



# KEYSTONE Aviation

Staff Officer by Day,  
Medevac Pilot by Night



## In this issue:

- Sex Signals: Young Soldiers train on preventing sexual harassment, assault
- Brigade Operations with Sgt. Altman
- Photo Essay: Flying Above the Marshes of Southern Iraq
- MWR Highlight: Martial Arts

the 28th cab  
is on flickr

[flickr.com/groups/taskforcekeystone](http://flickr.com/groups/taskforcekeystone)



## KEYSTONE

### Command

Col. Teresa A. Gallagher  
Commander

Command Sgt. Major  
Michael F. Wevodau  
Command Sergeant Major

## KEYSTONE

### Staff

Sgt. 1st Class Dale E. Shade  
Public Affairs NCOIC  
Sgt. Matthew E. Jones  
Managing Editor

This week's contributor(s):  
Sgt. Neil Gussman  
2/104th GSAB  
Sgt. Andy Mehler  
628th ASB  
Sgt. Brandon T. Metroka  
28th CAB

# KEYSTONE Aviation

## News and Features:

Staff Officer, MEDEVAC Pilot Pg. 2  
Photo Essay: Flying Above the Marshes Pg. 3  
Sex Signals: An Assault on Sexual Assault Pg. 4

## Departments and Columns:

Keystone Vignettes Pg. 5  
Section Spotlight: Operations Pg. 7  
MWR Spotlight: Martial Arts Pg. 8  
Keystone Sponsored MWR Activities Pg. 9

## On the Cover:



Maj. Brett Feddersen, a senior staff officer in the 2/104th General Support Aviation Battalion, stands beside the UH-60 Black Hawk helicopter he pilots while performing his alternate duty of Medevac pilot.

(Photo by Sgt. Neil Gussman)

- Please send suggestions, story ideas and tips, and photo, story or editorial contributions to [TFKeystone@gmail.com](mailto:TFKeystone@gmail.com)
- View our distribution page at [www.dvidshub.net/units/28cab](http://www.dvidshub.net/units/28cab)
  - Have a, interesting photograph? Submit it to the MND-S Sandstorm at [www.theredbulls.org/sandstorm](http://www.theredbulls.org/sandstorm) and the 28th CAB Flickr page at [flickr.com/groups/taskforcekeystone](http://flickr.com/groups/taskforcekeystone)

Keystone Aviation is the official monthly command information publication of the 28th Combat Aviation Brigade and Task Force Keystone. The contents are not necessarily the

official views of, or endorsed by, the U.S. Government, the Department of the Army, the Department of Defense, the state of Pennsylvania, or the Pennsylvania National Guard.

The contents are the responsibility of the Task Force Keystone Public Affairs staff. All contributions are reviewed and edited by the Task Force Keystone Public Affairs staff unless otherwise indicated.

# STAFF OFFICER BY DAY, MEDEVAC PILOT BY NIGHT

Story and Photo by  
Sgt. Neil Gussman

Maj. Brett Feddersen sits alone in the ready room next to the medical evacuation hangar at 11 p.m. He is hunched over his personal computer, editing a document for a meeting the next day.

"I've got to get some sleep in case we get a 2 a.m. call," he says, mostly to the air. The rest of his crew is asleep or resting, waiting for the call.

Feddersen is a senior staff officer with 2/104th General Support Aviation Brigade, but two to four days every week he is a MEDEVAC pilot on a 48-hour rotation with Alaska-based Company C, 1st Battalion, 52nd Aviation Regiment. His shift will be over at 9 a.m. the following morning, but he had a long flight in the afternoon and a long day of meetings on either side of the flight.

"I have to stay balanced," he said. "I have to stay rested, but I have to complete the mission."

It's a challenge he faces both in civilian life and on deployment. Senior Trooper Feddersen has served with the Pennsylvania State Police since 1995, most recently flying Aviation Patrol Unit One in the southeastern area of the Commonwealth. Adding MEDEVAC pilot to his staff duties makes life hectic, but Feddersen lives to fly.

He arranges his life to complete the staff tasks to the best of his ability, making the time necessary to fly MEDEVAC Black Hawks every week. He is serious and professional when discussing staff duties, but is all smiles and broad hand and arm gestures describing a favorite MEDEVAC mission. Even while crawling on top of the Black Hawk underneath the rotors for pre-flight checks before starting the engines, he is clearly enjoying himself whether under, on top or at the controls of a Black Hawk helicopter.

Feddersen said flying MEDEVAC in Iraq has many similarities with flying for his civilian job.

"Flying for the state police is always on an emergency basis," he said. "The mission can be a lost child, lost hikers or hunters, or a bad guy pursuit. We get the call. We go."

MEDEVAC is the same. On the first 24 hours of his 48-hour shift, Feddersen and his crew are "second up," the backup team that goes if a call comes in and "first up" is already on a mission. During the first day, the crew must be ready to take off within a half-hour

and can travel a short distance from the ready hangar. On the second day the crew moves to "first up." The Army standard says they must be prepared to fly within 15 minutes of receiving a MEDEVAC call. In Co. C, the standard is eight minutes.

Whether at Ali Air Base or in Pennsylvania's Twin Valley, the emergency response mission gives Feddersen a sense of accomplishment.

"We make a difference here," he said. "When a Soldier is down, we do everything we can to get them care and get them home. At home when we find the lost child or get the bad guy, it's a great feeling."

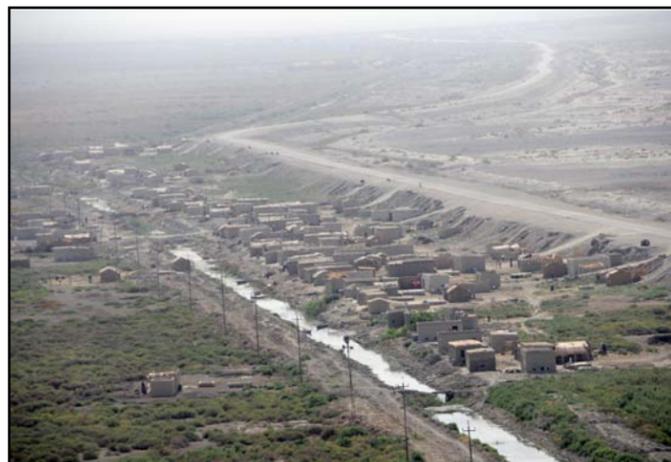
"One big difference here is we have to be more vigilant when landing at a point of injury," Feddersen said. Scanning for mines, Improvised Explosive Devices and the enemy are part of every mission in Iraq.



Maj. Brett Feddersen, a senior staff officer in 2/104th General Support Aviation Battalion, 28th Combat Aviation Brigade, performs pre-flight checks at Contingency Operating Base Adder recently. In addition to his staff duties, he is also a medical evacuation pilot.

# Flying Above the Marshes of MND-S

Photo Essay by Sgt. Matthew E. Jones



# Sex Signals: An assault on Sexual Assault

Story and Photos by Sgt. Matthew E. Jones

You can't really interact with a slide presentation. They usually don't make you laugh, at least not on purpose, and they are rarely able to hold your attention for an hour and a half.

These are the arguments made by Lt. Col. Angela Steward-Randle, Multi-National Division South sexual assault response coordinator, for the effectiveness of the Army's newest sexual assault prevention class, Sex Signals.

The class, which is targeted toward younger Soldiers, is a far-cry from the standard "death by Power Point," and that is exactly why it has been implemented according to Steward-Randle.

"We train on (sexual harassment and assault prevention) at least once each year, but we still have Soldiers who don't understand some of the effects of their actions," she said. "There is a fine line and they don't all know exactly where it is."

The two-person show, which will be performed throughout Iraq, Afghanistan and the U.S., is a blend of various elements. "It's very conversational," said Sharyon Culberson, an actress from Chicago who performed Sex Signals throughout Iraq. "It involves scripted dialogue, improvisation, conversation and audience interaction."

Although the presentation can seem familiar at first, this show is not something you would see in a high school auditorium. The subject matter is raw and un-



Soldiers react to a humorous moment during Sex Signals at COB Adder, Iraq. The two-person show is a new program implemented by the U.S. Army to help combat sexual assault, harassment and rape.

filtered. "The content and the language really help get the point across," said Culberson. "It loosens up the audience and allows them to relate."

Chris Sanders of Chicago, Culberson's male counterpart, actually served in the Army from 2001 to 2005, including a tour in Afghanistan. He said the experience allows him to fully understand how Soldiers feel. Sanders is quick to point out that the other actors and actresses are also talented enough to turn the script into something Soldiers can really relate to. "Most people who come up to us after the show ask us when we served (in the military) or if we're still in... even those who haven't served before."

Speaking frankly, Sanders said he thinks being in the military, however, isn't the most important qualification in his line of work. "I remember seeing these public service announcements on AFN (the Armed Forces Network). There was this sergeant major telling the Soldiers that it was bad to assault and harass other Soldiers," said Sanders. Culberson added, "Really, how does 'don't rape each other' help inform them? It doesn't really say anything."

Sexual assault, harassment and rape are subjects that can't be handled solely with a PSA as Culberson and Sanders pointed out. Nor can it be properly discussed in a stuffy classroom they said. But as the second show at COB Adder wound down, Sanders took a moment to relate to the Soldiers in attendance in a more subtle fashion.

"It can be awkward, scary or difficult to take the steps to prevent sexual assault," he said. "But guess what? It takes a lot of courage to be here doing what you are all doing. It takes a lot less to step in when it's the right thing to do."



Soldiers at COB Adder, Iraq, watch a skit performed by Sharyon Culberson and Chris Sanders during Sex Signals.



# KEYSTONE VIGNETTES



Spc. Brian Fleetwood, a Jacksonville, Fla., native, is assigned to Detachment 1, Company B, 628th Aviation Support Battalion, based out of Trenton, N.J., but Fleetwood's home unit is Company B, 1204th Aviation Support Battalion, 29th Combat Aviation Brigade. As an avionics system repairer, he works to ensure the 28th CAB's aircraft are properly maintained and mission ready. At home, Fleetwood is a college student working on a nursing degree. He enjoys hanging out at the beach, surfing and swimming. Fleetwood has musical interests and he spends time playing his guitar. He also likes to travel. After Fleetwood returns home, he plans on taking some time to relax and enjoy the beach. Fleetwood will enroll in college again to work towards his degree. (Photo by Sgt. Andy Mehler)

In 1999 Staff Sgt. Reynaldo Santos of Great Falls, Mont., needed an age waiver to join the Army National Guard at age 36. "It was tough joining at that age, but I had a goal. I wanted to be judge and everyone told me, 'You need to be a Soldier to be a judge.'" And it turned out he needed some actual experience as a soldier. Santos ran for judge that same year and was defeated. "It wasn't bad though," he said. "I was fourth among 16 candidates, so I knew I could get better." He had the right academic credentials: an associate degree in criminal justice, two bachelor's degrees: one in paralegal studies and one pre-law, and a master's degree in criminal justice administration.

Over the following decade, he would get more than enough military experience. Santos trained as a military policeman and began a series of active duty deployments that continue right through today. "My first deployment was what they called an extended annual training," said Santos. "We went to Kuwait for six months in 2001 returning on September 1. We got activated again on September 12." Returning from his post 9/11 duties, Santos trained as an aircraft fueler. In 2002 he was put on active duty as a fueler and went back to Kuwait as a fueler in the build up and opening months of the Iraq War. "We were there before it started," he said.

He was home for a year then deployed to Iraq again in 2004 for another year, returning in 2005. At that point he parlayed his military experience into a job as crisis manager of the University of Great Falls. Santos is certainly building up his resume for his next run at becoming a Justice of the Peace. A father of five and grandfather of eight, he is currently on his third deployment to Iraq, this time with Echo Company, 2/104 General Support Aviation Battalion, working again as a fueler.

He plans on returning to his job with the university next year after his current deployment but will be keeping his eye on the opportunity to run for a judgeship. Santos has ten years in the Army and would like to retire after 20 years. (Photo Sgt. Neil Gussman)



Ephrata, Pa., resident, Sgt. Michal Franklin, is a motor transport operator and he is working with the truck platoon in Company A, 628th Aviation Support Battalion. He is deployed to Iraq with Task Force Keystone as an attachment from his home unit, the 28th Division Special Troops Battalion. Franklin is no stranger to the big trucks. He uses his skills on the civilian side as a truck driver for Park Place PA. Franklin also loves to ride motorcycles and he spends as much time as possible on his ZX1200R. Franklin is quite the handyman and after this deployment ends he plans on doing some remodeling to his home and finishing his basement. He enjoys the challenge and satisfaction of home improvement. Franklin also plans to take a motorcycle trip to North Carolina. (Photo by Sgt. Andy Mehler)



Sgt. James McKeithan, a Chinook door gunner in Company B, 2/104th General Support Aviation Battalion, checks his equipment before a flight at Contingency Operating Base Ad-der, Tallil, Iraq.

As a door gunner in a CH-47 Chinook helicopter, McKeithan flies the night skies. He said the most exciting mission he would have gone on, a support role in an air assault, actually got cancelled. The runner-up was what he described as a hot unloading of pallets at Basra. This means the pallets are dropped from the cargo ramp while the helicopter is still moving. McKeithan said the most difficult part of his job came when he was required to perform overnight missions on eight consecutive nights.

A resident of Carlisle, Pa., 22-year-old McKeithan is a full-time Army National Guard Soldier. He served on the Pennsylvania Army National Guard's Mobile Event Team before he deployed to Iraq. He plans to serve full-time with the Guard when he returns and attend college at night.

He has one year of college left to finish earning his degree as a registered nurse. After that, he will pursue additional training to become a nurse anesthetist.

When he is not working, McKeithan is a competitor. His last Army fitness score was 336 (300 is considered a perfect score), with a two-mile run time of 12 minutes and 12 seconds. He said his goal is 350 with a run time of 11 minutes and 30 seconds. He plans to run the Army Ten Miler in Iraq. He said he ran the race in Washington DC in 2008 with a time of one hour and six minutes. He also participates in mixed martial arts fighting and is a registered competitor in four states. (Photo by Sgt. Neil Gussman)



Sgt. Randy Nosal, 26, of Meriden, Conn., is a part-time Soldier, a member of the Army National Guard. But Nosal is anything but part time. He is on his third deployment and has been in Iraq or Afghanistan every year since 2004 except 2008.

He served in Iraq as a medic in 2004 and 2005 as part of an eight-man field medical team. The following year he went to Afghanistan for a year as a combat infantryman. He was supposed to return to Iraq as a medic but had the chance to train as a helicopter mechanic and go to Iraq, so he joined Delta Company, 2/104 General Support Aviation Battalion for this year in Iraq. He hopes to get a job as an aircraft technician when he returns to home next year.

The biggest surprise on this deployment for the veteran Nosal was the two-man rooms with air conditioning. "We even have sheets and a bed here," he quipped. (Photo by Sgt. Neil Gussman)



Spc. Doris Cruz, who likes to be called DeeDee, is assigned to Company A, 628th Aviation Support Battalion. Cruz, a Harrisburg, Pa., resident, joins the 628th from her home unit, Detachment 1, Headquarters Company, 28th Division Special Troops Battalion.

Cruz is a supply specialist at Camp Adder and she has been assisting in the mail room operations for the 628th. Her duties include pickup of letters and packages at the post office warehouse, sorting the mail by company and then distributing the mail to individual Soldiers, where she always greets them with a warm smile.

In Pennsylvania, Cruz serves her community by working as a material handler at the United States Property & Fiscal Office, located at Fort Indiantown Gap, Lebanon, Pa. In her spare time at home Cruz keeps herself very active by playing volleyball and tennis, and she also enjoys salsa dancing and going to the movies. Cruz loves to spend as much time as possible with her two sons, ages 12 and 15.

When she returns home from deployment, Cruz plans on getting married and would like to move to Virginia, where she is hoping to find civilian employment working for the military or government. And, of course, she plans on spending lots of quality time with her sons. (Photo by Sgt. Andy Mehler)

# SECTION

# SPOTLIGHT:

## OPERATIONS WITH SGT. WILLIAM ALTMAN 28TH CAB OPERATIONS NCO

Written by Sgt. Brandon T. Metroka



For Sgt. William Altman, of the 28th Combat Aviation Brigade, doing a good job is often the motivation that carries him through his daily shift within the current operations section.

“I just enjoy doing a good job,” Altman said. “Keeping the commander updated on the goings-on in our sector is pretty important and is the objective.”

Along with more than 20 other Soldiers working various shifts and taskings, Altman is responsible for manning the 28th CAB tactical operations center, which requires vigilant (and continuous) staffing, 24 hours a day, 7 days a week. For Altman, the brigade’s Blue Force Tracker and Fires sergeant, continuity is often the greatest challenge.

“I think that most people don’t understand that concept, that while we might work shifts, any issues must be resolved or worked to completion,” Altman said. “Otherwise, we’re creating a sort of ‘butterfly effect’ for the next shift.”

A resident of Pittsburgh’s South Hills, Scott Township, Altman is no stranger to working in current operations. An 18-year veteran of seven deployments,

Altman brings a trove of experience to a fairly reactive job that is often misunderstood by other Soldiers.

“Other sections might work a normal work day and be closed for certain periods,” Altman said. “Here, the lights never go out. Operations are continuous.”

For the Soldiers of current operations, fighting complacency and mid-deployment doldrums is essential to proficiency. All Soldiers, from the battle captain, who is the quarterback of the section, to the radio telephone operator who functions as the primary medium for passing and receiving any and all information, must be cognizant of the big picture at all times. Additionally, Soldiers of current operations must be prepared for the unexpected, including indirect fire attacks, small-arms fire attacks on aircraft and diverting attack helicopters to support the Soldiers on the ground.

“We manage to handle high-stress events well, mostly because we all know our roles,” Altman noted. “Even when days are fairly quiet, we have to fight boredom by trying to stay proficient on our equipment.”

### OPERATIONS, continued from page 7

Although the tempo occasionally slows to what can seem to be a standstill, there is never a shortage of work for current operations Soldiers. Organizing various document binders, from fragmentary orders (FRAGOs) to Red Cross messages, maintaining the daily log, making changes to personnel manifested to fly to different bases and simply tracking the progress of scheduled flights requires the TOC staff to effectively utilize word processing, spreadsheet and slideshow software.

To make life easier, Soldiers are also trained on state-of-the-art electronic systems like the Blue Force Tracker, which uses GPS technology that allows Soldiers to see the location of aircraft during missions. In addition, current operations Soldiers have more traditional methods of communication and battle tracking tools at their disposal, to include instant messaging, phone lines, and FM and high-frequency radios. Numerous maps and overlays line the walls of the TOC, for reference and as an alternative method of tracking the location of aircraft.

“If technology fails, we still must be knowledgeable enough to be able to accomplish our mission. Pencils and paper, charts and darts...our jobs don’t stop just because the technology stops working,” Altman said.

While the monotonous shift work accompanying current operations can take a mental toll on Soldiers, Altman believes one of the biggest challenges facing the section is the ability to focus on the job, and not interpersonal drama.

“Sometimes it’s an issue here, getting people to know and execute their job rather than worrying or talking about other people on the shift, or in the section. Things like that divide us. We just need to stay focused and accomplish our mission.”



### Filipino and Okinawan Martial Arts

By Sgt. 1st Class Dale Shade

Sgt. 1st Class Glen Valencia of Company E, 2/104th General Support Aviation Battalion, teaches Filipino and Okinawan martial arts at the COB Adder House of Pain each Tuesday and Sunday night from 7 p.m. to 8 p.m.

Although he said the two disciplines aren’t closely related, they do complement each other. “Filipino martial arts’ greatest asset is it’s simplicity. This makes it easy to combine with almost any other discipline,” he said. “It is one of very few disciplines that begins with weapons and then moves on to bare hands.” He considers this to be a more effective way of developing fluid movement and strengthening the muscles.

Valencia, who said he enjoys being able to teach others while practicing his martial arts, has made an impression on his students.

Sgt. Ken Conklin of the 33rd Financial Management Company, has always had an interest in martial arts and jumped at the opportunity to attend Valencia’s classes. “I have been very impressed by his skill and knowledge,” said Conklin. “It’s a great physical activity as well.”



### It’s time to follow up with legal assistance

For Soldiers who sought legal assistance services for family or civilian-related matters: With our transfer-of-authority dates fast approaching, we want to ensure Soldiers who initiated legal matters through our office have the opportunity to resolve the matters or receive guidance on how to proceed once we redeploy. Such legal matters may include divorce, custody, child support or financial issues. Some of these issues, especially divorce, include timelines that must be followed in order to complete the process. If you have any questions on how to proceed, contact JAG immediately at (318) 833-5840.

Points of contact for legal assistance are Staff Sgt. Patty Lundsted and Sgt. 1st Class JoAnn Tresco.

# Keystone MWR events at Camp Adder

## Financial Peace University

Financial Peace University is a life-changing program that teaches you how to make the right decisions with your money. You'll be empowered with the practical skill and confidence needed to achieve your financial goals and experience true financial peace!

**When:** Fridays, 4 Sept 09 @1900 Hrs  
(13 weeks)  
**Where:** Post Chapel

**Who:** Anyone who desires to improve their financial situation with some time proven principles

**Cost:** Normally this will cost \$100 per person but you are receiving this course ABSOLUTELY FREE!

**Guaranteed:** To save you money and make you money if you follow these principles!

POC: Chaplain (LTC) Douglas Compton  
28 CAB, Brigade Chaplain 833 - 5865

Submit your events to  
[TFKeystone@gmail.com](mailto:TFKeystone@gmail.com)

**South Side Salsa**  
Organized by SFC JoAnn Tresco  
with DJ WO1 Jesse Lonon

Saturdays at bldg. 713,  
behind Warriors DFAC

Lessons from 2000-2100  
Music starts at 1930

Volleyball with  
SFC Dale Shade

Fridays at the  
House of Pain  
volleyball court

1800-2100

28th CAB Game Nite  
Building 713 w/ CPT  
Suzanne Williamson

Rummy, Spades,  
Pinochle, Dominos,  
Chess, Scrabble...

Weds. 2000-2200

Beyond Narnia  
with SGT Neil  
Gussman

MWR Library  
Mondays at 2000

[ngussman@gmail.com](mailto:ngussman@gmail.com)

Tallil Dead Poets  
Society with SGT Neil  
Gussman

MWR Library  
Tuesdays at 2000

[ngussman@gmail.com](mailto:ngussman@gmail.com)

## Power Yoga by Dave Kocian

Tuesday, Thursday  
1800 at The House of Pain

Saturday  
0900 at the South Gym

Sunday  
1600 at the South Gym

Please bring a mat, blanket or towel  
for floor exercises.

POC: [david.e.kocian@us.army.mil](mailto:david.e.kocian@us.army.mil)



**Salsa Night**  
FEATURING  
28TH CAB'S  
DJ Garcia  
DJ Almonte  
6Pazzi - 2000 - 2345

Weight Watchers – Momentum Plan  
NOW on COB Adder

Mondays - 1900  
Warrior Medical Training Site Classroom  
Bldg 307, Across from the Post Office

Wednesdays - 1030 and 1900  
Bldg 7449D, Rear Door

POC: SFC JoAnn Tresco, DSN 833-5840

## Filipino & Okinawan Martial Arts

HOUSE OF PAIN FITNESS CENTER  
SUN. & TUE. 1900 - 2000

POC: Glen Valencia  
[glen.valencia@us.army.mil](mailto:glen.valencia@us.army.mil)

Tallil's 1st Latin Dance Competition  
"SO YOU THINK YOU CAN SALSA?"

Friday, October 16th  
Memorial Hall  
1930 hrs

POC: SGT MONICA BARNES  
[MONICA.BARNES@IRAQ.CENTCOM.MIL](mailto:MONICA.BARNES@IRAQ.CENTCOM.MIL)

REGISTRATION DEADLINE  
EXTENDED TO: 10 October  
2009

