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# Crossroads XTRA

Vol. 17, No. 47 December 7, 2012

Lajes Field, Azores, Portugal



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

 267  
SORTIES

3127  
LODGED 

 1,77 M  
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.)**

Mostly Cloudy  
Wind S 23 - 35 mph  
S 17 - 29 mph  
HIGH 19C / 56F  
LOW 13C / 66F

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

Mostly Cloudy  
Wind S 17 - 29 mph  
S 14 - 21 mph  
HIGH 19C / 58F  
LOW 14C / 66F



## NCO flies 3,000 miles to lend helping hand

Maj. Tara Jayne, 65th Medical Operations Squadron optometrist, provides training to Staff Sgt. Sharde Owens, 65th MDOS ophthalmic technician, on a slit lamp. The Lajes Field Optometry clinic is staffed with one optometrist and one ophthalmic technician who complete up to 45 visits per week. Owens is on a temporary duty assignment from Patrick AFB, Fla., after volunteering to fill a manning assist position at the Lajes Field Optometry clinic for 7-weeks, allowing Lajes' primary ophthalmic technician, Tech. Sgt. Kevin Peck, the opportunity to attend the NCO Academy at Ramstein AB, Germany. (Photo by Lucas Silva)

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

The Lajes Field Optometry clinic is staffed with one optometrist and one ophthalmic technician who complete up to 45 visits per week.

Recently, an opportunity for professional development left the Optometry clinic at a 50 percent manning shortage.

When Tech. Sgt. Kevin Peck, 65th Medical Operations Squadron ophthalmic technician, was selected to attend the Kisling NCO Academy, a manning assist request was sent out.

After receiving the e-mail, an Airman from Patrick AFB, Fla., immediately volunteered to fill the position for a 7-week temporary duty assignment at the Lajes Field Optometry clinic.

On Nov. 4 Staff Sgt. Sharde Owens, an ophthalmic technician from the 45th Aerospace Medical/Dental Squadron, relieved Peck of his duties, allowing him to attend the professional development course on Ramstein AB, Germany.

"This is a one doctor, one technician clinic," said Owens. "So when he's gone, someone has to be pulled from another

base within our careerfield to do a manning assist. We're a small careerfield, so manning assists pop up every few months."

Owens said she was very excited to be selected for the position. Usually NCOs chosen for these types of one-man shops have previous experience in running a clinic by themselves, and she was well suited for the position.

"At Patrick AFB, we're a one-doc clinic also, but I have a civilian technician there," she said. "I get a little help, but at the same time, I still know how to run the clinic by myself."

Dr. (Maj.) Tara Jayne, 65th MDOS optometrist, said she appreciates Owens' assistance.

"I can't get my job done without a technician here," said Jayne. "We work hand-in-hand. She gets the patients booked, gets everything started, and she knows triage well enough to know what's going to happen by the time the patient's in my chair."

"This gives me time to get prescriptions done, figure out what's wrong with the patients and then back to the



**To read more on "Helping hand" see page 4**



# Getting a “glass is half full” attitude

By Lt Col Teri French  
65th Civil Engineer Squadron

As another year draws to a close and we reflect back on major events that occurred over the past year, there is often a tendency to focus on disasters and tragic occurrences. Events such as the sinking of the Costa Concordia cruise ship, vast flooding in Australia, violent clashes between Israel and Palestine, the uprising in Syria, the Secret Service prostitution ring, the kidnapping and killing of a humanitarian worker in Pakistan, austerity measures in Greece, the immense damage caused by Hurricane Sandy, the Petraeus scandal, the looming fiscal cliff and last but not least: the alleged end of the world, are influential in shaping many people’s attitude towards a pessimistic and cynical view of not only the world but their personal future.

There are at least two ways to look at virtually everything, though and I would challenge you that by choosing to have a “glass is half full” or optimistic attitude you can reap very rewarding results for yourself, including an improved sense of personal resiliency so that you are better able to deal with life’s events like some of those that you are probably reflecting on right now. Optimism naturally promotes a more positive mood which helps ward off depression and anxiety. It also encourages greater persistence in the face of obstacles, which in turn is likely to lead to greater personal success. An added bonus is that optimism naturally attracts others which results in better relationships.

So you may be asking “how can I get a ‘glass is half full’ attitude?” First, I would encourage you to change the words that you use every day. Use positive phrases instead of negative phrases. Saying things like “that won’t work” or “I have bad luck” will only program your brain to look for negative results. My mom used to always park her vehicle in the back part of the parking lot when we went to the store saying that she could never find a spot up close because she has such bad luck. Of course this attitude was self perpetuating as she never actually drove to the front of the parking lot to see if there were any spots. Changing that attitude to a positive outlook opens up opportunities

to success: by thinking she will find a close parking spot she will choose to look. It doesn’t guarantee that an open spot will be available but you will never be able to park up close unless you actually take the opportunity to look.

Another verbal technique to get that “glass is half full” attitude is to eliminate complaining and griping about things over you have no control. Winston Churchill once said that “The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.” Complaining for example about having to take a fitness assessment every year (or every 6 months if you haven’t been able to successfully hit that “Excellent” mark) focuses only on the problem and not at the opportunity that lies within the problem. If the problem was eliminated and we didn’t have to take fitness assessments, there would be no standard and our fitness levels

would inevitably fall, creating a military force that is incapable of being “in the fight”. The opportunity that exists is the opportunity to uphold a standard of performance that is vital to our capability as a fighting force. Of course, seeing this as an opportunity requires us to view things from a different perspective. So often we get too close to our problems to think objectively about them. It’s like the idiom “you can’t see the forest for the trees.” In order to see the forest you have to quit complaining about the tree, take a step back and look at things from a new angle. Max Planck eloquently summed it up when he said “When you change the way you look at things, the things you look at change.”

Now I’m not saying that by looking at things differently that you can change the circumstances around you. Having a “glass is half full” attitude isn’t looking through rose-colored glasses in a Pollyanna-ish sort of way. Changing your attitude to one of optimism doesn’t mean that bad things won’t happen. Even optimists experience tragedy just like everyone else. What separates “glass half full” people from others is how they move forward in their thinking and actions relative to those events. Optimism must be anchored in reality. You must begin with realistic expectations.

To read more on “Attitude” see page 4



Col. Chris Bargery

Col. Chris Bargery  
Commander, 65th Air Base Wing

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.



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.

### Editorial Staff

- Col. Chris Bargery  
Commander, 65th Air Base Wing
- 1st Lt. Mark Graff  
Editor-in-Chief
- Mr. Eduardo Lima  
Community Relations Advisor
- Staff Sgt. Angelique Smythe  
Editor
- Mr. Manuel Martins  
Layout Designer



# December Holiday Events

## COMMUNITY EVENTS

### Letter From Santa

Dec. 1 - 19 at the Community Activity Center  
Parents, create a smile! Stop by the Community Activity Center and choose a Santa letter that suits your child. We'll make sure your child gets the personalized letter, written on holiday paper, mailed in a holiday envelope with a North Pole return address! \$2 per letter  
Deadline: Wednesday, Dec 19.

### Polar Express

Dec. 8, 4 p.m. Base Theater  
Watch "Polar Express" at the base theater at 4 p.m. followed by a bus ride through 'Winter Wonderland' to visit Santa Claus at the base tree lighting. Parents and children are encouraged to wear pajamas (over their clothes) just like in the movie.

### Christmas Tree Lighting

Dec. 8, 6:30 p.m. Beira Mar gate

### Children's Gift Making Program

Dec. 9, 2-5 p.m. Chapel Fellowship Hall

### Winter Mosaic Band Concert

Dec. 11, 7 p.m. Lajes Elementary Gym  
All middle and high school band students will be performing holiday music

### Winter Mosaic Choir Concert

Dec. 12, 7 p.m. Lajes Elementary Gym  
All elementary, middle and high school chorus students will be performing holiday music. There will also be an elementary percussion ensemble performance.

### Coping With Holiday Grief (Presented by MFLC)

Dec. 14, 3 - 4:30 p.m. A&FRC  
The "Coping with Holiday Grief" presentation helps one identify the impact grief has during the holidays, healthy coping mechanisms, suggests ways to assist children in the grieving process and ideas on how to develop a plan to successfully maneuver through the holidays.

### Decorate a Cookie w/ Your Child

Dec. 14, 3:30 p.m. Child Development Center  
Kids love to decorate cookies. Enjoy this experience with your child.

### Santa Story Time

Dec. 15 & 22, 1-2 p.m. Library  
Come to the library for a special Santa holiday story reading time.

### Children's Holiday Party

Dec. 16, 2-5 p.m. Community Center  
Bouncy castles, face painting, movies, art and crafts, holiday music, and cookies and hot cocoa! Each child will receive a gift from Santa from 2:30-4 p.m. Party is recommended for families with children under 12.

### Christmas Pageant (Children's Play)

Dec. 16, 5p.m., Chapel Sanctuary

### Taste of Home

Dec. 20 & 21 drop your goodies - Community Center  
December 22 (Airmen--pick up your goodie bag)  
The Community Center will be the "Home Front" for local Airmen who

miss the taste of home. When you and your family are preparing homemade cookies and treats, make a few extra for the Airmen in the dorms. A homemade cookie can make anyone feel like they are at Grandma's house!

### Christmas 5K

Friday, Dec. 21, Fitness Center  
Show up 7:15 a.m. Starts at 7:30 a.m. Prizes for best holiday costume.

### Decorate Christmas Cupcakes

Dec. 22, 10:30 a.m. to 2:30 p.m. Arts and Crafts Center  
8 max. 2 min. \$55; Supplies included.  
Create your own fondant holiday decorations.

### New Year's Eve Party at the TORC

One-Man-Band: Shannon Standridge  
Bar Opens, 7 p.m. Very Heavy Hors D'oeuvres, 9 p.m. Breakfast, 0:30 a.m. Members \$5- Non-members \$20. Adults only.

### School Closures:

\*Lajes Elementary/High School Closures\*  
Dec 24 – Jan 4: No school for all students.

\*Youth Center & Child Development Center Closures\*  
Dec 24, 25 & 31; Jan 1



## RELIGIOUS SERVICES

### IMMACULATE CONCEPTION MASS

Dec. 7, 5:10p.m. Chapel Sanctuary

### Our Lady of Guadalupe Mass And Precession

Dec. 12, 1130a.m. Chapel Sanctuary

### Catholic Penance Service

Dec. 19, 6p.m. Chapel Sanctuary

### Catholic Mass

Dec. 23, 9a.m. Chapel Sanctuary

### Protestant Unity Service

Dec. 23, 11a.m. Chapel Sanctuary

### Catholic Christmas Eve Mass

Dec. 24, 6p.m. Chapel Sanctuary

### Protestant Christmas Eve Service

Dec. 24, 9p.m. Chapel Sanctuary

### Catholic Mass

Dec. 30, 9a.m. Chapel Sanctuary

### Protestant Unity Service

Dec. 30, 11a.m. Chapel Sanctuary

### Catholic New Year's Eve Mass

Dec. 31, 6p.m. Chapel Sanctuary

### Protestant Watch Night Service

Dec. 31, 9p.m. Chapel Sanctuary



"Helping hand" from page 1

technician to sort them out."

Owens stays busy screening patients, ordering glasses, fitting contact lenses, attending meetings and completing other NCO duties. As her careerfield is a combination of both optometry and ophthalmology, she is also qualified as a surgical technician as well.

"Sometimes we get deployed as surgical technicians, but most times we get deployed as ophthalmic technicians," she said. "We go through surgical training, but not just for eye surgeries; we assist in all surgeries. It's pretty much based on where you get stationed."

Although her careerfield usually participates in a number of humanitarian missions, Owens said she has not yet had that opportunity and Lajes Field is her first overseas base.

"In our careerfield, we don't get deployed often," Owens said. "We do a lot of humanitarian missions in third world countries and hundreds of patients are seen a day. Major Jayne has done many of those."

Jayne has done humanitarian missions in places, such as the Dominican

Republic, Thailand, the Philippines and Djibouti, where the language was foreign, yet she still took care of up to 200 patients per day.

"That's why I was able to do 110-student screenings in two days," Jayne said.

On Nov. 5 and 6, Owens assisted Jayne in completing in-depth screenings on 110 kindergarteners through fifth grade students at the Lajes Elementary School.

"I landed on the evening of Nov. 4; and then I was in uniform and working at 5 in the morning, even through jetlag," said Owens, showing her dedication to teamwork.

"It's definitely an advantage for her to fly out here and help me out," said Jayne. "She's an awesome teammate."

Owens said she enjoys her TDY on Lajes but misses her 6-year-old daughter. Jayne, who also has 6-year-old twins, said she is able to relate.

"This is the first time I've been away from her for this long, and she had to transfer schools to stay with my parents in another state as part of our Family Care Plan," said Owens.

"Attitude" from page 1

You can't expect great things to happen to you with no effort on your part. This reminds me of a joke about a man in dire straits financially that was praying fervently to win the lottery. The man continued to pray week after week but lotto night kept coming and going without him winning a single dollar. After many weeks the man is finally confronted by God himself who says "for goodness sake, meet me

halfway on this...buy a bloody ticket!" No level of optimism would have helped this poor man win the lottery. It took buying a ticket to have a reasonable outcome.

Likewise, having high expectations for yourself is an important part of success, but you must also develop a solid goals program to make those expectations a reality. Having a positive attitude doesn't guarantee success, but a cynical, pessimistic attitude almost always leads to failure.

Caution: Road Construction Continues on Lajes

Rua da Cantina – from Building T-324 (Post Office) to Building T-308 (Arts & Crafts Center)

Rua 25 de Abril – from Building T-100 (65th ABW Headquarters) to Building T-624 (Power Plant). This street is the large hill that runs from the flightline to the top of the hill by 65th ABW Headquarters.

Please use extreme caution while driving through construction areas. Reduce speed and look for signs redirecting traffic. Be on the lookout for flaggers as streets might be down to one lane.

For more information, contact the 65th CES Contract Management Office at 535-6839.

LAJES WARRIORS OF THE WEEK

Name: Vitor Fragueiro
Rank: LGS-11
Unit: 65th Civil Engineer Squadron
Duty Title: Budget Analyst
Home Town: São Mateus
Accomplishments: Mr. Fragueiro is a consummate team player. He stepped in as Acting Element Chief for CES' Resources Flight ensuring continuity of crucial financial programs that encompasses over 70% of the 65 ABW budget. His excellent management and oversight of the of the wing's largest Refund and Reimbursement (R&R) program ensures that over \$2.6 million dollars are collected annually from 10 tenant units assigned to Lajes Field. He provides superb oversight of a \$3.5M budget for the Lajes Utility Program ensuring payments for services to the local municipalities and utility providers are accurate and timely. Mr Fragueiro enjoys outdoor activities such as gardening, fishing, camping and hiking.



Name: Angel Diaz-Berrios
Rank: Staff Sergeant
Unit: 65th Civil Engineering Sq.
Duty Title: NCOIC, Water and Fuels Maintenance
Home Town: Philadelphia, Pa.
Accomplishments: SSgt. Angel Diaz-Berrios is responsible for maintaining the fueling distribution system and water/wastewater infrastructure on Lajes Field. Angel manages a dedicated work center of 27 personnel who ensure that there is no interruption of this mission critical utility service to transient aircraft or the base populace. In addition to his primary duties, he is also the CE Booster Club President. His hobbies and interest include sports and finishing his Bachelor's degree.



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

Feature



## 40 Years of Civil Service

Col. Lorn Heyne (left) 65th Medical Group commander and Lt. Col. Zoya Lee-Zerkel, 65th Medical Support Squadron commander present Francisco Toste with a pin and certificate for 40 years of civil service with the U.S. Air Force, Nov. 12, 2012, Lajes Field. Toste, a native of Terceira, started his service on Oct. 13, 1972 as a billeting clerk. He worked there for nine years before moving over to the civil engineer squadron and working at the service call desk, as a translator, drafter and ending in the surveying department. In 1989, Toste moved to the medical group and has worked as a facility manager since then. (Photo by Lucas Silva)



## Optometry Clinic

Staff Sgt. Sharde Owens, 65th Medical Operations Squadron ophthalmic technician, provides Dr. (Maj.) Tara Jayne, 65th MDOS optometrist, a patient's information. The Lajes Field Optometry clinic is staffed with one optometrist and one ophthalmic technician who complete up to 45 visits per week. Owens is on a temporary duty assignment from Patrick AFB, Fla., after volunteering to fill a manning assist position at the Lajes Field Optometry clinic for 7-weeks, allowing Lajes' primary ophthalmic technician, Tech. Sgt. Kevin Peck, the opportunity to attend the NCO Academy at Ramstein AB, Germany. (Photo by Lucas Silva)



Maj. Frank Skrypak, 65th Comptroller Flight commander, discusses personal finance and financial planning with Lajes Field Company Grade Officers, Nov. 15. Skrypak presented a formal briefing about the Thrift Savings Plan and other financial services. (U.S. Air Force photo by 1st Lt. Mark Graff)



Maj. Lawrence Wyatt, 65th Security Forces Squadron commander, leads Airmen in a sprint with the spirit flag during the Thanksgiving 5K Run Nov. 30. (Photo by Lucas Silva)



# Mark your calendar

**SARC REMARKS:** Do you know where the SAPR Office is located? You can find the Sexual Assault Response Coordinator (SARC), 1st Lt. Erica Peat, in T-202, the same building as the Pentagon Federal Credit Union and Equal Opportunity. To report a sexual assault, call 535-7272 or 966-677-266. Contact us at 535-2123 or SARC@lajes.af.mil if you have any questions or if you'd like to become a Victim Advocate.



**TMO TRAVEL DELAYS:** Customers requesting official travel reservations through the TMO Travel office may see a delay in itinerary requests due to contractor staff changes. Please allow additional time since same-day service might not be available. Emergency leave requirements will not be affected. Please contact the TMO office at 535-5168 for questions regarding the change.

**MILITARY SERVICE STATION CLOSURE:** The Military Service Station will be closed Dec. 3-15. Set operation hours for the temporary service station are Monday-Friday from 8:30 to 9:30 a.m. and 2 to 3 p.m. Weekends: Call 535-4218 or stop by the Fuels Service Center located in building T-767. The location for the temporary service station will be in the fuels yard adjacent to the military service station. Please plan accordingly. For emergency fills call the Fuels Service Center at 535-4218. For more information, contact MSgt Tracy Ford at 535-6450, MSgt Anthony Gaines at 535-3522 or TSgt Albert Black at 535-0300.

**LAJES FIELD POLAR EXPRESS:** On Dec 8, at 4pm, children and parents are invited to watch the movie "Polar Express" at the base theater followed by a bus ride through 'Winter Wonderland' to visit Santa Claus at the base tree lighting. Parents and children are encouraged to wear pajamas (over their clothes) just like in the movie.

**OPERATION SANTA:** Santa will be visiting homes and dropping off presents to all the good little girls and boys! Cost \$5 or 5 euro per child to deliver one present (per military child). Off base is \$10 or 10 euro (per military child). Presents must be wrapped and dropped off by Dec. 10.

**CHRISTMAS 5K RUN IN PRAIA:** There will be a free Christmas 5K Run in the Praia Open Skating Rink (located across from the military port entrance) Dec. 16 at 10 a.m. Anyone can participate. Participants can sign in for the run 30 minutes before the run at the Open Skating Rink. For more information call Sr. Nelson Coelho at 915 772 393.

## Phrase of the Week

### A LESSON IN PORTUGUESE



**ENGLISH:** God bless you.

**PORTUGUESE:** Deus te abençoe.

**PRONUNCIATION:** Day-oshteh 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 LAJES Radio 96.1FM**

- The Morning Wake Up Call: 0600-1000
- The Double D MidDay Show: 1200-1300
- The Afternoon Drive: 1400-1800

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

# ASK ED

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

By Eduardo Lima, Community Relations Advisor



## A historical look back to December 1971

President Richard Nixon came to Terceira Island in December 1971, to participate in a summit with his French counterpart at the time, George Pompidou.

The Atlantic summit was convened for both leaders to discuss a monetary crisis involving both countries. Nixon arrived on the evening of Dec. 12, and left in the afternoon of Dec. 14. Upon his arrival, he was greeted by the Portuguese Prime Minister at the time, Marcelo Caetano, who had also come to the island to serve as host to both foreign dignitaries.

Nixon and Pompidou met for two days in Angra in the same building that today serves as Headquarters for the Regional Department for Education and Science.

While on Terceira, Nixon stayed in the quarters of the U.S. Forces Azores Commander, Brig. Gen. Thomas Aldrich, while the French president stayed at the Serreta Inn, in the town of Serreta. That inn is currently deactivated.

The summit marked the first time in history that Terceira had the honor to host an international summit and to have three distinct dignitaries, one national and two foreign, on its soil at the same time.

More recently, on March 16, 2003, the island, namely Lajes Field, was also the stage of another international summit, when U.S. President George W. Bush met with the Prime Ministers of Great Britain, Spain and Portugal to discuss the situation of Iraq before the war broke out.



President Richard Nixon and his French counterpart at the time, George Pompidou, during the Atlantic Summit on Terceira Island, December, 1971.