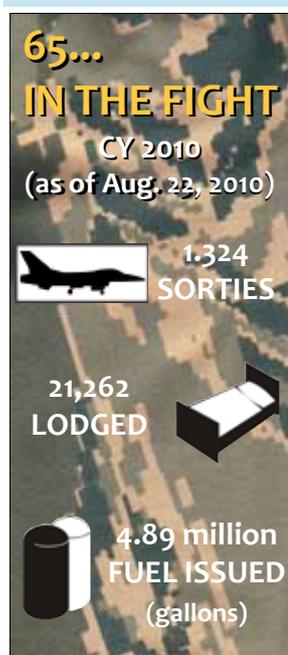




Force Protection



Current FPCON: Alpha
Threat Level: Low



Weekend Weather Forecast (Lajes Weather Flight)

Friday

Mostly Cloudy
High 72
Low 68
Wind NW 15 mph.



Saturday

Partly Cloudy
High 74
Low 66
Wind W 20 mph



Sunday

Mostly Cloudy
High 75
Low 69
Wind NW 15 mph



Ethics guide to government employee and contractor relationships

By Master Sgt. Anthony Weiss
65 ABW Contracting Squadron

The 2010 fiscal year is quickly coming to a close and the 65th Contracting Squadron is working feverishly to get all the money spent before September 30th. During this time of year, there may be increased communication with contractors who are trying to get some of those end of fiscal year dollars. This is especially true for our resource advisors and Government Purchase Card (GPC) holders, however, everyone needs to be aware of the possibility of ethical violations concerning contractors. There are four areas that can get personnel in trouble concerning contractors: gifts, awards, contractor identification and unauthorized commitments.

Contractors may try to entice you to buy goods and services from their company by providing you with a gift. The Joint Ethics Regulations states: "An employee shall not, directly or indirectly, solicit or accept a gift from a prohibited source." Contractors are prohibited sources. There are exceptions to this rule but to be safe, do not accept the gift or see the legal office for advice.

Another concern is giving awards to contractor personnel. Our office has noticed that contractors are submitting

quarterly awards certificates with their proposals and we have heard of some receiving coins. Leaders, you CANNOT give contractors an award for their service. In addition to awards, commanders cannot give contractors time off or early release; they are paid based on the hours in the contract. Awarding contractors gives the appearance of favoritism and can possibly lead to an ethical violation. The acquisition community has processes in place to reward contractor performance.

Government and contractor personnel are intertwined in today's Air Force so we need to make sure contractors are easily identified. Contractors are required to either wear a company shirt or company nametag that readily identifies them as a contractor. Contractors are NOT allowed to wear uniforms or any other clothing items that gives the appearance they are government employees. In addition, contractor's vehicles must be marked with their company name. These identification requirements are outlined in the contract and the contractors must comply with these requirements.

Except for GPC holders, there are five people on Lajes that can obligate government funds or direct contractors.

To read more on "Ethics" see page 4

To will or not to will

By Tech. Sgt. Chyrece Campbell
65th Air Base Wing Public Affairs

Are you legally ready? With deployments rates on the rise, Airmen today know they need to be physically, mentally and spiritually ready, but how many of us think about being legally ready?

Most Airmen know about having powers of attorney and notarizations, but the importance of a last will and testament is not always understood.

To enhance Airmen understanding of the importance of last will and testaments, Lajes Field's legal office developed an Estate Planning Assistance program where they will visit each unit on base. Their first stop with the program is the 65th Operations Support Squadron.

"I highly encourage people with children and real estate to have a will." Master Sgt. Kimberly Pfender, NCO-IC of the legal office, stated.

"Each state has different rules as to who is the next to kin and what percent, if any, step-children inherit," Ser-

geant Pfender added.

Benjamin Franklin said that in this world, nothing is certain but death and taxes. With that in mind, Airmen need to have all their legal matters in order.

"With the ops tempo for shift workers going to the legal office to get wills is not as feasible so as before when the legal office comes out to us in our work area was a great idea. This program displays the legal office's outstanding customer service," said Master Sgt. Chad Heyen, maintenance superintendent.

With the Estate Planning Assistance program, will go legal to a unit one day and have members complete the 'will worksheet'; then they revisit the unit a week later to finalize the will and notarize them. The legal office is still open for their normal duty hours, this program is in addition to the service they already provide for Team Lajes members.

More than 10 percent of Lajes Field's OSS members received new wills. Look for the legal office to come to your unit to aid in your legal readiness.



Our challenge

By Col. Jose Rivera
65th Air Base Wing Commander

First of all, a heartfelt Thank You from April, Sofia & I to all at Lajes Field for the incredible welcome you gave us ... and for all that you do to support our Mission and our Airmen.

During our brief time together, we've talked about our collective Vision for Lajes Field.... 'USAF's preeminent expeditionary focused en-route support organization'. Simply stated, 24 hours a day, 7 days a week, 365 days a year ... you and I provide the best en-route support to US and coalition partners alike ... the best in USAF. Lajes Airmen don't compromise on quality or on effort ... we give our 200% 200% of the time. Our priorities are clear:

- Fight Today's Fight
- Take care of our Airmen and their families
- Take our Host Nation Relationships to New Levels
- Prepare for future challenges

Everything we do at Lajes Field is connected to the above priorities. We do all this in an environment that fosters teamwork and creativity ... and most importantly ... with deep respect for all our Lajes Airmen.

Speaking of Lajes' Airmen ... let's look into



Col. Jose River, 65th Air Base Wing commander speaks with Airmen at the single and unaccompanied members dinner at the base chapel, 65th Air Base Wing, Lajes Field, Azores, Aug 2, 2010. (U. S. Air Force photo by Tech. Sgt. Chyrece Campbell)

the warrior dictionary for a definition....

Definition:

Lajes Airmen = All personnel assigned to or associated w/ Lajes Field. These include, but are not limited to:

- Uniformed members
- US civilians
- Portuguese civilians
- Family members

We are a Mission Focused / Airmen centric organization.

I leave you with one of my favorite quotes

"We choose to go to the moon. We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard, because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one

which we intend to win, and the others, too. "

President John F. Kennedy, September 12, 1962, at Rice University, Houston, Texas

I'm honored to be part of your formation and look forward to the challenges ahead ... and I know that no matter how uncertain the environment, as I look to my right or to my left, you'll be there ... ready ... focused on the mission and taking care of our most precious resource our Lajes Airmen.

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. Jose Rivera
Commander, 65th Air Base Wing

Good, bad news in early USAFE fitness returns

By Gen. Roger A. Brady
U.S. Air Forces in Europe commander

After a month of testing under the new USAF Fitness Tables, there is both bad news and good news in U.S. Air Forces in Europe.

The bad news is that in more than 2,000 tests administered in the month of July, our failure rate is approximately 23 percent. The good news is that a significant number of Airmen failing the test are falling short in areas that can easily be fixed.

I must admit I was surprised to find that more Airmen are failing in the categories of pushups and situps than in running and waist measurement. But as I have suggested, those areas are relatively easy to fix. During my fitness test in 2009, my Physical Training Leader did not give me credit for all my pushups and situps.

Before my most recent test in June 2010, I asked one of our trained professionals in the newly established Fitness Assessment Cell to watch me do some pushups and situps to

ensure I was doing them correctly. He told me where and how my "form" was breaking down as fatigue set in. We also talked about the typical mistakes people make that leads to pushups and situps that are "non-counters." In the pushups, either individuals position their hands too close or too far away from their bodies, neither of which allows optimal use of arm strength and reduces the number of pushups an individual can complete during the specified time. Other tendencies are not aligning the back, allowing the hips to be too high in an effort to relieve stress on the arms. But perhaps the most frequent cause of non-counters in pushups is simply not lowering the body enough to get the elbows at the 90 degree angle required to count the pushup. In situps, tendencies include not touching the shoulder blades to the floor as fatigue sets in, or attempting to gain momentum by bouncing the shoulders off the mat. Both will result in a

To read more on "Fitness" see page 4



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. Jose Rivera**
Commander, 65th Air Base Wing
- Capt. Naomi Evangelista**
Chief, Public Affairs
- Staff Sgt. Olufemi Owolabi**
Editor
- Mr. Eduardo Lima**
Community Relations Adviser



"65... IN THE FIGHT"

Feature



Maj. Dana Metzger, 65th Security Forces Squadron commander, passes along his regards to Staff Sgt. Kurt Roberson. Nearly 100 Team Lajes members gathered outside Top of the Rock Club Aug. 25 for the Warrior Departure to farewell Sergeant Roberson as well as Mr. Andrew Billman, the wing historian, who will be deploying. (U.S. Air Force Photo by Capt. Naomi Evangelista)



Col. Jose Rivera, 65th Air Base Wing commander, meets with Dr. Mesquita, Representative of the Republic for the Azores, Aug. 20, 2010. Col. Rivera and other Lajes Field wing leadership meet with local government officials regularly to discuss issues. (U.S. Air Force photo by Guido Melo)



Tech. Sgt. Shawn Brown gives Nuno da Silva, 6, some bowling tips, at 65th Air Base Wing, Lajes Field, Azores, Aug 20, 2010. More than 20 children from a local youth center in Praia came to Lajes bowling alley for a trip. (U. S. Air Force photo by Tech. Sgt. Chyrece Campbell)



More than 350 Team Lajes members attended the back to school bash at the TORC, 65th Air Base Wing, Lajes Field, Azores, Aug. 27, 2010. The bash, hosted by the youth center, consisted of free food, snow cones, giveaways, watermelon contest, bouncy castle and concluded with a movie. The youth center offers a variety of programs and activities designed to develop the social and physical skills of the Lajes Field youth, leading to the enhancement of their overall well being. (U. S. Air Force photo by Tech. Sgt. Chyrece Campbell)

LAJES AIRMEN OF THE WEEK



Name: Derek Dobbins
Rank: SSgt
Unit: 65 CES/CEF
Hometown: Military dependent.
Duty Title: Logistics NCOIC
Accomplishments: During this period SSgt Dobbins demonstrated his knowledge and versatility while working as both the Logistics NCOIC and Operations Crew Chief alleviating manning shortages due to unforeseen circumstances. He

identified a deficiency and corrected a purchase request totaling \$160K ensuring the item description matched compatibility requirements. Finally, while filling in as an Operations Crew Chief, SSgt Dobbins taught three classes to fifteen firefighters on the new Striker 3000 vehicle.



Name: Jose Costa
Rank: GS-07
Unit: 65 CES/CEF
Hometown: Praia Vitoria
Duty Title: Crew Chief
Accomplishments: As the B-shift fill-in station chief, Sr. Jose Costa has performed flawlessly during the absence of the primary ensuring the completion of daily operations, over thirty hours of training and manning rotations for seventeen personnel. He has also volunteered as

a member of the National Fire Protection Association 1500 committee, keeping the department safety program compliant with national standards. Sr. Costa also manages the fire department hazardous materials program.



Mark your calendar



SUBMIT YOUR CLAIM FOR RETROACTIVE STOP LOSS TODAY! Airmen, veterans, and beneficiaries who were involuntarily extended under Stop Loss between Sept. 11, 2001 and Sept. 30, 2009 are eligible for Retroactive Stop Loss Special Pay (RSLSP). If your enlistment was involuntarily ex-

tended due to Stop Loss, and you have yet to file a claim for RSLSP, then the last day to file is October 21. Go to www.afpc.randolph.af.mil/stoploss for links to the claim forms and instructions on how to file. Do it today and help spread the word to our Airmen and Veterans!

TIME TO VOTE! When you're stateside, voting is simple. Just walk down to your local voting station and cast your vote. Being overseas however, changes a few things. First, you can no longer go in person, to cast your. Over here we have to rely on the absentee ballot. Being where we are, in the middle of the Atlantic (literally), we all need to plan accordingly and give the mail a few extra days. Therefore, if you want your vote to count, first, go to www.fvap.gov and check out all the magnificent information available on the website, and if needed... Register. Once registered, you will have till noon (12:00) on Oct. 20, to mail your vote from Lajes in order for it to reach its intended voting district for the upcoming General Election. When you get to the post office to mail off your vote, talk to a postal representative. The Post Office has a specialized process set up to expedite your absentee ballot and even let you track it enroute. Now, please get out there and vote and make your voice heard.

2010 AIR FORCE BALL: The 2010 Air Force Ball will be Saturday, Sept. 18, in the TORC Ballroom @ 6:30 p.m. Prices are \$20 for E-6 and below and \$30 for E-7 and above, including officers and civilians. Please contact your unit representative for ticket information.

9/11 REMEMBRANCE CEREMONY: Sept. 10, 2010. There will be a Freedom run/walk at 0700 at the Chase Fitness Center and a ceremony at 1100. Please contact 535-3217 for more information.

"Ethics", from page 1

Unless you are one of these five warranted contracting officers at Lajes, you cannot obligate funds or direct contractor performance in any way. If you order and accept property or services from a contractor without authorization you have broken federal law and can be disciplined. If you have any doubts whether something is an unauthorized commitment, please contact the 65th Contracting Squadron for assistance.

These ethics rules are in place to avoid improprieties between contractors and Government personnel. They are serious and can have a massive affect on your career and life. In June 2009, a Contracting SNCO pled guilty to accepting bribes up to \$130,000. He faces a sentence of up to twenty years, must pay back all \$130,000, will lose all benefits from retirement and will have greatly affected his ability to get a job ever again. This is a big case however it shows the Government is serious about ethics and procurement integrity.

The 65th Contracting Squadron has a guide on SharePoint if you are unsure about the possibility of an ethical violation. In addition, the legal and contracting offices are available to answer your questions about relationships with a contractor.

"Fitness", from page 2

"non-counter."

Obviously, good performance in all categories of the test is important for success, but I believe improvement can be achieved in less time in the pushup and situp categories than in either running or waist circumference. We wear our utility uniforms to work four days per week, and we can knock out a few situps or pushups almost anywhere, including in our work areas and office locations.

Before you take your next fitness test, I strongly encourage you to drop by the fitness center or HAWC and get feedback from our fitness professionals on your form doing situps and pushups. Then, ensure you practice them correctly. As an old coach is quoted as saying, "practice does not make perfect; perfect practice makes perfect."

Our fitness and health are important. Continue to make running, a good diet, situps, pushups and other physical activity part of your

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: Can you recommend a good restaurant in this area?

PORTUGUESE: Pode recomendar-me um bom restaurante nesta area?

PRONUNCIATION: POH-deh rehcohmenDAR-meh oom boom restahRONteh NESHta ahhreeah?

BULLFIGHT SCHEDULE



Saturday, Sept. 4	6:00 p.m.	Santa Barbara
Saturday, Sept. 4	6:00 p.m.	Cabo da Praia
Saturday, Sept. 4	6:00 p.m.	Fontinhas
Wednesday, Sept. 8	6:00 p.m.	Fontinhas
Thursday, Sept. 9	6:00 p.m.	Santa Luzia, Praia da Vitoria

At the Movies



7 p.m. **Friday** - Despicable Me (PG)
 7 p.m. **Saturday** - Inception (PG-13)
 4 p.m. **Sunday** - Despicable Me (PG)
 7 p.m. **Sunday** - Inception (PG-13)

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

normal routine. And, make your workouts a "wingman event" whenever possible, particularly if you are having difficulty achieving the Air Force standard. During my last fitness test, I took a young officer who works with me as my "pace car" on the run. That is not just admissible, it is good advice and an appropriate way for Airmen to assist each other. Let's pledge to be more fit, individually and as an Air Force, and let's do it together.

TEAM LAJES
65... IN THE FIGHT!
65TH AIR BASE WING

2010 Air Force Ball

SEPTEMBER 18, TORC BALLROOM
1850 SOCIAL 1900 DINNER

KEYNOTE SPEAKER:
MAJOR GENERAL MARK ZAMZOW, 3AF VICE COMMANDER

TICKETS:
E-6 AND BELOW: \$20
E-7 AND ABOVE, OFFICERS AND CIVILIANS: \$30
(CASH or CHECK ONLY)

DINNER:
LONDON BROIL or MEDITERRANIAN CHICKEN

ATTIRE:
MILITARY: SEMI-FORMAL/MESS DRESS
CIVILIAN: FORMAL

CONTACT UNIT TICKET REP FOR INFO