



Force Protection



Current FPCON: Alpha
Threat Level: Low

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Weekend Weather Forecast

Friday

Mostly Cloudy
High 59
Low 53
Wind N 5 mph



Saturday

Mostly Cloudy
High 59
Low 54
Wind NE 8 mph



Sunday

Mostly Cloudy
High 60
Low 53
Wind E 9 mph



Lajes Airman wins gold medal in power lifting meet

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

A member of the 65th Air Base Wing recently represented Team Lajes and brought home a gold medal after competing in the USA Power Lifting Military Nationals Power Lifting and Bench Press Championship.

Tech. Sgt. Kenyatta Wilson - Unit Training Monitor with the 65th Communications Squadron, said the Military Nationals is a competitive event and winning a gold medal was a great experience for him.

"This is my first official power lifting meet since 2006 so I am very excited to step back on the platform," Sergeant Wilson said.

During the competition, with more than 40 lifters from across the U.S., Sergeant Wilson competed in the 181 pounds weight class while weighing in at 170 and bench

pressed 363.3 pounds to win a gold medal.

"There were a lot of experienced competitors, including a few world record holders," Sergeant Wilson explained. "It's always an honor to compete with drug-free competitors that are at the top of the sport."

According to the sergeant, this level of competition is not like an ordinary lifting or daily work out. It involves proper techniques and adequate preparation.

The preparation for the event was no small feat for the sergeant, who is in charge of scheduling all communication formal training and tracking DoD network certification training at Lajes. Sergeant Wilson maintains a daily and extensive workout schedule to ensure he is

fully prepared for the meet. His workout schedule starts at



To read more on "Gold medal", see page 4

AF expands force management options

By Tech. Sgt. Amaani Lyle
Secretary of the Air Force Public Affairs

Air Force leaders announced March 25, 2010 an expansion of force management measures designed to bring the service closer to its authorized funded end strength. Fewer Airmen than anticipated applied for voluntary programs offered under Phase One of the force management program initiated in November of 2009. This has prompted expanded programs to encourage more Airmen to apply for separation or retirement by Sept. 1, 2010, or earlier.

"A lot of things have changed with regard to the economy and retention that none of us expected. It is a relatively small force management effort, but one that will have an impact on the force and a very direct impact on those affected by this effort," said Gen. Roger A. Brady, Commander, U.S. Air Forces in Europe. "This is a very challenging balancing act...the Air Force must balance available financial resources to ensure we have the right number of people in the right skills, sufficient funds to operate today, and sufficient investment in capabilities we will need to fight tomorrow. Having a larger force than we can educate, train and equip compromises

readiness today and preparedness tomorrow".

Both officer and enlisted accessions will be reduced to meet mission requirements. Voluntary and involuntary initiatives will also be implemented as appropriate. Eligibility for these programs will vary by Air Force Specialty Code and years of service to ensure the Air Force has the right balance of skills needed to meet current and future mission requirements.

"Air Force retention is at a 15-year high," said Brig. Gen. Sharon Dunbar, director, force management policy. "While this is tremendous testament to the dedication of our great Airmen, we now have more Airmen serving than our authorized, funded levels. We also have a number of career fields over-manned at the expense of other critical and stressed career fields. The challenge before us is to keep our force both sized and balanced within authorized, funded levels."

In an attempt to limit the impact to Airmen who are currently serving, the Air Force will adjust accessions. Decisions to reduce accessions will be based on career field manning and future growth.

Expanded officer measures include waiving active-duty service commitments in targeted year groups; waiving all

To read more on "Expands force", see page 4



Wanted: A few good first sergeants

By Chief Master Sgt. Samuel G. Hagadorn
65th Air Base Wing command chief

Are you looking for a challenging profession that delivers excellent job satisfaction? Are you ready to step outside of your comfort zone? Consider becoming a first sergeant. The Air Force is looking for highly motivated master sergeants who are willing to commit three years to this special duty.

First sergeants work directly for and derive authority from their commanders. They serve as the link between the commander and all personnel within their unit, working closely with an array of support agencies. Duties are challenging, as they will likely work long hours, even while remaining on call 24/7. They are the "eyes and ears" of the commander, remaining vigilant for and ready to resolve issues that detract from mission accomplishment. First sergeants do not walk past problems—they resolve them.

Duties are varied, and a typical day is anything but typical. In a single day, a first sergeant may see a PSCing member off at the airport, assist the commander with notifying an airman first class of promotion to Senior Airman below-the-zone, counsel and schedule a member for personal financial management, assist the spouse of a deployed member with obtaining a new ID card, perform quality checks on enlisted performance reports, awards and decorations, speak at an NCO professional development course, coordinate a non-judicial punishment with the legal office, and visit the dormitory. And that's all before noon! The rest of the day will likely be just as varied and exciting. New challenges arise every day, making the word 'routine' one never used to describe their duties.

The position of the first sergeant is not for everyone. He or she must be a communicator, able to effectively work with the newest Airman as well as chiefs and officers. Able to tackle and guide resolution of members' personal, professional and career issues, first sergeants must be resourceful and able to work on their own, with little or no supervision.

The responsibilities of a first sergeant may

be daunting, yet the rewards are incalculable. No price tag can be placed on the satisfaction one receives when, after multiple of career counseling sessions, a sharp Airman who has



been on the fence about reenlisting finally 'gets it,' and realizes the benefits of continued service. Few things mean more to a first sergeant than an Airman or family member pausing to say, "Thanks—you really made a difference

in my life." Small victories are realized every day—even hourly. Job satisfaction is perhaps the greatest benefit of this special duty.

So, "How do I become a first sergeant?", you may ask. First, the entry grade is Master Sergeant. Technical Sergeants with a line number for promotion to Master Sergeant may apply, but must be an E-7 before attending the First Sergeant Academy. Applicants must also have completed the Senior NCO Academy in residence or by correspondence, be able to speak clearly and distinctively, meet minimum profile requirements, including a fitness score of at least 80, have an AQE administrative score of at least 41, or 62 in the general category, and be recommended by their unit commander.



Prospective first sergeants should submit their application through their unit to the command chief one full year prior to DEROS. This allows ample time to pro-

cess the application, schedule a class date, and secure an assignment. Following the month-long technical training in Montgomery, Alabama, the special duty requires a three-year minimum commitment, with the option to serve an additional three years.

Are you ready for the challenge? For more information, check out AFI 36-2113, or see any first sergeant.

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. Peggy Poore

Col. Peggy Poore
Commander, 65th Air Base Wing



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

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TOP III UNSUNG HERO AWARD:

Tech Sgt. Michael English, 65th Civil Engineer Squadron, receives the March Unsung Hero Award in the NCO category, presented by the Lajes Top III. The Top III Unsung Hero Award is held monthly, and it is used to recognize an Airman and NCO who demonstrates "Service before Self" and leadership skills. (Courtesy photo.)

TOP III UNSUNG HERO AWARD:

Senior Airman David Leon, 65th Communications Squadron, poses for a photo with Top III leadership and committee after being named the Unsung Hero Award winner for March in the Airman Category. The Top III Unsung Hero Award is held monthly and it is used to recognize an Airman and NCO who demonstrates "Service before Self" and leadership skills. (Courtesy photo.)



Good impression essential during the UCI

The Wing Inspector General's office reminds Airmen that making a good impression on the inspection team during the upcoming limited Unit Compliance Inspection doesn't just take place at their work centers.

Although the Inspector General team does not have a gradeable section of a checklist to score infractions of Air Force Instructions related to customs and courtesies, violations in these areas matter and affect the team's overall impression of the base.

Below are some general guidelines to keep in mind:

- Render proper salute to passing staff cars
- Refrain from smoking in areas that are not an approved smoking area
- Avoid drinking a beverage, eating, smoking, or talking on a hands-free cell phone device while walking
- Maintain proper hygiene and keep hair within Air Force Instruction 36-2903 guidelines at all times
- Ensure your uniform is clean and serviceable
- Avoid using profanity in the workplace

These are just a few things mentioned in AFI 36-2903 that we should already be following.

However, everything we do during an inspection affects the inspectors' impressions of us. Let's represent the Air Force and Team Lajes proudly during this limited UCI.

Editor's Note: The 27th Special Operations Wing Public Affairs office contributed to this article.



Mark your calendar



SAAM EVENTS: April is Sexual Assault Awareness Month (SAAM). The goal of SAAM is to raise awareness and promote the prevention of sexual violence through use of special events and public education. Everyone has a role in stopping sexual assault. The theme for this year is "Hurts one. Affects all... Preventing sexual assault is everyone's duty." The

following is a list of SAAM events at Lajes:

April 2: Victim Advocate Appreciation Lunch at 11:30 a.m. at the TORC

April 22: Bystander Intervention Skit at 3:30 – 4:30 p.m. at the CAC.

April 30: Community Fair from 2 -5 p.m. at the Fitness Center

COMMANDER'S CORNER ON FM 96.1:

Lajes members are reminded to tune in to 96.1 FM every first Friday of the month to listen to Commander's Corner. The next Commander's Corner will be aired at 9 a.m. April 2. This month's guest will be Col. Rod Dorsey, who will be leaving Lajes within a week of the show. For more information on the program, call the Defense Media Activity Center at 535-3497.

CLINIC CLOSURE APRIL 14: The Clinic will be closed for training April 14. The 2nd Wednesday of each month is the clinic's training day and the appointment line will be closed until 1 p.m. TRICARE On-line (TOL) will be available at www.tricareonline.com during this time as an option for appointment booking. If you have any questions, please contact TSgt Deanne Jackson at 535-3017.

TAX SEASON IS HERE Tax season has begun and will continue until June 16th. For personnel who need their taxes filed but perhaps don't have the time to wait to get them completed can drop off their tax documents every Thursday from 10 a.m. – 12 p.m. Walk-in tax assistance at the legal office will be every Thursday from 12-4 p.m.

LAJES CGOC MEETING April 13 The next Lajes Company Grade Officer Council meeting will be Tuesday, April 13th at 11:30 a.m. at the TORC. All CGO's are invited to attend.

CLEP Retesting: As of Oct. 1, 2010, College Credit by Exam re-testing will no longer be free of charge. Anyone eligible to retest should do so before Sept. 30. Please direct any questions to the education center at 535-3355.

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5 a.m. for six days a week.

"My workout consists of working one body part per day. I focus mostly on heavy compound movements such as squats, bench press, dead lifts and barbell rows. I felt prepared for the competition so I'm not surprised that my hard work paid off," the sergeant said humbly. "Training with the Top of The Rock Bodybuilding team also pushed my competitive edge to another level."

Even though currently battling bicep tendonitis, the sergeant said he is always determined to be the best in everything he does.

He commends Team Lajes during the period of his preparation saying, "My leadership has been very supportive of my fitness goals." Sergeant Wilson also emphasized the role the Physical Therapy clinic team at Lajes played during his preparation.

"Capt. Brandon Morgan and Tech. Sgt. Keith Eberhardt worked with me three days a week to alleviate the pain and prepare me for the meet," he said. "I truly appreciate their help."

Sergeant Wilson began lifting in 2000 just to put on more weight. After seeing a positive result, his passion for lifting skyrocketed and since then, he has not stopped adding to his medal racks.

"My interest in power lifting began the summer of 2005 while deployed to Kuwait. I read an article on Senior Master Sgt. Troy Saunders power lifting feats and began to work with him immediately after I returned to Ramstein in January 2006," Sergeant Wilson said. "Sergeant Saunders trained me to adjust my benching technique to comply with the USAPL standards. He has been mentoring me since 2006 and has been instrumental in my success in bodybuilding and power lifting."

Today, Sergeant Wilson has won more than ten gold medals. He now boasts of seven first-place medals in bodybuilding and four first-place medals in power lifting.

Sergeant Wilson attributes his success to mentorship and those who have

Phrase of the Week

A LESSON IN PORTUGUESE



ENGLISH: I would like to order a plate of Alcatra.

PORTUGUESE: Gostaria de pedir um prato de Alcatra.

PRONUNCIATION: Gosh-taria day padeer um pra-too day Alcatra.

At the Movies



7 p.m. Friday - From Paris With Love (R)

7 p.m. Saturday - The Wolfman (R)

10 p.m. Saturday - From Paris With Love (R)

Sunday - Closed For Easter

Movie times and schedule are subject to change.

helped and supported him along the way.

He leaves a word of advice to all aspiring power lifters. "My advice to others is: find someone with experience and learn as much as possible," Sergeant Wilson said. "Mastering proper lifting techniques is the best way to avoid injuries and ensure success. I was lucky to have lifters with over 20 years of experience coaching me when I started."

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but two years of commissioning commitments for U.S. Air Force Academy and ROTC graduates as well as waiving their education and scholarship recoupment costs; and lowering the Reserve obligation for PALACE CHASE transfers from a three-year commitment ratio to one year for each remaining year of ADSC.

This phase of the force management program also involves a Selective Early Retirement Board. The SERB will consider for early retirement Air Force colonels with four or more years time in grade and lieutenant colonels deferred for promotion at least twice. This board will convene July 19-23 to identify those who must retire by Jan. 1, 2011.

Officers with more than six and less than 12 years of commissioned service in specific career fields and year groups will be offered voluntary separation pay as a means to encourage their transition from active duty service. Should this incentive fall short of encouraging the number of transitions needed, a reduction in force board will convene in September to identify officers for separation/retirement by April 1, 2011.

A force shaping board will also convene at this time to identify officers with less than six years of commissioned service in designated career fields and year groups for continued retention or separation.

Enlisted force management measures have been expanded to include waiving time-in-grade and limited ADSCs for Airmen in non-critical, overage Air Force specialties and year groups; and waiving up to two years of four- and six-year enlistments for those in non-critical, overage specialties and year groups. PALACE CHASE transfers are also available for enlisted personnel with a one-to-one rather than a two-to-one year commitment.

Dates of separation rollback will result in early release of some Airmen with less than 14 years of service or more than 20 years of service who have declined training, failed initial training, declined retainability for an assignment, or who have negative quality indicators.

Officials said if the current retention environment continues personnel reduction actions will continue beyond fiscal year 2011.

For more information on force management options call the Total Force Service Center at 800-525-0102. Your local military personnel flight can assist with specific questions on force management options, and help determine your eligibility.