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Crossroads



Vol. 17, No. 43 November 2, 2012

Lajes Field, Azores, Portugal

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

130
SORTIES

1699
LODGED

876 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
Wind NE 23 mph
W 21 mph
HIGH 17C / 63F
LOW 10C / 55F

Sunday (a.m. / p.m.)

Partly Cloudy
Wind NE 16 mph
NE 15 mph
HIGH 16C / 61F
LOW 10C / 55F

Physical Therapy: Before the Injury



Capt. Brandon Morgan and Tech. Sgt. Gilbert Gutierrez, 65th Medical Operations Squadron, physical therapy flight, pose with their demo skeleton used during their work center visits. Your physical therapy team is conducting work center safety visits in order to minimize the amount of work related injuries. (U.S. Air Force photo by Tech. Sgt. Chenzira Mallory)

By Staff Sgt. Erica Horner
65th Air Base Wing Public Affairs

The 65th Medical Operations Squadron Physical Therapy Flight at Lajes Field spends their day assessing and aiding injured Airmen. They treat anything from simple hazards to training injuries that occur throughout the day. But now, instead of treating patients after they are injured, physical therapists are heading to work centers to prevent common injuries before they occur.

Capt. Brandon Morgan, 65th MDOS Physical Therapy Flight commander, has teamed with the Health and Wellness Center to create a program designed to prevent work-related injuries. He hopes to implement this program base-wide.

"In a lot of places, physical therapy is focused on rehab and they don't get as much time to do prevention. But here, with our relationship with the HAWC, we are able to pull our expertise together to come up with good prevention programs," said

Morgan. "I see people after their injury and I want to prevent it from coming back. So, when I'm evaluating their work spaces, I can see why they're hurt and show them how to change things."

One of the new programs, the shop visit program, is aimed at reducing on-the-job injuries.

"We go into different work sections, conduct some observations, perform the work that they do and see what challenges they face, so we can create a plan for their particular job," said Morgan. He got the idea for the program after volunteering at the Lajes Field Post Office.

"We were treating a lot of postal employees for back injuries and that caught the attention of public health," said Morgan. "When I volunteered, I saw a lot of things that could be fixed on the spot. I developed a plan and returned to the post office to conduct job specific training."

Master Sgt. Michael Huston, 65th Communications Squadron Post Office postmaster, has seen firsthand

To read more on "Physical Therapy" see page 5





New Beginnings: A Lajes Employment Story

By Kathleen Rowland

Office Coordinator, Lajes Youth Center

When I look back at the past year, I am excited about all that has changed in my work life. Some people will tell you that it is hard for a military spouse to find employment at Lajes. Still others may hold fast to the notion that starting a new career will have to wait until a return to the mainland. For me, however, the opposite has been true. I have found both a range of employment resources and a full-time position here on our little island.

What a Difference a Year Makes!

If you have been at Lajes for more than a year, you know the feeling of quickly moving from new kid to old-timer.

At last year's Job & Networking Fair, I was searching for employment options and a way to transition into the next chapter of my employment story. At this year's Fair, held at the Airman & Family Readiness Center Oct. 19, I attended as a representative of the Lajes Youth Center, talked with others about positions currently available, and experienced the Fair from the other side of the table. It is amazing what can happen in a year!

The A&FRC Can Help

Today I work in the Office of the Youth Center where I help children and their families every day.

Participating in a range of Airman & Family Readiness Center programs and events gave me tools, skills and confidence to transition from a full-time homemaker to a meaningful full-time position.

Spouses Online Computer Knowledge & Skills (SOCKS)

SOCKS classes were where my latest chapter began. My computer software skills were no longer up-to-date, so I signed up for online tutorials through the Spouse Online Computer Knowledge & Skills Program. Completing a series of tutorials refined my skill with programs I already used, and gave me a chance to learn about programs with which I had no experience. Costing me nothing but my time, the SOCKS Program boosted my confidence and increased my relevance in a work environment.

Job & Networking Fair

During the Job & Networking Fair 2011, I was introduced to a range of organizations on base which were recruiting spouses for their programs. This gave me an overview of the "big employment-and-education picture" at Lajes. Brushing up on my networking skills also pushed me further along my way. Once recruiters knew I was actively looking for work, they began to point me in the direction of positions which were opening up.

USA Jobs Workshop

My next milestone was attending the USA Jobs Workshop in November 2011. Navigating the GS system is challenging, but if you have some guidance to keep you on track, the

possibilities are inspiring. This course explained the nuts-and-bolts of how to navigate through a job search, build an appropriate resume, and apply for a position.

Custom Resume Consult

After receiving an overview of the GS system at the USA Jobs Workshop, a personal resume consult filled in some of the details. In January, Ms. Cynthia Burney sat down with me to help define and improve my resume. She also answered specific questions about applying for GS positions. What I found most helpful was Ms. Burney's ability to "find" work experience and skills in my freelance, unpaid volunteer, home-schooling, and home-making efforts. I left the meeting feeling like I could accomplish anything!

Transition Assistance Program (TAP)

In May, I attended the Transition Assistance Program (TAP) intensive three-day workshop. Did you know that here at Lajes Field TAP is available to military members preparing to separate or retire and their spouses? Under the skilled direction of course instructor, Mr. Chuck Ciranni, TAP provided participants with opportunities to define career goals, refine a resume, and practice interviewing. In addition, we received practical

advice on dressing for success, interviewing techniques and negotiating with a potential employer. Mr. Ciranni's expertise in a range of employment topics, combined with feedback from other workshop attendees, inspired pertinent questions and provided answers that kept me moving in the right direction.

Success Achieved

My success story was not written quickly. Instead, it took me a year to work my way through the process and accept a job offer. I did not attempt to do everything at once, but consistently worked to improve myself. This approach built my confidence, knowledge, and skills, and in time prepared me to make the most of opportunities. Since many job postings are only active for a week or two, it pays to be prepared!

Setting specific goals along the road to a new career is a powerful way to remain positive. My goals did not hinge upon someone else's decisions or a job offer; they were based on my actions and accomplishments. In this way, I opened myself up to embrace new experiences, gain new skills and pursue new avenues of achievement.

Did you know that first-time access to employment in both the NAF and GS Systems may be easier in a remote location than in the highly competitive markets of CONUS? If you are not convinced, ask our local employment experts! Open your mind to seeing new options, utilize the amazing - free - resources available to you at Lajes, and you may find that beginning a new chapter in your employment story is more accessible than you think.



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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All photographs are Air Force photographs unless otherwise indicated.

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3rd Quarter Award Winners



Airman of the Quarter
Airman 1st Class Anthony Roberts

Electrical Systems Apprentice, 65th CES
Roberts tackled the tropical storm power outage; identifying damaged lines and isolated 6.9Kv circuit restoring service to 576 facilities in less than 3 hours.



NCO of the Quarter
Tech. Sgt. Jason Scott

Flight Chief, Bioenvironmental Engineering, 65th MDOS
Scott managed a radioactive incident; by eliminating Department of Defense Dependents School's 55 radioactive sources, he halted 143 child exposures. His efforts were lauded by the Air Force Surgeon General, Bioenvironmental Engineer.



SNCO of the Quarter
Master Sgt. Keith Morales

Operations Superintendent, 65th SFS
Morales devised bi-lateral security for the 2012 Lajes Open House. He managed 5 operational areas, led 30 joint patrols, and protected \$427M in assets and over 6K personnel.



CGO of the Quarter
Capt. Cody Hess

Personnel and Admin Flight Commander, 65th MDOS
Hess oversaw execution of two Aeromedical Evacuation missions. The patients received definitive care in less than 24 hours and were reunited with their family in less than 72 hours.

3rd Quarter Award Winners



U.S. Civilian Cat I
Mr. Aaron Cardona

Open Recreation, 65th FSS
Cardona organized a stellar Teen Summit. He set a new attendance record with 29 teens for 2012, the highest participation in 10 years!



U.S. Civilian Cat II
Mr. Dustin W. Schmidt

Bowling Facility Manager, 65th FSS
Schmidt is a business guru who implemented effective management and marketing strategies. His efforts increased sales by \$10K over the previous quarter and year.



LN Civilian Cat I
Mr. Jose Costa

Fire Emergency Services Crew Chief, 65th CES
Costa stepped up as the fire station chief. He managed 19 personnel, \$6.8M vehicle fleet, oversaw 120 classes for 8 months he maintained seamless integrated operations.



LN Civilian Cat II
Mr. Manuel Silva

Powered Support Systems Mechanic, 65th OSS
Silva completed 16 phase inspections, 10 maintenance actions and 57 dispatches while sustaining a 92 percent full mission capability. His efforts ensured 61 war ready aircraft were sent to their Areas of Responsibility.



Lajes's AFNet migration begins November 2012 *Feature*

By Staff Sgt. Daniel Roblero
65th Communications Squadron

The Air Force Network team will begin migrating Lajes' computer and network users into the Air Force network in November 2012.

As the Air Force continues transforming its cyber operations, the AFNet transformation is a dynamic, schedule driven project that will collapse existing "stand-alone" unclassified networks, e-mail and directory service environments into a single, centrally managed active directory structure. This affects non-secure internet protocol router network users only.

The most visible change to Lajes network users will be in the format of e-mail addresses. The migration replaces the old first.last@lajes.af.mil e-mail address with a standard first.last@us.af.mil e-mail address, allowing central management of these accounts. These addresses are kept for the duration of a career, employment or affiliation with the Air Force regardless of the organization assigned. The AFNet migration project builds on the successes of the E-mail for Life program, and as additional bases migrate, it provides Airmen log-on capability to any connected Air Force computer without having to re-register for computer access when on temporary duty or when a permanent change of station occurs.

Another feature of the AFNet is once all air force bases are migrated into the AFNet, all NIPRNET network users will have an account that is always active. Through the use of their common access card, users will have access to email and network services regardless of their duty location. This eliminates the need to de-activate or create accounts at each TDY or new PCS locations.

When will I be migrated (transferred to the AFNet)?

- Units will be migrated in phases, and each user will be notified of their specific migration date and time by e-mail notices and desktop alerts (pop-up) prior to migration.

- Migrations will occur in two phases. Phase one will be the migration of each computer on the network and phase two will be the actual migration of each user's mailbox. There could be up to four weeks between PC and mail migration, however this will not affect your ability to access your mail.

- Computer migrations will occur between the hours of 11 a.m. and 2 p.m. You can continue working during this period, but we strongly recommend you periodically save your work while the migration is in progress. When the migration is complete, you'll see a pop-up notification followed by an automatic computer re-boot with a 10 minute

countdown. Your computer will reboot twice.

- Mailbox migrations can occur any time after 5 p.m. on your scheduled day. Each network user will be notified of their scheduled migration date.

- Blackberry users will receive a targeted e-mail message with special instructions on how the devices will transfer to the AFNet.

How do I prepare for your mailbox transfer?

- Ensure your mail is not being delivered directly to a .pst during the transfer period.

- Reboot your computer in the morning during the transfer period.
- Wait a few minutes for the on screen popup to appear; this signifies your mailbox transfer is in progress.

- If the popup does not appear, open Outlook. If you received the "Mailbox Switch Notification" email, logoff, logon, and wait for the above popup to appear, if not continue with business as usual.

- Once the above tool has completed running, Outlook can be opened and used as before, and the user will be operating on the AFNet.

What else can I do to prepare?

- Practice good information management, read all AFNet related messages and desktop pop-ups sent out by the 65th Communications Squadron Communications Focal Point.

- Ensure all desktop computers and laptops are powered on and plugged into the network as soon as possible. All machines need to stay on and plugged into the network throughout the migration. If a computer (desktop or laptop) is not connected to the network, it will not be migrated and will lose connectivity.

What if I'm traveling, on leave or deployed?

- You will still be migrated, if and only if your mailbox is under its size limit. You can access your email using Outlook Web Access. We recommend you contact the CFP at 535-2666 for more information.

While Lajes's migration is projected to take around 4 weeks, your individual migration can occur anytime within that window. For planning purposes, future desktop pop-ups will outline your specific migration date.

As Lajes approaches its migration start date, a team of AFNet technicians are busy preparing equipment and resources to facilitate the migration of more than 1,000 users.

Be on the lookout for all eAdvisories for more detailed information. For questions concerning the migration, contact the CFP at 535-2666, or at 65cs.cfp@lajes.af.mil.

"Physical Therapy" from page 1

how prevention training maximizes work center performance.

"During the training, [Morgan] brought in a demo skeleton and showed us how our motions affected our backs," said Huston. Huston reported that prior to the training 15 out of 23 employees at the post office had sought medical attention for back issues. "Since the training, there has only been one injury that required a visit to the clinic."

Morgan says that the best way for him to give advice is to see what the Airmen are doing and by participating in their work.

"We're not going to just visit once, we understand that there's different functions in each squadron, such as the communications squadron; some sit at a computer, but others climb up antennas," said Morgan. "We want to spend an hour or so in their work centers, develop a plan and then come back a few weeks later for training."

Not only does this program minimize Airmen visits to physical therapy, it also reduces the number of safety incidents.

"The shop visit program is an excellent program," said Tech. Sgt. Antonio Williams, 65th Air Base Wing Safety NCOIC. "They're helping ergonomics which also prevents safety mishaps."

Morgan's goal is to allow Airmen to spend more time in their work centers.

"The more time Airmen spend in physical therapy, the less time they spend at work, so it decreases their mission effectiveness," said Morgan. "We want our Airmen to be mission ready."

For more information on holding a work center in-shop visit, e-mail or call Captain Morgan at 535-6286.



Staff Sgt. Keefer Neal, 65th Communications Squadron postal clerk stocks packages unloaded from a truck at the Lajes Field Post Office Oct. 23. The Post Office handles an average of 800 packages a week. The Physical Therapy office ensures postal clerks have perfect technique to limit the amount of work related injuries. (U.S. Air Force photo by Guido Melo)



Mark your calendar

POSTAL "RED SLIPS" PITCH NOV. 2: The Post Office will be pitching "Red Slips" (USAFE Form 416's) in all receptacles starting Nov. 2. Please remove the slips and place in one of the buckets at the finance counter, the exit, or give to one of the clerks. These slips are used every six months to ensure boxes are actively being utilized.



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.

HOLIDAY MAILING DEADLINES: Due to historical trends and flight schedules we advise shipping two weeks prior to the USAFE Holiday Mailing Deadlines standard. Lajes recommended dates for the services available are:

- Space Available Mail - Nov. 8
- First Class/Priority Mail - Nov. 15

FLU SHOTS AVAILABLE: The flu vaccination is now available for all active duty, dependents, government employees and Tricare beneficiaries. Please call 535-3239 or 535-3584 for any questions or concerns.

TMO PERSONAL PROPERTY CLOSURE: TMO Personal Property will close every Friday at noon for training. Our new hours will be Monday through Thursday 9 a.m. to 4 p.m. and Friday 8 a.m. to 12 p.m. TMO Passenger Travel Office will be open Monday through Friday 9 a.m. to 4 p.m.

MDG TRAINING EVERY 2ND TUESDAY: The 65th Medical Group clinic is closed for unit training every second Tuesday of the month. TRICARE On-line 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.

SEEKING VOLUNTEERS: The 65th Air Base Wing Equal Opportunity staff is seeking a 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
They are also seeking volunteers for:

Phrase of the Week
A LESSON IN PORTUGUESE

ENGLISH: God bless you?
PORTUGUESE: Deus te abençoe?
PRONUNCIATION: Day-ohsh teh ah ben so?



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.

AFN THE EAGLE
SERVING AMERICA'S BEST

AFN LAJES Radio 96.1FM

- The Morning Wake Up Call: 0600-1000
- The Double D MidDay Show: 1200-1800
- The Afternoon Drive: 1400-1800

Request Line: 535-3121 or 295-57-3121

■ Martin Luther King's Birthday (21 Jan 2013)
Purpose: Observances are conducted to recognize the continuous achievements of all Americans to American culture and to increase awareness, mutual respect, and understanding. 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.

ASK ED A column that looks at the culture and history of the Azores
By Eduardo Lima, Community Relations Advisor



What's the history of the yellow fort-like structure located next to the commercial port in the village of Cabo da Praia?



Fort Santa Catarina at Cabo da Praia village. (Photo by Manuel Martins)

That ancient structure is actually the remains of Fort Santa Catarina, one of 12 little fortresses that were once located along the bay of Praia, which is still in good condition.

These forts, which once defended the town of Praia da Vitoria, were also part of Terceira Island's defense system at the time. Like the other forts along the bay, the Fort of Santa Catarina played an important role in the Aug. 11, 1829 battle that opposed two political factions at the time; the Liberals and the Absolutists. The Liberals were defending the island from a 21-ship fleet loyal to the Absolutist king, Dom Miguel. The battle's outcome was a victory by the Liberals, which granted the town of Praia the title of "Vitória" (Victory).

On the other side of the bay, right next to the military port's breakwater, there's still a little wall which is actually the remains of the "Fort of Santo Espírito." This former military structure was built between 1579 and 1583 by the order of the acting governor of the island at the time, Ciprião de Figueiredo, and was also involved in the 1829 struggle.

During that period there were several fortresses located between Praia bay and the village of Porto Judeu, but unfortunately all of them have disappeared with the exception of Fort Santa Catarina.