



Force Protection



Current FPCON: Alpha
Threat Level: Low

LUCI



Days remaining
until
Lajes Field's
Limited Unit
Compliance
Inspection

Weekend Weather Forecast

Friday

Light Rain

High 65

Low 57

Wind E 12 mph



Saturday

Light Rain

High 64

Low 57

Wind NE 14 mph



Sunday

Partly Cloudy

High 62

Low 56

Wind N 16 mph



May is Asian Pacific American Heritage Month

By Maj. Angela Carlington
APAHM committee member

May is Asian Pacific American Heritage Month. Just as we celebrate the rich history and contributions of our African-American, Latino, and Native American brothers and sisters, so too should we recognize, appreciate, and celebrate the vibrant and diverse culture of Asian Americans.

May was selected for recognition because two significant events in history took place in that month: Japanese immigrants first arrived in the United States on May 7, 1843, and the transcontinental railroad was completed on May 10, 1869.

On Oct. 2, 1978, President Jimmy Carter signed the

Joint Resolution, and the first Asian Pacific American Heritage Week was celebrated in May 1979. In 1992, the week was expanded to a month-long recognition when President George Bush signed the law permanently designating May of each year as APAHM.

Asian Americans and non-Asians usually celebrate by eating at Asian restaurants or attending one of the numerous APA Heritage festivals or parades organized each May by Asian American community organizations, there they can taste the different foods from various Asian countries, watch cultural performances, and learn more about Asian American history and culture. We plan to continue the tradition here at Lajes.

Please come join us!

Asian Pacific American Heritage Month events:

May 1, - Library Cultural Display began
May 3, - Drawing Contest began
May 7, - Taste of Asia - 1130 - Base Chapel
May 12, - Thai Cooking Demonstration
1800 - Base Chapel
May 13, - Story Telling -1500 - Base Library
May 14, - Drawing Contest Ends

May 14, - 5k Fun Run - 0715 -Base Gym
May 20, - Story Telling - 1500 - Base Library
May 27, - Story Telling - 1500 - Base Library
May 27, - SUM Dinner - 1730 - Base Chapel
May 29, - Grand Finale - 1300 - Community
Activity Center (CAC)
May 31, - Library Cultural Display Ends

Social networking sites available at Lajes Field

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

Lajes Field, along with all other bases under the United States Air Forces in Europe (USAFE) major command and other commands from around the Air Force, will be given access to 30 social networking sites, such as Facebook, YouTube, Twitter, and MySpace on approximately May 10th.

This implementation was the result of a Department of Defense (DoD)-wide initiative that started Feb. 25 with the issuance of Directive-Type Memorandum (DTM) 09-26, "Responsible and Effective Use of Internet-based Capabilities" in an effort to create access to an increasingly important means of communication and collaboration.

But what does this mean for you and me? It means an opportunity to enhance our professional links with fellow Airmen, commanders, co-workers and families. It means yet another possible positive outlet to tell our unique and exciting Air Force story to the rest of the world. It means staying engaged with the new generation and more effectively communicating to this day and age's population.

However, while the amount of gleaming opportunities this initiative creates is countless, we must be aware

of the possible negative implications this initiative also brings. Air Force personnel need to remain cautious of what information they post as well as how much time is spent posting content, because as anyone who regularly uses Facebook, blogs or any other social media medium knows, social networking sites have a magical ability to suck you into an entirely new realm where it's difficult not to lose track of time.

While the utility of these applications is obvious for Public Affairs and the Force Support Squadron, there are limitless applications for all Airmen to use these social networking sites.

The key to remember is that while new media can be a positive tool to assist in personal and business communications, we must not forget that our mission has not changed and we are still responsible for accomplishing that mission and getting our work done.

This means that, just like with emails and telephone calls, the intent of these tools are to be used primarily for official use and only LIMITED personal use. Limited personal use must be of reasonable duration and frequency that do not adversely affect performance of official duties. Moreover, it is the commanders' and first-line supervisors'

To read more on "Social media", see page 4



The 3 C's challenge

By Lt. Col. Teresa-Ann Jones
65th Medical Support Squadron
Commander

It's PCS season and while it is exciting to welcome new people to Lajes, we unfortunately are also saying good-bye to those moving on to their next adventure. One of the things I ask personnel to do before they out-process with me is to reflect on their time at Lajes and think about all the things they have accomplished both professionally and personally. I ask them to think about things they wish they would have known early in the assignment to make the job easier, processes that can be improved, things they never got around to doing, and things they wish they would have done differently. Most importantly, I ask them if they met all the goals they had set for themselves and their family when they first arrived on station.

Stop, rewind, let's go back to the beginning of the tour. So, one of the things I discuss at the Medical Group Newcomer's Orientation is what I call the "3 Cs Challenge." I challenge you to leave this place better than you found it, and as a better person. That's the overall challenge, and it is broken down into three main areas.

The first "C" is for Continuity. Everyone is required to complete a self-inspection within 60 days of arrival on the programs in your

area of responsibility. After that, you'll know your target areas to focus on improving. Take a look at the continuity binders (or create some) and ensure they are current with the latest references, are relevant, and complete. What are the upcoming inspections or staff assistance visits? What programs have metrics that your chain of command is tracking? What training do you need to accomplish, especially if some of these programs are new to you? What are your responsibilities as a supervisor, or a flight leader? All of these answers need to be folded into your professional game-plan for your tour here, keeping in mind the challenge is to leave your duty section better than you found it.

The second "Cs" are for Customer Service and Character. I know everyone has been through some kind of customer service training for skills such as presenting a professional appearance, telephone etiquette, conflict resolution, and many other similar topics, but at Lajes we promote extending customer service past the duty section. We are all ambassadors and representatives of the Air Force on-duty and off-duty, and you will be surprised where you will run into people. It is all about going the extra step...or mile. Character refers to being a guest in a foreign country, never being the "ugly American." We

To read more on "Challenge", see page 4

The HAWC and me

By Chaplain (Lt. Col.) William Bartoul
65th Air Base Wing Chaplain

After I turned 40 years old, I noticed that my weight wasn't as easy to control as when I was younger. For some mysterious reason, my body decided, on its own, that "storage" was necessary.

Evidently, after 40, a man's body begins to anticipate famine and deficiency by stowing away necessary nutrients in a format we commonly call "Fat."

After a few years, slowly so as not to attract my attention, my love-handles and my washboard abs were swelling to the shape of a spare tire and potbelly. This physical conspiracy had to stop and only I could do the stopping. It was then that I turned to the famous combo "D & E" ...Diet & Exercise.

Over the next several years (15 is probably closer to the truth), I tried various self-designed and fad diets. I tried everything from the "Grapefruit Diet" to the "Atkins Plan." Oh, let's not forget the ever famous "Amazing Banana Diet." I tried the vitamin supplements and the vegan plan. I became fond of step aerobics and racquetball. Unfortunately, the more I exercised, the more I thought I needed "fuel" to continue exercising. After all, I didn't want to get run down and maybe get ill because then I wouldn't be able to exercise which justified my eating. Needless to say,

this lifestyle wasn't working.

When I came to Lajes Field, I decided to ask the experts. It sounds logical and overdue, "Ask the Experts." Unfortunately, it also sounds like "I couldn't take care of myself," "I had no self-discipline, no self-control," and that "I couldn't fix me." It was tough but I got past these ideas.

Master Sgt. Will Carter (nutrition) and Senior Ricky Baptista (exercise) were my go-to experts. They're at the Health and Wellness Center, here at Lajes. First I made an appointment with Sergeant Carter. I told him how much weight I wanted to lose and the time in which I wanted to lose it. He said that I needed to tweak my expectations a little and proceeded to explain the "Why for's" to me. What he said made sense. Knowing my anxiousness, he maxed what he could do for me while maintaining good healthy practices. He designed a detailed diet for me; breakfast, lunch, and dinner items with detailed amounts. The detailed amounts afforded me the flexibility to substitute and rearrange (for those social commitments that weren't designed to meet my diet). He gave me a two week regimen.

Ricky Baptista was my next stop. I told him about my meeting with Sergeant Carter and shared with him my personal goals. I told him

To read more on "HAWC", 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
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. Brian Witt, 65th Medical Group Commander, congratulates Master Sgt. Dominic Dumbra, 65th Medical Group first sergeant, at his Senior Noncommissioned Officer Academy graduation April 29 in Montgomery, Al. (Courtesy photo)



Col. Peggy Poore, 65th Air Base Wing Commander, discusses the upcoming UCI with Lajes Field members on April 23. The briefing was held to encourage and offer words of advice about the UCI that begins May 17. (Photo by Guido Melo)



Staff Sgt. Kenny Moore, 65 Medical Support Squadron, and Senior Airman Valerie Kalkwarf, 65 Civil Engineer Squadron, receive the Unsung Hero Award for April. The Unsung Hero Award recognizes one Airman and one NCO each month that have demonstrated outstanding achievement towards mission accomplishment and exemplify "Service Before Self". (Courtesy photo)



Tech. Sgt. Michael Millhouse, 65th Logistics Support Squadron, was one of several winners from around the Air Force of a \$1000 AAFES gift certificate from an AAFES drawing April 29. (Photo by Tech. Sgt. Rebecca F. Corey)



Mickiah Johnson, Room 3 Program Assistant, aids children from room 3 as they plant flowers in honor of Earth Day on April 23. (Photo by Mr. Clayton Corey)



Mark your calendar

POWER/WATER OUTAGE: Please see below for upcoming power and water outages. Contact Jose Barbosa at 535-6517 if you have any questions or concerns.

Saturday, May 8: T-146 (Education Center) POWER OUTAGE from 9 a.m. - 12 p.m.

Saturday, May 8: T-209 (CDC) WATER OUTAGE from 8:30 a.m. - 4:30 p.m.

Saturday, May 15: T-588 (Dental Clinic) WATER OUTAGE from 8:30 a.m. - 4:30 p.m.

SUBWAY TEMPORARY CLOSURE: Subway will be closed temporarily May 10-22 for installation of a new sprinkler system. The store will reopen Sunday, May 23. If you have any questions, contact Subway at 295-543-324.

USO TOUR May 16: Lajes Field welcomes Jason Lewis and Shiri Appleby May 16 from 2:30 - 4:30 p.m. in the CAC ballroom. Jason Lewis is a top fashion model turned actor best known for his performance in "Sex and the City" and Shiri Appleby is a TV actress best known in the CW drama "Life Unexpected" but also starred in "Charlie Wilson's War" and "Swimfan". Doors open at 2 p.m. There will be a meet and greet with the two celebrities and all families are invited to attend. Don't forget your camera!

PRAIA BICYCLE TRIP MAY 8: A bicycle trip from Angra to Praia, sponsored by Baia Club/Fitness and SPA is scheduled for May 8 at 9 a.m. starting in Angra. If you have a bicycle and would like to participate and get to see the Island in a different perspective, this is the event for you. The rally/starting point is at Baia Club in Angra at 9 a.m. To sign up, email geral@baiaclub.com.

SCHOOL CARNIVAL MAY 7: A carnival, called the Falcon Fiesta, will be held at the school on Friday, May 7 from 5:30 to 7:30 p.m. There will be food, games, and fun.

BULLFIGHT FESTIVAL: There will be a bullfight festival (street bullfight type) in the Angra bullring May 8 at 6 p.m. The festival will feature local and Spanish amateur bull teasers, (not the regular matadors or horsemen). Tickets for the festival can be purchased at the Império Bonança Insurance Office located in the main street of Praia, or at the door two hours before the show.

"Social Media", from page 2

responsibility to closely monitor usage of these sites to ensure these assets are being utilized in the proper manner.

All members of the Air Force must abide by certain restrictions to ensure good order and discipline when engaging with social media sites. Air Force Instruction (AFI) 35-113, Internal information, Chapter 15: Social Media is the operating instruction created to provide all Air Force personnel using social media and Internet-based capability sites guidance on the usage of these tools.

Additionally, Airmen must practice extreme caution to ensure they avoid posting critical information that provides adversaries with indications of military activities, intentions, capabilities or limitations. Airmen must remain vigilant to practice operational security measures to protect the Air Force network, mission and people.

When it comes down to it, the DoD's embracing of new media is evidence of the respect they have for the rights of Airmen to use these tools as a medium of self-expression and communication. Let's make sure we are responsible stewards of this new capability.

"Challenge", from page 2

have a great reputation on this base and on this island, and your challenge is to do your part to enforce and maintain that.

The last "Cs" are for Community and Culture. In the same manner that you set a professional game-plan for yourself, you should construct personal goals for yourself and your family. There are endless things to choose from. Learn something: take a class at Arts & Crafts, learn to speak Portuguese, learn to scuba dive or ride a motorcycle, be a tax advisor. Get involved: join the hiking club, join an association, take a tour, go to chapel services, go to aerobics/spin class. Volunteer: be a coach, be a mentor, lead a cause, wash a car, bake some cookies...and share them. Finish

Community

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: Where is the public restroom?

PORTUGUESE: Onde fica a casa de banho?

PRONUNCIATION: Onda fee-ka ah cah-zah de ban-yo?

BULLFIGHT SCHEDULE

8 May 6:30 p.m. Paúl (area next to South Tank Farm), Praia da Vitória
9 May 6:30 p.m. Paúl, Praia da Vitória
10 May 6:30 p.m. Canada de Belém, Terra Chã



At the Movies

9 p.m. Friday - Our Family Wedding (PG-13)

7 p.m. Saturday - Remember Me (PG-13)

4 p.m. Sunday - Our Family Wedding (PG-13)

7 p.m. Sunday - She's Out of My League (R)

Movie times and schedule are subject to change.



your education: take a class on-line, get a professional certification, finish your Professional Military Education, read all the books on the Chief of Staff reading list. Travel: visit each of the islands, use the rotators, go to Europe, use your leave. Set some goals: maybe you want to visit all the "Impérios" on this island (Chief Hagadorn has them catalogued), maybe you want to run a marathon, maybe you want to have a family picnic every Saturday, or eat at a different restaurant each time you go out (Maj Bader, we need to kick-start that "Restaurant Club" idea). I could go on and on, but the point is to decide what is important to you and your family and just do it.

You've heard it before, but the key is balance. Every one of us wears many hats -- make sure you make the time to actually wear all of them. Also, Lajes is (surprisingly) a busy, busy base. It is easy to get sidetracked with the day-to-day duties or even the fires of the moment, but don't forget to take some time to periodically reflect on your progress. Your tour will be over before you know it and you will be asked at your out-processing appointments, "Did you meet your own professional and personal goals? Why not?"

"HAWC", from page 2

that I needed an exercise program that would keep pace with my new diet. I've seen some people who lost weight quickly and didn't exercise; their skin and muscle tone were loose and flabby. Knowing that I attended the Spinning Class every Monday, Wednesday, and Friday at 7:15 a.m., Sr. Baptista put together a routine for me to do each evening, Monday-Friday. It included a sequence of exercises: 12 stretches, six strength, and 45 minutes-one hour cardio. He told me that my personal goal may not be realized since I would be building some muscle mass (muscles weighs more than fat). I could actually be losing inches while staying at the same weight. To date, three months later, I've lost 20 pounds and five inches...and I'm healthy.

The pounds and inches are the visible, outward sign or reward of something more important. I'm learning self-discipline and self-control. With the help of the experts, I'm fixing a broken me. While my exterior is decreasing, my interior (attitudes and self-image) are increasing. The HAWC didn't just supply me with physical routines. They gave me the tools to enhance my character to be a better me. For all those bodies in the "storage" mode, I recommend the HAWC.