment on the battlefield. I am glad to say that we are better prepared due to this exercise, and our results show how effective our team is at achieving victory.”

The 48th IBCT Soldiers accomplished just that in the exercise, effectively destroying and conquering “enemy troops” and restoring peace to the recently “overtaken city.” The 48th IBCT staff now has over 100 hours conducting

extensive battlefield simulation training and two victories to show for the Brigade Warfighter Exercise 2012.

The 48th IBCT is now resetting its equipment after the Warfighter exercise and preparing to mobilize to Camp Ripley, Minn., for the Exportable Combat Training Center 2012 exercise to take place in August.

Warfighter was the first step in a three-step process that NGB will use to validate an IBCT’s training and readiness through the multi-year Army Force Generation collective training Strategy. XCTC will be the second step in the process, culminating with a Combined Training Center rotation in 2013.



## PROFESSIONAL DEVELOPMENT BOOKSHELF:

### REVIEWS OF BOOKS THAT TEACH US ABOUT OUR CRAFT

By Mr. Steven Welch  
Public Affairs Office  
Georgia Department of Defense

Success starts on the inside, allowing our potential to flourish if we believe in it and allow ourselves to guide this potential out into the open. In her book *Mindset: The New Psychology of Success*, Dr. Carol Dweck discusses how exploring and developing oneself can lead to a more satisfactory and successful life. She believes our mindset permeates every part of our lives; it allows us to grow as people and reach new aspects of our lives we would otherwise be unable to fulfill.

Dweck believes there are two mindsets one can have, a fixed mindset or a growth mindset. Her theories on fixed mindsets will resonate with more readers than the growth mindset, as it involves creating an internal monologue and judging oneself in order to validate self-worth. These people typically believe they cannot change anything to better themselves.

On the other end of the spectrum is the growth mindset, in which Dweck notes “people develop their intelligence, talents, and abilities over time.” Those who have a growth mindset do not fear failure, choosing to improve their lives instead of accepting defeat. *Mindset* touches upon four aspects of our lives that can be affected by these mindsets: education, sports, relationships, and personal change.

**“It’s never too late to be what you might have been.”**

With regards to our education, we are often led to believe there is only one way to do something, that there is only one solution to a problem. Dweck’s philosophy stems

from our need to step out of that mode of thinking and look for as many solutions to a problem as we can find.

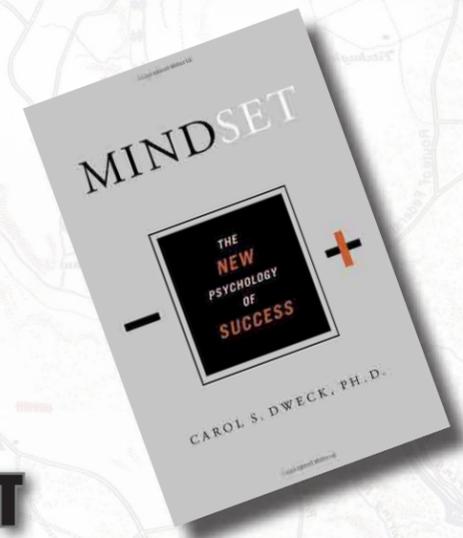
Even with sports, a growth mindset is essential to maintaining continued success. Dweck stresses hard work and determination as the factors of successful sports stars, rather than some form of natural talent. Despite suffering setbacks that might deter others, successful athletes soldier on due to their growth mindsets, and thus they are able to train and enhance themselves to achieve their goals.

A bad relationship can have a negative effect on a person’s outlook, and as Dweck believes, prevent them from having viable relationships down the road. Those with the growth mindset are able to accept the end and move on with their lives, and change for the better. They aren’t stuck in the past or looking for a way to get back at the person who broke their heart, instead choosing to learn from what happened.

Personal change is the underlying theme of *Mindset*, and is the key to changing one’s perspective and adopting a growth mindset. It can be hard to accomplish overnight, as those with fixed mindsets find themselves unable to believe they can still change their lives around, but Dweck stresses that age or circumstance has nothing to do with our ability to change. We’re all capable of living our lives to the fullest, and moving past the moments when we doubt ourselves and our abilities.

If we take what is discussed in Dweck’s book to heart, adapting a growth mindset will allow us to achieve new things in every aspect of our lives. Our relationships will be stronger, our education more successful, and the person we want to be on the inside will be on display for the rest of the world to see.

The takeaway here is that mindset has a tremendous impact on our success – and that we can change it for the better.





# GEORGIA ARMY GUARD WINS TAG DEFENDERS CUP

*Story by Pfc. Andrew Badeen  
Photo by SDF Sgt. Marc Kornfield  
Public Affairs Office  
Georgia Department of Defense*

**CLAY NATIONAL GUARD CENTER, Marietta, Ga., Aug. 4, 2012** – The Georgia Army National Guard was declared champion of the second annual Adjutant General’s Defenders Cup competition this past weekend, which pitted teams from the Georgia Army Guard, Georgia Air Guard and Georgia State Defense Force against one another in a friendly head-to-head-to-head competition of strength, fortitude and aptitude.

While the State Defense Force won the first Defenders Cup last year, this year’s Army Guard team came back with a vengeance. This was the Air Guard’s first appearance at the Cup competition.

Competition throughout the day was fierce between the three teams, but it was ultimately the Army Guard team that took first place in each of the three overall events, winning the coveted Defenders Cup by a landslide. The Air Guard team, which had performed consistently throughout the day, came in second.

“Collectively, we were able to pool our strengths and overcome our weaknesses in each event to come out on the top. This victory came from our team work,” said Spc. Carlton Westbrook. As Georgia’s 2012 Soldier of the year, he was one of the 12 hand-picked Soldiers selected

by each of the Army Guard’s five major commands that comprised “Team Patriot.”

Army Guard team captain, Staff Sgt. Jeremy Gann of the 122nd Regional Training Institute, led the Patriots to an overall victory. While many in the team were strangers to one another, they competed exceptionally well together, says Gann. “The Army Guard squad worked flawlessly as a team, and was able to take home the victory,” he said.

“We had people from across the state, most of whom did not know each other until the night before the competition. We came together from different job skills and different walks of life,” Gann explained. “We just meshed really well and pushed each other all the way through. Everyone really put forth a 110 percent effort, and were all very determined to take the cup home this year,” he added.

This year’s Defenders Cup competition consisted of a modified physical fitness test, the tug-of-war and a round-robin activity made up of four separate events. For each category, the first place team was awarded 50 points, second place 25 points, and third place 10 points.

The physical fitness test was divided into a 1.5-mile

run, 15 minutes of sit-ups and 15 minutes of push-ups. The Patriots got out to an early lead by completing 1,434 push-ups and 951 sit-ups in their respective 15-minute blocks. The Air Guard team put up quite a fight with their own mark of 1,356 push-ups and 905 sit-ups, while the SDF – which only mustered seven team members at the offset of the competition – stayed alive with 1,073 push-ups and 663 sit-ups.

In the 1.5 mile run, the Army Guard increased its lead with an impressive run of 10 minutes, 47 seconds. Trailing not too far behind was the Air Guard with a time of 12 minutes, 30 seconds. The State Defense Force team gave its all, but came in third with a time of 17 minutes, 17 seconds.

The tug-of-war was a single-elimination event. The first match – between the Air Guard and SDF teams – saw the previously struggling SDF emerge victorious over the Air Guard team. After a short five-minute break, the SDF squad was defeated in the second round by a fresh Army Guard team, which widened the Patriots’ lead, putting them at a score of 200 points at the end of the first two rounds of overall competition. The Air Guard finished the second round with 85 points, and the SDF with 55 points.

The four round-robin events tested each team’s strength, teamwork ability and military knowledge of radio operations, disassembly and assembly of the M4 carbine, vehicle and aircraft recognition, and the five-ton truck pull. It was here that the Air Guard began closing the gap on the Army Guard team.

The Air Guard won the five-ton truck pull and M4 event, but saw the Patriots hold onto their lead by winning in radio operations and vehicle identification.

The cumulative times of the four round-robin activities were scored, and additional points were awarded respectively. The Patriots won the overall round-robin event with a time of 41 minutes, 32 seconds. The SDF team – which finished second in both the M4 and radio sections – came in second with a time of 44 minutes, 40 seconds, while the Air Guard crossed the finish line third with a total time of 45 minutes, 46 seconds.

In the end, the Army Guard ran away with the victory with a score of 385 points, the Air Guard earned second with 230 points, and the SDF took home 150 points.

“The Defender’s Cup is a prime example of teamwork at its best,” Maj. Gen. Jim Butterworth, Georgia’s

Adjutant General, said after the competition. “Everyone played a significant role throughout the day, in each event. I could not be more proud of the camaraderie and excellent display of great sportsmanship exemplified by these three teams.”

“I couldn’t be prouder of our guys,” said Brig. Gen. Jerry Bradford, GSDF commanding general. “The important thing is, we showed that we can contribute to the fight – that we’re right there with the Guard physically and mentally.”

“This is a big deal,” said Butterworth. “Today was a special day. The people who came out and participated are definitely part of something important – something I want to see grow over the years in the organization. It’s my intent that the Cup will go on with the victors as they continue with their missions at home and abroad.”

“The Air Guard was excited to be there,” said Maj. Gen. Thomas Moore, Georgia Air National Guard Commander. “And we’re looking forward to being there again next year with an even bigger and better team.”

“I’m very proud of the Army Guard team for winning the Cup this year,” said Brig. Gen. Joe Jarrard, Assistant Adjutant General, Georgia Army National Guard. “Our team was comprised of Soldiers from multiple units, and the hard work they put in while preparing for this year’s event resulted in a big win. They did a great job representing all of the Georgia Army Guard.”

The Army Guard, it appears, has every intention of coming back next year and repeating its victory.

“Competition breeds comradery, and now that we have the Cup in our hands, we’ll be very hesitant to let it go,” said Gann, with pride in his voice. “However, I will also tell you that it was truly great to compete against the Air Guard and State Defense Force Teams. Competition such as this brings us all closer together.”

“Very proud of our guys,” said SDF Staff Sgt. John Derucki. “We may not have come out on top this year, but the other teams know they were in a fight. We’ll take one week of rest, and start getting ready for next year.”

“I always go back to a photo from last year’s competition,” said Command Sgt. Maj. James Nelson, the state’s senior enlisted leader. “There’s this one picture that was taken at the end of last year’s event of an Army Guardsmen and an SDF member putting away a water cooler together. That, to me, was symbolic of what this event is all about: One team, one fight.”

# J-STARS LAUNCHES USER-FRIENDLY MAP SYSTEM FOR ORE

Story and photos by Sgt. 1st Class Roy Henry  
Public Affairs Office  
Georgia Department of Defense

**ROBINS AIR FORCE BASE, Warner Robins, Ga., July 17, 2012** – In an effort to help Airmen from Team Joint STARS to more easily read and communicate grid coordinates on maps during their Operational Readiness Exercise, the 116th Civil Engineering Squadron has constructed a new user-friendly map system.

Chief Master Sgt. David Fite, 116th Civil Engineering Squadron superintendent, led a team of five engineering assistants from the 116th and 202nd Engineering Squadrons during the project. The team worked more than 300 hours during the past several months to produce more than 100 maps for use during the ORE and the upcoming Operational Readiness

Inspection in September.

Staff Sgt. Columbus Cook, a traditional Guardsman from the 116th CES, was a key player in the design and implementation of the improved map system. With dual degrees in Architecture and Interior Design as well as a certification in AutoCAD, Cook brought a wealth of knowledge to the project.

According to Cook, a key component of the maps that he referred to as “through the door and up the stairs” is based on the Army’s Military Grid Reference System. Using this system, players in the JSTARS ORE were able to quickly and accurately communicate their grid coordinates during the exercise.

“Our goal was to prepare a user-friendly product so the average Airman could hit the ground running and reading a map would be the least of their worries,” said Cook.



# GUARDSMAN USES WELDING SKILLS IN SUPPORT OF MISSION READINESS

Story by Sgt. Latisha R. Riddick  
Public Affairs Office  
Georgia Department of Defense

**CLAY NATIONAL GUARD CENTER, Marietta, Ga., July 15, 2012** – Georgia Army Guard Spc. Warren Nolbert has been using his artistic ability as a welder since 2007. Nolbert, who lives in Atlanta, is assigned to Kennesaw’s 277th Maintenance Company where he practices his profession under the 91Echo-Allied Trade Specialist Military Occupational Skill (MOS).

He has been a 91E for five years now. Some of the projects he has done as a welder include fabricating and repairing weapons racks and 50-foot antennas, fabricating parts, and repairing a variety of tactical and mission essential equipment.

“I chose to become an Allied Trade Specialist because I’d watched my uncle, who’s been an off-shore welder for years, do something I found myself wanting to do: create things, build things with my own two hands, in my own special way,” Nolbert said. “When I joined the Guard in 2007, I found myself staring at poster of a Soldier painting vehicles, and decided ‘that’s the kind of job skill I want to build my military career on.’”

There are several requirements that an Allied Trades Specialist like Nolbert must meet in order to hold the 91E MOS. Upon completion of basic training, for example, he was required to complete 17 weeks of advanced individual training (AIT) at Aberdeen Proving Ground in Maryland. Soldiers are also required to have at least 20-30 vision in each eye, regardless of whether or not they wear glasses. Nolbert added that, there are other things a good welder needs to be successful.

He went on to explain, “An allied trade specialist must be technically proficient in operating all machinery.”

As with all military job skills, there are challenges inherent to being a Soldier – active, Guard or Reserve. Number one among them, especially for a welder, he says, is safety. Safety is paramount no matter what job is being performed, “and that’s particularly true in my chosen profession,” Nolbert said.

One of the things he says he enjoys about being a welder is that the job requires him to plan in detail how a particular project will be accomplished, and to work fast in order to meet production deadlines – even on small welding projects. The other is that, at the end of the day, the project he just finished is appreciated by all who come in contact with it.

“There’s nothing like seeing everything you’ve put into a particular job come to fruition in the final product and knowing that people are grateful for what you’ve done,” he said. “To create something or fix something that is going to put a vehicle or piece of equipment back into action and help my fellow Soldiers ‘meet mission,’ offers great self-satisfaction.”

Nolbert says his most memorable encounter as an allied trade specialist was when one of his AIT instructors told him, “As long as you’re welding, you’ll never be bored.”

“I keep that in mind every time I begin a job, and I take every opportunity to remind my fellow welders of it,” Nolbert said.

As he continues his career as a traditional guardsman with the Georgia Army Guard, his goal is to move up into the Guard’s Noncommissioned Officer Corps, he says, and eventually retire from military service.

“No matter what I choose to do with my career, I can tell you I have enjoyed being a welder and having the opportunity to contribute to the readiness of my organization,” Nolbert said with a proud smile.



# GUARD, OTHERS HONOR KOREAN WAR VETS IN ATLANTA



*Story by Spc. Steven Bennett  
Photo by Sgt. 1st Class Gerard Brown  
124th Mobile Public Affairs Detachment  
Georgia Army National Guard*

**ATLANTA, July 27, 2012** – On the 62nd anniversary of the Korean War, Georgia National Guard officials – along with military veterans, their friends and families from across the state – gathered at the state capital to witness the laying of a wreath by The Korea-America Friendship Society in honor of those who fought, and died, in defense of the South Korean people in the early 1950s.

Every veteran attending the ceremony was recognized with a standing ovation for their service during the four years of fighting that occurred across the Korean peninsula.

Major Gen. Jim Butterworth, Georgia's Adjutant General, and Mr. He-Beom Kim, Consul General of the Republic of Korea, spoke during the ceremony about the heroes of what historians and others have coined "the forgotten war."

"It is a true honor to be here," said Butterworth after stepping to the podium. "We must always remember the 740 Georgia servicemen, many of them from the National Guard, who paid the ultimate price to perpetuate freedom."

The Korean War began on June 25, 1950, when North

Korean forces crossed the 38th Parallel and invaded the south. South Korea, backed by the United Nations, and with assistance from the United States and several other countries, fought to push communist forces back across what is now the demilitarized zone between the two Koreas. The war lasted until an armistice, signed July 27, 1953, brought fighting to an end, but never really ended the war. Statistics show that more than one million military personnel, Korean and American, lost their lives during the fighting. They also show that more than 2.5 million civilians were killed.

Consul General Kim stepped forward at one point in the ceremony and hung a wreath next to a replica of the Korean War Veterans Wall as a bugler played Taps. Taking a short step back, he then bowed his head in honor of those who paid the cost of freedom with their lives.

"All Koreans are deeply in your debt for the sacrifices you and your comrades made on our behalf," said Kim, looking across the audience. "Korean War veterans, you are our true heroes, and you are not forgotten, nor will you ever be forgotten. You are forever in our hearts, and we thank you."

There appeared to be no shortage of tears in remembrance of those who died, or humble displays of pride in service rendered from among the Korean War vets seated before Kim. More than one veteran was overheard saying how grateful he was that the service and sacrifice of those who fought and died so others could be free was being honored.

During today's ceremony, the American and South Korean national anthems and other patriotic tunes were played by the Hope John's Creek Korean American Youth Orchestra. Children from the orchestra also showed their appreciation by presenting each veteran a single red rose and a firm handshake or hug.

"Because of today's tribute," said prominent Atlanta businessman and South Korea native, Sunny K. Park, "the Korean War will always be remembered by generations of Koreans and Americans. Therefore, the 'Unforgotten War' seems to be a more appropriate nickname.

"I am glad that children witnessed today's ceremony," said Park, who acted as master of ceremonies for the event. "They, in turn, will tell other children – some day maybe even their own children – of the heroic deeds of Georgian Soldiers during the Korean War."



# IMAGINATION TAKES FLIGHT AT STARBASE CAMP

Story by Sgt. 1st Class Gerard Brown  
Public Affairs Office  
Georgia Department of Defense



**DOBBINS AIR RESERVE BASE, Marietta, Ga., Aug. 8, 2012** – Thirty children of Georgia Army and Air Guard, Reservist and active duty members had an opportunity to watch their imaginations take flight during this year's STARBASE summer camp conducted at Dobbins Air Reserve Base.

STARBASE, which stands for Science and Technology Academics Reinforcing Basic Aviation and Space Education, is an educational program sponsored by the office of the Assistant Secretary of Defense for Reserve Affairs and the Georgia National Guard.

"Who has never dreamed of flying? People dreamt for thousands of years about flight and how it might be achieved, and here we teach how flight is possible," said Jim Jackson, retired Cobb County teacher and the lead instructor at STARBASE.

Here, students are introduced to the properties of air, and the practical application of Newton's laws of motion. In addition, they also learn how Bernoulli's principle (in regards to lift) is achieved through decreased pressure above an airfoil and increased pressure below it.

Some of the other lessons learned were in the engineering design process. Students had to design a restraint system for a raw egg that would be attached to a miniature space shuttle, and then released from various heights.

The main purpose was to design it so that the raw egg would survive impact, but also for the children to understand inertia, motion and gravity.

On the last day of the camp, students were able to watch as the rockets they built were launched into the sky. Not only were they able to see their work literally take flight, they were also able to learn about the action and reaction of a rocket-propelled burn.

Throughout the camp, students learned aspects

and applications in such areas as physics, chemistry, engineering and mathematics, operations and applications. These subjects were embedded into every aspect of their learning over the four-day period. To solve questions and achieve goals on classroom assignments, they not only used their teamwork skills, but they also had to use metric measurement estimations, data analysis and geometry.

"We focus a lot on teamwork, by dividing them up into teams and teaching them how to work as a team through planning and discussion," said Bill Wells, STARBASE Director.

Developing youth with the confidence to compete in the world market – be it as Aerospace engineers, as pilots, or some other field – is much of what STARBASE is all about, Wells says.

"When they first arrive, they are unsure about the course. But by the end of the first day, they are sold on the program. By the last day, they don't want to leave," said Jackson.

**For more information on STARBASE visit [www.dodstarbase.org](http://www.dodstarbase.org)**

## REMAINING VIGILANT IN TRYING TIMES

By Maj. Gen. Jim Butterworth  
Adjutant General  
Georgia National Guard

If there's anything I've learned about the Georgia Guard in the last several months, it's that we are deeply dedicated to the National Guard ideal of "Always Ready, Always There." We have to be, because that dedication demands a great deal from us: Training, education, practice, planning, and constant improvement.

This month, we're focusing on a particular kind of preparedness: Antiterrorism Awareness. Antiterrorism requires the same education, planning, and practice as our other missions. And certainly the recent shootings in Colorado and Wisconsin are stark reminders that not only are we potential targets for violent acts, our families and friends are as well.

In a recent discussion on this subject, the provost marshal general of the U.S. Army, Maj. Gen. David Quantock, said, "Antiterrorism is about people saying something." We've seen time and again that the simple act of reporting something out of the ordinary can make the difference in preventing an attack. Not only do we need to keep in our military culture the impulse to say something, to report things out of the ordinary --- we need to encourage this with our families and friends as well.

Every member of the Georgia National Guard

community plays an important role in preventing terrorist attacks. By embedding Antiterrorism principles and concepts throughout our plans and programs we protect the Guard community from terrorists. By understanding the indicators of terrorist activities and reporting suspicious behavior to iWatch and local law enforcement, our Guard community members serve as "sensors" that enhance and extend the Guard protective posture.

This month, I'd like you to take the time not just to exercise your Antiterrorism plans, but to carefully consider them. Look for ways to improve them. Think them through. Your building may have an emergency evacuation plan, but does your office? Have you decided who leaves last, and who checks that everyone is out? Have you conducted a rehearsal, and discussed contingencies?

Let's do the same with our families. None of us want our loved ones to feel like they have to check every corner when they walk into a public place. But perhaps it would be a good thing if they get into the habit of noticing emergency exits. This is even more important when in unfamiliar places, for example on vacation. Making a habit of this keeps us vigilant.

Vigilance is the key. We must ingrain this into our culture by encouraging our peers, testing our subordinates, and encouraging our families not so much to fret as to be prepared.

Let's all work together to see to it that the Georgia Guard Family remains Always Ready, Always Vigilant.

## 648TH MEB SOLDIER HELPS OUT AFGHAN COMMUNITY

Story by Master Sgt. Frances Richardson

**CLAY NATIONAL GUARD CENTER, Marietta, Ga., July 17, 2012** – Sergeant Marcel C. Nalls, a resident of Douglasville, and a member of 648th Maneuver Enhancement Brigade, "Task Force Hydra," provided invaluable support to the unit's mission in Afghanistan during a combined charity event for the Kabul Military Lodge 201 and Task Force Hydra, 648th MEB at Camp Phoenix in May of this year.

For this event, members of Lodge 201 raised funds and collected blankets and food items to be donated to local Afghan children.

As a Team Leader of the TF Hydra Movement Team, Nalls and his team have the responsibility of providing personal

protection to all high-level members of the task force as well as dignitaries that visit the Kabul Base Cluster.

He has conducted missions where he's rendered protective services to the Bulgarian president, the U.S. Ambassador to Bulgaria, a Mongolian Commanding General, and the first female Afghan general officer. He was also part of the security detail for President Obama during his visit to Afghanistan.

Nalls has 13 years of service and his military education includes Infantry School, Military Police School, Sniper School, and, Combat Advisor School.

He is the son of James A. Nalls Jr. and Barbara J. Nalls and the proud father of five - Asyana M., Nathan V., Aiden, Raymond A., and Addison.

Upon returning home, Nalls will go back to being a full-time student at Saint Leo University.

# AROUND THE GEORGIA GUARD



## 170TH MPS RETURN FROM GITMO

Sgt. 1st Class Jake Chapman held his six-month-old son, Gus, after arriving home from a 12-month deployment to Guantanamo Bay Naval Base, Cuba with the 170th Military Police Battalion from Decatur, Ga. Chapman's wife, Staff Sgt. Ashley Chapman, was also present, along with other family members celebrating his return home.



## GEORGIA GUARDSMAN TO APPEAR ON 'HOUSE HUNTERS'

A Georgia Army Guardsman and his wife are to be featured on an episode of a well-known cable television show scheduled to air late fall of 2012. Pictured here, Sgt. 1st Class Derrick Caple, of the Recruiting and Retention Battalion, who currently resides in Rex, Ga., is filmed by a crew from the HGTV show "House Hunters" as he enters the Army Guard's Oglethorpe Armory near Fort Gillem.



## F-22S TRAIN AT SAVANNAH'S CRTC

The 1st Fighter Wing from Langley Air Force Base, Va., trained this month at Savannah's Combat Readiness Training Center and Savannah-Hilton Head International Airport. While this type of aircraft has trained in Georgia's airspace before, this was the first time the aircraft was actually based in the area.

## ADT WOMEN'S INITIATIVE TRAINING TEAM MEETS WITH BARAKI BARAK WOMEN

Sergeant Mary Petty, Georgia Agribusiness Development Team II's women's initiative training team member, took a moment after conducting horticulture training with Baraki Barak women in Logar province, Afghanistan, to spend time with a young attendee at the training. During the training, Afghan women learned new techniques to apply to gardening that will help them better provide for their families.





## 170TH MPS RETURN

After yearlong deployment  
to Guantanamo Bay

# GEORGIA GUARDSMAN

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