



Force Protection



Current FPCON: Alpha
Threat Level: Low

"6-5...
IN THE FIGHT!"
FY 2012



93
SORTIES

2,576
LODGED



474K
gallons
FUEL ISSUED

In a real-world
emergency, call the
Public Affairs Straight
Talk Line, **535-3542**.

Don't drink and drive; call
LADD: 295 57 LADD

Appointment:

Base: 535-3261
Off base: 295-573-261

Emergency:

Base: 911
Off base: 295-571-911

Weekend

Weather Forecast (Lajes Weather Flight)

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

Mostly Cloudy
Partly Cloudy
Wind W 10 mph
High 68F / Low 57F

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

Partly Cloudy
Mostly Cloudy
Wind SW 10 mph
NW 15-20 mph
High 68F / Low 57F



Chaplain (Col.) G. Scott Henry, Headquarters United States Air Forces in Europe, and Senior Master Sgt. Dale McGavran, assistant to the chaplain, speak to Lajes members in a leadership seminar in the Education Center auditorium, Lajes Field, Azores, Oct. 24. (Photo by Lucas Silva)

USAFE command chaplain speaks on the way ahead

By 1st Lt. Mara Title
65th Air Base Wing Public Affairs

In an ever-changing Air Force, it's good to be inspired by leaders who've adapted and overcome the challenges they've faced. One such leader is the U.S. Air Forces in Europe Command Chaplain (Col.) G. Scott Henry, who spoke to Lajes Airmen about staying resilient and concentrating on the positive.

Chaplain Henry was accompanied by his Chaplain Assistant, Senior Master Sgt. McGavran.

In a one-hour leadership seminar session with Lajes commanders and senior NCOs, Chaplain Henry presented a video entitled "Focus Your Vision" by the award winning National Geographic photographer Dewitt Jones. The video highlighted the importance of a clearly focused vision for our personal and professional lives.

"We've got to find opportunities to focus and relax, and the more senior that you become, the more difficult it is to do that. So stop and slow down, and look and listen," Henry said. "I think learning how to retreat is very important, even if it's just for a few minutes a day. You have some awesome views here on the island, so get outside and enjoy nature--you will be renewed!"

Henry said that everyone can practice spiritual resiliency

and for the majority of people in the military, it's a faith-based approach. "The great thing about being an American is there's no state-sponsored religion, so everybody can find their own way to be spiritually renewed. Our Chaplain Corps is here to support everyone on this journey."

The chaplain's assistant spoke further about caring for our greatest asset--our people.

"We have the greatest Airmen in the world," said McGavran. "They carry huge responsibilities everyday and get the job done."

"Good supervisors don't just push things down and say, 'Get it done.' They actually understand the workload of their team and have the courage to find smarter, more effective and efficient ways to accomplish the mission."

According to McGavran, a key to building resilient Airmen is to build resilient teams. Good supervisors don't just push things down and say, "Get it done." They actually understand the workload of their team and have the courage to find smarter, more effective and efficient ways to accomplish the mission.

Resiliency is not a new concept in the Air Force, but hearing guidance from leaders who've already trudged through difficult times in the past, helps put the present in perspective.

"I think we should focus on the successes we've had," said Henry, "and how really, really good our Airmen are in bringing peace and alleviating suffering in this world--it's an honor for me to serve with such heroes."



Meet Mr. Dave Clore, General Manager, AAFES Exchange

Is it true you are prioritized?

I enlisted when I was 17 and was appointed to warrant officer when I was 20. I was part of the first Blackhawk unit assigned to Europe (E Company, 3rd Infantry Division) and then moved from the Army to AAFES after 7 years. The Army was downsizing after we didn't go to war with Iran and the move to AAFES was my wife's suggestion.

What was your previous assignment?

Prior to Lajes I was deployed to Iraq (Al Asad and Baghdad)

What is your hometown?

We currently call Torrance, Calif. home.

How many members are in your immediate family?

I have a wonderful wife, Christine. We have a fantastic daughter, son-in-law and four incredible grand-children.

What's an aspect about AAFES you'd like people to know?

One of my greatest challenges is to keep Lajes profitable so we're not pressured to reduce services. So far this year the Lajes Exchange has paid \$65,312 to Visa, Master Card, American Express, etc. If people used their Military Star card instead of other credit cards at the various Exchange operations, then the savings in credit card fees alone would cover the late night and seven day-a-week operations at the Shoppette.

The Shoppette sells on average 256 boxes of Devil's Food Cake mix a week. We sell more Devil's Food Cake mix than anywhere else in AAFES—over 40 percent of the weekly average of AAFES world-wide. The number two store is Samoa and they only sell 42 in a week. Last Thursday they sold more than six cases of Devil's Food Cake Mix alone. This is why we have so many facings of cake mix at the Shoppette. Now, here's the test. Name the four stores on Lajes Air Base that sell cake mix...

How many people work for AAFES at Lajes? 81

Could you list one or two main highlights of your career in the AF?

Highlight #1: Being deployed. The sense of mission and pace over there is incredible. Highlight #2: Being here. The sense of community and partnership is unlike any other installation I've been assigned to in 35 years of service.

How would you say Lajes differs from other bases you've been assigned?

The job knowledge and continuity provided by the Portuguese work force allows us to provide a better service than if we had the standard rotation of other locations. We have one of the most logistically challenging locations in the entire world (and this is coming from a guy who has worked CONUS, Europe and the Middle East, including three years in a war zone). If we didn't have the proficiency that comes from the long-term Portuguese team, then we'd have a much harder time keeping the shelves stocked than we do now. The base just had a 40 percent turnover. If the Exchange had a similar rotation, we'd have 32 on staff right now still trying to figure out why things don't work here the way it did at their last job—assuming they even worked for the Exchange at their last base.

What's one piece of information or advice you could give to aspiring managers?

Learn the pieces. An organization is like a puzzle and the pieces fit together to create the whole. If you know how the pieces fit together, you're better able to positively impact the whole.

Are there any particular quotes you live by?

Try to learn something new every day. That's the way to continual growth and improvement.



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



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.

Submissions can be e-mailed to 65abw.pa@lajes.af.mil or faxed to 535-6326 and are due the Thursday prior to the required publication date. Call 535-6161 for more details.

This Air Force funded newspaper is an authorized weekly publication for members of the U.S. military services overseas.

Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

All photographs are Air Force photographs unless otherwise indicated.

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A new Airman's viewpoint

By Airman 1st Class Lee Massie
First Term Airman Center graduate

I must say my short time in the Air Force has taken me places I never imagined! I'm from Yorktown, Virginia and I joined the Air Force in August of last year. Making the decision to join the military forced me to take a peek into where I would like to be in the next 5, 10, and 15 years down the road. I found my answer in my mother—she had been active duty enlisted and then decided to get commissioned. She'd wanted me to join the military for a long time, and I finally relented and went to the nearby recruiter's office.

I decided not to go the officer route first, although it is one of my goals. Initially I had wanted to join the intelligence field; my ASVAB score was sufficient and it had always piqued my interest. During my time in the Delayed Entry Program, I learned the job I wanted was overmanned and there wouldn't be an opening for awhile. I then decided to join in the "open electronic" career field. By joining this way, I

didn't learn what my job was until the sixth intense week of Basic Military Training, and it was based upon the needs of the Air Force.

I found myself in an office with the other trainees of my flight that came in without a job. We were issued forms telling us of our fate. I found the words "RF Transmissions" printed next to "3D133." I had no idea what RF was, or the significance of the 3D133 designation code. I didn't learn what it meant to be



Airman 1st Class Lee Massie

a Radio Frequency Transmissions Systems Technician until I was in my technical school at Keesler AFB, Miss. There I began nine months of intensive studying and training on systems I had never heard of in my life. I learned theories dealing with everything from the curvature of the earth's affect on radio coverage to the amount of wattage needed to transmit data to distant locations.

Seven months into my experience I received my orders, and found out I was being sent to a group of islands I had only briefly heard of on the travel channel—Lajes Field, Azores, Portugal. This would be my first tour of duty overseas. I am still learning my place on this quaint little island. My job here at the moment is to train and learn the systems and equipment that make the High Frequency mission here at Lajes so important. In the past year and two months, I've been challenged mentally and physically in ways I didn't expect, and I'm learning each day how I contribute to the Air Force mission—and I wouldn't change a thing.



Lajes' newest Airmen pose for a photo with their instructor, (left) Senior Master Sgt. David Harvatin, 65th Force Support Squadron, and (far right) Col. Dave Parr, 65th Air Base Wing vice commander, after graduating from the First Term Airman Center, Oct. 21. Not pictured: Airman 1st Class Lee Massie. (Photo by Lucas Silva)

Air Force Physical Fitness: How the program's evolution changed me

By 1st Lt. Christopher Lester
65th Comptroller Squadron

As the old adage goes, it seems like just yesterday I was a young Airman arriving at my first duty station. It was 1995 and I had graduated Basic Military Training and a challenging security forces technical school—back then it was called Security Police-Long.

After completing all of this training, I felt I was mentally and physically prepared to serve my country. Then, following a rewarding deployment to Southwest Asia and returning to home station, I was scheduled for my first physical training test. I was told it was a cycle-ergometry test, and a piece of cake to pass. Some fellow Airmen in my squadron were what I would classify as "out of shape." They were avid smokers and a little on the heavy side. They told me they had never failed the cycle-ergometry test and, basically, this test was too easy. A week later I took it and barely passed. I was confused and frustrated. How could I almost fail my PT test when some out of shape Airmen received a higher score than me? As a young Airman, I felt the Air Force didn't provide me with much motivation to stay fit and my drive slowly diminished.

Fast forward to 2003 and rumors of a new PT test came to light. Effective Jan. 1, 2004, the cycle ergometry test would be replaced with aerobic, body-composition, push-ups and crunches. To this date, I had gone almost a decade satisfying Air Force requirements by passing my PT test faithfully, without ever needing to visit the gym. Luckily for me, the Air Force used 2003 as the "gauge where you're at" year. I received a loud wake-up call after my first unofficial PT test under these new standards. I ran the 1.5 miles in 15:15—and



1st Lt. Christopher Lester runs in Praia da Vitoria nearby Lajes Field, Azores, Oct. 22, 2011. Lester averages running 2,500 miles a year. (Courtesy photo)

that was giving it my all. Even though I maxed out everything else and received a passing score of 80, it was not what I expected from

To read more on "Fitness" see page 4



"Fitness" from page 3

myself. I was disappointed and again, confused and frustrated. But with these new standards, I had a choice...I could continue to follow the simple pass/fail principle and shoot for a minimal score of 75, or I could set targets and milestones for myself on every subsequent PT test. I chose the latter.

Now that I felt the Air Force was taking physical fitness seriously, I began to take it more seriously as well. In 2003 I started running one mile a day three days a week, along with 25 push-ups and sit-ups. I dwindled my run time down, reducing it by six minutes. I also began to notice a positive change in the dress and personal appearance of military personnel--either by members electing to retire, or through good old-fashioned exercise.

Over the last eight years I've grown to hate, and later love, running and physical activity. It has practically become an addiction. I average running ten miles a day seven days a week, and on Mondays, Wednesdays and Fridays I do 300 push-ups, crunches and flutter kicks. But the greatest thing about this lifestyle is the Air Force wants me to

take advantage of it. I run every morning and on some days in the evenings if I get the time and the urge. I've averaged 2,500 miles a year since 2005. This year I'll log in more than 3,000 miles. I have to contribute the increase in mileage due to my Permanent Change of Station to Lajes. Terceira is a wonderful place to run, with attractive landscapes, perfect temperatures, no smog, no snow, and minimal traffic. And who can forget the ocean views? It just makes it that much more enjoyable.

Last year a new PT test once again came to light. Even though it's only a variation of the previous one, it proves the Air Force is still serious about physical fitness. Being physically fit is a high priority for the Air Force and should be for all of us as well. What lifestyle are you living every day you serve in the world's greatest Air Force? Do you get home from work and turn on the T.V., or do you put on your running shoes and head out the door? Are you mentally and physically prepared to accomplish the mission at home or deployed, and can your fellow Airmen depend on you at all times? I challenge you to get out, get fit and stay fit!



Air Base No. 4 Change of Command

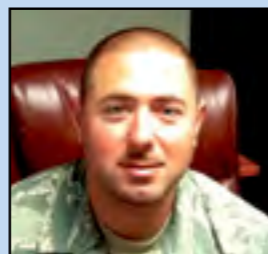
In a change of command ceremony, (right) Portuguese Chief of the Air Force, Gen. José António Pinheiro, hands the flag to the new Air Base No. 4 Commander, Col. Sérgio Manuel Ferreira, in the Portuguese Hangar, Oct. 25. (Photo by Guido Melo)

A Tornado GR4 from the 41 Royal Air Force Test and Evaluation Squadron stationed at Royal Air Force Coningsbi, Lincolnshire, U.K., underwent repairs after a malfunction on the undercarriage, which occurred during landing at the Lajes Field flightline, Oct. 24, 2011. (Photo by Lucas Silva)

LAJES WARRIORS OF THE WEEK



Name: Carla Costa
Rank: LGS-o8
Unit: 65th MDOS
Hometown: Ribeirinha (Angra)
Duty Title: Occupational Exams Technician
Accomplishments: Sra. Carla Costa has maintained continuity of the wing's Hearing Conservation and Occupational Health Medical Exams programs since 2000. She aids Public Health and Flight Medicine in the administration of approximately 1,600 medical exams per year for the 468 enrolled active duty and local national members of the Occupational Health Program. She also provides direct oversight for the pre-employment and termination physicals for 640 local national workers at Lajes Field. In addition, Sra Costa's hard work has saved the Air Force over \$130K and ensures the personal protective equipment is effectively shielding Lajes team members against hazardous materials in the various workplaces around the base. Her exceptional job knowledge has also enabled her programs to receive an "Outstanding" (100 percent) score during the most recent Health Services Inspection.



Name: James Alexander
Rank: Staff Sgt.
Unit: 65th MDOS
Hometown: Baltimore, Md.
Duty Title: Family Medicine Clinic NCOIC
Accomplishments: Staff Sergeant James Alexander has distinguished himself as a top-notch NCO in the 65th Medical Group. He has taken on many additional duties, demonstrating his abilities as a manager, leader, and future technical sergeant. Sergeant Alexander has served as an exercise evaluation team member, assessing 30 Self-Aid Buddy Care instructors, while reinforcing wing wartime first-aid skills. He has also filled in as the interim flight chief, guaranteeing clinical and emergency response continuity and standard operating procedures were fully met. In addition, he eagerly enrolled in several college courses and challenged his subordinates to do the same. Sergeant Alexander is a superior leader who is always mission-focused and ready to support his wingmen.



Base members participate in the Midnight Walk for Cancer Research, Oct. 21, at the base track, Lajes Field, Azores. A total of \$2,900 was raised from the event. (Photo by Guido Melo)



Master Sgts. Daniel Guzman, 65th Security Forces Squadron, and Thomas Loyd, 65th Communications Squadron, pose for a photo after the Senior NCO Academy graduation held at Maxwell Air Force Base, Ala., Oct. 19. The Senior NCO Academy provides effective and appropriate leadership and management education and training to meet current and foreseeable requirements of ever changing AF and DoD missions. (Courtesy photo)



(Back, center) Lt. Col. Charles Tobia, 65th Air Base Wing Political Affairs, leads the discussion at the spill response exercise meeting, Lajes Field, Oct. 19. Portuguese military members and civil authorities engaged with U.S. military members and civilians to propose ideas for future disaster response actions. A live exercise will take place in Praia da Vitória, Nov. 9. (Photo By Guido Melo)



(Middle) Tech. Sgt. Durrell Edwards helps welcome back (far right) Staff Sgt. Michael Williams, 65th Communications Squadron, returning from his deployment, and gives words of encouragement to (left) Airman 1st Class Thomas West, 65th CS, as he prepares to head downrange, at the Top of the Rock Club, Lajes Field, Azores, Oct. 19. (Photo by Lucas Silva)



Lajes newest officer promotees were recognized during the Warrior Send-Off/Welcome, to include (Left) Capt (select) Alyson Busch, Capt. (sel.) Patrick Sheehan, Capt. (sel.) Christopher Lester, and Capt. (sel.) Mara Title, at the TORC, Oct. 19. Not pictured: Capt. (sel.) Jack Berg.



Mark your calendar

CE HAUNTED HOUSE: The 65th Civil Engineer Squadron will have its Haunted House from Oct. 28-30 from 6-11 p.m. Stop by for some scary entertainment!

DAYLIGHT SAVINGS/HOUR CHANGE

SUNDAY, OCT. 30: Change your clocks back one hour, beginning at 2 a.m. (or Sat. evening).

PROFESSIONAL DEVELOPMENT SEMINAR:

T-146 Education Center Auditorium at 11 a.m. Monday, Nov. 7 – Time Management Monday, Nov. 14 & 28 – Overcoming Test Anxiety (testing for promotion). The Professional Development seminar is a 45-minute to one-hour seminar designed to improve mentorship skills, supervisory skills, increase self-confidence, and encourage ethical and exemplary leadership behavior. It is intended for Airmen and NCOs who want to be good mentees and mentors. Maximum participation is encouraged. For more information, contact MSgt David Harvatin at 535-6197 or david.harvatin@lajes.af.mil.

HOLIDAY MAIL / PARCEL DEADLINE – POST OFFICE:

Members are advised to ship two weeks prior to the USAFE standard for the 2011 Holiday Season. Thursday, Nov. 10 – Space-available mail Tuesday, Nov. 22 – First class / Priority mail For more information, contact Master Sgt. Michael Huston at 535-1205.

FINANCIAL WORKSHOPS PRESENTED BY: PENTAGON

FEDERAL CREDIT UNION: T-126 Airman and Family Readiness Center at 9 a.m. Friday, Nov. 18 – Car Financing / Friday, Dec. 9 – Basic budget Friday, Dec. 16 – Car Financing. To register, call the Airman and Family Readiness Center at 535-4138.

WICO: The Women, Infants, and Children Overseas program helps ensure you child's nutritional needs are met. The program provides several important benefits for pregnant or nursing mothers, and children under 5 years old. Contact the Lajes WIC Overseas office, and give your children the healthy start they deserve. Open Tuesday-Thursday 9 a.m. – 2 p.m. Please call, 535-1440.



CANCER AWARENESS 2011

29 Oct. 10 p.m. – Angra Walk (City Center Area)

Please contact 1st Lt. Beth Phillips, 535-3239, for more information. There will be an additional event held Nov. 5, the Pint Tie Gala, to support cancer awareness.



Feature

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: Do you accept credit cards here? Yes, we accept.

PORTUGUESE: Você aceita cartão de crédito? Sim nós aceitamos.

PRONUNCIATION: vohSAY ahSAYtah oom cartOW de CRE-Hdeetoo? Seem nOHsh ayssaytanmosh.

At the Movies

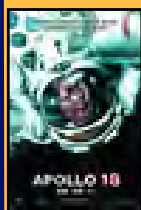


7 p.m. Friday - Apollo 18

7 p.m. Saturday - Bucky Larson: Born to be a Star

4 p.m. Sunday - Apollo 18

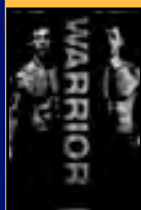
7 p.m. Sunday - Warrior



Apollo 18: Officially, Apollo 17, launched December 17th, 1972 was the last manned mission to the moon. But a year later, in December of 1973, two American astronauts were sent on a secret mission to the moon funded by the US Department of Defense. What you are about to see is the actual footage which the astronauts captured on that mission. Rated PG-13, 86 Minutes.



Bucky Larson: Born to be a Star: Bucky is a small town grocery bagger, going nowhere in life -- until he discovers that his conservative parents were once adult film stars! Armed with the belief that he has found his destiny, Bucky packs up and heads out to LA, hoping to follow in his parents' footsteps. Rated R, 97 Minutes.



Warrior: Haunted by a tragic past, Marine Tommy Conlon returns home for the first time in fourteen years to enlist the help of his father to train for Sparta, the biggest winner-takes-all event in mixed martial arts history. A former wrestling prodigy, Tommy blazes a path toward the championship while his brother, Brendan an ex-fighter-turned teacher, returns to the ring in a desperate bid to save his family from financial ruin.

Rated PG-13, 136 Minutes.

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

ASK ED

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

By Eduardo Lima
Community Relations Advisor



Do the Portuguese celebrate Halloween?

The Portuguese people don't have an ingrained tradition of celebrating Halloween, although in most recent years some parts of the country, including the Azores, started to celebrate. This has mainly been in the form of people dressing in Halloween costumes and participating in parties at bars, clubs etc.

There's also no tradition of trick-or-treat here on the island or anywhere in the country, but many local children, especially those who live in the surrounding villages, join the American children in the Halloween tradition. This is probably a practice that began many years ago when the local poor children didn't have access to American candy or other sweets and saw the Oct. 31 tradition as an opportunity to taste something that was not usually at their reach.

There's another time when the Portuguese also dress in funny costumes and wear masks, but is in no way related to Halloween. It happens during the three days and nights of Carnaval or Mardi Gras in the Azores, especially on Terceira Island.

Carnaval is a deep-rooted cultural tradition that brings thousands of people to the island's theaters, community centers and other public areas to watch the Mardi Gras dancing groups called "Danças de Carnaval."

It's also during this tradition, which is held in February or March, that some people dress in the Halloween-like costumes and take advantage of the old tradition to play tricks and make fun of certain situations.