



Force Protection



Current FPCON: Alpha
Threat Level: Low

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Weekend Weather Forecast

Friday

Cloudy
High 61
Low 55
Wind WSW 14 mph



Saturday

Partly Cloudy
High 60
Low 53
Wind NW 17 mph



Sunday

Partly Cloudy
High 60
Low 53
Wind N 15 mph



10 Tips to Follow during an Inspection

As we continuously assess our mission performance and effectiveness, rather it be through self-inspections or readiness/compliance inspections, we should keep a few things in mind according to Maj Brian Dewey formerly of AMC/IG.

He relays that his previous boss' 10 best ways to dazzle the IG during an inspection are:

- Competence – truly know your job (including WHY things are done). Know the AFI, not just the checklists.
- Responsiveness – react quickly to IG inputs (e.g. make corrections on the spot).
- Attitude – be positive regardless of the situation and you'll be amazed at how fast it spreads.
- Readiness – we are an expeditionary force; have your bags packed and all your mobility requirements squared away.
- Aggressiveness – you're expected to respond accordingly during Ability to Survive and Operate, Self-Aid and Buddy Care and Force Protection scenarios/conditions.

■ Appearance – be sharp in and out of uniform by exceeding standards, to include customs and courtesies.

■ Safety – a responsibility entrusted upon everyone; utilize the training you've received for Operational Risk Management.

■ Leadership – lead by words and actions, formally and informally, by motivating, communicating and setting a positive example!

■ Followership – follow taskings and orders quickly and effectively; always keep the objective in sight.

■ Pride – visibly exude pride in yourself, your unit, your mission and your base: Look good, feel good, be a winner!

Strive to possess these 10 qualities and you will dazzle any inspectors!

Courtesy of an article in The Inspector General Brief (TIG) publication titled, How to Dazzle the Inspector General authored by Maj Brian Dewey.

Leave en route policy change benefits Airmen

Some Airmen will now have the opportunity to take leave en route within the continental United States when they return home, or redeploy, from the U.S. Central Command area of responsibility.

This change can save Airmen significant time and travel-associated costs, as well as provide them an opportunity to reconnect with family and friends.

Air Force Instruction 10-403, Deployment Planning and Execution, was recently changed to allow redeploying Airmen, including those permanently assigned at overseas locations, a stopover in the continental United States on their way home. Previously, Air Force policy did not allow Airmen to take leave en route during redeployment; they were required to report directly to their home stations upon leaving the area of responsibility.

"This is the right thing to do for our Airmen," said Lt. Gen. Gilmory Michael Hostage III, the commander of U.S. Air Forces Central Command who championed the change. "It maintains the critical reintegration process as Airmen return to their permanent duty stations, and enables them to reconnect with their loved ones as they redeploy."

Subsequently, Air Force headquarters agencies at the Pentagon including the personnel, operations, and logistics directorates as well as the surgeon general's office, collectively supported the change to Air Force policy. As part of its implementation, the change allows for

waivers for Airmen who meet specific criteria including medical clearance by the deployed location, home station and deployed commander approval, and required weapons turn-in.

"This policy change isn't intended to provide blanket approval to every redeploying Airman to take leave en route. The intent is to provide the opportunity where it makes the best sense for our Airmen and the Air Force, particularly where cost savings and morale benefits are realized for the Airmen," said Rick Leech, assigned to the AFCENT personnel directorate at Shaw Air Force Base.

The waiver policy, approved in December 2009, applies to leave en route from an air expeditionary force or overseas contingency operations deployment to a location within the continental United States. Each Air Force Forces staff is authorized to coordinate an implementation plan to execute this policy change, Mr. Leech said.

A leave en route policy for deployed AFCENT members was approved in March 2010. One specification of the AFCENT leave en route policy is leave will be chargeable and limited to 14 days from the date of arrival in the continental United States. The home station reintegration process will still be required upon each Airman's return to duty following his or her leave en route, Mr. Leech said.

Currently, the Air Force is staffing a revision to AFI

To read more on "Leave", see page 4



Get fit with USAF fit family!

By Mr. Jeffery Adams

65th Force Support Squadron director

"Air Force FitFamily encourages the ABCs of family Health and Fitness. Try them with your family and see the difference small steps can make!"

The Secretary and the Chief of Staff of the Air Force named July 2009 through July 2010 the Year of the Air Force Family. The Year of the Air Force Family will provide leadership at all levels a vehicle to communicate information and data to Airmen, family members, surrounding communities and Department of Defense audiences on the variety and scope of programs offered by the Air Force.

The Year of the Air Force Family will be used to highlight the many successful programs already in place and to inform Airman and their families of the development of new programs, unveiling them throughout the year.

It is never too early—or late—to teach children to make healthy lifestyle choices. With childhood obesity on the rise, it's more important than ever for parents to make exercise and good nutrition part of everyday family life.

"It is never too early or late to teach children to make healthy lifestyle choices. With childhood obesity on the rise, it's more vital than ever for parents to make exercise and good nutrition part of everyday family life."

How can you get your little couch potatoes off the sofa and on the road to good health? The answer may be as easy as ABC. Start with these baby steps, get the kids involved in the choices, and make healthy eating and movement part of the entire family's routine:

"A" is for Activities

Plan and organize activities that fit your family's skill and age levels, then make these activities a priority. "Two of the biggest contributors to a sedentary lifestyle are the television and the computer," says Dr. Gerald Berenson, a cardiologist and researcher at Tulane University Medical Center in New Orleans who helped create The FitKids System, a behavioral modification program designed to help children lose weight.

Parents should limit the amount of time that children spend plopped in front of a screen. Instead of turning on the TV, take a walk, go on a hike, ride bikes, throw a Frisbee® or walk the dog. "All of these are simple, enjoyable activities that help reverse the trend our society faces toward a harmful sedentary lifestyle," Berenson says.

"B" is for Building Habits

Remind children that they're building habits for a lifetime—even if they don't see results right away. Recognize efforts as small as five minutes of jumping jacks. "The beauty of the small changes approach is that you can find ways to be physically active throughout

the day," says Dr. James O. Hill, professor of pediatrics and medicine at the University of Colorado-Denver and co-founder of the America on the Move Foundation.

Make small changes, such as playing on the playground after school or walking the dog each evening. If your kids love playing ball, encourage them to join organized sports. And don't underestimate the power of a pickup game to keep children and grown-ups interacting in a healthy manner.

"C" is for Counting Progress

"Children are motivated by incentives and evidence of progress," Berenson says. "Parents should try helping children make it count by setting individual or family goals and tracking their progress."

Pedometers record the number of steps you take and provide an easy way to show how every step counts. Get a pedometer for each family member. Compete to see who takes

the most steps in the day, or chart your progress on a map of imaginary hiking trips to Disney World®, to grandma's house or even across the country.

"D" is for Day Trips

Family game nights

or movie nights build togetherness, but they also lead to sedentary habits. Make your "together time" healthy for your body as well as your relationship by planning physically active day trips. For instance, visiting a zoo or walking through a historic battlefield allow for both movement and conversation. Volunteering for a community service event, such as a walkathon, beach cleanup or food drive, can help the family feel good-body and soul.

"E" is for Eating Healthy

Your kids probably won't automatically choose brown rice over french fries, so you need to encourage them to make healthy choices. "The most powerful way parents can help children make good nutritional choices is to be role models and make good choices themselves," Hill says. Cutting the family's sugar and fat intake is a good start, so forgo sodas and chips and dip, and reach for sliced apples or baby carrots in the evening—and make sure your kids see you doing it.

To make healthy eating fun, challenge your kids to "eat a rainbow." Serve snacks of different colors, such as red peppers, orange carrots, yellow bananas and purple plums, to introduce your children to a variety of delicious, healthful foods.

"F" is for Fun

This may be the most important aspect of all. Make exercise fun by choosing different

To read more on "Fit family", see page 4

**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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Promotion:

Col. Douglas Wise, 65th Civil Engineering Squadron, retakes his officer's oath from Col. Rod Dorsey, 65th Mission Support Group commander on April 1. Col. Wise took his oath again as part of his promotion to O-6. (Photo by Tech. Sgt. Darrell I. Dean)

Mustache Madness:

Maj. Thomas Ringlein, 65th Logistics Readiness Squadron, stands for judging during Mustache Madness at the Top of the Rock Club on March 31. The 65th Operations Support Squadron hosted the annual Mustache Madness event, and awarded prizes for best mustache, most disturbing, and the "Dirt Lip" award. (Photo by Mr. Guido Melo)



Original song competition at MyAirForceLife.com

By Maj. Belinda Petersen
Air Force Services Agency Public Affairs

More than 70 years ago, Capt. Robert MacArthur Crawford, an Airman with the Army Air Corps, won an original song competition with an entry that eventually became the official song for the U.S. Air Force. Captain Crawford wrote the lyrics and music to "Off We Go Into the Wild Blue Yonder."

Starting April 5 through May 23, Airmen and eligible patrons of Air Force MWR programs can compete in an original song competition at MyAirForceLife.com as part of the Year of the Air Force Family.

While the winning entry will not become the official song of the Air Force, the adult winner will receive a live, one-hour professional coaching and mentoring Skype session with Thom Shepherd, an award-winning Nashville songwriter. In addition, the adult and youth winners will receive each a \$2,000 gift certificate to Musician's Friend, an online music store.

Contestants can upload a three- to four-minute original composition. Go to http://www.MyAirForceLife.com/contests/song_rules.html to choose from four themes.

Submissions can be either instrumental or music and lyrics. Songwriters may choose to have someone else perform their original song for the recorded submission. Lyrics are not required for the instrumental version.

Once uploaded, visitors to the site can view and vote for their favorite compositions. The earlier the compositions are submitted, the more time it can rack up votes.

Even though online voting will determine finalists, Mr. Shepherd will decide the winners of both categories.

Last year, Air Force Services Agency officials launched MyAirForceLife.com to help Airmen and their families stay connected, informed and engaged in programs as part of the Year of the Air Force Family.

"To date, we have awarded over 325 prizes, including Apple Macbook computers, Flip Video cameras, Sony eBook Readers, iPods, Acer netbooks, and more," said Debbie Karnes, Air Force Services Agency spokeswoman. "A list of winners can be found on the site. For each competition, we add new prizes. During the original song competition, those who register on the site are eligible to win iPod Nanos and iTunes gift cards."

To find details on the competitions and to enter, Airmen and eligible patrons of Air Force MWR programs can log on to <http://www.myairforcelife.com>.



Mark your calendar



BLOOD DRIVE APRIL 22: There will be a blood drive at the Angra hospital Thursday, April 22 at 8:15 a.m. and 10:15 a.m. If you would like to volunteer, you must pre-register at the base laboratory. Call the Lab at 535-3685.

HOLOCAUST REMEMBRANCE CEREMONY APRIL 15: There will be a Holocaust Remembrance

Ceremony at the base Chapel Thursday, April 15 at 4 p.m. All are invited to attend. The Cultural Diversity Awareness Committee is also seeking 14 volunteers to read biographies at the ceremony. If interested, please contact Mr. Andy Billman at 535-2501.

A&FRC CLOSURE APRIL 16: The Airman & Family Readiness Center will be closed on Friday, April 16 due to a water outage.

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 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 FM 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. May 9. The program allows the 65th Air Base Wing commander to address issues, concerns and questions members may have. 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 October 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.

HEALTHY EATING AND COOKING AS A FAMILY is scheduled for Monday, April 26 at 5:30 p.m. at HAWC. Kids will be taught how to create Healthy snacks for parents to taste.

FMO WAREHOUSE CLOSED WEDNESDAYS The FMO Warehouse will be closed for business every Wednesday until further notice. If you have any questions, call FMO at 535-3727.

NEW LIBRARY HOURS

The new library hours are:

Monday: Closed / Tues-Fri: 11a.m.-7 p.m. / Sat and Sun: Noon-4 p.m.

Closed on Portuguese Holidays. For details, call the Library at 535-3688.

CHAPEL PRAISE SERVICE: Do you enjoy singing or have instrumental skills? Are you looking for a contemporary style? The Chapel Praise Service is looking for volunteers. If interested, contact Ria Lee Fagundes at 535-4211.

SPACE CAMP: Apply to fly! Experience the excitement of Space Exploration at Space Camp. Interested youth can contact the Youth Center at 535-1192 or drop by the Community Center, T-307.

"Leave", from page 1

10-403, Deployment Planning and Execution, in order to incorporate the waiver policy and enact the change. The estimated completion date of the AFI rewrite is summer 2010.

"We want to do what is in the best interest of our deployed Airmen," said

Community

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: I'm sorry but I have to leave now. Thanks for everything.

PORTUGUESE: Desculpa mas tenho que sair agora. Obrigado por tudo.

PRONUNCIATION: Dësh-culph, mash ten-yo keh say-ir agora obrigado poor todo.

At the Movies



7 p.m. Friday - Dear John (PG-13)

7 p.m. Saturday - Valentine's Day (PG-13)

4 p.m. Sunday - Valentine's Day (PG-13)

7 p.m. Sunday - Dear John (PG-13)

Movie times and schedule are subject to change.

Lt. Col. Susan Airola-Skully, the AFCENT personnel directorate deputy. "We are implementing this change in a logical, deliberate fashion to ensure those who meet the criteria have the opportunity to save money and spend valuable time with friends and family. It is a great opportunity to take care of Airmen especially during this Year of the Air Force Family."

"Fit family", from page 2

locations for activities and planning a variety of games and challenges.

If you implement these changes slowly and continue to make healthy choices, your family will reap the benefits: good eating habits, fit bodies and the joy of good health.

Having a healthy lifestyle - making wise food choices, being active, and have fun doing it together - as a family is an important part of overall Air Force fitness and health, and it's special part of the Year of the Air Force Family celebration. Get resources, ideas and goal-setting tools at www.usaffitfamily.com. Use the FitFamily Goal Tracker to track your progress. Register as a FitFamily and log points. Earn special certificates. And become a really fit family.

To learn more and find FitFamily events at Lajes visit the Lajes CAC

Activities sponsored by Lajes Field Youth Programs, Outdoor Recreation, Fitness Center, and HAWC

- April 10th, 0900 Family 2K Walk/Run
- April 26th, 1730 Healthy Eating and Cooking with the HAWC
- May 2nd, 1000 Family Hiking Day at Monte Brasil
- June 19th, 1000 family Bike Trip in Angra
- July 23rd, 1930 Family Aqua Fun at Base Pool
- August 27th, 1800 Back to School Bash
- September 13th, Pre-Season Healthy Holiday Cooking with the HAWC

Get the whole family in shape this year with USAF Fit Family, part of Year of the Air Force Family! The FitFamily website www.usaffitfamily.com is a resource to provide Air Force Families with tips, ideas and ways families can be more active together and lead healthier lifestyles. Web pages will include a variety of Fitness, Health and Nutrition articles; Healthy Recipes; Fitness Tips and Quizzes; opportunities for families to post their FitFamily pictures, healthy recipes and communicate ways to keep their family active.

The FitFamily program is more than just logging points and earning incentives. It's a resource for families to begin thinking about wellness and ultimately incorporate healthy habits and lifestyles in all aspects of their lives.

Get up. Get out. Get fit.