



APRIL 13, 2021 / ISSUE 33

THE ANVIL INSIDER



A Newsletter from the 28th Expeditionary Combat Aviation Brigade



Photos by Staff Sgt.
Andrea Whelan and Sgt.
1st Class Joycelyn Clinton

Soldiers demonstrated their commitment to the brigade's SHARP program during a 10 mile walk/ruck march at 3 a.m. on Sunday

We all have a role in preventing sexual assault, and this was one of many events our SHARP professionals are putting on this month to extend that message. 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.

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Deployed Soldier dominates ACFT but finishes humbled



Spc. Angelo Brunetti is considered by many to be one of the fittest Soldiers in the Army.

He recently scored 599 on the new Army Combat Fitness Test, missing a perfect score of 600 by just one second on the sprint-drag-carry event.

The ACFT is notorious for being harder to get a perfect score on than the older Army Physical Fitness Test. The fact that Brunetti came within one point, while on deployment, has earned him the respect of Soldiers beyond his unit, including Lt. Gen. Paul Calvert. The commanding general of Combined Joint Task Force-Operation Inherent Resolve personally presented Brunetti a certificate of excellence.

But being one point away from a max score has left him hungry.

“Being one point away definitely made me question whether or not I gave it all I had,” said Brunetti. “It was humbling to know that there’s always room for improvement no matter how small.”

He says that even though he prioritizes fitness in his lifestyle, he doesn’t adhere to a strict diet. He concedes it is a weak link he should focus on more.

However, Brunetti credits his boxing background for his fitness prowess, something his father got him into five years ago.

“My boxing trainer always stressed the importance of balance in fitness,” said Brunetti. “You have to train strength as much as you do conditioning, and vice versa. A strict balanced fitness routine leaves less room for weak points.”

Brunetti is a UH-60 helicopter repairer deployed with Bravo Company, 628th Aviation Support Battalion, 28th Expeditionary Combat Aviation Brigade.

10 common deployment activities for Soldiers

By Spc. Mikaela Bolker



During deployment, Soldiers often pursue their passions or find other creative ways to stay busy during their free time. From movie nights to college courses, below are 10 common activities Soldiers do to stay occupied overseas.

1. Games: between board games, card games and video games, there are always games to play and competitive Soldiers eager to play them.
2. Sports: sports help Soldiers to improve their fitness and have fun at the same time. Volleyball and softball are a couple favorites among Soldiers.
3. Religious services: regularly scheduled religious services and events are available to Soldiers. Unit chaplains and religious affairs specialists can help Soldiers find services according to their beliefs or provide other support.
4. School & career development: many Soldiers take advantage of their education benefits and complete college or career development courses. Some bases also have an education center that has computers, Wi-Fi and a comfortable place to work.
5. Fitness: some bases offer access to a free gym. For especially invested Soldiers, these gyms often host events such as 5K's, ruck marches, or weightlifting competitions. At remote outposts, Soldiers have collected gym equipment and made their own makeshift gyms, known to them as "prison gyms."
6. Music: some Soldiers bring their musical instruments with them overseas or have them mailed. Luckily, overseas jam sessions are common.
7. Books & movies: Soldiers can finally cover their list of books and movies they've always wanted to finish. Frequent hard drive and book exchanges on base make finding new content easily accessible.
8. MWR & USO events: there are always unique activities planned. Special events like karaoke night, bingo and live concerts give Soldiers plans to look forward to after work.
9. Connecting with home: video chat, phone calls, email, texting and writing letters keep Soldiers and their families connected.
10. Hanging out with friends: nobody understands what Soldiers go through on deployment better than fellow Soldiers. Because of this, deployments can create strong bonds that last a lifetime.

Ultimately, deployment can be a fantastic time for Soldiers to improve themselves both personally and professionally.

Bahrain, U.S. Forces Complete Exercise Neon Defender 21

By U.S. 5th Fleet Public Affairs

The Bahrain Defense Force (BDF) and U.S. Naval Forces Central Command (NAVCENT) conducted bi-lateral maritime exercise Neon Defender (ND) 21 at sea in the Arabian Gulf and on land in the Kingdom of Bahrain, April 3-7.

ND 21 is the capstone in a series of bilateral land, sea, and air exercises between the BDF and NAVCENT, designed to broaden levels of cooperation, support long-term regional security, and enhance military-to-military interoperability.

"This year's iteration of Neon Defender was the largest in the series of exercise we regularly conduct with Bahrain," said Capt. Karl Haywood, Commander, Task Force (CTF) 56, who led the exercise. "It has been a perfect example of our combined forces continuously building on existing mutual maritime security capabilities."

To expand upon existing year-round interoperability training, participating units conducted multiple simulated scenarios, focusing on maritime security, maritime infrastructure protection and harbor defense, visit, board, search and seizure (VBSS), high value unit (HVV) defense, medical, mine clearance, airfield damage repair and counter improvised explosive device (IED) operations.

ND 21 also included the first time Bahrain and U.S. forces participated in air operations in support of maritime surface warfare (AOMSW) training together. During the training, aircraft from both nations practiced maritime strike operations against simulated threats.

"The integration of AOMSW training into this year's exercise especially highlighted our evolving capabilities as a combined, joint maritime force," said Haywood.

With a focus on expanding interoperability in a comprehensive, joint environment, participating tri-service U.S. maritime forces from the Navy, Marine Corps and Coast Guard included patrol craft, harbor protection unit boats, Mark VI patrol boats, explosive ordnance disposal teams, a Marine Corps Fleet Anti-terrorism Security Team (FAST) platoon, a Coast Guard Maritime Engagement team, MH-60S Sea Hawk helicopters, a Global Health Engagement team, a Naval

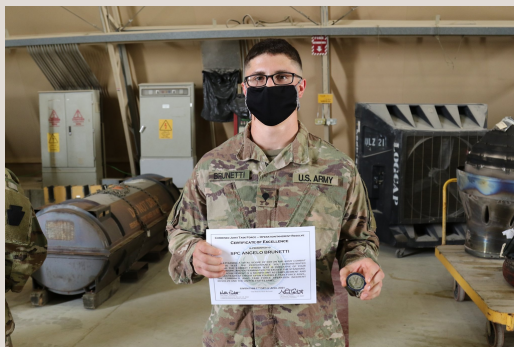


Construction Force team and joint terminal attack controllers. U.S. Air Force Central Command (AFCENT) fixed-wing fighter aircraft also participated in the AOMSW portion of the exercise.

"The expanding scope and scale of exercises with our Bahraini partners gives our combined forces opportunities to dramatically increase our interoperability, mutual maritime security capabilities and the integration of processes, systems, and command and control functions," said Vice Adm. Samuel Paparo, commander of NAVCENT, U.S. 5th Fleet and Combined Maritime Forces (CMF). "By cooperatively training together, exercises like this allow us to effectively develop the necessary skills to address threats to freedom of navigation and international commerce, and enhance regional safety and security."

The Kingdom of Bahrain is host to the U.S. 5th Fleet headquarters, and maintains a strong military-to-military relationship with the U.S. as a key regional and coalition partner.

The U.S. 5th Fleet area of operations encompasses about 2.5 million square miles of water area and includes the Arabian Gulf, Gulf of Oman, Red Sea and parts of the Indian Ocean.



Congratulations to these Soldiers who were recently recognized for their excellence.

Lt. Gen. Paul Calvert, commanding general of Combined Joint Task Force - Operation Inherent Resolve was honored to meet these Soldiers and present them with a challenge coin.



Sgt. Mario B. Mercer's expertise was recently highlighted in PS Magazine, as part of the "I Own This" campaign.

He joined the military in 2015 for the travel opportunities and to "brighten his horizon."

He says the highlight of his career so far is earning the H8 additional skill identifier, officially becoming an expert in vehicle recovery operations. His long-term military goals include retiring as a chief warrant officer while passing on his expertise to as many Soldiers as he can.

After deployment, he plans to spend time with his wife and his car, named Max. Like in his military duties, he enjoys working on vehicles and building motors. He says the care package he has received this deployment is a case of Cheerwine.

Mercer is currently deployed to the Middle East with Echo Company, 1-82nd ARB.

(Spotlight by 1st Lt. Lydia Laga)

HOMEFRONT HEROES

Soldiers and families,

We know there are many ways our families “hold down the homefront” and we want to share their stories.

If you'd like to recognize a family member back home please do one of the following:

- 1) Send a message to the 28th ECAB Facebook page with a photo of the family member and a short paragraph describing why they deserve a shout out.
- 2) Email your FRG leader with a photo of the family member and a short paragraph describing why they deserve and shout out.
- 3) Contact the brigade PAO or your UPAR for assistance



Ideas include...

- A child who reads bedtime stories to their younger siblings
- A niece or nephew who sent care packages to their Soldier's unit
- A parent or in-law who has been stepping up to take care of the kids
- A child who broke a personal record at a recent track meet
- A spouse who threw a party for their child's birthday on their own (yikes)
- A spouse or parent who picked up a new skill or earned a degree

“The strength of the armed forces of the United States is as much about its families as it is about its combat capability.”

– Gen. Martin Dempsey



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:
Command Sgt. Maj. Sean Livolsi



STAY SHARP



Self-Paced Educational Programs Available

<https://safehelpline.rainntrain.org>

Brainstorming to Support Healing

Building Hope and Resiliency: Addressing the Effects of Sexual Assault

How to Support a Survivor

Safe Helpline 101

Suicide 101: Responding to Suicidal Ideation Among Survivors of Sexual Assault

Transitioning Service Members: An Educational Module for Civilian Sexual Assault Service Providers

Speak to a member of Task Force Anvil's SHARP Team for more information on available resources.



SARC: MSG John Paul Karpovich / VA: SSG Andrea Whelan
Task Force Anvil SHARP Program
DSN: 318-824-3058



DoD Safe Helpline 24/7: 1 (877) 995-5247



ROADRUNNER REVIEW

Task Force Roadrunner Newsletter



Traveling Inventory



Soldiers from the 628th travelled to Baghdad to assist with the inventory of hundreds of CONEX boxes. While there, they had a chance to visit the bombed remains of the Ba'ath Party Headquarters, wear traditional Iraqi garb, and interact with foreign allies.

(Photos submitted by SPC Paine)



Happy Birthday This Coming Week To...

PV2 Clark, D SGT Hess
PFC Rodriguez, S MSG Soda
SGT Armel

Roadrunner Review Staff

HSC- SPC Zachary Wynn, SGT Zach Mateja
A Co.- SPC Kayla Harley
B Co.- SPC Joyce Avila, SGT Francis Calabro
C Co.- SPC Jason Kopp

Get To Know Your Soldiers...



Name/Rank: 1LT Cory Magee
Hometown: Etters, PA
Age: 26
MOS: 91A Ordnance Officer

Civilian Occupation: State
Surface Maintenance Office

Goal After Deployment: Get certifications in supply chain
SAP, and "summer like he's never summered before".

Favorite 90s Cartoon: Dragon Ball Z

Promotions



Congratulations to the newly promoted SGT Montague and SSG Hursh (both of HSC) on being recognized for their hard work and dedication to the 628th ASB.



(Left to Right) 1LT Clayton Webster and CPT Colin Myers

628th ASB presents a Battalion Coin to 1LT Clayton Webster in recognition of the USMC Air Cell's support and effort in numerous ammunition missions which supplied flares, cartridge actuated devices, and personnel throughout the CJOA. Working across branches increases interoperability, operational efficiency, and overall mission success.

Have a story, Soldier to highlight, cool photo, or something else for the newsletter? Reach out to your company level Roadrunner Review staff member or email 628thPublicAffairs@gmail.com

Special Thanks

The Soldiers of the 628th would like to thank the following organizations who were kind enough to send multiple care packages throughout this time away from home:

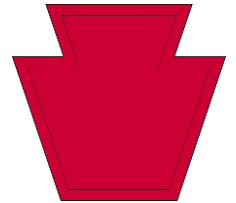
- VFW Post 1564
- VFW Post 1835
- The Pittsburgh Citadel Alumni Club
- Amazon DPP1
- Star touring and riding association chapter 430
- Lush 317 Salon
- Support the Troops, Inc.
- The Rhodes Family
- For the Love of a Veteran, Inc.
- Alpha Coffee
- Keystone Military Families
- Cunningham Funeral Home
- Operation Paperback
- Pronio's Market of Hershey, PA

Your support has been a great help to the morale of this unit. Thank you!



1-137 AHB UPDATE

Facebook: @taskforcechickenhawk



Motto:

"Rule #1: Don't talk about Flight Club."

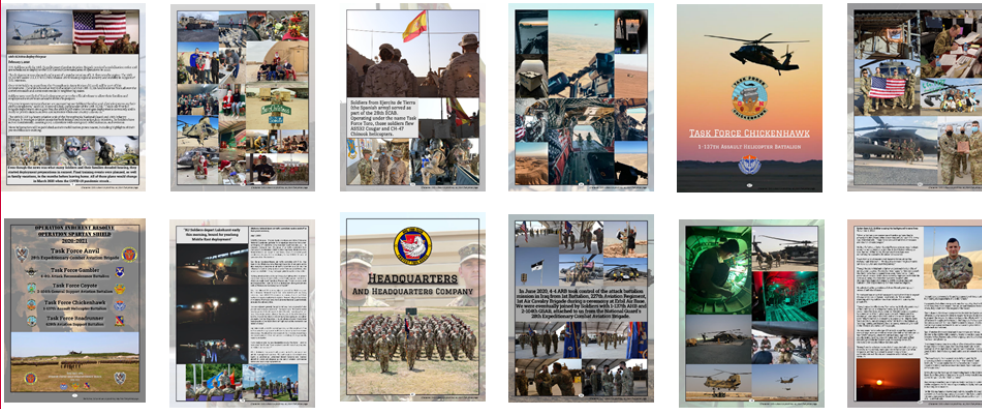
04.13.2021

Issue XXXIII

Yearbook order deadline extended to April 19!

- 1) Go to commpe.pictavo.com
- 2) Put 95050 in the School ID#

There will not be a future opportunity to order, so act now!



Remember to order your deployment yearbook before April 19th and remember TF Chickenhawk's contributions this deployment!

Families- consider buying one as a gift for your Soldier, so they can remember their sacrifices during a unique time in world history.

Soldiers- consider buying one for your loved ones, so they can see more about what we did here and to show them appreciation for their support.

There will not be a future opportunity to order.



To all the friends and family of the 1-137 AHB, we would like to thank you for your continued support. As always, we remind all soldiers, friends, and family to stay in touch with loved ones. For many soldiers, this can be a challenging time, being away from friends and family.

Announcement: It is strongly recommended that families not send mail to soldiers past March 17, 2021.

If you have not already please follow the Task Force Chickenhawk Facebook Group. This is where you can stay up to date with the 1-137 AHB. Please, if you have any questions, feel free to reach out through the group for more information.

We look forward to keeping you updated on all things Task Force Chickenhawk!



PEGASUS POST

Checking in with HHC

April 13, 2021



Reminders:

Remember to purchase your deployment yearbook to remember HHC's efforts this deployment!

Yearbook order deadline extended to April 19!

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2) Put 95050 in the School ID#

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