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Crossroads



Vol. 17, No. 42 October 26, 2012

Lajes Field, Azores, Portugal

"6-5...
IN THE FIGHT!"
FY 2013

110
SORTIES

1801
LODGED

718 K
gallons
FUEL ISSUED



**Don't drink
and drive
call
295 57 LADD**

Medical Appointment:
Base: 535-3261
Off base: 295-573-261
Emergency:
Base: 911
Off base: 295-571-911



**Weekend
Weather
Forecast**

Saturday (a.m. / p.m.)
Partly Cloudy / Showers
Wind WNW 14 - 20 mph
W 12 - 17 mph
HIGH 19C / 67F
LOW 14C / 58F

Sunday (a.m. / p.m.)
Partly Cloudy / Mostly Cloudy
Wind W 23 - 35 mph
WSW 23 - 35 mph
HIGH 19C / 66F
LOW 14C / 58F

Mission Feature: 65th Contracting Flight



Master Sgt.'s Kimberly Washington and Justin Williamson, 65th Contracting Flight, meet with a 65th Civil Engineer Squadron construction team and contracted vendor prior to construction at the old American Forces Network station, Oct. 23, 2012, Lajes Field. The vendors will consolidate the antennas in one location and renovate the inside of the building; creating a secondary AFN studio with live broadcasting capabilities. (U.S. Air Force photo by Tech. Sgt. Chenzira Mallory)

By Tech. Sgt. Chenzira Mallory
65th Air Base Wing Public Affairs

As you drive around Lajes Field you may notice workers manicuring lawns or a crew with orange vests pouring fresh cement to fix potholes on the roads. These services or contractors are made possible by a small flight of professionals, the 65th Contracting Flight.

CONF is responsible for acquiring services- whether it is equipment, supplies or construction- to fulfill the wing's mission. They ensure the right company is chosen for the job at the best price for the Air Force and the taxpayer.

"We get the specifications from our customers and then we find the vendor that can complete those requirements," said Tech. Sgt. Thomas Deppa, a contract administrator. "We make sure our customers are equipped to do their jobs."

Within the past year, the CONF has executed \$17.2 million dollars and \$7.5 million of that went towards base renovations and upgrades.

"This is the second year in a row where one hundred percent of all USAFE funded projects were completed," said Tech. Sgt. Timothy Emeott, director of business operations. "We've completely cleared the



Master Sgt. Kimberly Washington, 65th CONF goes over the final details of a renovation project with contracted vendors at the old American Forces Network station. (U.S. Air Force photo by Tech. Sgt. Chenzira Mallory)

(civil engineer's) shelves of design projects."

From the \$7.5M in base renovations, Lajes Field will be seeing quite a few infrastructure makeovers this fiscal year including the renovation of the 65th Operations Support Squadron air traffic control tower.

"We will also be upgrading the base water lines

To read more on "Contracting" see page 5



Are You Suffering From Burnout?

Lt. Col. Kenny Harryman
65th MDOS commander

There are many different definitions for burnout. Webster's dictionary defines burnout as "exhaustion of one's physical or emotional strength." Other definitions of burnout include, "A state of physical, emotional and mental exhaustion caused by long term involvement in emotionally demanding situations," Ayala Pines. Or "A state of fatigue or frustration brought about by devotion to a cause, way of life, or relationship that failed to produce the expected reward," Herbert J. Freudenberger. Although burnout seems similar to stress there are apparent differences between the two. Stress is usually short-term and caused by a feeling that work is out of control. The feeling lessens or disappears once the situation changes such as a big project is completed. Burnout, however, takes place over a longer period of time. You might experience it if you perceive your work to be meaningless; if there's a disconnect between what you are doing and what you truly want to do; or when things change for the worse such as the loss of a supportive boss.



Your productivity can drop dramatically. This not only impacts your career, but your team and organization as well. Career burnout can also spill over into your personal life and adversely impinge on your relationships with family and friends. It can lead to health problems such as sleeplessness, physical ailments, depression and even substance abuse.

So how do you avoid burnout? Here are 6 tips that can help you. 1. Work with a purpose. Do you feel your career has a deeper purpose other than just earning a paycheck? Look for the deeper purpose. How does your work make life better for others and how can you add more meaning to what you do every day? 2. Perform a job analysis and clarify what's expected of you and what's not. Identify what's truly important and try to eliminate or delegate what's not. 3. "Give" to others or help them in small ways. Even the smallest act of kindness can re-energize you and help you find meaning in your work. 4. Take control. Find ways to create more autonomy in your job. 5. Exercise regularly. It can help alleviate stress and create a sense of well-being. You will also experience increased energy and productivity. Regular exercise may help you sleep better. Team up with colleagues or set up an office fitness challenge. This will help motivate you and others. 6. Learn to manage stress. There are several strategies that can help you cope with stress. Keeping a stress diary to document what routinely stress you; practice deep breathing, meditation or other relaxation techniques. Practice positive thinking.

Burnout doesn't go away on its own. It will worsen unless you address the underlying causes. If you ignore burnout, it will only cause you further harm, so it's important that you begin recovery as soon as possible. The Air Force has programs available to assist with burnout. The Chaplain is always available for confidential counseling. The Military and Family Life consultant is a good resource. The MFLC rotates every 45-90 days so a record is not kept of the encounter. Military OneSource is similar to MFLC, but it is through the telephone or online OCONUS.



People experience burnout for many reasons. Lack of autonomy is a common cause. If you feel you don't have much control over your work it is easy to perceive your work is meaningless. Other common causes include unclear goals or job expectations; when your values don't align with those of your organization or your role; working in a dysfunctional team/organization; excessive workload; little or no support from your boss or organization; lack of recognition and monotonous or low-stimulation work. The consequences of burnout can be severe.

Commander's Action Line 535-4240 65abw.actionline@lajes.af.mil

The Commander's Action Line is your link to the commander for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution. Your chain of command should always be your first option — but when that's not the answer, call or e-mail the Commander's Action Line at 535-4240 or 65abw.actionline@lajes.af.mil.



Col. Chris Bargery

Col. Chris Bargery
Commander, 65th Air Base Wing



The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads.

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Lajes Celebrates Halloween with Pumpkin Patrol

By 1st Lt. Mark Graff
65th Air Base Wing Public Affairs

Halloween festivities are upon us again at Lajes Field. Operation Pumpkin Patrol or trick-or-treating in Lajes Field base housing is scheduled to occur on Oct. 31st from 6 – 8:30 p.m.

Trick-or-treating will occur in both Beira Mar and Nascero do Sol base housing areas.

As in previous years, there will be separate trick-or-treating times for U.S. military, civilian personnel family members and local national families, said Tech. Sgt. Charles Drodody, 65th Security Forces Squadron.

Active military and civilian dependents trick-or-treating hours will be from 6 – 7 p.m. and the local community is invited to trick-or-treat from 7 – 8:30 p.m., said Drodody.

Inviting the local community to trick-or-treat on base housing is a community relations initiative, said Col. Chris Bargery, 65th Air Base Wing commander.

"Opening Halloween trick-or-treating to the local community is a great way to share some American culture with our host nation partners. It's an opportunity for us to give back," said Bargery.

Base security personnel, to include contracted security for base housing, will patrol throughout the evening to ensure everyone's safety.

"It is important to ensure that your home is safe and secure during Halloween. As military family housing residents, there are some

simple things you can do to improve your Halloween experience and safeguard your home," said Drodody.

If base housing residents do not wish to give candy to trick-or-treaters, they are encouraged to post a "no candy" sign on their door reading: "We are out of candy" or in Portuguese, "Nao temos rebucados".

According to Drodody, keep these tips in mind to make this Halloween to remember:

- Driving is restricted in Beira Mar and Nascero do Sol housing areas from 6 – 8:30 p.m.
 - All Nascero do Sol gates will be locked except for the vehicle gate by the Youth Center and the pedestrian gate by Commander's Row
 - Beira Mar gate operations will occur as normal
 - If participating or volunteering for the event in uniform, reflective belts must be worn
 - Turn on your porch or outside lights
 - Move valuable objects inside and secure outdoor furniture
- As always, in the case of an emergency or witnessing suspicious behavior, Lajes Field personnel should call the 65 SFS Base Defense Operations Center at 535-3221 if on base. If calling from housing or another off-base location, call 295-57-3222.
- For additional information about Operation Pumpkin Patrol, please contact Tech. Sgt. Drodody or Master Sgt. Keith Morales at 535-2094.



HOT! EQUAL Overseas Date Change

If you are desiring to stay assigned overseas and you have a DEROS in May, June, July, August or September and DO NOT currently have an assignment, be aware that the EQUAL Overseas listing dates have changed. This window is now earlier than expected. The list became available on October 22 and the preferences are due November 1. Please see the myPers site for more details. You can also access myPers from the AF Portal main page on the left hand side.

LAJES WARRIORS OF THE WEEK

Name: Wes Williams
Rank: Master Sergeant
Unit: 65th MDOS
Hometown: Lansing, Mich.
Duty Title: Mental Health Clinic Flight Chief



Accomplishments: Sergeant Williams is responsible for providing 24 hr/365 day Mental Health support. His expertise allows sound clinical and administrative oversight to the Lajes community. He also prepares, audits and disposes patient Mental Health and Personnel Reliability Program (PRP) records. Additionally, he maintains the integrity of all Mental Health outreach programs and Traumatic Brain Injury (TBI) screenings, while providing emotional support during real world contingencies. Recently, he successfully led a 15 member team as NCOIC of the Inpatient Psychiatric Unit at the Landstuhl Regional Medical Center, Landstuhl Germany, supporting over 200 OIF/OND wounded warriors.



Name: Dr. Tiffany M. Prather
Rank: Contractor, MedPro Technologies, LLC
Unit: 65th MDOS
Duty Title: Licensed Clinical Psychologist, Mental Health Clinic
Hometown: Milwaukee, Wisc.
Accomplishments: Dr. Prather is responsible for providing clinical services to active duty and their dependents, presenting to the mental health clinic. As a psychologist supporting Lajes, she is also required to have children and adolescent experience in a therapeutic capacity. Additionally, "Dr. P" is licensed as a school psychologist, clinical substance abuse counselor and clinical supervisor. Her support of Lajes extends in her multi-disciplinary approach with other base agencies. She believes in creating a team concept to maximize the opportunities of those we serve.



MilPDS Upgrade, AF Personnel System Shutdown and You

Feature

The MilPDS system migration will occur over a 23-day period in December. During this time, we will NOT have "MilPDS," an operational personnel data system, until the migration is complete, called "GO-LIVE". This will affect personnel actions outlined in the following table. Please see the myPers site for more details, search under "Upgrade to MilPDS (R12)". You can also access myPers from the AF Portal main page.

What does this mean for military members?

Data retrieval will be available through the below items, but information will be good as of the day prior to MilPDS going down. The shutdown is scheduled to occur on December 1. See the following websites for more information: BLSDM, AMS, CMS, PRDA/ARMS & myPers. For local questions/concerns please e-mail "65 FSS PSM" org box at lajes.psm@lajes.af.mil

If an Airman/Unit is considering any of the following during the December 2012	Submit Application	
	To FSS NLT	To AFPC NLT
Applying for Reenlistment / Extension or Separation	29 Oct. 2012	
Scheduling OPR test for Foreign Language Proficiency Bonus	31 Oct. 2012	
Completing a Base of Preference application		1 Nov. 2012
Completion an In-Place Base of Preference application		1 Nov. 2012
Submitting a Voluntary Retraining application		15 Nov. 2012
Scheduling DLPT test for Foreign Language Proficiency	1 Nov. 2012	
Updating SGLI	16 Nov. 2012	
Reenlisting (if delayed, SRB could pay in January 2013 & December 2013, which could increase income tax)	16 Nov. 2012	
Extending current Enlistment	16 Nov. 2012	
AFSC / SEI / Duty Title Updates	16 Nov. 2012	
All duty status updates	30 Nov. 2012	
(For CC's) Deny Reenlistment of Airmen with a DOS in December 2012	16 Nov. 2012	
Unit Manning Personnel Roster (UMPR) changes	16 Nov. 2012	

Applications that will be ON HOLD during migration	
Assignments	Assignment application after 1 Nov 2012
	Assignment Changes (Member w/ RNLTD's between December 2012 & February 2013)
	Changes to Assignment Availability / Limitation Codes Updates (Member w/ RNLTD's between December 2012 & February 2013)
Education & Training	AFSC skill-level update actions
	CDC extension and enrollments
	Formal Training quotas & Training Allocations
	Confirmation of Training Line Number
Promotions	No actions during migration
	All members slated for promotion in Dec 2012 will not have their promotion consummated in MilPDS. (AMN, A1C, SrA, LAF officers: 1Lt/CPT and MC/DC officers: Maj - Col)
	Member who's promotions are based on anniversary date, will not received correct pay unit after migration, pay will be retroactive to effective date of promotion
	AFPC will project NCO/SNCO and field grade officers December/January increments in MilPDS in November 2012
	WAPS Products (all WAPS products will be generated in November)
Retirements	Application submissions
Separations	Prior to Expiration of Term of Service (PETS) applications for DOS later than 15 January 2013
Readiness	All duty status changes
Force Management	All updates effecting members duty data (i.e. AFSC, SEI's, Duty Titles, rater changes, position updates, UMPR, etc)
	EPR/OPR & Decorations
In-Processing	Members will in-process as normal, but there will be a delay in gaining them to the unit alpha roster



"Proud Bulls," weather flight support NASA mission at Lajes

Feature



Left: (From left) Richard Rogers, NASA senior mission pilot, Maria Cavaco, 65 OSS weather forecaster, Joao Santos, 65 OSS weather forecaster, Master Sgt. Rafael Kaup, 65 OSS meteorologist, flight chief, Carlos Rocha, 65 OSS weather forecaster and Joao Alves, 65 OSS weather forecaster before a Navy P-3 at Lajes Field. The 65 OSS Weather Flight provided outstanding weather forecasting support to a NASA science study for future satellite operations involving oceanic reflectivity properties. The mission involved Air Force, Navy and NASA personnel working together for more than one week. Above: Personnel board the NASA P-3 at Laje Field. (Photos provided)

"Contracting" from page 1

which are 60-years old," said Emeott. "We've also facilitated electrical upgrades for the TTU (Transport Terminal Unit), the base grid, and the air traffic control tower, which will bring them up to current standards."

Being on an island may be challenging in the amount of contracted companies available who have base clearance, but the CONF offer ways to increase their database and expand job opportunities to our host nation.

"We invite local business owners every year for a vendor fair on base," said Deppa. "This fair allows vendors to get the necessary clearance paperwork completed, enabling us to add them to our list of approved vendors, which offers more choices for our customers."

The SABER contract, one of the largest contracts, deals with a majority of the construction and upgrade projects on the base.

"This contract affects the face of the base," said Deppa. "It touches anything from bathroom renovations at the TORC, repairs at T-100 parking lot, renovation of the NCO dorm's to airfield lighting."

The Stevedoring, another large contract, ensures our personal effects such as household goods and privately owned vehicles are

taken care of as well.

"They are responsible for loading and unloading the boat when it arrives to the island," said Deppa. "They are also responsible for inland transportation of the items which includes supplies for DECA and AAFES."

As we transition from end of year close-out to obtaining the new fiscal year budget, CONF prepares the wing to execute funds necessary to continue the mission.

"We're renewing all of the option contracts for the base... household goods and POV's, as well as custodial and pretty much any service on base," said Emeott "We're also working on a new grounds maintenance and housing security contract for the new year."

From base renovations, household good pickups, to even the aerobics instructors, contracting ensures customer needs are met.

"Contrary to popular belief, we don't only go with lowest bidder," said Deppa. "We pick vendors based off your specifications. It's

imperative that you list all specifications you're looking for in a product or service."

For more information on contracting services, contact Tech. Sgt. Deppa at 535-1459.



Master Sgt.'s Kimberly Washington and Justin Williamson, 65th Contracting Flight, meet with a 65th Civil Engineer Squadron construction team and contracted vendor prior to construction at the old American Forces Network station, Oct. 23, 2012, Lajes Field. Washington, the contract administrator, and Williamson, the contracting officer for the project met with the AFN station manager and the vendors to go over the plans for the station renovation. (U.S. Air Force photo by Tech. Sgt. Chenzira Mallory)



Mark your calendar

MIDNIGHT CANCER WALK: The Midnight Walk for Cancer Awareness will be held Oct. 26-27 starting at 8 p.m. Cost is \$10 per person.

THE VETERINARY TECHNICIAN will PCS in December 2012. At this time, a replacement has not been identified. Please call to schedule your pet's vaccination appointment if your pet will be due during the months of November - January. The last week for appointments will be Nov. 26 - Nov. 29.



POSTAL VOTING MESSAGE 2012: The general election occurs this year on Nov. 6. The casted absentee ballots need to be collected and "postmarked" no later than noon on Oct. 30. This date provides the last possible time casted ballots have a "reasonable" expectation of reaching the appropriate voting office before the election.

VOTING ASSISTANCE PHONE LINE: The installation's voting assistance officers, Maj. Tony Caruso and Capt. Pedro Colon, may be reached at the following numbers, respectively: 535-3685 or 535-5272.
"FALL BACK" - RESET YOUR CLOCKS: This Saturday night, Oct. 27, marks the end of Daylight Savings Time. Set your clocks back one hour!

EXTENDING THE APPLICATION WINDOW FOR RETIREMENT OR SEPARATION: Due to the planned unavailability of the military personnel data system, SAF/MR has authorized a waiver to the Retirements and Separations AFIs, allowing eligible Airmen the option to apply earlier than the 12-month period for voluntary retirement or separation. For voluntary retirements, AFI 36-3203, Service Retirements, paragraphs 2.1.4 and 3.2, are waived allowing eligible Airmen the opportunity to apply for retirement immediately with a retirement date effective 1 December 2013 through 1 Feb 2014.

NEW AIR FORCE FORM 1206 NOMINATION FOR AWARD: The AF Form 1206 was revised on Sept. 26, 2012 and is published on the AF Publishing Website. This is the only version authorized to document award nominations. Military Personnel Sections must ensure the base populace is aware of the updated form and are using the current version located on the AF Publications Website.

MDG TRAINING EVERY 2ND TUESDAY: The 65th Medical Group clinic is closed for unit training every second Tuesday of the month.
TRICARE On-line (TOL) is always available as an option for appointment booking. All beneficiaries must register at www.tricareonline.com for an account. For more information, call 535-3261. In case of emergencies, call 911 on-base or 295-571-911 off-base.

FOOTBALL FRENZY: Check out the NFL games in HD at the TORC! Take a look at the flyer for more details!

SEEKING VOLUNTEERS : The 65 ABW/EO staff is seeking a

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: Do you have a business card?

PORTUGUESE: Tem um cartão de visita?

PRONUNCIATION: Tehm oohm Car-tau day veezeeta?



Lajes Against Drunk Driving 295-57-LADD (5233)

Every year the Air Force loses great Airmen to drunk driving. Please help save a life and your career by calling Lajes Against Drunk Driving. LADD is a base program that provides free rides for individuals who've had too much to drink. LADD will be available between the hours of 9:30 p.m. to 4:30 a.m. every weekend.

The LADD program is available to all Lajes Airmen, so if you are the one who ends up needing a ride this or any weekend, call LADD.

For more information, please contact your squadron representative.



Chairperson and volunteers in preparation for:
- National American Indian Heritage Month (1 - 30 Nov 2012)
2012 theme: Servicing Our People, Servicing Our Nations: Native Visions for Future Generations
- Martin Luther King's Birthday (21 Jan 2013)
If you are interested in chairing and /or volunteering please contact the 65 ABW/EO office at 535-6282/6111 or email: 65abw.me@lajes.af.mil for more information.

ASKED

A column that looks at the culture and history of the Azores

By Eduardo Lima, Community Relations Advisor



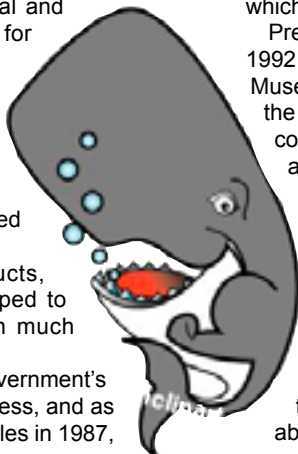
The history of whaling in the Azores

The Azoreans, especially from the central and western group of islands, hunted whales for many decades as a means of sustenance.

The ban on this activity in Portuguese waters was officially established through a decree in 1981 when Portugal ratified the International Convention for the Preservation of Wildlife and Natural habitats in Europe. However, the whale hunting activity continued in the Azorean waters until 1984.

The international ban on whale products, namely oil and scrimshaw, eventually helped to cease that type of activity, although with much reluctance from the local population.

Whalers were reluctant to accept the government's ban because it meant the loss of their business, and as form of protest they caught three sperm whales in 1987,



which were the last whales to be hunted in the Azores.

Presently, whaling is totally non-existent in the archipelago. In 1992 the Regional Department for Tourism created the Whaler's Museum and a whale watching program in the village of Lajes on the Island of Pico, with the purpose of attracting tourists and to compensate the island's economy for the loss of the whaling activity.

The Whaler's Museum is a small building whose façade resembles an old whalers' tavern and features a whaling boat, photos and videos as well as many tools used by the island whalers.

The whale watching in the Azores is now a profitable activity, which attracts many tourists to the islands, especially to Pico and Faial. These tourists come mainly from mainland Portugal and Europe to observe the different types of whales as well as dolphins, which are also very abundant in these waters.