



Force Protection



Current FPCON: Alpha
Threat Level: Low

In this Issue

- *Motorcycle lessons*

- *June Fitness Month*

—page 2

- *HAAZ change of command*

- *Volleyball Base Team*

—page 3

Mark your Calendar:

- *Steps contest*

- *Voluntary separation pay*

—page 4

Weekend Weather Forecast

Friday

Partly Cloudy

High 69

Low 63

Wind SSE 5 mph



Saturday

Partly Cloudy

High 69

Low 63

Wind ESE 5 mph



Sunday

Partly Cloudy

High 67

Low 62

Wind S 10 mph



AF gives some incentive to score over 90 on the new PT test

Based upon service-wide feedback, Airmen who earn an "excellent" on the new fitness test will now only have to test once

a year according to a new revision in the Air Force Fitness Program.

"We believe this will recognize fitness excellence and serve as an incentive for more Airmen to improve their fitness," said Col. Joan Garbutt, the chief of military force policy division.

The revision, which takes effect the same day the new program kicks-off on July 1, allows those Airmen who test in all four components of the test and receive an overall score of 90 or better to test only once a year.

The four components of the new fitness test include a 1.5-mile timed run, abdominal circumference, push-ups and sit-ups. Prior to this revision, all Airmen were required to test twice a year.

Approximately one of every five fitness scores documented in 2009 was "excellent" for those Airmen who

tested in all four categories, said Capt.

Sean Brazel, the chief of officer promotions, evaluations and fitness policy.

"Factoring in these numbers, we forecast a reduction in the fitness testing workload when this new policy takes effect," the captain added.

Airmen must test under the new standards to qualify for this change.

Therefore, only Airmen who test after June 30 will be able to earn the opportunity to do their fitness test once a year. Airmen who score an "excellent" but were medically exempt from testing in one or more of the four components will still need to test twice a year.

In other words, Airmen must successfully complete all four components of the fitness test to qualify for the once a year testing.

We believe this is another step in the right direction towards cultivating a fitter Air Force," Colonel Garbutt said.

Lajes supports YoAFF campaign with quality-of-life improvements

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

In the midst of many budget cuts, Lajes is one wing who takes to heart to improve the quality of life for Airmen and their families, with a focus on improving programs geared toward areas of concern for Air Force families.

Secretary of the Air Force, Michael Donley, and Air Force Chief of Staff, Gen. Norton Schwartz, named July 2009 to July 2010 the Year of the Air Force Family (YoAFF).

The YOAFF campaign is a way the Air Force communicates information and data to Airmen, family members, surrounding communities and DoD audiences on the variety and scope of programs offered by the Air Force.

According to Secretary Donley, while Air Force families face several hardships, they are still willing to make sacrifices and endure adversity. Airmen expect the leadership to provide a stable environment for them and for their families. And, doing so is part of our Air Force heritage and culture.

"We make this commitment not only because it's the right thing to do for our Airmen, but because it is the smart thing to do for our Air Force," Secretary Donley said during a speech to launch the campaign.

Improving quality of life for members, their families

and the community has been a trademark of the Air Force for a long time. And Lajes has been taking steps to further its part of the larger "Year of the Air Force Family" effort.

In a recent briefing about the contribution of the YoAFF program, Capt. Levi Davis, Chief of Program Development for the 65th Civil Engineer Squadron, highlighted some of the YoAFF projects that have improved quality of life for the Lajes community.

Since the YoAFF campaign started in 2009, Lajes has contributed more than \$800,000 in construction and renovations in support of Airmen and family areas, and future projects worth more than \$30 million are scheduled to be completed in support of Airmen and family housing improvements.

Other projects include the repair of the gym, tennis courts, track and sports field, construction of a basketball court, and other constructions and repairs at the Lajes Department of Defense Elementary and High School.

When the entire project is completed, not only will it benefit members stationed at Lajes, but it would amount to several million-dollar contracts being awarded to local companies.

"Specifically here at Lajes, the 'Year of the Air Force Family' has provided a great opportunity to push for projects which improve the base and support our Airmen and their families," said Capt. Davis. "Over the last year, we've

To read more on "YoAFF" see page 4



Motorcycle lessons

By Lt. Col. Jody Ocker
65 MDOS Commander

Please don't dismiss this article as just another motorcycle safety, 101 Critical Days of Summer kind of commentary...because it's NOT. It's just some thoughts I have about life, work and motorcycles. Many times these thoughts come to mind as I'm riding my 2003, 100th Anniversary Edition, Harley-Davidson 883 Sportster Custom. This motorcycle has traveled the world with me from San Antonio, Texas, to Misawa, Japan, to Washington, DC, to Lajes Field, Azores, and soon to be on its way to Montgomery, AL. In my head, the motorcycle can be a metaphor for life, work or career. So, whether you are a rider or not, read on.

New things are challenging, sometimes scary, and often cause you to feel uncertain...do the brave thing. When I first started riding, I had butterflies in my stomach every time I got on the bike. If I had let those initial feelings of uncertainty stop me, I would have missed out on a whole lot of really cool rides and adventures later on. It's OK to feel anxious. Just don't let it paralyze you. In life and work, especially in the military, we are frequently confronted with challenges that take us outside our comfort zone. The good thing is that we learn the uncertainty fades as we gain experience in the new location, job or level of responsibility. This experience prepares us for the next level. It takes courage to face the unknown. My philosophy is that no matter what happens, everything will be OK...eventually...and maybe not what I planned or expected, but maybe something better than I could have imagined.

In the beginning, avoid sudden moves. As a novice rider, I had to plan my route well in advance. I couldn't make a snap decision if I wanted to. I lacked the experience to be proactive and the skills to react quickly to the unexpected...a sudden move would likely result in a dropped bike. I joined a motorcycle club while stationed in Japan. The mountain roads were especially twisty and I'll admit I scared myself more than once. Riding with the club, I could observe the technique of more experienced riders. I could gauge my approach to a sharp curve based on their speed and position. This is why mentors are so important in life and career. They can show you what works for them and provide you with pearls of wisdom. But they can't ride the motorcycle for you. As for me, I make the best decision I can based on what I know at the time, use small corrections for speed and direction, and allow sudden moves only when absolutely necessary, such as avoiding a tree.

Hang on loosely...absorb the small bumps in the road. For me the ideal is a wide, smooth, open road with gentle turns. Unfortunately, these roads are rare. Many roads are full of pot holes and hairpin curves. Other roads are just dirt and gravel. Sometimes riders stiffen their posture and hold the grips more tightly when the road gets bumpy. This can actually make the situation worse. The trick is to forgive the bumps and small slips of the rear wheel and keep moving forward at a steady pace. Life gives us obstacles of many shapes and sizes. We have to be able to maneuver in, around, over, or with the unexpected. Find the way forward. I have

To read more on "Motorcycle" see page 4

June Fitness Month

By R.J. Baptista

Health and Wellness / Exercise Physiologist

What does June Fitness Month exactly mean and how does it differ from all the other 11 months of the year?

Let's start with the basics.

June is the "pre-season" of summer and is the second most popular time frame when people start to improve their exercise. As you can imagine, the most popular period is the beginning of January when people make their New Year's resolutions!

With the weather getting better and clothing styles transitioning to shorts and tank tops, people become more aware of those "few extra pounds" they may have gained over the winter.

Those in the health and wellness profession take advantage of this increased motivation and welcome all newcomers, second timers and multiple timers to the world of physical fitness and a healthy lifestyle.

June Fitness Month is the perfect opportunity to renew your focus and designate goals

and objectives for a healthier you.

By becoming more physically fit, a variety of health benefits can be achieved. For example, heart disease risk is decreased, body composition improves, endurance and muscular strength become visibly better and best of all; you just feel better.

Even if you have not yet begun an exercise program, there is no "wrong" exercise. The only occasion something may be wrong is when you perform an activity that will cause injury. What fitness professionals can do is show you a more efficient way of exercising, which, in the end, will help you achieve the results you want faster and reduce your risk of injury.

Lajes Field sits on a beautiful island in the middle of the Atlantic Ocean. Take advantage of all the different sports and recreational activities available.

Make the month of June the month in which you begin a healthier lifestyle with regular physical activity.

If you have any questions on how to start a physical fitness program, please call the Health and Wellness Center at 535-HAWC.

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.

The Public Affairs Office (Unit 7710, APO, AE 09720) is located in Bldg. T-100, Room 240.

Submissions can be e-mailed to 65abw.pa@lajes.af.mil or faxed to 535-6326 and are due the Thursday prior to the required publication date. Call 535-6161 for more details.

This Air Force funded newspaper is an authorized weekly publication for members of the U.S. military services overseas.

Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

All photographs are Air Force photographs unless otherwise indicated.

Editorial Staff

- Col. Peggy Poore
Commander, 65th Air Base Wing
- Capt. Naomi Evangelista
Chief, Public Affairs
- Mr. Manuel Martins
Editor
- Mr. Eduardo Lima
Community Relations Adviser



HAAZ change of command

Maj Gen. Manuel Teixeira Rolo, new HAAZ commander, accepts the guidon from (right) Portuguese Air Force Chief of Staff Gen. Luis Evangelista Esteves de Araujo during a change-of-command ceremony held June 15. (U.S. Air Force photo by Mr. Guido Melo)



Congratulations to both teams!

VOLLEYBALL BASE TEAM

Medical Group team #1 and the 65th Civil Engineering Squadron team played against each other, for the 2010 Intramural Volleyball Championship title June 8. Medical Group team #1 pulled away with the victory. Pictured on the left photo are members from the 65th Civil Engineering Squadron. From left to right are: Rui Gaspar, Staff Sgt. Valerie Kalkwarf, Capt. Jeffrey Hughes, Master Sgt. Brian Holes and Capt. Brian Wernle. Not pictured are: Senior Airman Air Luft, Staff Sgt. Mike Keller and Master Sgt. Ronald Freeman. Pictured on the right photo are members from the 65th Medical Group and leadership. From left to right, top to bottom are: Col. Brian Witt, Rui Leal, Capt. Brandon Morgan, Tech. Sgt. Keith Eberhardt, Tech. Sgt. Ted Schubert, Staff Sgt. Victor Castro, Staff Sgt. Wayne Burke, Ricky Baptista, Lt. Col. Jody Ocker, Ana Terra and Heather Castro. (U.S. Air Force photo by Capt. Naomi Evangelista)



DEMOLITION OF VAQ

Demolition continues on T-144 on Lajes Field, Azores, on June 9, 2010. T-144 was once Visiting Airman's Quarters. Nothing is currently planned to be constructed in its place. (U.S. Air Force photo by Tech. Sgt. Rebecca F. Corey)



SCHOOL TOUR

Portuguese students from Escola Basica/Jardim de Infancia da Praia da Vitoria watch as a Striker 3000 (P-23R) Aircraft Firefighting Vehicle sprays water during a tour at the Lajes Fire Department on June 1, 2010. A group of 52 students accompanied by seven teachers visited the fire department on a school tour. (U.S. Air Force photo by Mr. Ed Lima)



Mark your calendar



STEPS CONTEST: The CE HATS club is sponsoring a "STEPS CONTEST" for all Civil Engineering Squadron spouses from June 22 to July 19. Prizes will be awarded to the top three participants at our "GIRLS NIGHT OUT" event for all CE women both active duty and dependents on July 20. To register and for more information, please visit our website CEHATS.

YOLASITE.COM or contact Kelsy Colwell at kelsyjolyn@hotmail.com or 295-549-544. "Start your summer with the right STEP" and head out to get your pedometer at the HAWC, BX or online!

TRACK CLOSED: The base running track is completely closed (24/7) for construction and will re-open once construction is completed, which is expected to be around September 2010. All personnel who are scheduled to take their official Air Force fitness test will need to do their 1.5 mile run on the AEF ramp, which needs to be reserved prior to your test date. Contact your Unit Fitness Program Manager for details on how to reserve the ramp. If you have any questions, contact Mr. Agostinho Silva at 535-5151.

FIT FAMILY EVENT: There will be a family biking trip and bike safety course Saturday, June 19 at 10 a.m. Personnel interested in attending should meet at the Commissary to caravan to Angra. Bring your own bike. Call 535-1192 if you have any questions.

SAME GOLF TOURNAMENT: The Lajes Field Chapter of the Society of American Military Engineers is hosting their first annual golf tournament Wednesday, June 23. Check in is at 7:30 – 8 a.m. Cost is \$35 per player (\$20 for golf club members)- fee includes tournament fee, golf and hamburger/hot dog for lunch. Names and payment are due to Capt. Matthew Altman (535-3839) by Friday, June 18.

HAWC MONTHLY HEALTH COOKING SHOW: The HAWC invites you to learn how to prepare tasty, healthy meals by attending a cooking show held every last Friday of the month from 12-1 p.m. The show is open to anyone that can access the installation. Call MSgt William Carter at 535-4292.

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: Where is a good area to go camping?

PORTUGUESE: Onde é um bom lugar para acampar?

PRONUNCIATION: Onde ay oom boom loogar parah ah-kam-pahr?

BULLFIGHT SCHEDULE

Sunday, June 20 6:30 p.m. Arena bullfight in the Angra bullring
Monday, June 21 6:30 p.m. Avenida dos Celeiros, Angra
Tuesday, June 22 6:30 p.m. Angra Port
Wednesday, June 23 6:30 p.m. Running of the bulls for children at Rua São João, Angra
Thursday, June 24 6:30 p.m. Arena bullfight in the Angra bullring



At the Movies

7 p.m. **Friday** - The Losers (PG-13)
7 p.m. **Saturday** - Death At A Funeral (R)
4 p.m. **Sunday** - The Losers (PG-13)
7 p.m. **Sunday** - Death At A Funeral (R)



Movie times and schedule are subject to change. Call 535-4100 for the latest update.

Officials extend voluntary separation pay

By Daniel P. Elkins

Air Force Personnel Center Public Affairs Office

Air Force officials are extending the application period for eligible officers to apply for voluntary separation pay through July 31, but are lowering the multiplier to 1.5 times the authorized separation pay effective July 1.

"The window to apply for two times separation pay is rapidly closing," said Col. Joan Garbutt, the director of force management policy at the Pentagon. "Unlike the past, we will not increase the multiplier; therefore, we highly encourage (reduction-in-force) eligible officers to act before June 30 to take advantage of the current rate. For the extended VSP window beginning July 1, the separation pay multiplier will be reduced to one and a half times the separation pay."

Eligible officers include those in the year groups 1998, 1999, 2002, 2003 and 2004, in the grades of major and below with more than six and less than 14 years of commissioned service in the core Air Force

specialties 13S, 15W, 21A, 17D, 38F, 61B, 61C, 65F and 52R -- except for Catholic chaplains.

Officers approved for VSP will receive a lump sum payment.

The specific separation pay amount will be calculated by officials from their servicing finance office and will be subject to applicable federal and state income taxes upon their date of separation.

Air Force leaders announced eligibility for VSP in March as part of expanded force management measures designed to bring the service closer to its authorized end strength.

To date, more than 240 eligible officers have been approved for voluntary separation under the force management program. Applications are being considered in the order they are received by Air Force Personnel Center via the Virtual Military Personnel Flight.

For more information on VSP eligibility and application procedures, visit the AFPC personnel services website or call the Total Force Service Center at 800-525-0102.

"YoAFF" from page 1

worked a variety of improvements to the dorms, Beira Mar housing, the youth center, and the school. We've also worked repairs on the gym, track, and tennis courts, as well as recently constructed a new basketball court. These projects support the Chief of Staff of the Air Force's vision to help our Airmen and their families, as well as their health, wellness, education, and development."

"Motorcycle" from page 2

discovered that often, if I hold my reaction and let a situation evolve just a little bit, my way becomes clear to me.

It's not about the destination...it's about the ride. Most of the time when I roll out of the garage on my motorcycle, I have no particular place to go. I simply enjoy the ride and being in the moment. I'm thinking about what I'm doing, how I'm riding and lining myself up to take the next curve perfectly. I'm in the moment. Some people are very specific about goals and timelines. I admire that trait in many ways. However, it can be to the point where they are so concerned about career goals, they miss out on doing the one thing that will ultimately get them to where they want to be. That is doing a great job in the job they're in now...in the moment. I know I'm learning every day and gaining skills and experience that will help me in the future. Even if the lesson is unpleasant...it can still be valuable. It was not pleasant to drop my bike on a gravel road on a hot day in Texas...but it taught me that with enough determination and the right technique, I can set that 550 lbs of steel upright and ride on.

There are more motorcycle lessons. I'll probably have a few cross my mind next time I ride. The most important lesson my motorcycle taught me is this: no matter where you ride, no matter what the conditions, keep the shiny side up and the rubber side down!