



New commander takes reins of ABW

By Tech. Sgt.
Christin Michaud
65th ABW Public Affairs

Command of the 65th Air Base Wing is in new hands after an official ceremony at Lajes Field Thursday.

Men and women assigned here stood in formation near the wing headquarters and offered a salute to the incoming commander.

Col. Peggy Poore assumed command of the wing in a ceremony presided over by Lt. Gen. Phil Breedlove, 3rd Air Force commander.

"I look forward to (Colonel Poore) taking a great organization to even greater heights."

The colonel's arrival to Lajes over the weekend was her first trip to the Azores. "It's beautiful," Colonel Poore said of the island. Although originally from Virginia Beach, Virginia, and familiar with views of the Atlantic Ocean, she said the view here is much more dramatic – with the combination of mountains, deep ocean and European flair.

During her time here as commander, Colonel Poore will continue to make sure Lajes provides the best possible enroute support, global communications, trained and ready Airmen and bilateral relations. "I'm looking forward to getting to know the Azorean people and get immersed in their culture."



Col. Peggy Poore accepts the 65th Air Base Wing guidon in an assumption of command ceremony here Thursday presided over by Lt. Gen. Phil Breedlove, 3rd Air Force commander. (Photo by Tech. Sgt. Rebecca Corey)

This may be her first time as a wing commander, but Colonel Poore is no stranger to the role of commander. She has served as a commander at the squadron and group level. In her experience as commander, she said the most rewarding part is getting out and talking with Airmen. Often, commanders are captured by their desks and computers. Getting to know the Airmen and learning what motivates them is the best part of being a commander, she explained. "That's the part that recharges me."

The mystery behind a new commander can sometimes cause uncertainty to troops

when someone new takes the reins. Lajes can rest assure that Colonel Poore comes with an extensive military background. In fact, this may have been her destiny. "I'm 5th generation military," she explained. "This is the family business for me."

Her uncle, a retired O-6, gave her some of the best advice she's received. He explained to her when she went to Officer Training School, she was going to have to do some things, and she wouldn't understand why. His advice: "Don't ask why, just do it ... eventually you'll figure it out." After 21 years of service, she

knows there are still times when people have to do something they not may initially understand the reasoning behind. This advice has taken her through her career. Although it may not seem clear at the time, "there's always a reason why," said Colonel Poore.

She's had some great leaders mentor her over the years. One that influenced her a great deal was Maj. Gen. Paul Harvey, who she worked for as a second lieutenant at the Keesler Training Center in the 1980s. "He took the time to mentor and teach me things," she explained. "I didn't expect that from a general officer."

Leaders and mentors can be any rank. There was a senior master sergeant, who worked as the wing executive, who she said she also considered a role model. "I'll never forget Jerry Bracey," said Colonel Poore. He helped her gain an enlisted perspective when she was a junior officer.

One thing is clear and that is Colonel Poore cares about her Airmen. Behind the position and rank is a real person, who enjoys many of the same things as the people she will lead. One of her favorite hobbies is golfing, and like many Airmen, young and old, she is a fan of reality TV shows. In fact, tonight, like many of the men and women of Lajes, she'll be tuning in to the season premiere of Survivor.

Force Protection



Current FPCON: Alpha
Threat Level: Low

Weekend Weather Forecast

Today
Scattered clouds

High 73
Low 66



Saturday
Scattered clouds
Chance of rain

High 75
Low 69



Sunday
Scattered clouds

High 71
Low 64





Command Chief: Stay fit for fall

By Chief Master Sgt. Douglas McIntyre
65th Air Base Wing command chief

The UCI is over and fall is in the air. Traditionally this season is a time to enjoy football and prepare for the upcoming holidays. Historically it's also the time of the year people began to spend more time in-doors and do less physical activity.

Along with less physical activity, people generally go to more events and eat more food. Yes, it's obvious were I'm going with this. I want our Airmen and their families to stay physically fit for the Fall/Winter season. However, there is more to being fit that just the physical side. There are also fiscal and spiritual aspects. Statistics show that people usually have weight gain, debt gain and spiritual stress the fall/winter seasons. You may be on an island, but you are surely not isolated when it comes to helping you through this period. There are plenty of resources on base to keep you "FIT" for these seasons.

When you talk fitness centers, I know we have one of the best in Europe. I challenge you to maintain or develop a routine to stay/get physically fit. The staff at the fitness center can help you develop a routine to reach your goals. Sweating is a big part of getting fit, but I would be remiss if I didn't mention nutrition. Along with having a world-class fitness center we have a fantastic Health and Wellness Center. The proud and professional staff at the HAWC can teach you the best nutritional habits to complement your physical activities. I'm challenging myself to get in better shape over this period. I want you to join me along with our great fitness and HAWC team to become/stay physically fit.

Financial fitness is important all the

time, but especially so during the holiday season when people have a tendency to bust budgets and go into debt. There are multiple programs on base to help you with this as well. The Airman and Family Readiness Center has programs on all types of financial fitness options. They have education on budgeting, credit, home and car buying to name a few. There is also Financial Peace University that looks at managing your finances based on religious principles. Several students of FPU talk about the class being "life changing" when it comes looking at money and becoming completely debt free. Regardless of your method, Lajes is a great place to pay off debt. Take advantage of your time here and leave "financially fit."

Finally, and certainly not least is spiritual fitness. The base offers numerous spiritual options to meet your needs. Maj. William Bartoul and Capt. Ismael Rodriguez are the chaplains on base and have information you need for worship on-base. The chaplains are also an excellent source for off-base options when it comes to your worship preferences. Regardless of your denomination they will do their best to make sure your spiritual needs are met. The fall/winter season can be difficult, but don't suffer in silence. Lajes is a unique place so take the time to enjoy the "community" aspect of this assignment.

The ultimate goal is balance. Don't let the shorter and darker days get you out of balance. I challenge you to do just the opposite. No need to wait until January 1 to start a resolution ... in fact, I say forget a resolution and start lifelong habits to stay fit!

Health Benefits Awareness month— Beneficiary counseling, TRICARE ops

By 1st Lt. Jennifer Preyer
TRICARE Operations and Patient Administration flight commander

Throughout this month you have heard and seen information on ways to access healthcare here at Lajes. The purpose of the month's activities has been to help you understand how to make your health benefit work for you. This is our opportunity at the end of a busy PCS season to ensure our beneficiaries are well informed about their health benefits and know how to access them when needed.

This final article introduces you to one of the key personnel that we have on our team; the Beneficiary Counseling and Assistance Coordinator, Sra Fatima Castro. A BCAC educates beneficiaries and enhances a thorough understanding of TRICARE programs. This is accomplished through assisting eligible beneficiaries regarding military entitlements for medical and dental care in the clinic. The BCAC is also the key person in validating and authorizing your specialty care referral before it goes to the referral management center. If you have a question on whether something is authorized or how an entitlement works at Lajes, the BCAC is ready to assist.

Note: To read the rest of this article, view it in its entirety at www.lajes.af.mil.

535-4240
actionline@lajes.af.mil

The Commander's Line is your link to me 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 for



Col. Peggy Poore

praise or problems — but when that's not the answer, call or e-mail the Commander's Line at 535-4240 or actionline@lajes.af.mil.

Col. Peggy Poore
Commander, 65th Air Base Wing



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This week in photos



Health Benefits Guidance

Airman Jesse Johnson, 65th Communications Squadron and his wife Mickiah, receive help from 1st Lt. Jennifer Preyer Tuesday at the library to update their TRICARE enrollment. The 65th Medical Group hosted an information fair to assist members or the local community in helping understand their health benefits. Articles were featured in the Crossroads in honor of Health Benefits Month. To view these articles, visit www.lajes.af.mil. (Photo by Guido Melo)



POW/MIA Day

Tech. Sgt. Mario Alvarez, 65th Logistics Readiness Squadron, shakes salt upon a bread plate, symbolic of family tears as they wait, during the POW/MIA Table Ceremony on Sept. 19. (Photo by Tech. Sgt. Rebecca Corey)

AFSO21 transforms food and beverage operations: Tradewinds dining facility to close Dec. 31

AFSO21 initiatives are thriving at Lajes Field. The 65th Services Squadron has created a plan to transform the way they feed the force and will realize a cost savings of more than \$1,800,000 over the next 5 years with an additional \$550K annually after 2013.

"This Food and Beverage Transformation will consolidate the base eating establishments, and actually increase the amount of hours available to customers," said Jeffery Adams, 65th SVS deputy commander. "Our Dining Facility will close its doors Dec. 31 and all essential messing, to include box and flight meals, will take place in one of our four nonappropriated food facilities."

In order to make all of this happen, the Services AFSO21 team needed to learn

how to use Lean tools, but also had to create a "Vertical Value Stream" since there was no current process to analyze. "We basically took a starting point, and an end point, and placed them on a timeline with key decisions and actions necessary to reach our objective." said Senior Master Sgt. Bradley Eitniear, 65th SVS superintendent. "We had an outstanding team made up of experts from across the base, and it shows in the final plans."

The end result had to meet four objectives set down by Col. J.L. Briggs, former 65th Air Base Wing commander. "I told them to give me a good plan with constant focus on the four pillars of our mission," said Colonel Briggs. "We need to push iron to and from the fight, provide

global communications, develop deployment ready Airmen and foster good bilateral relations".

Bilateral relations were at the forefront of everyone's mind. "As always, bilateral relations and the well being of our Portuguese employees is foremost in our minds. We will make every effort to minimize any impact to our feeding plan and workforce," said Mr. Adams, "and will continue to look for opportunities across the base that will benefit our employees."

As Lajes Field continues to design and implement AFSO21 initiatives, they will reap the benefits of the decisions made today, and continue improving our Air Force for the Airmen of tomorrow.

(Courtesy of the 65th Services Squadron)



Mark your calendar

6-on-6 Dodgeball Tournament: Chace Fitness Center is hosting a dodgeball tournament at 10 a.m. for ages 18 and older and then 1 p.m. for ages 12-17, Saturday. Sign up at the fitness center by today.

Home Buying Seminar: 11:30 a.m. to 12:30 p.m. Monday at the A&FRC.

For details, call 535-4138.

TORC Reopen: The donut shop at the TORC is reopen for donuts and coffee. The lounge is also open at 4 p.m.

Texas Hold 'Em: Member's only Texas Hold 'Em, 7 p.m. Saturday at the TORC.

Organic Market Tour: The HAWC will lead an organic market tour at 9 a.m. Saturday. Please meet at the commissary parking lot at 8:45 a.m. Remember to bring Euros to make purchases. Sign up through the HAWC at 535-4292.

OLA Hispanic Heritage Month Food Tasting: 11 a.m. to 2 p.m. Monday at the base chapel. Cost is \$5. Come sample an array for Hispanic Food.

Time Management Workshop: Noon to 1 p.m. Oct. 2 at the A&FRC.

Sunday School: Sunday School is now in session. They are in need of teachers and nursery volunteers. Please register your family for Sunday school. For details, contact Lee Fagundes at 535-4211 or e-mail Riale.Fagundes@lajes.af.mil

Chapel Sunday Services: 9 a.m., Evangelical Service; 10:30 a.m., Catholic Mass; and Noon, Praise Service.

Volunteer of the Quarter Packages: 3rd Quarter nominations are due Oct. 10. E-mail Lucy.rodriguez@lajes.af.mil for details.

At the Movies



Admission: Free

Location: Community Center Ballroom

The community center shows movies each weekend in the ballroom. The movies are free of charge. Attendees may bring their own chairs or use the ones provided. Refreshments will be available for sale.

6 p.m. Friday - Hancock (Rated PG-13)

2 p.m. Saturday - Hancock (Rated PG-13)

6 p.m. Saturday - Wall-E (Rated G)

2 p.m. Sunday - Wall-E (Rated G)

Repair Retaining Wall Between the Chapel and Pool:

Contractor has installed construction fence, and work includes anchoring the rock fascia to the wall and installation of a new fence. This project will not affect the walking path from the Dorms to the Shoppette/Gym. POC for this project is SSgt Jeremiah Celis at 535-3793.



Classified Ads

E-mail classified ads to news@lajes.af.mil by 5 p.m. the Thursday prior to the week you need it published. Notify the Crossroads when items have been sold. Lajes personnel may also post ads at Lajesads.com. This site is not affiliated with the Crossroads or the Air Force.

Nanny Available: Most amazing nanny ever. We PCS'd back to Lajes and waited until she was available. She worked for us on our first tour here and has been with us for two years on this assignment. Call Donna at 295-549-504.

For Sale: Toddler bed. \$35 w/o mattress. Rocker/Glider w/ Ottoman White/light blue cushions. \$80. 295-549-819

Nanny/Babysitter/Housekeeper available: Mid Nov time frame or sooner. Julie is awesome! Our son is almost 3 & she will have helped us raise him from 6 wks-3 yrs. She speaks English very well and has taught our son fluent Portuguese, colors, and counting in both languages. Call 295 516 136. Feel free to leave a message and we'll get back to you.

Lawn Swing — Brand new, hardly used (maybe 4 times) Cushions and awning kept inside. Excellent condition. \$180. Call Bob at 295-549-504

1994 Toyota Surf (4 Runner) Right-hand drive. Automatic 4-wheel drive. Brand new tires. Available Oct. 12. \$4,900. Must see—excellent condition. Call Bob at 295-549-504.

Excellent nanny available: If you are looking for a warm-hearted, caring, and loving nanny, then look no further. Jennifer Meneses speaks great English and is also great with kids. She's willing to work whenever and also does house cleaning. If you're interested, call SSgt Newsome at 295-549-545 for a recommendation or Jennifer at 295-513-341.

LAJES COMMUNITY BOARD

tops in blue

Tops in Blue will perform for Lajes and community members at 7 p.m. Oct. 2 in Portuguese Air Force Hangar 4, located next to the old fire department. This year's tour celebrates 55 years with a theme "Deja Blue." Parking will be limited. A shuttle will be available from the commissary parking lot to the hangar beginning at 6 p.m. Note: Performance time is subject to change. This year's team features Lajes' own Airman 1st Class David Butler, 65th Civil Engineer Squadron as a vocalist.

Street Bullfights

Saturday

Canada do Serra, Porto Martins, 5:30 p.m.

Sunday

Port of Porto Martins; Port of Biscoitos; and Serra São Tiago, (behind CE compound)

Monday

São Carlos (Near Angra)

Tuesday

Figueiras do Paim

Wednesday and Thursday

Figueiras do Paim

Bullfights begin at 5 p.m. unless otherwise noted

