



Bagram News Express

START RIGHT, FINISH STRONG Vol. 3 Issue 7, August 23, 2009



BAGRAM AIRFIELD, Afghanistan - Colonel James Meersman (left) awards the Purple Heart to Capt. Clint Townsend (right), Aug. 17. The Laghman PRT senior engineer was wounded in combat Aug. 4. (U.S. Air Force photo/Senior Airman Felicia Juenke)

Air Force civil engineer awarded Purple Heart

By Capt. David Faggard
455th Air Expeditionary Wing
Public Affairs

BAGRAM AIRFIELD, Afghanistan -- High in the mountains of Afghanistan's Laghman Province, Capt. Clint Townsend was awarded the Purple Heart for wounds received by sniper fire Aug. 4.

Colonel James Meersman,

755th Air Expeditionary Group commander, pinned the medal on Captain Townsend, the Laghman Provincial Reconstruction Team senior engineer, Aug. 17, in a ceremony before approximately 30 of his fellow Airmen and Soldiers.

"Captain Townsend embodies the spirit of all JET [joint expeditionary tasking] Airmen," said Col. Meersman. "Courage

and selflessness; I'm proud to be on his team."

Captain Townsend had only been with the PRT for about a month the morning he was shot and said there had been indirect and small arms fire coming in for days. Another one of his teammates had been shot the day prior, while one other had

See HEART, next page

HEART

narrowly escaped a sniper's round as it whizzed by his head.

"A loud crack," is what the Fairbanks, Alaska, native recalled hearing that morning. "It sounded like two pieces of wood smacking together."

That's when he felt pain and heard someone yelling, "Hey, someone's trying to kill you!" The captain ran for cover and found medics taking cover on the other side of the compound. "Have you been shot?" The medic's yelled. "I don't know," he said.

That's when he saw the blood. The medics immediately began working on Captain Townsend.

The Purple Heart is a "great honor" the captain said reflecting on his second deployment to Afghanistan working with PRTs.

"I've received outstanding care and am truly humbled," he said about the medical team acknowledging that their efforts were instrumental in allowing him to return to work within 24 hours of getting shot.

The captain, who had earned an electrical engineering degree from Washington State University, was surveying a power plant that had been sabotaged by insurgents in Afghanistan's Nuristan Province.

The PRT work in Nuristan is significant because "it proved we'd go back to bring power to this village," said the captain referring to the town with heavy insurgent activity. Captain Townsend is deployed from Spangdahlem Air Base, Germany.

The Purple Heart is the United States oldest military award and has lineage to General George Washington in



BAGRAM AIRFIELD, Afghanistan - Captain Clint Townsend, Laghman PRT senior engineer, was awarded the Purple Heart recently for being wounded in combat on Aug. 4. Captain Townsend was on a mission supporting Operation Enduring Freedom when he was shot by a sniper. Captain Townsend, a native of Alaska, is deployed from Spangdahlem, Germany. (U.S. Air Force photo/Senior Airman Felicia Juenke)

1782. The back of the medal reads: "For military merit." In 1942 President Franklin D. Roosevelt signed Executive Order 9277 which says the Purple Heart should be used for those "wounded in action against an enemy of the United States, or as a result of an act of such enemy, provided such would necessitate treatment by a medi-

cal officer," according to the Department of Veterans Affairs.

The 755th Air Expeditionary Group, which reports to the 455th Air Expeditionary Wing here, is responsible for more than 1,500 joint expeditionary tasking Airmen. JET Airmen are assigned in a non-Air Force mission, often supporting the Army throughout Afghanistan.

Air Force Pararescueman crowned “Strongest Man at Bagram Airfield”

By Tech. Sgt. John Jung
455th Air Expeditionary Wing
Public Affairs

BAGRAM AIRFIELD, Afghanistan - It was not a hulking mass of humanity that won the Strongest Man at BAF competition, but a soft-spoken Air Force staff sergeant, whose mission in life is to save life.

Staff Sgt. Keith Aussant is a pararescueman with the 56th Expeditionary Rescue Squadron, Bagram Airfield, and of the 22 male participants who competed for the coveted title he was crowned the best of the best.

The weight-lifting event is sponsored quarterly by Air Force Central Services but is open to all armed forces service-members, civilians, contractors and coalition partners at BAF.

Sergeant Aussant, weighing in at 194 pounds, lifted a total of 1,285 pounds in the three categories – squat (460 lbs.), bench press (320 lbs.) and dead lift (505 lbs.).

“I didn’t do anything radically different for this competition that my usual training regime as a pararescueman,” said the five-year Air Force veteran from Dighton, Mass. “About two weeks out from the competition, I started to watch what I ate more closely, but that’s about it,” he said. “Each of my lifts was a personal record for me. It wouldn’t have mattered to me if I won or lost the competition. I was just content to do my personal best.”

Sergeant Aussant and his fellow pararescuemen are deployed from the 38th Rescue Squadron, Moody Air Force



Staff Sgt. Keith Aussant (Courtesy photo)

Base, Ga. Another member of his home unit, Staff Sgt. Josh Andrada also participated in the competition.

“The title Strongest Man at BAF is a testimony to Sergeant Aussant’s hard work,” said the five-year Air Force veteran from Boston. “A lot of guys don’t lift with the proper form or they try with really heavy weights, but Sergeant Aussant wasn’t trying to impress anyone and he still won by 30 points and just blew them [the competition] away. He was a real big supporter and motivator for me.”

To determine the winner, the scores of all participants are compared against one another in three categories and then tabulated using the Schwartz

formula. Using this standard formula, the cumulative weight lifted is multiplied by a coefficient related to the athlete’s body weight. The resulting factor is the Schwartz formula total. The competitor with the highest SFT is crowned the winner.

A simple way to understand the formula is the following example. “If two people lift the exact same amount of weight, the one who weighs the least would be the winner,” said Travis Luethe, recreation manager.

Sergeant Aussant’s winning SFT scores now go on to the Strongest Man in the AOR competition to try and make a claim for that title.

BAGRAM AIRFIELD AIRPOWER



BAGRAM AIRFIELD, Afghanistan - An F-16 Fighting Falcon, from the 421st Expeditionary Fighter Squadron, launches to ensure safety and security for the Afghan people on their second national election, Aug. 20. F-16s launch from Bagram in support of Coalition forces around the clock. (U.S. Air Force photo/Senior Airman Felicia Juenke)



BAGRAM AIRFIELD, Afghanistan - An F-15 Strike Eagle prepares to taxi out onto the runway on a mission in support of Operation Enduring Freedom. Day or night, BAF is prepared to launch aircraft for the safety and security of Coalition forces and the Afghan people. (U.S. Air Force photo/Staff Sgt. J.G. Buzanowski)

NEWS BRIEFS

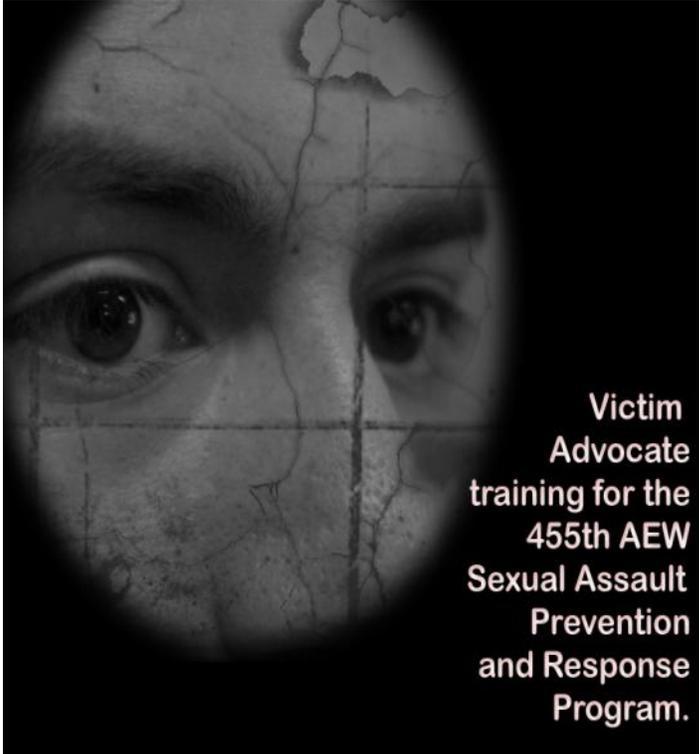
NATO MEDALS: The NATO Medal takes approximately 90 days upon arrival for approval and distribution back to PERSCO. PERSCO has a spreadsheet posted to the SIPR public drive which you can view to see the status of your medal. If you notice any errors, call PERSCO at 431-2070/4409 or email 455EMSG.PERSCO@afghan.swa.army.mil

EAGLE CASH: All deployed personnel (military, civilian and contractors) using Air Force finance office services within the USCENTCOM AOR are required to have an Eagle Cash Stored Value Card and highly encouraged to use it.

COMBAT O: Combat Orientation is Wednesday at 0830Z/1300L at the Enduring Faith Chapel. This is a mandatory briefing for all Air Force personnel assigned to Bagram Air Field. Accountability is tracked and will be forwarded to the first sergeants.

MEO CONTACT INFO: The Camp Cunningham Military Equal Opportunity Office at Bldg. 726 can be reached by calling 481-6226 or call the Air Force Discrimination Hotline at 1-888-231-4058.

IMMUNIZATIONS: Are your immunizations up to date? Active duty members are required to stay current on all immunizations during their deployment. Report to your nearest medical treatment facility to check your status and get vaccinated. For questions, contact Task Force Medical Public Health, 431-4426.



Victim Advocate training for the 455th AEW Sexual Assault Prevention and Response Program.

No experience needed | Men and women welcome
All ranks are encouraged to participate.

Training will be 0700 - 1700, 27-28 August
in the **Wing Conference Room**
(Across from Command Post in the LRS Building, 2nd Floor).



If you are interested, please contact Capt Tabitha Stump:
431-4060 or tabitha.stump@bgab.afcent.af.mil



GOING TDY: All Air Force members are required to in and out-process through PERSCO for TDYs, Emergency Leave or R&R Leave/Pass. The PAX terminal will not manifest you until they have documentation stamped from PERSCO. All personnel assigned to the 455th are required to complete the AOR Travel Authorization Memo for any type of TDY. Please direct questions to PERSCO, 431-4409/2070.

NEWCOMERS INPROCESSING: All Air Force members are required to inprocess with PERSCO. The inprocessing will start your combat pay entitlements. If you have been in the AOR for at least 30 days and you are not receiving combat pay, visit Finance in the crow's nest tower on Camp Cunningham. If you know for a fact that you did not inprocess with PERSCO, please visit PERSCO located in Bldg. 700 near the passenger terminal. Call 431-2070/4409 for more information.



Please join us in celebration of the
62nd Air Force Birthday
 Friday, 18 Sept. 2009
 0600 - 1100
 Starting with Reveille at the flag pole,
 then a run to complete the
Birthday Challenge,
 followed by an **Official Ceremony**
 with an **Open House** displaying
 Air Power belonging to the
World's Greatest Air Force



**Women's Equality Day Forum
 August 25, 2009**

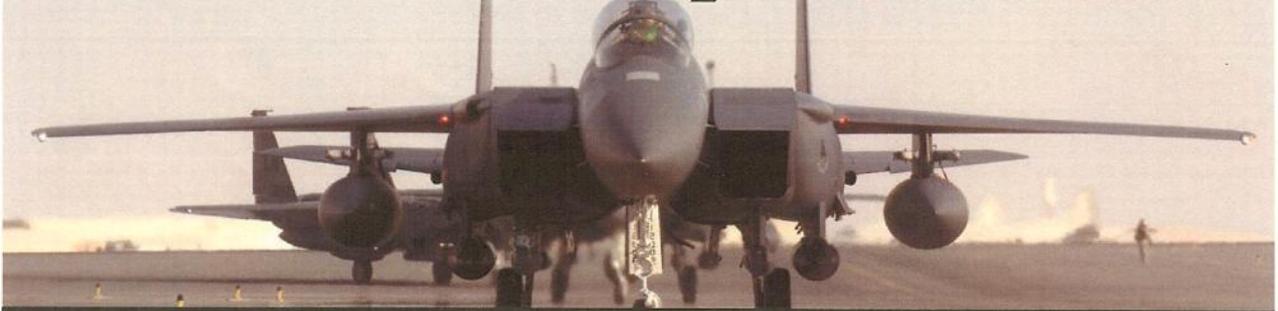
When: 1830-2000
Where: MWR Clamshell
Food will be provided by KBR

- Special Guest Panel include:
- ❖ MAJ Whitmer, Christine, DSTB S3
 - ❖ CPT Jones, Tasha HHC, DSTB CDR
 - ❖ SGM Taylor, Darlene, TF 30th MEDCOM
 - ❖ SGT Anderson, Serena, USMC-MCE-A
 - ❖ CPO1 Morgan, Casey, CJTF-82 CJ2

Commanders (O-6 and higher) and CSM's
 Please RSVP to SFC Marvin Williams
 NLT 23 Aug 09.
marvin.h.williams@afghan.swa.army.mil

**Celebrating the Anniversary
 Of Women Winning the
 Right to Vote in the United States**

DEPLOYED LOCATION RACE BAGRAM AIRFIELD, AFGHANISTAN



UNITED STATES AIR FORCE MARATHON HALF MARATHON SEPTEMBER 13, 2009



Photos from 2008 deployed race locations.

Race Start: 0530
Sign up is at Camp Cunningham
POC: Chris Tyler

Presented by:

NORTHROP GRUMMAN



Key Sponsors:



No federal endorsement of sponsors intended.