



KEYSTONE

Aviation

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A Runner to the CORPS





KEYSTONE Aviation

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On the Cover:
Capt. Alexander Quintinilla, an automation officer in the 28th Combat Aviation Brigade, races in the Peachtree 10K at Contingency Operating Base Adder, Iraq, July 4. (Photo by Sgt. Matthew Jones)

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Iraqi Bishop Holds Mass at Adder

Story and photos by Sgt. Matthew E. Jones

The bishop of Basra held Catholic Mass at Contingency Operating Base Addre, Iraq, Nov. 7, in honor of the service members and civilians working towards a safer, more secure Iraq.

Bishop Imad Al Banna, a Chaldean priest, spoke Aramaic, an ancient language spoken in Palestine 2,000 years ago and still spoken in parts of Iraq to this day.

Al Banna began his sermon with a message of peaceful coexistence. "Peace can be achieved only by respecting other people's opinions," said Al Banna. "All nations who respect themselves take care of all of their citizens. Nations must also learn from each other and work together to achieve peace."

Addressing the men and women in the congregation serving in the military, Al Banna extended his praise and gratitude. "I would like to say thank you to every person who is assisting and helping," said Al Banna. "You have come overseas so we can have a government that can take care of its citizens."

Al Banna, who is officially recognized by the Roman Catholic Church as acting Archbishop of Basra, said he is concerned with all citizens, not only Christians. "I try, from my religious position, to help all people of southern Iraq. The church is very open and has services to help all people."

Spc. Brian Vasquez, an avionics system repairman in the 628th Aviation Support Battalion, was among the non-Catholics who attended the mass. "I heard about it a few weeks ago," said Vasquez, a Pennsylvania National Guard member from Plainfield, N.J. "It was kind of a historical event. I was really looking forward to it."

Spc. Eric Jackson of Altoona, Pa., a Chaplain assistant in the 28th Combat Aviation Brigade, especially appreciated the Bishop's message. "I really like what he had to say. He is a very humble man," said Jackson. "If you don't have humility, you don't have God."

Following the service, Al Banna took time to greet people as they filed by him, many exchanging hugs and kisses. With his warm smile never leaving his face, he also gladly posed for pictures.

Al Banna also had lunch with dozens of troops and citizens and was given a gift by the leaders of Pennsylvania's 28th CAB, a liberty bell statuette.



Above: The acting bishop of Basra, Imad Al Banna, holds a Catholic Mass at Contingency Operating Base Adder, Iraq, Nov. 7.

Below: Al Banna poses for one last photo before departing from COB Adder for COB Basra.



A Runner to the CORPS

Story by Sgt. Matthew E. Jones



Above: Capt. Alexander Quintanilla, an automation officer in the 28th Combat Aviation Brigade, poses for a photo before the Marine Corps Marathon in Al Asad, Iraq. He had participated in the Washington D.C. Marine Corps Marathon in 2006, 2007 and 2008 prior to running in the Iraq race. Quintanilla served in the Marine Corps from 1995 to 1999. (Courtesy Photo)

Right: Quintanilla races in the Peachtree 10K at COB Adder, Iraq, July 4. (Photos by Sgt. Matthew E. Jones)



Many Soldiers find it very difficult and inconvenient to conduct physical training in a field environment. Temperatures in Iraq can top out near 150 degrees and running in a dust storm is no picnic. Capt. Alex Quintanilla, an automation officer in the 28th Combat Aviation Brigade, doesn't seem to mind. In fact, he began training for his first marathon while deployed to Iraq in 2005. He hasn't stopped running since.

Quintanilla, a resident of Burtonsville, Md., recently ran the Marine Corps Marathon at Al Asad, Iraq, as one of 309 runners. There were more than 21,000 runners participating in the Washington D.C.

race, including his brother Edwin. In fact, you might say running runs in his family. His brothers Edwin, William and Wilbert ran with him last year in Washington and they each finished the 26.2 mile race in less than four hours.

Quintanilla, who grew up in El Salvador and moved to Washington DC in 1990, said he had always enjoyed running, particularly since joining the Marine Corps Reserve as an ambulance driver in 1995. In 1999, then-Sgt. Quintanilla began a two-year break from the military to finish getting his degree in information science at the University of Pittsburgh. He joined the Pennsylvania Army National Guard in

2001. Although running was still a passion, it wasn't until his first deployment with the Guard's 28th Signal Battalion in 2005 that he decided to train for his first marathon.

"To train here, you have to get up early, about 5 a.m., to beat the heat," said Quintanilla, who typically runs five days each week when training. "I do one long run each week, starting with about 10 miles," he said. In the beginning of his training, his short runs are about two to five miles. Toward the end of the training, which begins about four or five months before a marathon, his short run days become quite long for anyone who isn't practicing for a marathon, around a

dozen miles.

Surely he had no trouble completing the three-mile run the Marine Corps uses to test fitness or the two-mile run as part of his Army physical fitness test. "I've always maxed the tests," he said, before correcting himself. "Well, the run that is. Actually, I really have to practice my sit-ups."

While deployed to COB Adder, Quintanilla has an extra incentive to run. Every Wednesday morning, many runners on base

participate in the morale, welfare and recreation 5K. "I have been running in the weekly MWR 5K here at Tallil since we arrived in

"I run because I like it, and because it makes me feel great and alive. I run because it makes me feel like getting older is not so bad. I feel like I could accomplish almost anything."

**-Capt. Alex Quintanilla
Automation Officer
28th Combat Aviation Brigade**

May and I have placed either first or second place in my age category

18 times," he said.

The roughly three-mile race may not seem like much compared to the five marathons and two half-marathons he has participated in, but Quintanilla said he loves it just the same. "I run because I like it, and because it makes me feel great and alive."

"I run because it makes me feel like getting older is not so bad," said 33-year-old Quintanilla. "I feel like I could accomplish almost anything."



AVIONICS:

The 'Keystone' of Aviation Maintenance

Spc. Brian Fleetwood of Jacksonville, Fla., is an avionics system repairer in Detachment 1, Company B, 628th Aviation Support Battalion.

The avionics maintenance section of an aviation brigade is vital to mission success. The 28th Combat Aviation Brigade, Task Force Keystone, is no exception.

Chief Warrant Officer 4 William Edwards is the maintenance chief deployed in support of Operation Iraqi Freedom to Contingency Operating Base Adder with Company B, 628th Aviation Support Battalion. Edwards, a Jonestown, Pa., resident, supervises an operation made up of several specialties.

"The avionics platoon personnel work on anything with electric-ity or signals running through it,"

explained Edwards.

The avionics maintenance section can be broken down into several sub sections, including radio repair, radar, automatic flight control system repair, navigation system repair, avionics flight line mechanics and electrical repair. Edwards supervises work done by these sections on the three main types of helicopters used in Iraq by Task Force Keystone: the Chinook, the Apache and the UH-60 Black Hawk.

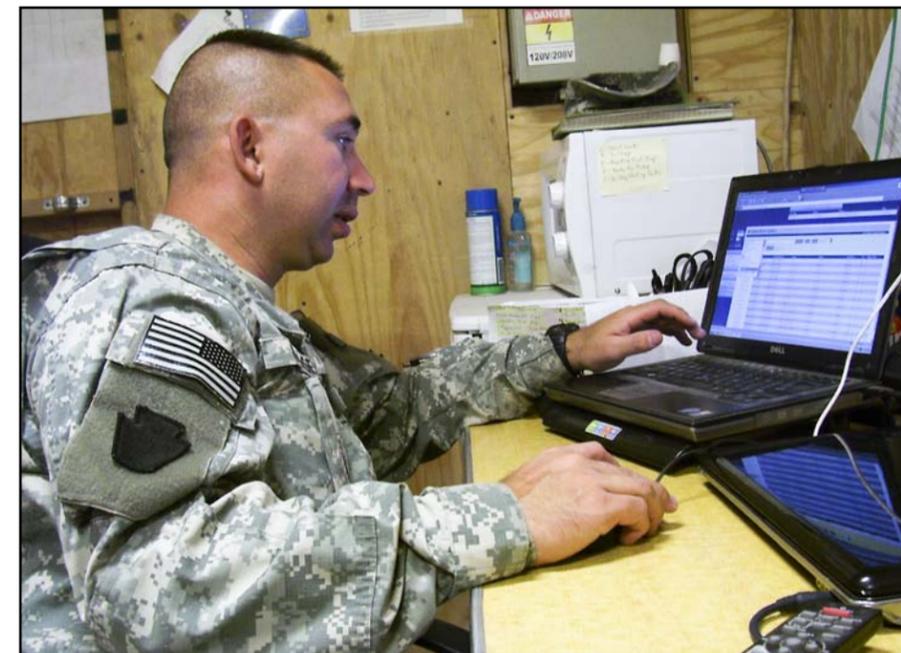
Phase maintenance is performed on the aircraft every 200 and 400 flight hours, according to Edwards.

"They basically tear down everything" and perform the regularly scheduled maintenance and inspections as well as any necessary repairs, Edwards said.

Edward's sections receive work orders for repairs on the aircraft and perform unscheduled maintenance too.

"We are responsible for all the different types of aircraft," he said, "so we have to know how to fix them all."

Staff Sgt. Larry Grose of Duncannon, Pa., is the section chief for radio repair. While Grose said he supervises the smallest section



Staff Sgt. Larry Grose of Duncannon, Pa., is the section chief for radio repair. Grose said he supervises the smallest section of avionics, but his radios have a big reach.

of avionics, his radios have a big reach.

"You can basically talk around the world on this (high frequency) radio," he said.

Grose said his crew does mostly bench work, meaning their work is done outside of the aircraft in vans, long semi-trailers. Inside the repair vans are benches, stools and of course, electricity to run all of their test equipment.

"We work from two different types of vans," he said. "One is for repair work. The other is for parts storage. We work out of our repair vans, so we are pretty self sufficient."

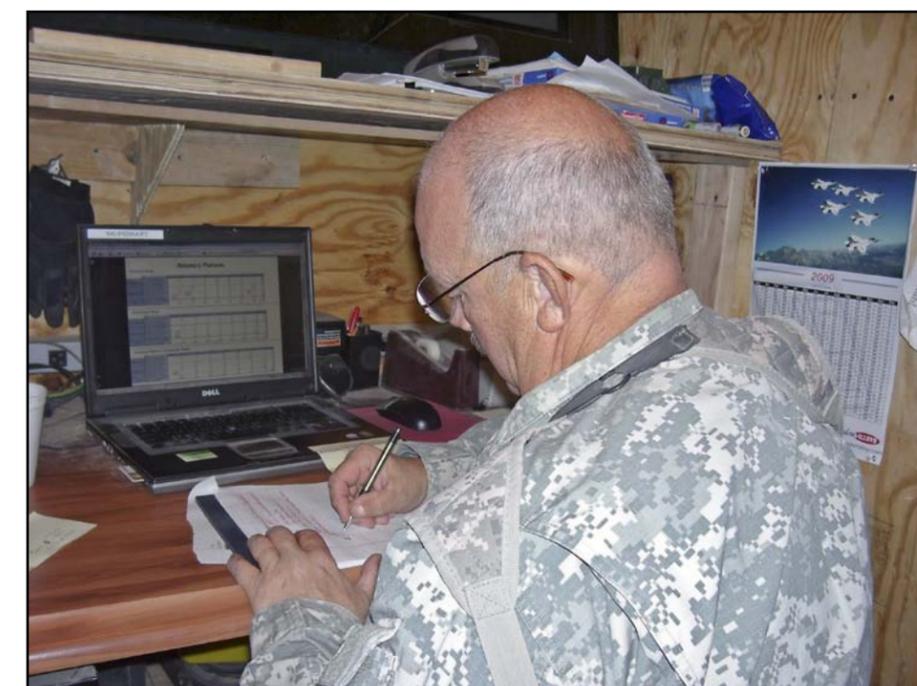
There are also navigation and radar work crews, as well as a flight-control systems repair crew. The navigation repair crew uses a mock system resembling the aircraft dashboard system to run tests on the aircraft's defenses. The air crew's night-vision goggles are also maintained by the avionics section.

The avionics mechanics are in charge of ensuring that the air-

craft's many highly-integrated systems are functional and the electricians work on all of the electrical wiring, "which is quite extensive," Edwards said.

Along with the many other tasks carried out by the avionics section, they are also responsible for ensuring all of the calibrated tools and

Chief Warrant Officer 4 William Edwards of Jonestown, Pa., is the maintenance chief in Company B, 628th Aviation Support Battalion.



test equipment belonging to Co. B are checked regularly.

According to Edwards, the conditions in southern Iraq have been a big challenge for his crews. Dust and other weather conditions have cancelled many flights and coupled with the extreme heat it becomes difficult to keep all of the repair vans' air-conditioning systems clean and functional.

"Our issues are mostly environmental," he said.

"Getting parts in a timely manner is difficult at times," said Edwards. Sometimes they have to work around the usual procedures in the supply systems to get what is needed for quick repairs or maintenance.

In spite of the issues of working in a desert climate, the avionics maintenance section has logged more than 3,000 man hours in repairs and completed 51 phase maintenance inspections and flight line maintenance, keeping the aircraft of the 28th CAB safely in the air to execute their missions.



A Veterans' Day celebration was held Nov. 11 at Contingency Operating Base Adder's Memorial Hall. Sgt. Neil Gussman, 2nd Battalion, 104th Aviation Regiment, unit public affairs representative, hosted the event.

"We are here today to honor all those who have served before us in Iraq and Afghanistan, to honor those who served in the Gulf War, in Panama, in Lebanon, in Somalia, in Vietnam, in Korea and in World

War II..." said Gussman. "We are also here to honor each other," he continued. "We are all members of an exclusive club. There are less than two million (American) men and women in uniform. That's less than two-thirds of one percent of the U.S. population. It's the same number of U.S. citizens who hold PhD degrees in either the arts or sciences," Gussman pointed out. "Make this the day you thank the veteran sitting next to you for his or her service."

Keystone MWR Events at FOB Delta

Submit your events to TFKeystone@gmail.com

Sgt. Victor Hernandez

Salsa Lessons
9-11 p.m. Weds. nights

Latin Night DJ
8-11 p.m. Fri. nights

At The Theater

Classes and Tutoring with
Sgt Geneshan Harichandran
at the Education Center

Math classes, preparation for
the JAST and ACT
and more

P 90X Exercise Class
by CW3 Tim Lelie

Every day!

6 a.m.
2 p.m.
8 p.m.

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

Salsa Night

EVERY
WEDNESDAY
FRIDAY

FEATURING
28TH CAB'S
DJ Garcia
DJ Almonte

6PQEEI - 2000 - 2345

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

Tell Dead Poets
Society with SGT Neil
Gussman

MWR Library
Tuesdays at 2000

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

South Side Salsa

Saturdays at Bldg. 713
behind Warrior DFAC

Music starts at 1930
Lessons from 2000 to 2100

POC: WO1 Jesse Lonon
jesse.lonon@iraq.centcom.mil

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

CORRECTION:
-Keystone Aviation's editor incorrectly identified the organizer of South Side Salsa in the Nov. 2 issue. Actually, SPC Jeffrey Oakley was responsible for starting South Side Salsa