

Crossroads

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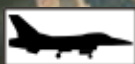
Lajes Field, Azores, Portugal

Force Protection



Current FPCON: Alpha
Threat Level: Low

"6-5...
IN THE FIGHT!"
FY 2011



365
SORTIES

6,385
LODGED



1.9 million
gallons
FUEL ISSUED

Weekend Weather Forecast (Lajes Weather Flight)

Friday (a.m. / p.m.)

Mostly Cloudy
Wind N 15-25 mph



High 59F / Low 52F

Saturday (a.m. / p.m.)

Partly Cloudy
Wind NE 15-20 mph



High 57F / Low 51F

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

Partly Cloudy
Wind NE 10-20 mph
NE 10-15 mph



High 56F / Low 50F

Lajes Airmen refuel Naval 'Greyhound'



A C-2A Greyhound parks at Lajes Field, Azores, to refuel Jan. 21, 2011. The aircraft and its crew were on their way to Spain to provide logistics support service. (Photo by Guido Melo)

By Staff Sgt. Olufemi Owolabi
65th Air Base Wing Public Affairs

Two C-2A Greyhounds stopped at Lajes Field for a "gas-and-go" Jan. 21, while providing critical logistics support from a Carrier Strike Group in San Diego, Calif.

The C-2s belong to the Fleet Logistics Support Squadron 40 (VRC-40), also known as the "Rawhides." Before coming to Lajes, the team of aircraft and crew, led by officer in charge LCDR Chris Dotson, took off from the USS Enterprise and was on its way to Spain.

As one of the unique military cargo aircraft, the C-2's engine-starting capability and ground power self-sufficiency in remote areas provide an operational versatility found in no other cargo aircraft. Despite the

aircraft's versatility, in order to make it across the Atlantic, it requires one thing from Lajes Airmen – fuel supply.

While at Lajes, the aircraft, primarily used by the U.S. Navy to transport high-priority cargo, mail and passengers between carriers, consumed more than 2,000 gallons of fuel.

"The Navy is part of our sister services, and supplying any Navy aircraft is no different than any aircraft in the Department of Defense inventory," said Sergeant Stellflug, 65th Air Base Wing Fuels Service Center NCO in charge. "Our job here is to refuel all aircraft that stop at Lajes."

The C-2A has a cargo ramp/door and a powered winch that allow straight-in rear cargo loading and unloading for fast turnaround. The in-flight ramp opens for airdrop of supplies and personnel.

Portuguese / U.S. disaster response information exchange meeting



Maj. Gen. Manuel Rolo, Headquarters Azores Air Zone commander, briefs during the disaster response information exchange training at Lajes Field, Azores, Jan. 24. (Photo by Guido Melo)



It's All About Perception

Perspective

By Maj Randall "Axle" Schmedthorst
65th Air Base Wing Safety

Another year has come and gone, and with the new year comes a time for reflection. The safety world is no different.

Around the Air Force, safety shops sat back, crunched numbers, and identified "safety trends." Sometimes, the results make the ol' Chief of Safety feel pretty good and sometimes the numbers just make you cringe. After taking a look at our wing's numbers for fiscal year 2010 and the first quarter of fiscal year 2011, a few things have stood out.

Allow me to define a few terms before we begin. A class C is a mishap that either costs the U.S. Air Force between \$50,000 and \$200,000 or the individual involved lost one or more work days. A class D mishap is defined as any nonfatal injury where the individual did not lose any duty time after the day the mishap occurred.

As of Jan. 18, our wing was well on the way to exceeding the number of mishaps that occurred in all of last fiscal year. Fiscal year 2010 had a total of four Class Cs and 27 Class Ds. So far this year, there have been five Class C and nine Class D mishaps.

So, if you are comparing, in the first quarter of this year we have already exceeded the total number of Class C mishaps for all of last year, and are currently on track to match the total of the Class Ds. That's not a good way to start the year.

So I'm sure you're wondering what the cause

is of all these mishaps. Well, nine of the 14 mishaps are sports-related and the majority of the remaining five is of the slips, trips and falls category. The majority of these occurred during flag football. Some of the injuries incurred were a broken finger, torn knee ligaments, and several twisted ankles. Of these, the most preventable mishaps are the twisted ankles.

Additionally, most of the non-football sports injuries were also twisted ankles. Do you see a trend yet? With this in mind, as we head into the basketball season, I expect to see even more twisted ankles.

So the real question is how do we reduce the number of sports mishaps? Studies by the Air Force Safety Center show basketball injuries are a major cause of off-duty injuries, with the majority being twisted ankles. The best way to reduce ankle sprains is by wearing a semi-rigid ankle brace.

As I have said before, the goal of the safety shop is not to prevent people from having fun, but my goal is to preserve our people and our assets. The best way we can accomplish this goal is by creating a sense safety awareness in each and every Airman on this base. You don't have to walk around thinking an accident is lurking around every corner, but you should have enough awareness to recognize when something doesn't look quite right.

If you are unaware of the proper procedures to resolve a potential safety hazard, contact your supervisor or your unit safety representative. They should be more than willing to help you out.

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. Jose Rivera
Commander, 65th Air Base Wing

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Lajes clinic gets a facelift

By Capt. Robert F. Bouffard
65th Civil Engineer Squadron

If anyone has been to the Medical clinic lately, you may have noticed it is undergoing a facelift. Currently the clinic is having an overhaul of its exterior. This includes removal of the current paint, filling in cracks, resealing the walls and repainting. This project is critical to extending the life of the facility. Some might ask why spend so much just for a new coat of paint? This is important for a number of reasons.

First it helps to keep up the overall base appearance. Like with anything in the military, we want to portray a high level of professional appearance. This is especially important being that we are guests here at Lajes. There is also a base regulation called the "Facility Excellence Standard." This dictates everything regarding base facilities from the color of the facilities, to how the base signs look and even the type and color of carpet. This excellence standard is basically the same for all bases. That is why when going to different bases you might notice a great deal of similarities.

The second reason we conduct this type of maintenance on facilities is to extend their life. At Lajes we have a very harsh environment that puts a lot of wear and tear on our facilities. The high winds and salty air quickly erode the exterior of our facilities. This leads to



The 65th Medical Group building gets an overhaul of its exterior. The project, which will extend the life of the facility, will also help improve the appearance of the base.

degradation of the exterior causing spalling, when pieces of concrete actually break apart from the wall. This can quickly lead to the facility becoming inhabitable.

Keeping up with painting and other types of maintenance is extremely important to keep our facilities looking and feeling new. It is the same with your personal car or house. Every once in a while you need to change the oil and take it into the shop.

So next time CE is working on your facility, keep in mind the impact their efforts will have in keeping our base in fighting condition.



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

The Public Affairs Office (Unit 7710, APO, AE 09720) is located in Bldg. T-100, Room 240.

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All photographs are Air Force photographs unless otherwise indicated.

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Space A, traveling in Europe under budget, Part II

By Tech. Sgt. Chyrece Campbell
65th Air Base Wing Public Affairs

After a relatively easy ride, I heard, "Please prepare for landing." When my family and I got off the plane, I called my friend, Francesca, to tell her I'd arrived.

She had dinner waiting for us at her house. Wow! I flew here for free, I'm staying at a friend's house for free, and my first meal is free! A hotel stay for a week would have cost half my 500 euro budget.

While eating dinner, Francesca and I read the base and local papers for events. We found a coupon for an indoor playground, similar to Chucky Cheese.

We spent the next day being "kids" jumping on trampolines, bouncy castles, playing on jungle gyms and even had lunch for 35 euros. For dinner, we went to a Chinese restaurant and ordered the buffet.

On Monday, I was on my own while Francesca went to work. I decided to walk to the train station and just explore. I had a map of Germany and a conversational German phrase book. After a very long walk to the train station, I bought two train tickets to Kaiserslautern. We walked around downtown seeing shops, churches and eating local food.

Riding the train was not as bad as I thought. The walk was fun; it

allowed me to spend "mommy" time talking to the children and seeing birds, trees and cars as we played the "I Spy" game. The train ride was the cheapest way to travel and we saw Germany via the train window. I purchased one adult ticket and child ticket for my oldest, Kennedy. My other three children were free since they were under four.

For the next few days, we rode trains and buses to places like Speyer, where my family and I walked the bank of the Rhine River. We visited the aquarium, museums and castles. With all the traveling, shopping, fast food and even fancy restaurants, I still had 130 euros left out of my budget.

I spent my last night replying to comments of my photos on Facebook.

Even though I still had to pay for a cab to take us to the terminal, I was going home with a little more than 80 euros. Not bad!

Tips for Spending less than 500 euros

■ Try to stay with a friend. There are also several bases in Germany where you can stay.

■ Instead of eating out, go to the commissary or even local stores for things like cereal snacks and breakfast to cut down on cost.

■ Remember the train is your friend. You can travel around Germany for around 8 euros, depending on where you go. There are even tickets to Paris, France starting at 39 euros.

Scroll, Click, Stop... move!

By Ricky Baptista

Health Promotion manager / Exercise Physiologist

Recently I was sitting at my desk performing some of my primary duties: writing fitness prescriptions, designing exercise briefings, etc., when my email alert went off. I was intrigued by the subject line, "Why your desk job is slowly killing you". With the ease of a professional I guided my mouse over the email alert and left-clicked to open the message. It became increasingly interesting when I noticed it had been sent from my supervisor, who was sitting at his desk in the office beside mine.

As an exercise physiologist this article was of direct interest to me because it related to physical activity and desk jobs. Reading the article I learned I had a more personal connection to it when I saw one of the experts involved was a professor of mine while I was taking my undergraduate degree in kinesiology. I knew the information presented would be viable and useful.

As I continued to read the article, burning countless calories by using my index finger to scroll down the screen, I could feel my heart pounding as if I had just turned my third mile. This article was discussing what many of my clients at the 65th ABW are faced with. The premise of the article was that even though you exercise regularly, sitting at your desk all day is still the fast lane for early death.

Many of you are probably having the same reaction I did. "That cannot be right! I am an avid exerciser and only sit at my desk because it is a requirement to accomplish my role in the mission." As I took a swig from my 1.5 Luso water always on my desk, I thought, "This just can't be right. How can I be a 'chair potato' if I am an avid exerciser? This does not meet the common sense rule."

So I rolled my chair back from the desk and decided to spin around (which probably burned a whopping 50 calories) as I contemplated the message in this article. The bottom line of the article was that our lives

To read more on "Stop... move!" see page 6

LAJES AIRMEN OF THE WEEK



Name: Bruno Nogueira
Rank: LGS-9
Unit: Safety Office
Hometown: Fontinhas, Praia da Vitoria
Duty Title: Ground Safety Manager
Accomplishments: Sr. Nogueira oversees the wing's ground safety and weapons safety programs. He performs monthly inspections of base facilities ensuring the wing maintains

its ability to execute daily operations. Sr. Nogueira was instrumental in the 65 ABW safety shop winning the 2010 USAFE Ground Safety Achievement Award Category III. Additionally, he was recognized as the WSA civilian of the quarter for Oct-Dec.



Name: Eric Morales
Rank: Technical Sergeant
Unit: 65 OSS
Hometown: San Juan, Puerto Rico
Duty Title: Craftsman, Aircraft Structural Maintenance
Accomplishments: TSgt Morales served as a wing safety augmentee from Sep. 27, 2010 until Jan. 14 2011. During this time, he served as a key liaison between civilian maintenance members and Boeing engineers during the repair of a

damaged 747. Additionally, he assisted with four annual safety inspections and identified over 40 discrepancies. Finally, TSgt Morales utilized his corrosion control expertise and recommended the decommission of three emergency response trailers due to excessive corrosion.



FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
28 AFSA Meeting Chief's Recognition Ceremony 6 p.m.	29	30 FSS/Winter Campaign	31 Promotion Ceremony	1 Col David Denning and CMSgt Walter Cottingham visit	2 African American Heritage Month	3
4 9 Pin No Tap Bowling-AAHC Dorm BBQ	5 Ch, Maj Gen, Cecil R. Richardson and CMSgt Charles Johnson, visit	6 TORC Superbowl Party 9 p.m.	7 Late Reporting 10 a.m.	8 Wing Exercise	9 Rising 6 Meeting TORC	10 Taste of Culture 11 a.m. to 1 p.m.

Security forces K-9 a huge force multiplier at Lajes

By Staff Sgt. Olufemi Owolabi
65th Air Base Wing Public Affairs

There are two "Airmen" at Lajes. They both get the job done, for just a meager squeaky toy, called "Kong."

Just like any Airman, they train and work hard, but, as "Airman's best friends," they never talk back at their trainer and handler.

"Dan" and "Devil" are two military working dogs at Lajes assigned to the 65th Security Forces Squadron. Considered by their trainer as having a tool that increases mission capability, the two MWDs are a valued part of the security of Lajes Airmen.

To ensure these dogs, often referred to as K-9s, get up-to-par on their training and are proficient, they are assigned to Staff Sgts. Jerald Harris and Curtis Locke, handler and kennel master of the 65th SFS MWDs.

Sergeant Harris and Locke both agreed that working together with "Airman's best friends" is one of the best jobs in the Air Force.

"By the best job, we mean, 'where else can you find a job where you play with dogs all day for a living?'" Sergeant Harris said.

"If anyone thinks his or her job is better, we would like to invite (him/her) down to see what fun is really about," Sergeant Locke added. "Really, if someone is in uniform on base and walking down the road or down the hallway in a building, does anybody notice? Put a dog in the picture... (I) guarantee, you will get some heads to turn."

As a K-9 handler, Sergeant Harris maintains the dogs' proficiency standard, health needs and living conditions, and training and utilization records, while Sergeant Locke is in charge of the MWD section's administrative records, and he provides and supervises detection training scenarios.

"I train MWDs in accordance with our Optimal Training Requirements, established by the Kennel master, to include but not limited to obedience training, confidence course and detection training," said Sergeant Harris.

The training is conducted on a daily basis, for the Military Working Dogs, in order to maintain and advance their ability/reliability to perform.

"This training is necessary in order to instill obedience and advance the MWDs ability to detect substances and perform patrol functions when needed," said Sergeant Locke. "We need to be fully prepared and capable when called upon. To become proficient in the task that is needed to be performed solely depends on the MWD team's ability to work together."

Sergeant Locke went on to say that on average it can take MWDs anywhere from 30 to 90 calendar days for them to fully grasp a new task.

Devil and Dan, as part of the security detail at Lajes, are trained on performing various sweeps on aircraft, luggage, incoming vehicles, and performing random antiterrorism measures.



Staff Sgts. (handling the dog) Jerald Harris and Curtis Locke, 65th Security Forces Squadron's military working dog section, train "Dan" at Lajes Field, Azores, Jan. 21, 2011. Sergeant Locke is the Lajes kennel master and trainer, while Sergeant Harris is the K-9 handler. (Photo by Staff Sgt. Olufemi Owolabi)

Despite praising all the capabilities of the dog, the trainer said the security of the base is partly every Airman's responsibility, and he has no doubt that Lajes Airmen are already performing an outstanding job.

"The fine men and women of Team Lajes are fully capable of maintaining a battle-ready security posture as they do on a daily basis," said Sergeant Locke. "Remember, each and every member of Team Lajes aids one way or another, regardless of duty position or place of work for the security of the mission."

"We all are the eyes and ears of the base and will undoubtedly stop any threat made toward the mission," he added.

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



Col. Jose Rivera, 65th Air Base Wing commander, presents a certificate of appreciation to Tech. Sgt. Jorge Pagan-Nieves, 65th Communications Squadron, at the wing staff meeting at Lajes Field, Jan. 25, 2011. Sergeant Pagan-Nieves was part of a team that volunteered at a local orphanage. During the presentation the commander also recognized four other members for volunteering at the orphanage recently. Others are: Sergeants Jessima Richards, Talisha Bruce, Airman Trenton Richards, and Cynthia Burney. (Photo by Staff Sgt. Olufemi Owolabi)



Maj. Thomas Ringlein, 65th LRS director of operations, makes a speech at the wing staff meeting when recognizing four of his unit members for winning a USAFE award. According to Major Ringlein, Lajes Logistics Readiness Squadron swept five awards at the USAFE level. (Photo by Staff Sgt. Olufemi Owolabi)

Col. Jose Rivera, 65th Air Base Wing commander (far left), and Chief Master Sgt. Samuel Hagadorn, 65th ABW command chief (far right), recognize the accomplishments of Airmen 1st Class Nicholas Fisher and Eric Adams by inviting them to spend a day shadowing the 65th ABW command team. (Photo by Capt. Justin Long)



Ruben Cardoso, a Portuguese employee, takes advantage of reduced food prices during a Portuguese Appreciation Lunch held at Lajes Field, Azores, Jan. 17. The 65th Security Forces Squadron members organized a lunch with reduced prices on food items in appreciation of Portuguese workers during the Appreciation Day lunch. (Photo by Guido Melo)

The 65th Air Base Wing leadership poses for a picture in Praia Commercial Port after observing a ship, which transports supplies and other goods to the base, dock at the harbor Jan. 14, 2011. (Photo by Guido Melo)



Mark your calendar



CLINIC AVAILABILITY JAN 31-FEB 4:

Due to our Health Services Inspection and concurrent Accreditation Association of Ambulatory Healthcare Survey, the 65 MDG Clinic will have limited appointment availability from Jan. 31 to Feb. 4. In addition, the clinic will be open at 0800 on Friday, Feb. 11 and closed at 10 a.m. for the inspection out-briefs and an

official function. As a reminder, TRICARE On-line (TOL) is always available as an option for appointment booking. All beneficiaries must register at www.tricareonline.com for an account. If you have any questions, please call 535-3261.

PASSPORT RENEWAL: The base passport agent will be on leave Jan. 24 to Feb. 1. Authorized dependants needing the initial visa or extensions to their visa will not be affected. This only impacts individuals needing a new passport or trying to renew a current passport.

CAIB MEETING: The next Community Action Information Board (CAIB) will be held Jan. 27 at the Conference room in Bld. T-100 at 9:30 a.m. For details, call R.J. Baptista, director, at 535-HAWC.

VOLUNTEERS NEEDED AT DoDDS: On Feb. 10 there will be a scavenger hunt and volunteers are needed at the elementary school gym. The volunteers will participate as characters from the book *Lightning Thief*. Volunteers can dress the part or just show up and a character will be assigned to you. Volunteers will hand out Golden Drachmas to those students who correctly identify who they are. If you are interested, email MSgt Sonia Lopez or Lt. Alyson Busch. For details, call 535-6322.

PENFED HELPS YOU SAVE DURING MILITARY SAVES CAMPAIGN: Lajes PenFed is now participating in the Military Saves Campaign program. PenFed's marketing department will be providing table tops, some premiums and \$5 opening deposit coupons for new members, if they join the credit union through this program. For details, please contact the PenFed Branch Manager, at 351-295-513221.

MANGO LANGUAGES PROGRAM: Mango Languages is an award-winning, highly acclaimed, self-paced online language learning system! Mango is designed to teach users simple, practical, and polite conversation skills in a foreign language. For more information contact the Base Library at 535-3688.

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: My name is Guido, and what is your name?.

PORTUGUESE: O meu nome é Guido e você como se chama?

PRONUNCIATION: Ooh mayo NOMeh eh GEEdooh, ee voSAY COMoo say SHAHmah?

At the Movies



- 7 p.m. Friday - Tangled (PG)
- 7 p.m. Saturday - Love and Other Drugs (R)
- 4 p.m. Sunday - Tangled (PG)
- 7 p.m. Sunday - Love and Other Drugs (R)

Movie times and schedule are subject to change. Call 535-4100 for the latest update.

"Stop... move!" from page 3

today are too sedentary. Exercising 4 times per week for 45 minutes does not make us active; it only means we exercise regularly. To really lead an active life we need to get up out of our chairs and away from our desks and "MOVE" all throughout the day.

We do not need a heart rate monitor on our wrist, a special pair of "motion control" running shoes or the most advanced MP3 player on the market. We need basic motion in our lives. Many of us are keyboard, mouse and internet experts. Time to change! Time to challenge! The first challenge is to stop scrolling, push yourself away from your desk and visit the furthest part of your building. Let's start with that and continue to improve from there.

If you have any questions about how you can be more active while fulfilling all of your desk duties please contact the HAWC. If you are interested in reading the article discussed here you can find it with this link: <http://www.msnbc.msn.com/id/39523298/from/toolbar>

ASK ED

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

By Eduardo Lima,
Community Relations Advisor



Portuguese holidays explained

The Azores as well as mainland Portugal observe several holidays throughout the year. Below is a list of those holidays and a brief description of their meaning.

New Years' Day – Jan. 1- Religious holiday.

Mardi Gras – Variable Tuesday. This holiday celebrates the Fat Tuesday related with the Mardi Gras tradition on mainland Portugal, Madeira island, the Azores and other European and South America countries.

Good Friday - Variable Friday. Religious holiday observing the death of Jesus Christ.

Day of Liberty – April 25. A National holiday that commemorates the April 25, 1974 military coup which ended 47 years of right-wing dictatorship in Portugal and restored democracy to the country.

Day of the Worker (Labor Day) – May 1. This holiday was first celebrated in Portugal in 1974, and observes the U.S. workers' demonstration in Chicago and Milwaukee on May 1, 1886 to reduce the work day down to eight hours.

Espirito Santo (Holy Ghost) Monday - Variable Monday. This is the day the Azoreans celebrate the Day of the Azores or Day of Regional Autonomy. The day was picked in observation for the Holy Ghost celebration which is a tradition common to all the nine Azorean islands.

Day of Portugal – June 10. Also known as the Day of Camões and the Portuguese communities – Camões was a renowned Portuguese poet who lived in the 16th century and traveled extensively throughout the Far East countries. He is still a symbol of the Portuguese conquests.

Angra Municipal Holiday - Day of St. John the Baptist. It is celebrated during the island's largest festival called "Sanjoaninas."

Corpus Christi – Variable Thursday. Religious holiday.

Praia da Vitória Municipal Holiday – Aug. 11. This date commemorates an important naval battle that took place in Praia bay on Aug. 11, 1829 between two political factions, the Absolutists and the Liberals, ending with the victory of the Liberals. Due to Praia's support to the Liberals' cause the town was added the name "Vitória" (victory) in 1837.

Assumption Day – Aug. 15. Religious holiday.

Founding of the Republic – Oct. 5. This date commemorates the day the Republican regime was established in Portugal in 1910.

All Saint's Day – Nov. 1. Religious holiday.

Restoration of Independence – Dec. 1. The date commemorates the Dec. 1, 1640 revolution that ended 60 years of Spanish occupation of Portugal.

Immaculate Conception – Dec. 8. Religious holiday.

Christmas Day – Dec. 25. It's also a religious Holiday in Portugal.