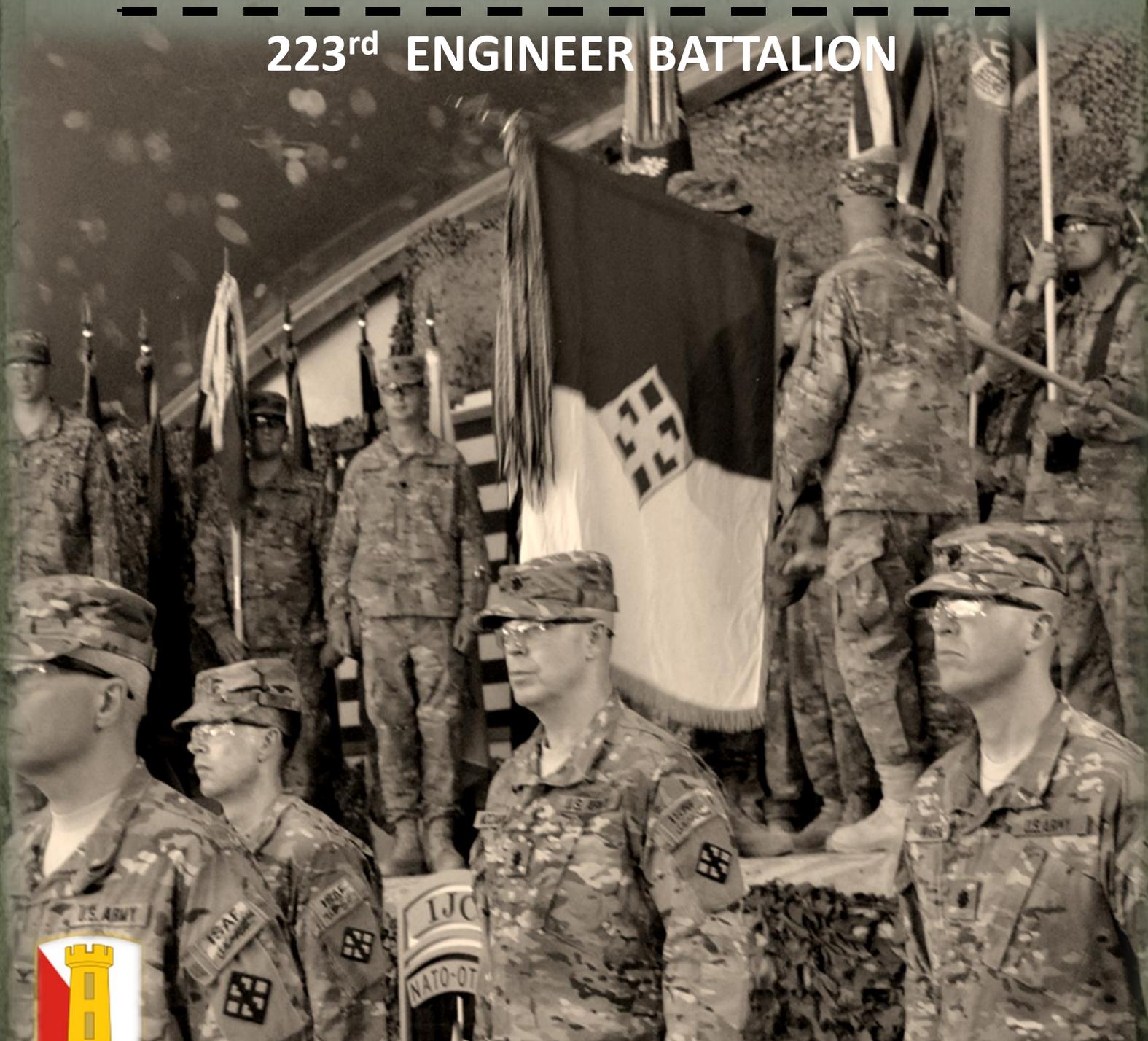


OPERATION ENDURING FREEDOM 11-12

Task Force Knight

223rd ENGINEER BATTALION



IT GROWS WITH LABOR Vol. 1 Issue 7



IN THIS ISSUE

Task Force Knight

**.COMMANDER'S
CORNER**

.CSM GUIDANCE

**.411th
LEADERSHIP**

**.BATTALION
NEWS**

**.PROMOTION
REVIEW**

**.CHAPLAIN'S
WORDS**

**.LT MCGREW'S
SPOTLIGHT**

**.BATTALION
PHOTOS**

.FLAG DAY

**.ARMY'S
BIRTHDAY**

.BIRTHDAYS

**.FALLEN HEROES
MEMORIAL**

**.WORD SEARCH
CHALLENGE**





KNIGHT 6-COMMANDERS CORNER

Good Day Knight Warriors,

As another month passes one must take a tactical pause and remember why we fight. The 411th Engineer Brigade responds “Never Forget” after their motto of, “Brigade of Choice”. The term “Never Forget” represents the very essence of 9/11 when Islamist radicals tried to strike and take a small part of our Liberty. Rest assured they have failed miserably. Unfortunately, many forget the early sacrifice that was made to establish such liberties that we openly express in the United States. But you, the noble warrior fight to preserve the freedom we have in our “Great Nation”. As we celebrate our democracy established on July 4, 1776, let’s remember the words that established the foundation of independence. “When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature’s God entitle them, a decent respect to the opinions of mankind requires that they

should declare the causes which impel them to the separation. We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed. That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness.” As you raise and display the flag, reflect and remember what its beauty represents. Thanks once again for your sacrifice, you are truly the best. I’m humbled to be part of such a great team that continually goes above and beyond what is expected.

God Bless and God Speed

LTC Michael N. Cleveland



KNIGHT 7—CSM THOUGHTS

The 4th of July is coming around the corner. As another holiday approaches I urge you to take this time and spend it with your fellow Soldiers. Many of the FOBs will host festivities and it is important that you incorporate a little down time, so go ahead and enjoy yourself. Remember to stay in contact with your family and assure them that you’re doing well during these times of peak activity from insurgents.

It is also important to remember that this holiday is not just about eating BBQ and enjoying a day off of work, but about celebrating the independence of this great nation.

I also want to discuss safety. The days seem as if they’re longer and hotter. It is important to take care of yourselves. Drink plenty of water and be aware of your surroundings. Complacency is another hot topic. Complacency can cost lives. In the light of recent events I insist that you try to look at every situation with “brand new eyes” stay aware, stay alert, stay alive.

CSM Charles Donald



223rd Task Force Knight – Leaning Forward

Welcome the 411th Brigade
Brigade of Choice

Brigadier General David L. Weeks is a native of Tallulah, Louisiana and currently resides in East Carroll Parish, Louisiana. He enlisted in the United States Army Reserve on 30 April 1979 and following Basic Combat Training and Advanced Individual Training, Private First Class Weeks reported to the 412th Engineer Command, Vicksburg, Mississippi. Upon graduation from Louisiana Tech University, Staff Sergeant Weeks applied for and received a direct commission.

Brigadier General Weeks' military education includes the Infantry Officers Basic Course, Engineer Officers Advanced Course, Combined Arms and Services Staff School, Command and General Staff College, the United States Army War College and the Advanced Joint Professional Military Education program. He has a BS in Accounting from Louisiana Tech University and a Masters in Strategic Studies from the US Army War College.

Brigadier General Weeks is married to the former Cynthia Renee Walker from Crowville, Louisiana. He has two children, Sarah and William, one grandson, Charlie and one granddaughter, Laney. He is a Civil War history buff and an avid duck and deer hunter (when time permits).



Command Sergeant Major Krom began his military career on July 13, 1983 when he enlisted into the United States Army. On September 19, 2011 Command Sergeant Major Krom accepted the position of Command Sergeant Major of the 411th Engineer Brigade located in New Windsor, New York. As the Command Sergeant Major of the 411th Engineer Brigade, he serves as the senior NCO in the Brigade and as the Brigade Commanders advisor on all enlisted Soldier matters, particularly areas affecting training, leader development, mobilization, employer support, family readiness and support, and quality of life for the Soldiers within the Brigade. Command Sergeant Major Krom dedicates the majority of his time traveling throughout the command observing training, listening to Soldiers, their families, and addressing their issues and concerns.

Command Sergeant Major Krom's military education includes the Drill Sergeant Academy, Advanced Non-Commission Officer Course, Basic Non-Commission Officer Course, Primary Leadership Development Course, SAPPER Leader Course, Observer Controller/Trainer Course, Total Army Instructor Course, Demolitions Master Course, attended and completed U.S. Army Sergeant Majors Academy in June 2006.

Command Sergeant Major Krom has completed numerous civilian law enforcement courses and certifications while employed as a New York State Correction Officer for the past 22 years.

ANA soldier stands out among peers

Members of the 3/205th Afghanistan National Army (ANA) train with U.S. forces learning the capabilities of mine detection equipment, June 4.



The training event is a part of weekly training, which covers different facets of being a combat engineer. The training is led by members of the 22nd Engineer Clearance Company.

According to U.S. Army Spc. Justin Manchester during the training one ANA Soldier stood out in particular because of his proficient use of the mine detector. Samiullah.

Samiullah's expertise with the mine hound greatly helps the unit's mission to eradicate the country of improvised explosive devices (IED) threats. It is an

asset for the members of the 3/205th to have one of their own to help teach them the importance of mine hounds. His knowledge and skill set helps the 22nd facilitate training that is led by the ANA for the ANA.

"I really like using the mine detectors. I studied them in Marza-e-sharif," said Samiullah. The minehounds are used to help dismounted Soldiers locate mines. The device combines ground penetrating radar (GPR) and metal detection systems to help Soldiers identify the threat of potential mines in their path.



"It's important for me to do a good job. I really like clearing my routes and doing well on my missions. I just really want to do well for my country," Samiullah said.

The 22nd ECC has been working hard with the ANA to get them prepared for the challenges ahead. As the U.S. goes forward with its plans to withdraw from Afghanistan, it is imperative that the ANA are ready to take the lead. The weekly training held by the 22nd will ensure that the Soldiers of the 3/205th are ready for this task.



"The ANA will have one of the hardest working jobs in Afghanistan," said Samiullah. "We will have to train harder and be professional for the war. When the Taliban tries to bring terrorism in Afghanistan, we will have to beat them."

Bridging Afghan Partnerships





CHAPLAIN'S WORDS

There is an old axiom which states, “you are what you eat” – which is a pretty scary thought if you are eating in a DFAC in Kandahar! But there is a corollary to that which I believe to be more accurate. In reality, you are what you THINK. It is true that what you allow your mind to dwell on will come to define who you are. If you think about profane things, it will be evident in your actions and in your speech. If you think negative thoughts all the time, you will become a negative person. You become what you allow your mind to dwell on.

Perhaps that is why the Bible warns us so often to “guard our hearts” and to take our thoughts captive. Philippians 4:8 says “Finally brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.” That verse is literally translated – “let your mind dwell on these things.”

What is your mind dwelling on these days? Do your thoughts pass the standard set forth by the Word of God? The path to being a better person begins with the mind. Make sure your thoughts are pleasing to God and your actions will naturally follow.



LT MCGREW'S HEALTH TALK

Dehydration can be a very serious threat to all soldiers, especially those of us in theatre. Dehydration occurs when you lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. There are many signs and symptoms of dehydration. For mild to moderate dehydration the symptoms include: thirst, dry mouth, decreased urine output, headache, constipation, and dizziness or lightheadedness. These symptoms can be resolved by simple oral hydration with water. IV fluids are not necessary. The symptoms for severe hydration are: extreme thirst, irritability and confusion, very dry mouth/skin/mucous membranes, lack of sweating, little or no urination, sunken eyes, low blood pressure, rapid heart rate, rapid breathing, fever, and in the most severe cases delirium or unconsciousness. Severe dehydration requires immediate medical intervention. So, how much water should we drink each day? There is no one formula that fits everyone. We have all heard that we need to “Drink eight 8oz glasses of water a day”. That's only about 1.9 liters. In temperate climates men should drink roughly 3 liters of water a day, and for women 2.2 liters a day. A good rule of thumb would be to drink enough fluids until you are rarely thirsty and your urine is colorless or light yellow. The best treatment for dehydration is PREVENTION. STAY HYDRATED!

Thirsty?

you're already Dehydrated.

Dehydration can lead to headaches, fatigue, dry skin, problems concentrating, cancer, constipation, kidney stones and even death!

A healthy adult loses 8-10 glasses of water a day!

Just a glass of water every half an hour could be a life saver.



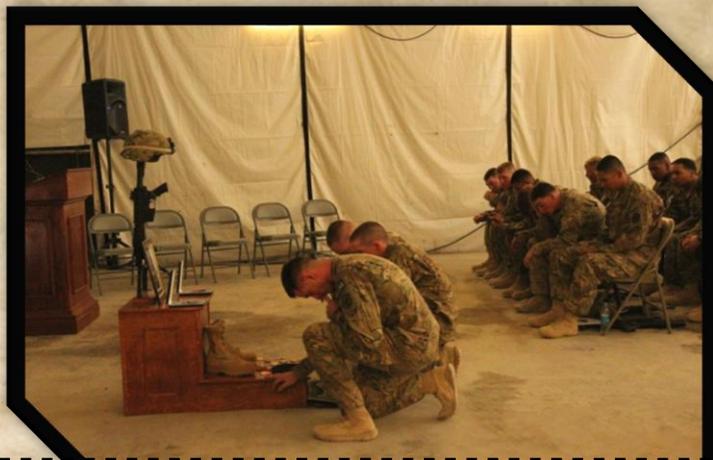
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223rd Runners



Respect for the fallen



223rd Task Force Knight – Leaning Forward



New Leadership



223rd Task Force Knight – Leaning Forward



Excellence



223rd Task Force Knight – Leaning Forward



*Knight warriors
staying active*

223rd Task Force Knight – Leaning Forward



Awarding Excellence



THE HISTORY OF FLAG DAY



FLAG DAY FUN FACTS

★ **President William Taft issued an executive order in 1912 dictating the proportions for the flag and placement of the stars. Before then, these features were left up to the flag maker, resulting in unusual star arrangements and odd proportions.**

★ **Betsy Ross, often credited with sewing the nation's first flag, apprenticed not as a seamstress but as an upholsterer, learning to make and repair curtains, bedcovers, tablecloths, rugs, umbrellas and Venetian blinds.**

★ **Congress officially adopted the Stars and Stripes as the nation's flag on June 14, 1777.**

★ **The U.S. flag has been modified 26 times since its adoption in 1777. Today's 50-star flag was created in 1960.**

★ **The national anthem, "The Star-Spangled Banner," is based on a 15-star, 15-stripe flag sewn by Mary's been in use the longest**

237th Army Birthday

1) What is the U.S. Army's Motto?

- *The Army Strong*
- *This We'll Defend*
- *Duty, Honor Country*

2) "Doughboy" refers to Soldiers who served in which Army campaigns?

- *Desert Storm*
- *Vietnam*
- *World War I*
- *The War of 1812*

3) What military award, designated as the Badge of Military Merit, was established by George Washington—then the commander-in-chief of the Continental Army on August 7, 1782?

- *Distinguished Service Cross*
- *Silver Star*
- *Medal of Honor*
- *Purple Heart*

Two hundred and thirty-seven years ago, our Nation's leaders established the Continental Army, beginning a rich heritage of successfully defending this great country and her citizens. Today, we celebrate the continued honor, loyalty and bravery of our Soldiers in this noble calling. Our Soldiers remain Army Strong with a deep commitment to our core values and beliefs.

This 237th birthday commemorates America's Army – Soldiers, families and civilians – who are achieving a level of excellence that is truly Army Strong. We also celebrate our local communities for their steadfast support of our Soldiers and families. We are "America's Army: The Strength of the Nation."



FATHERS DAY Fun facts

- THE PERSON CREDITED FOR INVENTING THE CONCEPT OF FATHER'S DAY IS MRS. SONORA SMART DODD, AN AMERICAN WHOSE FATHER HAD RAISED HIS SIX CHILDREN SINGLE-HANDEDLY.
- THE DECLARATION OF 3RD SUNDAY OF JUNE AS FATHER'S DAY WAS SIGNED AS A LAW, AND MADE PERMANENT, BY PRESIDENT RICHARD NIXON, IN THE YEAR 1972.
- ROSE IS THE OFFICIAL FLOWER FOR FATHER'S DAY. WEARING A RED ROSE SIGNIFIES A LIVING FATHER, WHILE WHITE ONE REPRESENTS DECEASED FATHER.
- IT IS BELIEVED THAT THE WORD "DAD" DATES BACK TO AS EARLY AS THE SIXTEENTH CENTURY.



Happy Birthday

HAMILTON KATINA	SHOEMAKER CHRIS	VANHOOK THOMAS	CHESNUT JOSEPH
GOEBEL AARON	GRIFFITH PATRICK	MELLENDEZ JEFFREY	DAUGHTREY-BROWN
VANMETER ADAM	WIGGINS CHRIS	AVANT WILLIE	OSWALT JOHN
FREEMAN BRIAN	BEAVER ZEBON	BERRY MARCUS	MILLER TOMMY
BUSCH ANTHONY	DILWORTH DARRYL	HAWKINS THOMAS	DUNCAN BRANDON
WHITE MURRAY	HENDERSON RICHARD	HESTER LARRY	NEMECEK DAVID
BAILEY IAN	POSEY JOHN	JOHNSON DEVARIS	SURRAT JUSTIN
DAILY RODNEY	HOWARD ROBERT	DILL JOHNATHAN	JARRETT COREY
BREWER DARIEN	BASS JONATHAN	ANDERSON SHARNEZZ	
RICHARDSON PETER	GRAY TERRELL	COLEMAN JAMES	
MARSH RYAN	MARTIN SAMUEL	MCCANN RALPH	
BARONI KEVIN	COOK JOSEPH	FEARNOW JON	
EDWARDS MATTHEW	MILLAWAY DEREK	REVELS WESLEY	
RIGHAM MALCOLM	MARSH NICHOLAS	SLAUGHTER TOMMY	



AMERICAN HEROES

FALLEN NEVER FORGOTTEN

A hero is someone who has given his or her life to something bigger than oneself.

-Joseph Campbell



SSG Alexander G. Povilaitis was born to Alexander and Martha Povilaitis in Atlanta, Georgia 26 April 1965. Povilaitis Graduated from Cross Keys High School in 1983 and joined the Army in 1984 and served for three years. In 2007, he rejoined the Army and was stationed at White Sands, New Mexico as a Combat Engineer. In July of 2009 he deployed to Iraq with the 573rd Engineer Company. In July 2011, Povilaitis was deployed with the 22nd Engineer Company, 14th Engineer Battalion, to Afghanistan. Povilaitis enjoyed hunting, playing cards, working out in the Gym, being with family, and mentoring Soldiers. He was always willing to be the first in the fight, and training Soldiers on numerous tasks.

Povilaitis is survived by his wife, Kimberly Povilaitis; his son, Alexander Povilaitis; his step-sons, Christian and Kyle Cate; his step-daughter Kaitlyn Claxton; and his father, Alexander G Povilaitis Jr. SSG Povilaitis is preceded in death by his mother, Martha Povilaitis.



223rd Task Force Knight – Leaning Forward

22nd ECC honors Staff Sgt. Alexander G. Povilaitis



Members of the 22nd Engineer Company held a memorial ceremony in honor of U.S. Army Staff Sgt. Alexander G. Povilaitis at Forward Operating Base Pasab, June 8. He was killed in action, May 31, during a dismounted route clearance operation while supporting Operation Enduring Freedom in Zharay District, Afghanistan.



In July 2011, Povilaitis deployed to Afghanistan with his unit as Squad Leader for 2nd Platoon. During the memorial, his leadership and closest friends from the unit shared their experiences with him.

"He was a true Patriot," said Capt. Evan Wolf, 22nd ECC commander "Staff Sgt. Povilaitis had an impact on everyone who had the honor of serving with him, whether it was training his squad or just sitting around shooting the breeze with Soldiers."

"He was rugged, motivated, a hard charger, an impact player, one of a kind, Great American," said 1st Lt. Ceasaray Jusiono, platoon leader.

Jusiono added that Povilaitis was knowledgeable and caring. He was a mentor to his Soldiers and an inspiration to us all.

Povilaitis' hobbies included hunting, playing cards, working out in the gym, being with family and spending time with friends. Jusiono recounted the time Povilaitis told him how he was going to "show him the ropes" of hunting. Now he is hoping to get a trophy buck in Povilaitis' honor.

Members of the 22nd ECC agreed that Povilaitis was a strong leader who meant business, but he always took the time to know and learn about his Soldiers. He was highly regarded by his subordinates and superiors. He was a tough and determined man, but not one who was afraid to laugh.

Sgt. Roger Vanleer said he will never forget the time he was first reporting to the motor pool, unaware of who to report

to. Before Vanleer knew it, he was at parade rest being introduced to his new squad leader, Povilaitis.

"I could not help but notice how big Staff Sgt P [Povilaitis] was, hovering over me while informing me what his expectations were for his squad," Vanleer recalled.

Everyone in his unit will always agree that he was a tough NCO, but a fair one.



The memorial ceremony was held in Forward Operating Base Pasab. Povilaitis is survived by his wife and children. He will be missed and never forgotten by his brothers in arms of the 570th Engineer Company and 22nd Engineer Company, and the men and women of the 223rd Engineer Battalion and the 411th Engineer Brigade.

AMERICAN HEROES

FALLEN NEVER FORGOTTEN

A hero is someone who has given his or her life to something bigger than oneself.

-Joseph Campbell



SFC Barret W. McNabb was born on December 23, 1978 to Steven and Georgia McNabb in Boulder, Colorado.

After graduating from high school in 1999, he enlisted in the army and completed his Basic and AIT at Fort Leonard Wood, Mo. He has been stationed at Fort Riley, Ks., and Joint Base Lewis-McChord. He deployed to Iraq in support of Operation Iraqi Freedom in 2003 and 2006. He also deployed to Kuwait in 2010 in Support of Operation Desert Spring. He deployed with the 562nd Engineer Company in June 2011 to Afghanistan in support of Operation Enduring Freedom. SFC McNabb held numerous duty positions throughout his career in the Army. He is survived by his son Jacob-Colton W. McNabb, his parents Steven and Georgia McNabb, and significant other Jana Smith, and her daughters Nichole and Tyler Smith.





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The 223rd Engineer Battalion was mobilized on October 1, 2011 to help the continual efforts of the U.S. Army during Operation Enduring Freedom.

What's your favorite food for the 4th of July?

Submit your replies to the editor and check back next month for the best, funniest and most common replies.

See you then, stay safe!

 **July 4th Puzzle**  

N	O	I	T	A	R	B	E	L	E	C	E	W	B	A
I	N	D	E	P	E	N	D	E	N	C	E	P	J	M
T	S	P	J	X	U	C	O	N	T	I	N	E	N	T
A	L	S	C	J	V	M	P	L	E	D	G	E	Y	Y
E	T	M	S	U	O	A	R	N	E	T	F	N	T	C
D	I	J	X	N	L	X	M	C	F	F	S	R	I	S
S	T	A	F	D	U	Y	N	E	E	K	E	T	S	F
T	U	M	M	E	T	A	F	R	R	B	O	E	R	X
A	T	A	O	R	I	J	S	O	I	I	R	F	E	S
T	I	S	D	G	O	O	W	L	R	G	C	C	V	V
E	O	E	E	O	N	E	K	T	N	T	I	A	I	G
S	N	L	E	D	R	I	A	O	Z	T	H	S	D	X
C	L	C	R	I	M	P	C	X	S	J	I	Y	F	Z
A	P	N	F	U	O	P	D	U	Q	O	A	B	K	L
A	D	U	M	J	W	T	J	L	N	R	K	V	K	Z



Essayons

Word Bank

- | | |
|--------------|---------------|
| Allegiance | July forth |
| America | Justice |
| Celebration | Liberty |
| Congress | Patriotic |
| Constitution | Pledge |
| Continental | Revolution |
| Diversity | Uncle Sam |
| Fireworks | Under God |
| Freedom | United States |
| Independence | Vision |
| Jefferson | |