



## 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 57  
Wind W 10 mph



### Saturday

Mostly Cloudy  
High 63  
Low 65  
Wind NE 10 mph



### Sunday

Partly Cloudy  
High 61  
Low 56  
Wind NE 8 mph



## Lajes releases Water Quality Report

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

As part of the steps taken here to ensure the Lajes water system is safe for consumption, the 65th Medical Group and 65th Civil Engineer Squadron's Environmental units recently released the result of the 2010 Water Quality Report.

The report, which is completed annually with the Consumer Confidence Report, is used to educate base personnel about their water system and ensure we are notifying the base of any potential issues.

"There are significant improvements in this year's report," said Staff Sgt. Brent Jnofinn, 65th Medical Operations Squadron. "This year we had no confirmed positive bacteriological samples, which is very impressive."

Sergeant Jnofinn said his unit conducts a monthly bacteriological, pH and chlorine residual testing on Lajes' water.

Bioenvironmental also monitors other parameters such as lead and copper, asbestos, pesticides, nitrates, radiological contamination, and chemical quality to en-

sure the water is safe for consumption.

Some of the findings in this year's report were elevated levels of lead in the water at the DoDD school. Immediate action was taken to mitigate risks to children. Experts identified that there was no immediate health hazards to anyone who consumed the water because of the small amount of water consumed from those water taps.

"After Bioenvironmental and Civil Engineering was notified of this report, we worked to minimize any potential exposures by shutting off elevated lead taps and placing Granular Activated Carbon Filters on each of them to help minimize exposures," Sergeant Jnofinn said.

The entire team at Lajes (including Bio-environmental and the 65th CES) is fully dedicated to ensuring the potable water here at Lajes is of the best quality," Sergeant Jnofinn said. "Our 'nano' filtration unit will be maintained at the utmost level, and our water sampling and analysis will continue to be the best possible."

Base members can find the 2010 Water Quality Report by visiting [www.lajes.af.mil](http://www.lajes.af.mil).



## Air Force changes uniform policy

Air Force officials recently released changes to the Air Force uniform policy. Some of these changes will be updated in AFI 36-2903. The following changes are made to the policy.

(1) In part: "Utility uniform (applies to ABUs, BDUs, and DCUs) effective immediately, tucking the ABUs/BDUs trousers into the boots will remain optional versus becoming mandatory on 1 October 2010. When tucked in or bloused, the trouser must be evenly bloused (gathered in and draped loosely) over the top of the combat boot and must present a bloused appearance.

(2) Effective immediately, the wear of the green fleece watch cap is approved for wear.

The green fleece watch cap is approved for wear with: all purpose environmental clothing system (APECs), improved rain suit (IRS), cold weather parka, sage green fleece (for officers, can only be worn with sage green fleece when fleece has name/rank/service designator tapes affixed), and the physical training uniform (PTU).

(3) Effective immediately, for officers, the green knit watch cap, the green fleece watch cap and the black knit watch cap are only authorized for wear with the sage

green fleece that has velcro name/rank/service designator tapes affixed. Appropriate velcro name/rank/service designator tapes are now readily available for order through AAFES MCSS. Other cold weather items authorized remain unchanged; they are: black or sage green leather, suede or knit gloves; black scarves that are tucked in; black earmuffs.

Although wear of the sage green fleece without name/rank/service designator tapes is approved until Oct. 1, 2010, we highly encourage all Airmen to affix the name/rank/service designator tapes as soon as possible. As a reminder, the sage green fleece without name/rank/service designator tapes will continue to be authorized as a liner for the APECs. The black fleece will no longer be authorized for wear as an APECs liner effective Oct. 1.

(4) Effective immediately, the side-slit mess dress skirt will remain an optional item. The A-line skirt is currently available in AAFES MCSS and the side-slit skirt is available in AAFES MCSS through special order. Any questions should be addressed through your chain of command or by calling AFPC contact 800-525-0102/DSN 665-5000.



# Farewell

By Col. Rod Dorsey  
Outgoing 65 MSG commander

It's funny that as much as we move around in the military, we never really get any better at saying good-bye. After all, practice is supposed to make perfect. I suppose that the problem remains that although we become adept at settling into a new place, we then proceed to make good friends, find our favorite restaurants and create stability in our lives until the next move. Well, this move has been no different for us.

We moved into a house we love, made excellent friends and our boys have flourished in the Lajes School. We have much for which to be grateful and we knew coming here that it would only be two years. Two years seems like a long time when you get here but in the rear-view mirror it looks like a flash in the pan. There are a great many things that I will miss when we leave but I'll try and run down just a few.

**PEOPLE!** Any of you who have attended my newcomer's briefing may recall that I spend a few minutes talking about the "small unit environment." When I first came in the Air Force there were hundreds of units that could have been described as "small." They were normally in remote and isolated areas near a larger city, had anywhere from 200-500 military and had a family feel to them.

Lajes is just such a place. It is so pleasant to know all the kids playing on your street by name, being able to knock on most any door to borrow this or that, and to enjoy spontaneous social gatherings and walk home when it's done. As well, I've been overwhelmed by the generosity of the local nationals in opening up their homes and offering their friendship with such reckless abandon - Lajes is my fifth assignment in Europe and I've never seen anything like it. So yes, I will definitely miss the people. But there is so much more to this assignment.

**THE ISLAND'S BEAUTY!** They don't call it Hawaireland for nothing - it is a perfect

## If you want to be a winner, associate with winners

By Maj. Dana Metzger  
65 SFS commander

As Team Lajes prepares to tackle a demanding Limited Unit Compliance Inspection this May, many of you have probably noticed a dramatic increase in the number of base and squadron level exercises, checklist inspections and basewide recalls happening around you. And for a good portion of you, I bet when that phone rings at 4:30 a.m. for a recall, you don't jump out of bed all excited about the possibilities of conducting training or rehashing the training you just completed last week all over again.

For a lot of people, training, especially com-

blend of sea and wood, postcard swimming holes and fascinating caves. The respect and care with which the locals regard the island is infectious and the opportunities to share in its splendor are there for everyone to enjoy. I've been particularly challenged and motivated to learn all I could about the environmental aspects of living on a self-contained piece of rock in the middle of an ocean. Add to this the amazing port cities, the Castelo de João Baptista, the statue of St. Mary, the new boardwalk in Praia da Vitoria and Terceira is truly a gem. At times it is amazing to think that the island is only 11 by 18 miles - it certainly "lives" bigger than that.

**MISSION!** The mission here was as far from my background as I could have imagined. And Lajes' mission is different yet - no assigned aircraft but we have a small fleet of boats, a hybrid command control structure, the only single engine divert runway in the mid-Atlantic, second largest POL storage in the Air Force - what had I gotten myself into? To put it succinctly - it has been more fun than I could have imagined.

We provide world class service to Airmen, Soldiers, Sailors and Marines supporting the fight, we are a vital pivot point supporting foreign military sales and we have the capacity to feed sorties deep into Europe and Africa with a gifted crew of Transient Alert/Maintainers who can service and fix anything. And if that isn't enough, we have the communications capabilities to back it all up and then some.

"Boring" is not a word that readily jumps to mind when I think about all of what we do here at Lajes. And supporting that mission is a gold-standard services and personnel network, education, Airman Leadership School and continuing education. No one ever need use the word bored here!

Thank you all for making our time at Lajes amazing - both on and off duty. It is a chapter of our military story that we will cherish and we have you to thank for that - Até Logo!

bat training, is viewed as a burden, extra time away from their computer terminal, primary workspace, put into an environment some place outside of their comfort zone doing something they think they will never have to do in the real world. But I beg to differ.

Training is a major military component. A squadron's efficiency and effectiveness are directly related to the amount and quality of training it provides. Training not only improves productivity but also reduces liability. Training ensures that all levels of the force structure have the necessary skills to perform well, making the leadership's job that much easier.

To read more on "Winners", 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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Col. Peggy Poore, 65th Air Base Wing commander, briefs during the "Franklin D. Roosevelt Azorean Forum" attended by the base and Portuguese leadership at the Portuguese Officers Club April 15. (Photo by Guido Melo)



Tech. Sgt. Kimberly Thompson and Staff Sgt. Kendria Camp participated in a fashion show Saturday that was part of a "Help Haiti" goodwill event. The event, which was held in the Terceira Mar Hotel in Angra do Herosimo and hosted by the Portuguese Red Cross, raised over 900 Euros that will be donated to the victims of the devastating earthquake in Haiti. (Photo by 1st Lt. Naomi Evangelista)



SrA Tyisha Duplantis, 65th Medical Operations Squadron, Ambulance Services, reads the biography of an individual affected by the Holocaust as a candle is lit during the Holocaust Remembrance Day held at the base chapel April 15. (Photo by Tech Sgt. Rebecca F. Corey)

## Lajes Earth Day April 22, 2010

This year Earth Day is celebrating 40 years. Earth Day is a great opportunity to build a safer, healthier and cleaner environment now and for the future. Over one billion people in 190 countries take action for Earth Day so lets also do our part.

To the right is the official 2010 Lajes Earth Day Poster. The poster was made by students of the Lajes DoDD school. Their names are: Sherell McIver, Andrew Suarez, Destinee Merkison, Chris Brooks, Hailey Castro, Alyssa Neissen, Chris Cousino, Kaitlin Cruz and Layne McDonald.





## Mark your calendar



**COMMUNITY FAIR April 30:** 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, 30 Apr 10, Fitness Center B-Ball Court, from 1400-1700. Representatives from A&FRC, SARC,

Public Health, Family Advocacy, and Education Office (to name a few) will be there. For more information contact MSgt Carter or SSgt Stewart, HAWC, 535-1293/1035.

**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.

**BULLFIGHT FESTIVAL:** There will be a bullfight festival in the Angra bullring April 23 at 8:30 p.m. The bullfight proceeds will go to the victims of the Dec. 15 storm in the town of Agualva to help them cope with their losses. Price of tickets varies between 10 and 100 Euros.

**MEMORIES OF A CROSSROADS:** The Angra Museum will exhibit an exposition of World War II artifacts through June 13. The exposition titled "Memories of a Crossroads" shows the presence of the British and U.S. forces on Terceira Island during WWII and includes photos, maps, newspapers, weapons of that time as well as other documents that illustrate the geostrategic importance of the Azores.

**HALF MARATHON RUN/WALK:** There will be a half-marathon and walk between the towns of Serreta and São Mateus on May 1. The run starts at 10 a.m. with sign up starting at 9 a.m. Participants must be 19 years old or older and must sign in by April 28. There will also be a three Euro fee to participate. Call Senhor João Valadao at 918 155 559 for further information.

**AIR FORCE SERGEANTS ASSOCIATION (AFSA) MEETING:** The next AFSA meeting is scheduled for Friday, 30 April 2010 at 3:30 p.m. in the TORC Dining Room. For questions regarding AFSA, please contact the President, Master Sgt. Tyrone A. McDougald at 535-6844.

**RUNNING TRACK OFF LIMITS UNTIL SEPT. 22:** Please be aware that the running track IS off-limits from 8 a.m. - 5 p.m. until Sept. 22 due to projects underway to improve the track. If you have any questions, please contact Mr. Agostinho Silva at 535-5151.

**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.

**FITNESS CENTER WATER OUTAGE:** There will be water outage at the Fitness Center April 29. The fitness center will remain open for normal operating hours during this water outage.

**AFSA MEETING APRIL 30:** The next AFAS meeting is Friday, April 30 at 3:30 p.m. in the TORC dining room. If you have any questions regarding AFSA, contact the President, MSgt Tyrone McDougald at 535-6844.

**FOREIGN LANGUAGE ASSESSMENT:** It is mandatory for all Airmen to update their Foreign Language Self Assessment on the Education and Training page of vMPF, even for those with no foreign language skills. Civilian personnel are encouraged to self-identify language skills in MyBIZ regardless of whether their positions require those skills. Demonstrated proficiency in certain languages can earn you up to \$1000 per month.

### "Winners", from page 2

For new recruits, training reduces the time they need to reach an acceptable performance level. Training also tells the Airmen that the leadership is interested in their welfare and development.

On the job training, will generally be the primary method used for broadening Airmen skills and increasing productivity. It is particularly appropriate for developing proficiency skills unique to an Airmen's job. Training and also enabling learning and personal development is essential for the squadron. It helps improve quality, customer

## Phrase of the Week A LESSON IN PORTUGUESE



**ENGLISH:** I am sorry, you have the wrong number.

**PORTUGUESE:** Lamento ligou para o número errado.

**PRONUNCIATION:** La-men-tu le-go par-a ou new-marh-o ear-rha-dew.

## At the Movies



**7 p.m. Friday** - The Crazies (R)

**7 p.m. Saturday** - Shutter Island (R)

**4 p.m. Sunday** - The Crazies (R)

**7 p.m. Sunday** - Shutter Island (R)

Movie times and schedule are subject to change.

satisfaction, productivity, morale, leadership succession, mission development and survivability. On the job training has often been cited as one of the most important responsibilities in any squadron. Training serves four basic objectives:

- Well-trained personnel are better prepared to act decisively and correctly.
- Training results in greater productivity and effectiveness.
- Training nourishes cooperation and unity of purpose.
- Provides safeguards for being legally accountable for actions of personnel.

When it comes to training, physical skills are best performed when they are so ingrained they become subconscious. The subconscious is learned by seeing and by doing. Ever teach a kid to ride a bicycle? You don't say, "Here's a book on how to ride a bike." You teach by showing how it's done, then letting them try it. We see what we want done, and by repetition train the neural paths controlling the muscles until it becomes a subconscious skill.

Here's the thing about mental images - we don't recognize negatives. The mind accepts whatever it sees or whatever pictures you compose for it. Suppose I tell you to think of a purple monkey in a tree eating green bananas. Or I do the opposite and say, whatever you do, don't think of a purple monkey in a tree eating green bananas. In either case the mental picture is the same.

We might watch someone train and at a conscious level decide "good" or "bad" but the subconscious just watches. It pictures whatever it sees or whatever mental image we present to it. How many golfers have thought, "I don't want to screw up. I don't want to slice my drive into the lake."

The subconscious doesn't get the "don't" part. So we go to the tee with the image of failure firmly pictured in our mind, and the subconscious obediently carries out the steps required to hit the dreaded slice.

If you're going to train, may as well watch the top Airmen and instructors who are really the best at their job. Top Airmen think differently in a lot of ways. Average Airmen train at things they are already good at, doing things they like over and over. Top Airmen work on things they still have to learn. Average Airmen think, "I can't do that." Top Airmen think, "I can learn to do that."

Average Airmen want to pack up and go home when weather conditions get tough. Top Airmen think, here's an opportunity to see how well I can learn and survive in the heat, or the cold, or the rain. When bad conditions occur in a situation, and they will, top Airmen know they've done it before.

Top Airmen don't make excuses. Average Airmen have their excuses made before the contest even begins. In training, in golf, or in life, if you want to be a winner, associate with winners.