



Force Protection



Current FPCON: Alpha
Threat Level: Low

LUCI



Days remaining
until
Lajes Field's
Limited Unit
Compliance
Inspection

Weekend Weather Forecast

Friday

Mostly Cloudy
High 61
Low 52
Wind NW 10 mph



Saturday

Mostly Cloudy
High 63
Low 65
Wind NE 10 mph



Sunday

Partly Cloudy
High 61
Low 56
Wind NE 8 mph



The power of priming

By 1st Lt. Naomi Evangelista
65th Air Base Wing Public Affairs

Monday through Wednesday of last week, I joined nearly 80 other leaders from the 65th Air Base Wing for a Leadership Seminar, hosted by the 65th Mission Support Group. The seminar was led by two of the authors of the book "The 52nd Floor," Jim Parco and Dave Levy, who flew to the island to teach us about this thing we call leadership.

Question- I toss two coins in the air and only I can see the result. I truthfully tell you that one of the flipped coins is heads. What is the probability the other coin is also a heads?

The unanimous answer was one out of two. Do you agree? If you do, then you're wrong. The flipping of the coins is a "cumulative event," thus there are four options that could take place: HH, HT, TH, TT. So, since we already know one of the coins is a heads, then the probability the second coin is a heads is one out of three, the correct answer. There was much resistance to accepting this answer, and according to Dr. Parco, this example showed the "Resilience of our obstinance".

Most of the first day was spent trying to solve quizzes and puzzles like the above example to provide some insight into how our minds operate. We were shown a video of two groups of people, three on each team, one team dressed in white, the other in black. The point of the video was to count the number of times the black team

passed the basketball.

The video clip started, and we watched intently, carefully counting each pass. The clip ended, and I counted 18 passes. Dr. Parco asked if anyone counted more than 20 passes- a few hands were raised. "19 passes?" A few other hands. "18?" Same result.

"Now who saw the gorilla?" he asked. A few hands went up while the rest of us, including myself, asked, "What gorilla?" Dr. Parco re-played the video, this time focusing our attention, or "priming" us, to find the gorilla, and as conspicuous as a walking gorilla outside of the zoo can be, a man with a gorilla suit and mask walked across the screen, between the two teams passing the balls and even stopped in the middle of the play area and beat his chest before calmly proceeding off the set.

How in the world could we have missed this before? Dr. Parco had focused our attention so much on counting the number of passes between the black team that we paid attention only to that and nothing else. Leadership works in the same way- leaders prime the members of their organization to see what they want them to see. Priming shows us how complex things are but how easily manipulated we can be. And as a leader, that is the role that we have- to prime our organization to lead them in the right direction so they can focus on the right mission.

Good leadership matters. It's just like when you try to solve a maze, most people know that the easiest way

To read more on "Priming", see page 4

Lajes members adopt healthy lifestyles with "Biggest Losers"

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

The Lajes Health and Wellness Center recently released the result of a program organized to help members lose weight in a competitive and safe program called "The Biggest Loser".

More than 85 Lajes members, who decided to shed a few pound off their weight, registered for the program, hosted in March in recognition of the National Nutrition Month and was open to anyone over 18 years of age.

"We had 22 teams and 18 individuals...89 people in all," said Master Sgt. William Carter, 65th Medical Operations Squadron and the coordinator of the event. "The Biggest Loser was held and organized in a way to motivate the community to jumpstart a healthy lifestyle change, and a competition offered that opportunity."

The program ran for 30 days. According to the pro-

gram organizer, a month was chosen because a month is enough time to incorporate a new behavior into one's lifestyle.

"The way I look at it, if you can find the time to eat right and start an exercise program when a prize is on the line, then there is no reason why you can't keep it going for life," said Sergeant Carter.

On the first day of the event, many participants gathered at the HAWC to weigh in, and they received packages containing some helpful kits and a pamphlet guide to help them lose weight in a safe manner.

"I really felt a little nervous before weighing because you knew other people were depending on you," said Tech. Sgt. Kevin Lee, first-place team member with the 65th Operations Support Squadron. "It takes dedication to lose weight. There is only one way to lose weight and

To read more on "Biggest losers", see page 3



Knowledge is power and a weapon of war

By Lt. Col. David Easley
65 ABW Inspector General

I am sure that almost every Airman has learned the value of finding mentors to help guide careers and assist in the development of leadership and other professional skills. Through my 22 years of service in the USAF, I have also learned that we can be mentored by studying the great military leaders whose lives and talents are detailed in the pages of history. Though as an Airman I am drawn to study and try to follow the examples of heroes such as Eddie Rickenbacker, Ira Eaker, and John Levitow, I have long been a student of America's Civil War. One of my favorite historical mentors comes from that famous conflict.

Those who have read "The Killer Angels," seen the movie "Gettysburg," or watched the Ken Burns PBS Civil War Documentary series are undoubtedly familiar with the story of Union Lieutenant Colonel (later Major General), Joshua Lawrence Chamberlain.

Chamberlain won the Medal of Honor for leading the 20th Maine Regiment's heroic defense of Little Round Top during a key turning point in the pivotal Battle of Gettysburg. The 20th's position on that famous hill marked the extreme left of the Union's defensive line. So long as Little Round Top was in Union hands, the left of line was likely to be secure. But should the Confederates take it, they would have access to the Union rear and be able to pry the Federal army from its position. Once the Confederates held the hill, the line would have to be abandoned. It was as simple as that.

This would have cost the Union the battle, if not the entire war. Therefore, even though his regiment was at less than half authorized strength, Chamberlain was told to hold his ground "at all costs." Despite heavy losses, the 20th Maine held through three charges by multiple Confederate regiments that outnumbered the Northerners by more than 2-1. As the Confederates prepared to charge yet again, Chamberlain realized that his men were almost completely out of ammunition. This, combined with the casualties already suffered by the 20th could easily have justified abandoning the position, or even surrendering it to the enemy.

Instead, Chamberlain ordered a maneu-

ver that was considered unusual for the day. He directed his left flank, which had been pulled back to repel an earlier attack by the Confederates, to advance with bayonets. As soon as they were in line with the rest of the regiment, the remainder of the 20th charged downhill, like a great door swinging shut. This unexpected maneuver surprised and routed a good portion of the enemy force and drew unlikely victory from the very jaws of disaster.

But what can all this obscure maneuvering on a 19th Century Pennsylvania hillside teach us about how to do our jobs in the 21st Century Air Force? More intensive study of Joshua Chamberlain taught me several interesting lessons that would serve as good guidance for anyone in our Country's service.

First and most obvious was Chamberlain's devotion to duty, and his willingness to go above and beyond to fulfill the responsibilities of his mission. This is all the more remarkable in his case, because Joshua Lawrence Chamberlain was not a professional soldier. He was a college professor that volunteered to

serve his country in its hour of need, then was prepared to give (in Lincoln's famous words) the "Last Full Measure of Devotion" to his mission. He, himself, had already been lightly wounded twice during the battle. Many other leaders would have reasoned that without ammunition and after sustaining such significant casualties, his men could not be expected to continue fighting against superior odds. However, Chamberlain put devotion to the mission above all, and followed the order to hold his ground at all costs.

A second lesson to be learned from his story is the importance of being able to creatively "think outside of the box," and rapidly reassess strategies and tactics as the situation demands. Chamberlain's downhill charge from a fortified higher position went against all tactical doctrine of the day, and many would have failed to even consider it as a possible course of action. That same ability to creatively think of new and better ways to do the job is valued in our Air Force, and no improvement or innovation should ever be seen as too small or not worth considering.

Finally, one of the most important lessons I learned from studying this great leader was

"(...) One of the most important lessons I learned from studying this great leader was "It's not enough to have the will to fight, you also have to possess the skill to fight."

To read more on "Knowledge", 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



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Over 80 leaders from the 65th Air Base Wing came together for a Leadership Seminar April 5-7, held in the Top of the Rock ballroom. The seminar was led by Dr. Jim Parco and Dr. Dave Levy, two of the three authors of the book "The 52nd Floor". (Photo by Mr. Guido Melo)

"Biggest losers", from page 1

keep it off- that is to work out and eat right. You can eat anything you want at times, but in moderation. You have to be patient. The weight doesn't fall off in one day."

Another participant in the first-place team, Capt. Rebecca Weyant, 65 OSS, said due to work schedules and responsibilities, they were not able to work together as a team regularly, despite that they pushed one another

In addition to exercising, Sergeant Lee said he personally went on a 2000-2500-calories-a-day diet.

"Most days I ate between 2000 and 2200 calories. I watched what I ate; made sure I hit food groups respectfully and didn't go overboard on cheat days. I made sure I ate breakfast every morning. I also tried to drink two big bottles of water daily (three liters)," Sergeant Miller said.

Captain Weyant added that they all learned a unique lesson from the competition.



From left to right:
Tony Collins, Individual award / Rebecca Weyant, Team award / Dawn McBride-Smith, Team award / Jaimie Miller, Team award / Kevin Lee, Team award.

along the way anytime they had the chance.

"We encouraged each other and helped monitor what each other was eating at lunch," she said. "We had fun with it though, which is important."

Master Sgt. Dawn McBride-Smith, another member of the 65 OSS team, also echoed Captain Weyant's comment. "When we went to lunch with each other, we would comment on what the other was eating or what we thought they were going to eat. Like, "You're going to eat all that bread, with butter too?"

"I definitely feel I benefitted from this experience, with the teamwork, keeping each other in line with the eating. We worked together as a team, lost weight, and had fun doing it," added Sergeant McBride-Smith.

After a month, the participants came back for their final weigh in. The winner was selected based on percentage of weight lost. According to Staff Sgt. Corrine Stewart, one of the HAWC Biggest Loser officials, more than 200 pounds were lost in the overall competition.

Some of them shared how they lost weight to emerge the winner of the competition.

"I cut down on carbs, stopped eating fried foods and deserts," said Tech. Sgt. Jamie Miller, 65 OSS. "I also worked out at the gym at least four days a week... lots of cardio on the treadmill."

"First and foremost, we learned that we can all achieve our individual goals if we put our mind to it. Each person loses weight in his or her own way; you just have to find what works for you and stick to it," Captain Weyant said.

Here are the winners and their categories. Percentages in parentheses represent the percentage of weight loss.

Individual Category:

- 1st-place - Tony Collins (3.87%)
- 2nd-place - Kendria Camp (2.82%)
- 3rd-place - Shimica Barker (2.63%)

Team Category:

- 1st -place
TEAM MEMBERS: Rebecca Weyant, Jaimie Miller, Dawn McBride-Smith and Kevin Lee (4.22%)
- 2nd - place
TEAM MEMBERS: Laura Salas-Tobia and Christina Gleason (4.02%)
- 3rd -place
TEAM MEMBERS: Jodie Parker, Donna Posey, Chris Lowry & Liz Bland (2.7%)



Mark your calendar



CAREER DEVELOPMENT SEMINAR CGOC presents a career development seminar Friday, April 23 at 3 p.m. in the TORC ballroom. The purpose of the seminar is to provide professional advice to CGO's in the area of mentoring Airman, operating a cohesive flight or squadron and preparing a PRF among other things. Scheduled speakers are Lt. Col.

Bloker, Lt. Col. Jones, Lt. Col. McCann and Major Metzger. All CGO's are invited.

SUM DINNER: The next Single Unaccompanied Members dinner will be hosted by the Civil Engineer Squadron on Thursday, April 29 at 5:30 p.m. in the chapel. For more information, call (Ch, Capt) Ismael Rodriguez at 535-4211.

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.

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."

COMMUNITY FAIR: To celebrate the "Year of the Air Force Family" and provide the best possible service to the Lajes community, the Integrated Delivery System (IDS) will hold a Community Fair, Friday, April 30 in the Fitness Center Basketball Court from 2-5 p.m. Representatives from A&FRC, SARC, Public Health, Family Advocacy, and Education Office (to name a few) will be there. This is a family event so please come out and support! For more information contact MSgt Carter or SSgt Stewart, HAWC, 535-1293/1035.

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.

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.

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.

"Priming", from page 1

to solve the maze is to start from the end and go backwards to find the start. In the same way, leaders get to write the last chapter- they envision the end product and create the plan to get there. But the question is, can you become the leader your organization needs?

Just like the gorilla video and numerous other examples given to the seminar attendees proved, we all see the same data but we see what we want to see and what we think others want us to see.

On the second day of the seminar, Dr. Levy led the group through what he called an adaptive leadership exercise. This exercise looked at a myriad of different aspects of the persona including "The Controller," "The Skeptic," "The Damaged Self," "The Fixer," "The Boss's Nightmare," "The Perfect Employee," and "The Seeking Mind." There were over fifteen of

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: I would like to order a... (coffee, meia de leite, etc.)

PORTUGUESE: Gostaria de pedir um... (café, meia de leite, etc.)

PRONUNCIATION: Go-shta-rhea de padeer um... (kay-fay, maya de late, etc.)

At the Movies



7 p.m. Friday - Percy Jackson and the Olympians: The Lightning Thief (PG)

7 p.m. Saturday - Cop Out (R)

4 p.m. Sunday - Percy Jackson and the Olympians: The Lightning Thief (PG)

7 p.m. Sunday - Cop Out (R)

Movie times and schedule are subject to change.

these shared characteristics that make up who we are. The doctor skillfully weaved all of these qualities to create "The Perfect Leader". The perfect leader is that which transcends and balances all perspectives and uses each unique characteristic as a tool to help the organization.

Dr. Levy precisely summarized this when he said, "When it comes to leadership, it's all about levels. As a leader, it's your job to bring everything together." As a leader, we need to be in touch with all of our sides and be able to pull different levers at different times.

Leaders must discover and embrace the role and impact he or she has in the success of the organization, appreciate what everyone brings to the table and become the great leader the organization needs through deep thought, reflection and going forward.

So I leave you with a final question to ponder. Can you become the leader your organization needs?

"Knowledge", from page 2

"It's not enough to have the will to fight, you also have to possess the skill to fight." The 20th Maine was only in the position to make its famous charge because Chamberlain had successfully resisted the previous assaults. The defense of his position would have been impossible if not for the fact that its Commander had continuously re-deployed his men while under fire with a series of textbook tactical maneuvers. He is particularly praised for ordering his unit to perform a relatively obscure maneuver known as "refusing the line," rather than the far better-known "change front." But how did a university professor who had never been to West Point or received much in the way of formal military training become an expert on battlefield maneuvers? Quite simply, he had made it his business to do so.

Chamberlain had originally been offered Command of the Regiment some two years earlier. However, knowing he was not prepared for the job, he turned it down in order to better learn the intricacies of soldiering under a more skilled mentor. Then he went out of his way to seek instruction from more experienced soldiers, as well as spend his off-duty time studying manuals and other textbooks in order to become an expert at his job. He continuously exceeded the required formal training for his position, and did so on his own initiative. Then when he finally assumed command and in an hour of great need, Chamberlain was able to skillfully perform his duty.

We never know when or if our country will ever require us to take charge in a situation as dramatic as that faced by Joshua Chamberlain. But if we study the great leaders of our military past and learn the lessons taught us by their examples and sacrifices, we will be that much better prepared should that day ever arrive.