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Crossroads TRA


Vol. 17, No. 44 November 9, 2012

Lajes Field, Azores, Portugal

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

 168
SORTIES

1782
LODGED 

 1,123 M
gallons
FUEL ISSUED

SFS, Portuguese contractors secure Lajes together



Airman 1st Class Sierra Hamilton (right), 65th Security Forces Squadron patrolman and Vigilante Mariza Barcelos, (left) a member of the Esegur team, work hand in hand to keep Lajes Field secure. Esegur patrols base housing areas 24/7 to ensure military family members and their property are safe and secure.

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

One of the unique facets of any unit's mission at Lajes Field is that it requires partnership with our Portuguese hosts. The 65th Security Forces Squadron's mission is no different, as they join with the Esegur Security Team, a contracted security company. Together, they work to ensure military families and their property are safe and secure.

"Esegur plays a critical role in our efforts to secure U.S. personnel and property," said Master Sgt. Keith Morales, 65th Security Forces Squadron operations superintendent. "They provide constant security for both Beira Mar and Nascero Sol housing areas, as well as report incidents and significant observations to the base defense operations center."

The need for a contracted security company developed in 2007 when Lajes housing areas saw an increase in petty theft.

"[Thieves] were taking toys, cars and anything left unattended," said Sergio Leonardo, Esegur team supervisor. "With us patrolling the housing area twenty-four, seven, the crime rate has gone down. We know the map; we know the area; we have it in our heads, so it's easier to detect suspicious activities."

Esegur constantly provides surveillance for base housing areas, by foot or patrol car. They also complete training that is similar to that of military security forces members.

"Our cars are equipped with fire extinguishers and first-aid kits," said Leonardo. "We've been trained on anti-terrorism, first-aid and CPR. If we see an incident,

To read more on "Security" see page 4



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.)

Mostly Cloudy
Wind W 05 - 10 mph
W 05 mph
HIGH 17C / 64F
LOW 15C / 59F

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

Partly Cloudy
Wind SW 10 - 15 mph
SW 05 - 15 mph
HIGH 17C / 64F
LOW 15C / 59F





The Air Force Wants To Hear Your "Super Hero" Story

By Maj. Billy Shaw
65th Logistics Readiness Squadron commander

It's obvious that everyone loves a summer blockbuster movie. Take a look at the staggering box office earnings for two of the most recent movies. The Dark Night Rises: 1.1 billion dollars. The Avengers: 1.5 billion dollars.

But what makes these movies so compelling? Many movie-goers enjoy the non-stop action in a superhero movie, but there are plenty of other movies out there that are action-packed. Many people, from age eight to 80, are life-long fans of super hero movies because of the story they tell: "good versus evil" and good always wins. These are stories full of honesty, courage and teamwork.

Today, the Air Force is asking our Airmen to share their stories. Much like a well-written movie script, the lives of our airmen are full of depth, interesting characters and numerous twists and turns. Is the idea to "share our story" something new? No, the foundation actually exists in our Airman's Creed. Before the invention of the modern-day 1080p LED television, smart phones and social media, information was primarily transmitted over radio airways.

It's easy to take our awesome American Forces Network broadcasts for granted in today's information age, because quite frankly, a typical Lajes commute is 3 minutes. However, the information they broadcast is informative, often entertaining and critical during a crisis. Dive into European history and look at WWII for a moment. Winston Churchill encouraged the fearless flyers of the British Royal Air Force, exclaiming, "never in the field of human conflict was so much owed by so many to so few." Churchill's words were broadcast through radio waves across England, inspiring both individuals and an entire nation, ultimately reinforcing his country's legacy of valor. This is why we share our stories.

Think of an Airman working in vehicle operations who has eight deployments under his belt spent constantly running convoys in Afghanistan and Iraq. Will the next time this technical sergeant kisses his wife goodbye at

the passenger terminal be their last kiss? The future is unknown, but that NCO answered his nation's call. He has a legacy of valor, but unless we take the time to mentor our younger Airmen, those lessons will be lost.

Telling your story allows individuals to reflect – and oftentimes heal – from their experiences, while preparing our Airmen for the next fight, which is critical in today's stunningly uncertain global environment.



What about some of those familiar words in the Airmen's Creed... As an Airman, am I really a "sentry and avenger"? A sentry is a soldier stationed to keep guard or to control access. Think of that security forces airman first class pulling 12-14 hour shifts, keeping all of us safe, while juggling college classes and an upcoming deployment tasking.

Think of that staff sergeant working in the military personnel section, meticulously coordinating with numerous squadrons and AFPC, ensuring his fellow Airmen's records are squared away for an upcoming promotion board. He maintains impeccable attention-to-detail at work while raising three children as a single father, making time to visit their school whenever possible and helping them with homework every night.

Both Airmen are sentries. Both are charged with standing guard, whether it is a grid coordinate or a process is irrelevant.

The reason why each of us joined the Air Force is unique, so tell your story! Whether you joined for educational benefits or seeking a career, there is no right or wrong answer. Though our reasons for joining are vastly different, the purpose for serving is exactly the same. As our nation's avenger, we are charged with defending the Constitution against all enemies, foreign and domestic.

Telling your story isn't a one-up contest, instead it is meant to encourage camaraderie and promote learning life lessons. It takes personal courage to open up to someone, but I encourage you to tell your story. Much like the Airmen I mentioned in this article, whether you know it or not, your story makes you a hero to someone. Don't miss an opportunity to share, teach and grow our next generation of super Airmen.



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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Energy drinks: Is the pep worth the risk?

By 65th Medical Group
Public Health Flight

In an attempt to keep up with the demands for higher productivity, people are consuming more caffeinated beverages to aid them with getting up earlier and staying up later each day.

Here, the 65th Medical Group gives a clear understanding of the risks of high dependence upon these beverages made to boost one's energy levels.

"Although they are great energy boosters, especially for highly active individuals, excessive consumption - two cans or more a day - can cause several harmful side effects," said Tech. Sgt. Derrick Baldwin, 65th MDG Public Health Flight. "The cans range from 16 to 24 ounces and are equivalent to having two to four cups of strong coffee."

These drinks enhance the physical performance and energy levels of a person while directly affecting mental alertness through the use of caffeine, often in the form of guarana or yerba mate, ginseng, inositol, carnitine, ginkgo biloba and other stimulants.

Energy drinks can also have two to three times more caffeine as compared to other caffeine sources, such as tea and soft drinks.

"Side effects can occur when large quantities are consumed," said Baldwin. "Symptoms include, but are not limited to, agitation, anxiety,

irritability, insomnia, arrhythmia and dehydration. Long term side effects are high blood pressure, panic attacks, heart diseases and continuous stomach problems. Excessive amounts can also be fatal."

The Food and Drug Administration has announced it is investigating several recent deaths and one non-fatal heart attack allegedly caused by energy drinks.

While death from consuming caffeine is unlikely, consuming large quantities of caffeine can place one at a higher risk of developing severe health concerns.

"It is best to avoid consuming energy drinks," Baldwin said. "If you find it difficult to stay energized throughout the day, try other healthier alternatives."

- Stay hydrated with water to prevent fatigue.
- Exercise regularly and eat a balanced diet to help keep high energy levels.

- Get a good night's sleep of approximately seven to eight hours everyday in order to stay active for the entire day.

"There are a number of natural alternatives to keeping one's energy level up, however, if you must have an energy drink to stay awake, alert and perform better, moderation is best," Baldwin said.

For more information, contact the Health and Wellness Center at 535-4292.

Donate now, CFC closes Nov. 16

By Staff Sgt. Angelique Smythe
65th Air Base Wing Public Affairs

Lajes will end the 2012 Combined Federal Campaign with a closing event Nov. 16.

The campaign is not over yet, so there is still time to donate, make a difference and participate in the upcoming CFC closing event.

"On November 16 we'll wrap up our CFC fundraising with a bowl-a-thon at Lajes Park Lanes" said Master Sgt. Keith Morales, 65th Security Forces Squadron. "We're closing out with an event that allows for dependents and families to participate with us, as well." The event will be held from 12:30 - 4:00 p.m.

CFC was established in 1961 by President John F. Kennedy. It was created to give federal workers an opportunity once a year to contribute to charitable organizations that support human health and welfare from their paychecks, through their payroll system.

The campaign kicked off Sept. 17 with a successful Tuff Mudder 5K run and obstacle course.

"We opened up with a bang and it's been a continued success ever since," said Morales.

During the mid-campaign CFC-Overseas Surge Race, Lajes took first place for reaching the highest participation surge from Oct. 15 to Oct. 26 with 44.8 percent.

So far, Lajes has donated more than \$60,000 of it's \$90,000 goal with a 70 percent participation rate.

"I cannot be any prouder of our people here," said Chaplain (Capt.) Ruben Covos, 65th Air Base Wing Chapel. "We might be few in population, but we're very generous."

For more information about the CFC or to research charities, contact your unit representative.



F-35 ops in full swing



By Maj. Karen Roganov
Eglin Air Force Base Public Affairs

The Air Force's premier fighter, the F-35 Lightning II, surpassed its 500th sortie only 16 days after reaching the 400 mark and only 238 days from the beginning of the program.

Maj. Matthew Johnston of the 58th Fighter Squadron completed the 500th combined sortie for both the F-35A and F-35B at the 33rd Fighter Wing Nov. 2, marking a continued progress in sortie generation rates since the wing started flight operations March 6.

"On Friday during our F-35A operational utility evaluation we hit the 500th flight in 16 days from the prior 400th combined sortie flown on Oct. 16," said Col. Andrew Toth, commander of the 33rd Fighter Wing. "This is significant progress forward since it took 123 days to achieve the 100th combined sortie on July 12."

"The joint team is focused on safe and effective flying to stand up their unit's future operations and the increased amount of sorties and quicker turnaround time to maintain and turn jets is a simple byproduct of this."

The multi-role joint strike fighter is the centerpiece of the Defense Department's future precision attack capability, designed to penetrate air defenses and deliver a wide-range of precision munitions. It offers increased interoperability and cost-sharing across three of the U.S. services and coalition partner nations. Eglin is home to the largest fleet of F-35s at any DoD base with 22 jets.



'Airman' magazine enters digital era

Feature

By Air Force News Service
Fort George G. Meade, Md.

A year after publishing the final print edition of Airman magazine, the Air Force is unveiling a new digital version of the service's official magazine specifically geared for tablet devices.

"Built specifically for Apple and Android tablet users, this new format gives readers all the in-depth feature stories and spectacular photos they've come to expect from Airman magazine and adds layers of multimedia content and interactivity only available through new publishing techniques," said Preston Keres, Airman editor-in-chief. "We are very excited to release this first new issue, and begin a new era for telling the Airman's story."

In addition to stunning photography, compelling copy, great video, interactive content and design, Keres said the staff is proud that they are able to bring back the monthly publishing schedule.

For the past year, the Airman editorial staff and design team have posted original content to the Airman website at <http://airman.dodlive.mil>, which will remain current after the launch of the new tablet magazine. The website will continue as the home of Airman and will feature extra and exclusive staff-produced content, as well as strong feature stories, images and multimedia from the field.

The website, however, was never meant to replace the printed magazine.

Budget efficiencies in 2011 led to the elimination of the printing budgets for all flagship service magazines. At that time, the Airman editorial staff and design team were reduced to only one full-time employee each, during a BRAC move that consolidated most flagship service products at the Defense Media Activity here.

To complement this month's features, the staff has updated "Around



(U.S. Air Force Graphic/Luke Borland)

the Air Force," a standard favorite that shows the great work Airmen are doing around the world and added new departments like "Through Airmen's Eyes," where Airmen tell their own stories and "Airman Visuals," which showcases the Air Force through imagery.

Airman tells the story of the United States Air Force through images and written stories about the people, missions and equipment that define the nation's youngest service. The magazine was first published in August 1957, and continued as a printed magazine in various sizes, formats and printing schedules until the final edition, the September-October issue of 2011.

and control unauthorized entries, they are also important when it comes to the safety of Lajes' children.

"We position ourselves so we can make sure the kids get home safe," said Leonardo. "Also, [we ensure] that no one approaches them and that they make it across the crosswalk safely."

Ultimately, any good security plan focuses on deterrence and Esegur provides that.

"Their presence serves as deterrence against any possible criminal activity," said Drodody. "It forces potential offenders to reconsider any criminal thoughts."

"Security" from page 1

we report it to security forces and they guide us."

Continuous communication between the security forces and Esegur teams is vital said Tech. Sgt. Charles Drodody, 65th Security Forces NCOIC of flight operations.

"[Esegur] are linked to security forces by using portable radios," said Drodody. "They are on the same radio frequency as our on-duty security forces members, so they can inform us of any occurrences."

Not only do the Esegur security personnel conduct random patrolling



Master Sgt. Gregory Lee, Lajes Field Top III president presents the September Unsung Hero Award to Tech. Sgt. Chenzira Mallory, NCOIC 65th Air Base Wing public affairs. Mallory was recognized by the Top III and Chief Master Sgt. Curtis Storms, 65th Air Base Wing command chief, for her outstanding service and volunteerism. (U.S. Air Force photo by 1st Lt. Mark Graff)



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

Feature



The 65th Air Base Wing command team and members of the wing welcome home Airmen who've recently returned from a deployment. It's tradition for every 'Airmen in the wing to form up and welcome home warriors and show appreciation for their service downrange. (Photo by Guido Melo)



Master Sgt. Wes Williams, 65th Medical Operations Squadron, shares his leadership perspective during a Welcome Warrior event, Oct. 31, at the Top of the Rock Club. Williams recently returned from a deployment and shared with the wing some traits to being a good leader. (Photo by Guido Melo)



Portuguese children gather at the gates of Nascer Do Sol base housing to participate in trick-or-treating on Oct. 31. (U.S. Air Force photo by Tech. Sgt. Chenzira Mallory)



Tech Sgt. Charles Drodody, 65th Security Forces, NCOIC Flight Operations, hypes the Portuguese children before they enter the base housing area to go trick-or-treating, Oct. 31. (U.S. Air Force photo by Tech. Sgt. Chenzira Mallory)



Dr. Kardice Brown, Master Sgt. Yolanda Horsley and Ms. Laura Miller complete a victory lap as cancer survivors during the Midnight Cancer Walk at Lajes Field, Oct. 26. Members of the wing walked all through the night for friends or loved ones who have battled cancer. Proceeds from this walk went to cancer research for the Combined Federal Campaign -Overseas. (U.S. Air Force photo by Tech. Sgt. Chenzira Mallory)



Mark your calendar

OPERATION SANTA: Santa is coming early this year and he is visiting Lajes first! He will be doing home visits and dropping off presents to all the good little girls and boys! It will cost \$5 or 5 euro per child to deliver one present (per military child). Off base \$10 or 10.00 (per military child). Presents must be wrapped and dropped off by December 10.



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 packages two weeks prior to the USAFE Holiday Mailing Deadlines standard. Lajes dates for the following 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.

VA BENEFITS TELECONFERENCE: Visit the Airman and Family Readiness Center Nov. 14 from 9 a.m. to 1 p.m. for the VA Benefits Teleconference. This is for active duty members who are one year from separating or two years from retirement. Open to all veterans, servicemembers and their families. Learn more about the purpose and organization of the Veteran's Affairs, compensation and pension, healthcare, readjustment counseling, education benefits, vocational rehabilitation and employment, life insurance, home loan guaranty, burial

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: Where can I buy a Christmas tree?

PORTUGUESE: Aonde posso comprar uma árvore de Natal?

PRONUNCIATION: Ah-own-day po-ssu com-prahar uu-ma Arvooh-ray duh duh na-tAI?



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.



and survivor benefits and other benefits and services. Call the AFRC at 535-4138 for more information.

USA JOBS WORKSHOP: A USA Jobs Workshop is scheduled for Nov. 15 from 1 to 3 p.m. at the Airman and Family Readiness Center (Building T-126.) Learn how to use USA Jobs to seek and apply for positions; steps to prepare complete and acceptable resume; and how to search for positions. Call A&FRC at 535-4138 for more information.

ASK ED

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

By Eduardo Lima, Community Relations Advisor



The History of Terceira's British Cemetery



According to the former Commonwealth War Graves Commission's Honorary Supervisor in the Azores, Maureen Diehl, 49 military members are buried in the British Cemetery, of whom 34 are British.

The other deceased include seven Canadians, two Australians, four Czechoslovakians and one armed forces member from New Zealand and Poland.

Some of these military members were killed in action while serving aboard the naval vessels that were patrolling the North Atlantic, while others were crewmembers of allied aircraft that crashed on or nearby Terceira Island during World War II.

The cemetery was established during World War II when the British Forces were stationed on Terceira Island and the airfield was used by the British and U.S. Air Forces. Originally it contained both British and American war graves, some of which were moved in from the town cemetery in Angra do Heroismo, but the remains of the American servicemen were ultimately repatriated.

Every year, a remembrance ceremony is held at the cemetery with the presence of Portuguese and U.S. military and civilian dignitaries to honor those who fell for their countries, so peace could be achieved.