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THE ANVIL INSIDER



A Newsletter from the 28th Expeditionary Combat Aviation Brigade



Photo by Sgt. Carissa Diggs

Finishing strong...

IN THIS ISSUE

- ICYMI
- Around CENTCOM
- Soldier Spotlights
- Battalion Updates

Deployed club lifts 70k pounds to boost morale, do good



When Sgt. Stephen Bruckno arrived in the Middle East, he noticed the 1000-pound club at Camp Buehring's Scorpion Gym was suspended due to COVID-19 precautions.

Knowing the positive impact events like that have on Soldiers, he hatched an idea to organize a virtual 1000-pound club himself.

"We thought it would be fun to design our own '1000-pound club' shirt, in the spirit of the Morale, Welfare and Recreation program and the t-shirts they give out for the virtual 5Ks," said Bruckno. "Some of us talked about the idea in passing, so I posted an ad on Facebook to gauge interest."

Bruckno, a combat medic deployed with the 28th Expeditionary Combat Aviation Brigade, acknowledged that he is thankful to be able to use a gym at all. But he wanted to create something that could boost morale, provide something for fitness-minded Soldiers to work for and also do a little bit of good.

In November, Bruckno organized the virtual club which was open to any U.S. military members serving in the Middle East in support of Operation Inherent Resolve and Operation Spartan Shield. Participants were to lift a total of 1000 pounds for males and 500 pounds for females on the bench press, squat and deadlift, record themselves doing it and send the videos to Bruckno.

In the end, 70 participants qualified, lifting over 35 tons collectively. Each of them donated a set amount of money which covered a 1000-pound club sweatshirt and a donation to the Pennsylvania Wounded Warriors Fund.

"More people replied than I would have ever anticipated. Given the volume of interest, I thought it would be irresponsible to not use this opportunity to raise money for a military charity," said Bruckno. "COVID-19 was bad for morale, both in and out of the military. I got the opportunity to see a lot of Soldiers and Marines break through their limits in the gym and their morale soared with it."

Like many deployed service members, Bruckno believes that going to the gym is an important way to blow off some steam and stay in shape. He says a number of people deployed and at home are interested in another round.

To him, stereotypes and judgment should be left at the door as well so that all service members can enjoy the benefits of the gym.

"No matter if you're skinny or fat or jacked, you are welcome at the gym."

28th ECAB Soldier earns esteemed aeromedical award



Capt. Christina Broomell, currently deployed to the Middle East with the 28th Expeditionary Combat Aviation Brigade as an aeromedical physician assistant, recently earned the Spurgeon H. Neel U.S. Army Distinguished Flight Surgeon award.

The award, sanctioned by the 2020 Society of U.S. Army Flight Surgeons, is presented to a flight surgeon or APA who has “personified the traits and characteristics of the ideal operational Army flight surgeon.”

According to 28th ECAB medical officials, Broomell was nominated for performing critical aeromedical duties far above her position during their deployment.

She was praised for her efforts in handling the brigade’s COVID-19 contact tracing and isolation process, rewriting guidelines for air medical transport of COVID-19 patients, training flight medics with limited resources amid public health restrictions and providing aeromedical support for the 28th ECAB’s deployment which spanned multiple locations across five countries.

Broomell has been a physician assistant for 15 years and an APA for five years. In her civilian life, she works at Lancaster General Hospital in the trauma/neuro intensive care unit.

AROUND THE MIDDLE EAST

Task Force Spartan participates in missile defense exercise

By Maj. Jessica Jackson
Task Force Spartan Public Affairs



QATAR – The 130th Field Artillery Brigade of Task Force Spartan participated in an Air and Missile Defense Exercise (AMDEX 21), a U.S.-led event that develops tactics against simulated air and missile threats, April 12 - 23, 2021.

Approximately 1,700 U.S. military personnel at Shaw Air Force Base, S.C., and multiple locations throughout Southwest Asia participated in the semi-annual exercise – which also reassures coalition and regional partners of the U.S.'s commitment to stability and security in the region.

The 130th FAB demonstrated refined and sustained integrated air and missile defense capabilities using existing and emerging theater air, surface, space, cyber and missile defense systems.

Maj. Chris Koochel, the Fires Effects Coordination Cell officer in charge, and Chief Warrant Carol Sprawka, the brigade targeting officer conducted multiple academic sessions to ensure there was a shared understanding of the 130th FAB's operations and procedures.

"We spent a great deal of time preparing for the exercise including: Attending the AMDEX 21 academics, section cell meetings, and preparing battle drills for HIMARS fire missions," said Sprawka. "We wanted to make sure our team was set up for success."

A key point of the exercise for the 130th FAB was to integrate HIMARS as a force multiplier.

"The integration of HIMARS capabilities into AMDEX demonstrated the system's ability to rapidly respond to emerging threats within the AOR," said Koochel. "By coordinating with the Combined Air Operations Center Dynamic Targeting Cell, HIMARS units were able to share critical tactics, techniques and procedures with Air Force counterparts in order to provide timely and accurate fires throughout the exercise."

However, this integration came with its own set of challenges.

"One hurdle was syncing Air Force terminology to Army verbiage," said Sprawka. "While this was a challenge, we were able seamlessly integrate, thanks to preplanning and the many rehearsals alongside the airmen."

Sgt. Evan Andrews, 130th FAB's fire detection non-commissioned officer, also played a vital role in the exercise.

While supporting the exercise, he built the deployment of HIMARS into his tracking system and linked it to the Fire Control Panel Trainer — a system that allows the HIMARS to fire a rocket once a mission is received.

"Once I was provided a mission, I would manually input into my Artillery Tactical Data System and then send it to the FCPT," said Andrews. "At the same time I recorded information from the fire mission to send back to Shaw Air Force Base, where I would await for the air to clear in order to fire. This was an excellent way to test our capabilities and to train accurately and efficiently."

This event shows the 130th FAB's ability to process fire support and airspace coordination measures in an integrated, combined and joint scenario. The integration of U.S. Army, U.S. Navy and U.S. Air Force personnel helped to ensure interoperability between the various air and missile systems.

"These lessons will continue to help shape and refine standard operating procedures and help provide a shared understanding of capabilities for future operations across the joint force," said Koochel

AMDEX 21 contributes to the increased lethality and readiness within the Task Force Spartan area of responsibility. Task Force Spartan is committed to establishing strong partnerships and maintaining a ready and responsive force.

*This month, we will spotlight the Soldiers who were behind the cameras during this deployment and highlight some of the work they did. As **unit public affairs representatives (UPAR)** they told the stories of our Soldiers and kept the public informed about our operations.*



Sgt. Francis Calabro is a UH-60 repairer and one of the leaders on our downed aircraft recovery team. As a UPAR for Bravo Company, 628th ASB, he helped to tell the stories of our helicopter maintenance teams and the work they do to keep our aircrews safe. He also designed many of the pages in the deployment yearbook.

(The top three photos submitted by Sgt. Calabro, all taken by him)



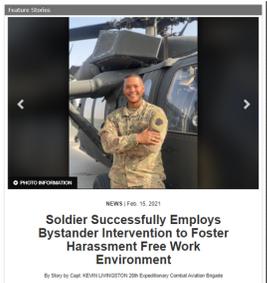
Sgt. 1st Class Justin Shaffer is a combat medic and served as a UPAR for HHC, 2-104th GSAB. He helped to tell the stories of all GSAB Soldiers and also designed and published the Wile E. Weekly, the weekly battalion newsletter.

(The top three photos submitted by SFC Shaffer, all taken by him)





Capt. Kevin Livingston is a personnel officer and served as a UPAR for 1-137th AHB. When he returns home, he will attend the Defense Information School to become an official PAO for the Ohio National Guard. On top of his duties in the AHB's S1 section, he wrote a couple stories on our Soldiers that were picked up by U.S. Army Central and The National Guard.



Cpl. Jennifer Raley is a petroleum supply specialist, responsible for keeping our helicopters and other airframes fueled for their missions. She also served as a UPAR for Echo Company, 2-104th GSAB where she told the stories of other fuelers who were spread across the Middle East, wherever helicopters needed fuel.

(The top three photos submitted by Cpl. Raley, all taken by her)





Sgt. Eric Smith is a flight medic and served as a UPAR with Charlie Company, 2-104th GSAB, saving lives while occasionally putting his photography skills to use to show our efforts. In his civilian life, he works for Life Lion EMS and Evangelical Regional Mobile Medical Services.

(The top three photos submitted by Sgt. Smith)



More of our Soldiers were recently recognized for their excellence by Combined Joint Task Force - Operation Inherent Resolve. They were awarded challenge coins from Maj. Gen. Kenneth Eckman.





Spc. Jacob Hogan and Spc. John Pack recently completed the Sexual Harassment and Assault Response and Prevention Ambassador Course, where they received an overview of the SHARP program as well as knowledge and tools that will help them assist their commands in recognizing and properly reacting to potential SHARP-related situations.

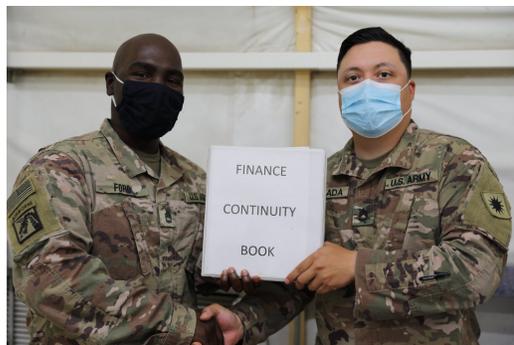
Pack was recently recognized for his efforts as an active bystander (<https://dvidshub.net/r/3jmgmr>) and Hogan has his sights set on eventually becoming a collateral duty SHARP professional.

(Photos by Master Sgt. John Paul Karpovich)

The 28th ECAB sexual assault response coordinator can be reached at john.p.karpovich.mil@mail.mil. The 28th ECAB victim advocate can be reached at andrea.l.whelan.mil@mail.mil.



Soldiers with the 28th ECAB and the 40th Combat Aviation Brigade recently met and began the transition of the aviation mission in the Middle East in a process known as relief in place, or RIP. Last week, the command teams met with Brig. Gen. Larry Burris, the director of operations for Combined Joint Task Force - Operation Inherent Resolve.





Follow the link below for the latest AFN TV schedule

<https://v3.myafn.dodmedia.osd.mil/>



<https://www.facebook.com/28ECAB/>



<https://www.dvidshub.net/unit/28cab>

For the latest Army news, visit the Army News Service at <https://www.army.mil/ARNews>

SPORTS SHOUTOUTS



Want to send a shoutout to your favorite team? Contact your company UPAR or the brigade PAO

The Anvil Insider: a publication by the 28th ECAB and Task Force Anvil public affairs office

28th Expeditionary Combat Aviation Brigade

Commander:
Col. Howard Lloyd

Senior Enlisted Advisor:
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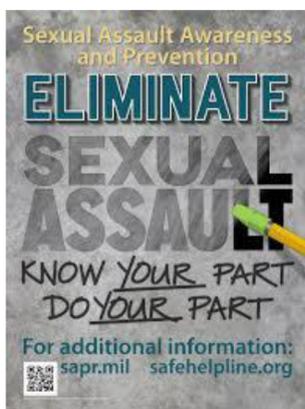
STAY SHARP



SHARP Movie Night on Camp Buehring



Task Force Anvil recently hosted a SHARP Movie Night at the Camp Buehring MWR stage. The evening opened up with remarks by the 28th ECAB Brigade Sexual Assault Response Coordinator (SARC) and some SHARP related videos/previews that are located on the Army SHARP Academy Training website. Following the previews, the NetFlix film Audrie and Daisy was projected on the big screen at the stage. SFC Bobbi Cumpston, 2/104 GSAB Victim Advocate spearheaded the coordination with MWR and was instrumental in making this event possible. A display table was available for Soldiers that contained snacks, Custom SHARP masks, coffee mugs, pens, teal sunglasses, and plenty of SHARP information. All items were free for Soldiers to enjoy and take with them.



The Army SHARP program's mission is to reduce, with an aim at eliminating sexual offenses within the Army through cultural change, prevention, intervention, investigation, advocacy/response, assessment and training to sustain the All-Volunteer Force.



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