



Force Protection



Current FPCON: Alpha
Threat Level: Low

**"6-5...
IN THE FIGHT!"
FY 2012**

 **349
SORTIES**

 **6,283
LODGED**

 **1,87K
gallons
FUEL ISSUED**

In a real-world
emergency, call the
Public Affairs Straight
Talk Line, **535-3542**.

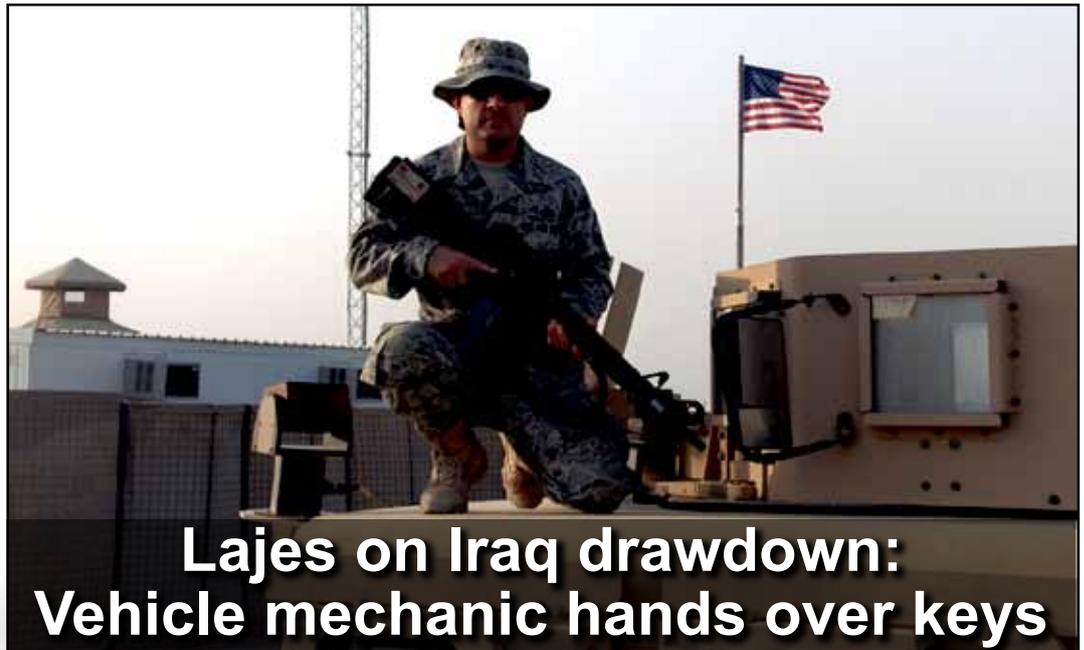
Don't drink and drive; call
LADD: 295 57 LADD

Medical Appointment:
Base: 535-3261
Off base: 295-573-261
Emergency:
Base: 911
Off base: 295-571-911

Weekend Weather Forecast (Lajes Weather Flight)

Saturday (a.m. / p.m.)
Mostly Cloudy / Cloudy Rain
Wind SE 20 / 30 mph
N 15 / 20 mph
High 17C / 63F
Low 15C / 59F

Sunday (a.m. / p.m.)
Cloudy Rain / Mostly Cloudy
Wind SE 15 mph
NW 10 mph
High 15C / 59F
Low 13C / 55F



Lajes on Iraq drawdown: Vehicle mechanic hands over keys

As the vehicle maintenance superintendent on Ali Air Base, Iraq, in 2011, Master Sgt. Fabian Cardona, 65th Logistics Readiness Squadron, played a key role in the withdrawal of troops before the Dec. 18, 2011, deadline by shipping vehicles out of the country and training Iraqi airmen on vehicle maintenance. (Courtesy photo)

By Staff Sgt. Angelique N. Smythe
65th Air Base Wing Public Affairs

Just 25 days after arriving to his new duty station on Lajes Field in 2011, one Airman received orders to assist in the withdrawal of troops in Iraq.

Master Sgt. Fabian Cardona, 65th Logistics Readiness Squadron, was one of the first two Air Force vehicle mechanics to enter Iraq during the 2003 invasion. He was also one of the last troops to exit the country just a few days short of the withdrawal deadline in December 2011.

"It feels good that we actually closed down Iraq," Cardona said. "We did a lot of good things over there, but I think it's time to move on."

Cardona deployed as the 407th Expeditionary Support Squadron vehicle maintenance superintendent on Ali Air Base, Iraq, where he worked on a drawdown plan to ship 189 vehicles out of the country.

A good drawdown plan was necessary to accommodate all base entities while avoiding any compromise of the mission at the same time.

"We had to contact every single user on base and sit down face to face to get an understanding of the least amount of vehicles needed to keep the mission going," he said. "I was not the most popular guy on base because I was always taking people's vehicles away. At the end, they understood I wasn't really doing it because I loved repo'ing (repossessing) vehicles but because most of these assets were going to be redistributed to the AOR (area of responsibility), mostly in Afghanistan."

Since Ali Air Base was the last base to close in Iraq,

many people were coming in and out as they processed through and caught their plane rides home.

"At one point we had about 15,000 to 20,000 people over there; when I arrived, there were only 5,000," Cardona said. "Along the way of supporting all these passengers, we had to provide passenger movement for these guys as well. We also had a lot of new people that we weren't expecting to come in, such as explosive ordnance disposal and special forces personnel, who were staying all the way until the end, and we had to supply them with vehicles."

Cardona also assisted Army and Navy counterparts who worked alongside Airmen on the base.

"There was a combined unit between our civil engineers and Army, for example," he said. "We provided vehicles for the Army so that they could use them along with their Air Force counterparts. The Navy was in charge of the fuel depot; they worked right alongside our fuels personnel, so we provided them with vehicles, too."

With approximately 5,000 buildings on the joint base, having good firefighting equipment is also very important. Air Force firefighters provided protection not just for Airmen but for all personnel on Ali Air Base. Cardona and his team of 18 workers took care of providing that firefighting capability by maintaining those vehicles as well.

"We had those times we were getting shelled and among all the incoming rockets, we were still maintaining and providing vehicle management," Cardona said. "We had a fire truck that was actually hit by a lot of shrapnel from a rocket. The direct hit was about 25-feet away from the

To read more on "drawdown" see page 4



A first sergeant's perspective on supervision

By Master Sgt. Jason Miest
65th Communications Squadron
first sergeant



As a first sergeant, I frequently address problems with our Airmen that in many cases could have been resolved if supervisors took a more active role with their subordinates. I'd like to share with you some "common sense" measures you can take to help your Airmen become successful in the United States Air Force. No, today you won't hear, "This AFI says you should do this..." Today, I'm clearly writing from a common sense approach. In my daily routine as first sergeant, the most frequent personnel issues I encounter are those concerning physical fitness and financial issues. Many of the visits to the commander and first sergeant may have been avoided with more prevention measures from the supervisor.

By far the most common problem I encounter is fitness failures. I don't plan on giving you steps to pass your PT test or discuss how it can ruin your career—we know this by now. As a supervisor you can take an active role in the problem by keeping your Airmen accountable when it comes to fitness. What am I talking about? I'm talking about taking time on a Saturday well in advance to your Airman's PT test and completing a mock test with him or her. Then you will know where they stand and you can work with them to ensure they pass their fitness test. How about nutrition? Are you saying anything to your Airman who struggles with the A/C measurement when you see him or her ordering that bacon double cheese burger with waffle fries and ranch dressing? Assist them in setting up an appointment to see a

nutritionist, or better yet, go with them! Yes, we've all heard that maintaining our physical fitness is a personal responsibility, but how many Airmen could we save if we just took a little time as supervisors to ensure our Airmen remain physically fit?

Another frequent problem I see at my level is concerning finances or the lack of them. This seems to be rarely addressed by supervisors and a somewhat "hush-hush" topic. We figure as long as we don't hear anything negative about our Airmen from the first sergeant, then they must be doing fine. Have you asked your Airman about budgeting, emergency savings funds, credit card debt, and balancing their checkbook? "Yes, but Master Sgt. Miest, that is what the Airman and Family Readiness Center is for." Very true, the A&FRC is there for that, but couldn't you take a little time one weekend or after work and discuss finances with your Airman?

Now don't get me wrong, there are many supervisors in the Air Force already taking this approach to ensuring their Airmen are successful. Those are the sections in past units, where I've been a first sergeant, which rarely ever visit the "Front Office." They take a no-nonsense approach to physical fitness and finances. They are doing it not only because standards must be maintained, but because they care and want to see their Airmen succeed. So at the end of the day, have you got into your Airman's "business" and accompanied him or her to a fitness mock test? Have you "got in their face" about nutrition and healthy eating? Have you asked them about finances? The result will be that your Airman will be more successful because of your involvement as a supervisor.

MFLCs and resiliency

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

If you have been in the military for any length of time, you know that Mental Health and the Chapel are outlets for you to talk. In my 15 years of military service I have heard countless supervisors, leadership, first sergeants and chiefs who have expressed their open door policy. Yet, who wants to walk into their boss' office to express frustration with their spouse because they washed your ABUs with bleach by accident or how the current workload is stressing them out or just to have an emotional meltdown to relieve some stress?

Being 17 weeks pregnant with my fifth baby, I have found myself crying in the frozen produce aisle and laughing hysterically all within a five-minute time frame. Despite having a wonderful husband who I can talk to and who is my best support, I still need to just talk. As I looked in my NCO toolbox, I noticed a resource called the Military Family Life Consultant. I vaguely remember a briefing about them not keeping records of your visit and you can visit them up to 12 times, but I didn't know anything else.

I called the Airman and Family Readiness

Center and asked for the MFLC. The consultant scheduled me for my first visit the very next day.

After being briefed about the things that must be reported and what to expect from their short term services, I began talking about my feelings. I cried and laughed freely as I relieved my emotions.

What made talking with the MFLC a little more unique than talking with a mental health professional or even the chapel personnel was that I could talk to someone who would be rotated out in a few weeks. MFLC's are contracted employees that rotate. Knowing that I could talk to someone who would be leaving and that was not a parent from my daughter's cheerleading team or someone who I would see at the next command event made my release of some intimate feelings a lot more unrestricted.

The consultants, who all are licensed professionals with a master's degree or higher in their fields, do not diagnose or work with medical issues and they do not take notes or report to the chain of command except to meet legal obligations or to prevent harm to one's self or others.

To read more on "resilience" 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. Jose Rivera
Commander, 65th Air Base Wing

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Commander, 65th Air Base Wing



The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads.

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Discovering local food

By Kathleen Rowland
Lajes Field spouse



Neat rows of organic vegetables sprout at BioFontinhas, 2011. (Photo by Kathleen Rowland)

If you've lived on Terceira for very long you know that food choices can be limited compared to the variety available on the mainland (either Europe or North America). It can be difficult to get your favorite brands and products. As a result, you will make new, conscious, choices about what food you will buy, prepare and eat.

Would you like to know where your food comes from? Do you think it makes sense to buy your groceries from local sources thereby receiving fresher food with lower transportation costs? If you answered yes to either of these questions, you may be a locavore in the making.

A *locavore* is someone who eats food obtained from local sources.

In the "old days" most people were locavores. Local sourcing was the standard for food production and consumption processes worldwide. Your great-great grandmother may have bought her milk,

cheese and beef, or eggs and poultry from a local livestock farmer. She may have grown her own vegetables and fruits or purchased them from an area produce farmer. In great-great grandmother's time, food was not transported to the far reaches of the country or the world. It was grown, processed, purchased and consumed locally. Many of our neighbors here on Terceira still live this way today.



Nasturtiums produce an edible flower with a delightful peppery taste. (Photo by Kathleen Rowland)

Sounds good, right? It is good. People worldwide are noticing the health-, economic-, and environmental-benefits of buying locally. Local food tastes better and costs less; local food production also lightens our carbon footprint. For a concise overview of the local food movement, check out the article "10 Steps to Becoming a Locavore" at PBS.org.

One of the purveyors of that locavore "goodness" here at Lajes is

Avelino Ormonde, 65th Communications Squadron civilian contractor and local organic farmer. Avelino's farm, BioFontinhas, has become very popular with both Portuguese and American consumers for the beautiful array of organically grown fruits and vegetables, honey, jams and other hand-made food items. A farmer's market held each Saturday morning at BioFontinhas makes these products available to the public. (Hint: Bring euros.) For more information about BioFontinhas, drop by the Health and Wellness Center for contact information, maps and tour times.

Once you start asking yourself the locavore's favorite question – *Where does this come from?* – you will discover a food adventure awaits you here on Terceira. Consider it a culinary scavenger hunt and have fun with it. Can you find local sourcing for eggs? How about for cheese and fish? (These three are particularly easy ones!) What other things are grown, gathered or produced on Terceira or in the Azores?

Living on an island in the middle of the North Atlantic Ocean presents a unique set of opportunities for us. It is a chance to embrace delicious, surprising and inspiring new food habits. Enjoy the adventure of discovering local food!

Kathleen Rowland is a freelance writer and photographer, frequent contributor to Omaha area publications, and founding member of the Rhizosphere Farm CSA in Waterloo, Neb.

2011 ANNUAL AWARD WINNERS



1st Lt. Alyson E. Busch
Company Grade Officer



MSgt. Nikki M. Drago
SNCO



SSgt. Ronald V. Johnson
NCO



A1C Stephen W. Brasher
Airman



MSgt. Daniel Guzman
First Sergeant



SSgt. Jed R. Abbott
Honor Guard



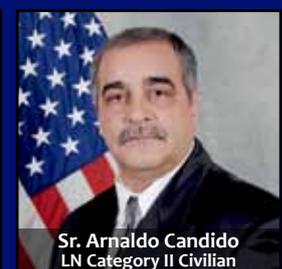
Ms. Patricia I. Gill
U.S. Category I Civilian



Mrs. Delma Guevara
U.S. Category II Civilian



Sr. Agostinho Silva
LN Category I Civilian



Sr. Arnaldo Candido
LN Category II Civilian



Lajes College Night: Success! *Feature*

By Senior Master Sgt. David L. Harvatin
65th Air Base Wing Career Assistance Advisor



For many parents with children, the thought of sending them off to college can be downright frightful. From where they will attend to what major they will select, or better yet, how much it's going to cost, can send some into a panic frenzy before their children leave the nest.

To help relieve some of that anxiety for both parents and students alike, the Lajes High School partnered with the school liaison officer, the base education center, the base library, the University of Maryland, Embry-Riddle University, Central Texas College, Oklahoma University, alumnus from Liberty Baptist University, Smith College, Park University and Westfield State University to help educate both on what degree plans are offered and what it would take for students to gain admission.

Military representatives also provided information from ASVAB procedures to various commissioning sources, as well as enlistment opportunities for the Army, Navy, Air Force, Marines and Air Force

Reserve. Financial counselors and institutions provided information on budgeting, saving for tuition, and applying for financial aid in support of a college education. The base librarian provided a month-by-month guide focusing on activities parents and students should be engaged in regarding college searching, visiting and applying.

The Lajes Youth Center also contributed, providing information on local scholarships through Youth Employment Skills and the National Honor Society. The school computer lab was also made available with an electronic educational tour called "My College Quick Start," which provided pertinent information for those students who are behind the power curve of preparation. To ensure many more students and parents are prepared, this year College Night was not only open to the junior and senior class, but all the way down to the 7th grade.

"You can never get too much of an early start on college preparation," one parent commented. To help facilitate parents, even child care was provided, including popcorn, a movie, and coloring books. It was a family affair in all sense of the word as our Lajes "A"irmen provided an environment of fun with raffled prizes and education.

"drawdown" from page 1

vehicle. It was damaged pretty badly but we managed to fix that vehicle in less than 72 hours."

At the same time, he had another mission--to train the Iraqis on how to maintain their vehicles. Cardona trained the Iraqis on preventive maintenance and checks, he taught them how to maintain Humvees, do the fuel system, and fix alternators, tires and suspensions.

"We left our vehicle management compound to the Iraqis," he said. "I would say we left 90 percent of everything we had for the Iraqis to use. We left the building, tools, equipment and about 45 vehicles, including R-11 refuelers and fire trucks. Everything that we left on just the vehicle management side was about \$4.5 million."

Cardona said he received his biggest sense of accomplishment the day he handed over the keys to the Iraqis.

"It feels great to learn something from the Air Force, something that I enjoy, and then have the chance to teach someone else what I know," he said. "When you actually see that other person do the task right after you've taught them,

it feels good to know that you can make a difference, especially since they do not have any technical schools like we do. They pretty much relied on the Americans to get all the training they could get. Now, they're going to be the ones teaching other Iraqis. It's kind of like leaving a legacy behind."

Cardona said he is very grateful for the leaders and senior noncommissioned officers he had while deployed to Ali Air Base. He's also very thankful to his wife for taking care of everything at home during his deployment.

"My wife has got to be the coolest wife ever," he said. "Deployments are hard, but if it wasn't for the way my wife is, it would be a lot harder. She has never complained. I don't have to worry about my kids; she takes care of everything. We make a pretty good team."

Cardona and his wife have two children. He returned home from Iraq in December 2011 just in time to celebrate their 10-year anniversary.

Editor's note: This is part two of a series on Airmen from Lajes Field, Azores, who've played important roles during the drawdown of troops from Iraq in December 2011.

"resilience" from page 2

By my second visit, I was able to create a plan of action, which the MFLC helped me to develop. I learned that not only could I visit the MFLC, but my whole family could as well. There is even an MFLC for children.

So if you want to have a venting moment or a different avenue to think things through, know that the MFLC can be an alternative resource. The MFLCs can conduct individual, family and/or group consultations anywhere you want except in your living quarters/private residence. So...Viva La Resilience by way of the MFLC is only a phone call away! Just call your local A&FRC for more information.

LAJES WARRIORS OF THE WEEK



Name: Dustin Guiducci
Rank: Technical Sergeant
Unit: 65th OSS
Hometown: Buffalo, New York
Duty Title: Watch Supervisor, Control Tower
Accomplishments: Tech. Sgt. Guiducci has prided himself on exceeding the Air Force standards when it comes to fitness. For the last three years, he has scored 100 percent and helped countless others achieve

higher scores, including taking one individual from a failing score to an "excellent". This week, he prepared a detailed memorandum outlining redundant fitness training systems within our Lajes' Fitness Center, and developed a cost-effective plan for utilization of a new "Cross Fit" program. Additionally, he managed the daily operation of air traffic control in the control tower, supervising a bi-lateral force of 15 controllers. He is also the "chosen" speaker for distinguished visitors touring the air traffic control facilities and unit, presenting a professional image and proudly representing the "Proud Bulls".



Name: Sr. Ricardo Martins
Rank: LWG-10
Unit: 65th OSS
Hometown: Praia da Vitoria, Terceira, Azores
Duty Title: AGE Maintainer
Accomplishments: For 20 years Senior Martins has provided Lajes Field with his mechanical abilities, and expertise. Senior Martins started out maintaining the base's vehicle fleet working with the Vehicle Operations

Flight, then moved to the 65th OSS Aerospace Ground Equipment Flight where he currently works today. He is one of six Portuguese civilian's who performs inspections and maintenance on over 150 pieces of ground support equipment. In addition to performing maintenance functions, Senior Martins also services and delivers critical equipment to flightline personnel for aircraft transiting through Lajes. His sound mechanical abilities and expertise have been instrumental in keeping equipment readily available for transiting aircraft, and also in keeping the 65th in the fight.



"6-5...IN THE FIGHT!"

Feature



Tech. Sgt. Jose Ramon, 65th Air Base Wing Command Chief executive assistant, throws a dodgeball during the Winter Olympics Dodgeball Tournament at the fitness center Jan 18. (Photo by Tech. Sgt. Chyrece Campbell)



Lt. Col. Shawn Cotton, 65th Operations Support Squadron commander, thanks Capt. Harry James, his wife, Crystal, and son, Casey for their service and recent deployment during a warrior welcome at the Top of the Rock Club Jan. 18. (Photo by Tech. Sgt. Chyrece Campbell)



A U.S. Marines McDonnell Douglas DC-9 parks on Lajes Field flightline after students from the School of Advanced Warfighting debarked for their tour of Lajes Field Jan. 24. The School of Advanced Warfighting is a degree program from the Marine Corps University in Quantico, Va. (Photo by Guido Melo)

The Air Force Civilian Fire Officer of the Year Award Mr. Agostinho Simões



65th CES USAF Award Winner



(Right) Carol Payne, 65th Force Support Development Education, gives advice to (left) Russell Sparks, DoDDS teacher, his wife, Hitomi, and their 8th grade son, Yohei, regarding accreditation to schools, financing information and the "Personality Fit" book, which helps suggest career fields and education opportunities based on one's personality profile. Education specialists recommend students begin researching early to determine their college future. (Photo by Guido Melo)



Mark your calendar

RESILIENCY SCHEDULE: Jan. 27 the Lajes Youth Center will be holding a Resiliency Carnival from 2 to 4 p.m. This program is designed to complement the 65th ABW Family Resiliency Day. Parents may drop off their children at the Lajes Youth Center beginning at 1:45 p.m. There will be bouncy castles, and resiliency and team-building game stations from 2 to 3:15 p.m. For every game children participate in they will be entered in a drawing for a 65th FSS gift card. At 3:15 p.m. the Youth Military Family Life Consultant will provide training on resiliency with a game. At 3:30 p.m. 65th FSS will also provide an ice cream sundae party. If you have any questions, please contact Patty Gill at 535-3273.



GET YOUR HOMEMADE COMMERCIALS ON AFN TV DURING THE 2012 SUPER BOWL: AFN Europe viewers may submit homemade TV commercials to air during the 2012 Super Bowl pre-game show Feb. 5 and the Super Bowl itself Feb. 6. Deadline for submissions is Feb. 1. Guidelines are posted on www.afneurope.net.

AFRICAN AMERICAN HERITAGE MONTH - Celebrating Great Moments of Our Past, Present and Future: The African American Heritage Committee is planning a number of fun events for the month of February, as we feature Black women in history, such as the Membership Drive at the TORC on Feb. 1 with free wings if you sign up, a Bowl-a-thon in conjunction with a Health Fair on Feb. 10, an AAHC Luncheon on Feb. 17 at the TORC, and a 3-on-3 Basketball Tournament on Feb. 20 at the Chapel Annex. The AAHC will also host a night of elegance featuring a Black and White Gala on Feb. 25 at the TORC and a Gospel Extravaganza Feb. 26 at the Chapel. For more information or to volunteer, contact Carlos Wade at 535-1197 or carlos.wade@lajes.af.mil. Please join us in the planning of these wonderful events Jan. 28 at 3:30 p.m. in the Chapel Annex and Feb. 2 at 11:30 a.m. in the Café Bean conference room. All AAHC events are open to everyone.

FLEA MARKET: Due to Youth Basketball Season there will be no Flea Market in February and March. The next one is April 21st.

COMMISSARY SCHOLARSHIP: Don't forget to pick up a college education on your next trip to the commissary! The Scholarships for Military Children Program can help with a \$1,500 scholarship! For information, contact your local commissary, school guidance counselor, or visit the program website at www.militaryscholar.org or www.commissaries.com. The application deadline is Feb. 24, 2012.

Feature

Phrase of the Week A LESSON IN PORTUGUESE

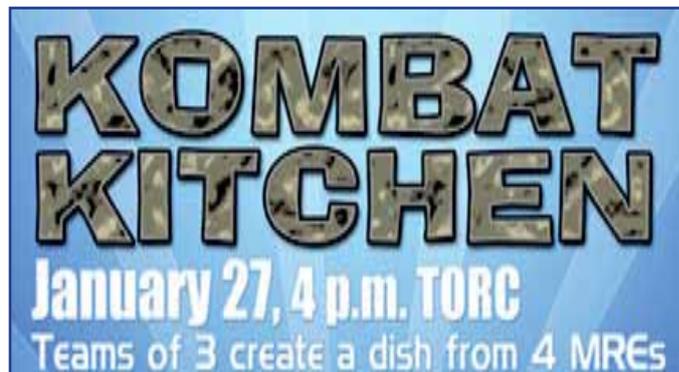


ENGLISH: Will you accept a credit card?

PORTUGUESE: Você aceita cartão de crédito?

PRONUNCIATION: vohSAY ahSAYtah cartOW de CREHdeetoo?

For movie times and schedules, please visit the Lajes.af.mil website, and click on the "ReelTime Movies" button.



ASK ED

A column that looks at the culture and history of the Azores.

By Eduardo Lima
Community Relations Advisor



How do the island parking meters work?



The cities of Praia da Vitoria and Angra do Heroismo have parking meters installed on most of their streets and some parking lots. The streets which have parking meters have been identified by a big white traffic sign with a blue square and a white "P."

People who park on those streets need to purchase a receipt in one of the nearest parking meters that covers the period of time they expect to be parked there. To purchase the receipt, one drops the coins in the slot, presses the green button and then waits for the receipt to appear in the opening below. The receipt is then placed on top of the vehicle dashboard so that it's visible.

Parking fees will vary with parking time and the city. In Angra do Heroismo, a 15-minute parking period costs 20 euro cents, while a period of four hours will cost 3.53 euros.

If people need to park extra time, they will need to purchase another receipt. If a vehicle is found parked with an expired receipt or no receipt at all, the owner will get a ticket and be fined 30 euros. If the vehicle remains parked for more than two hours without the receipt, it could have the wheels blocked or be towed to a parking lot, and then the owner will have to pay an extra cost on top of the fine.

In Praia da Vitoria, the parking rules are different. A 30-minute parking period costs 30 euro cents, while four-hour parking will cost 3.10 euros. Failure to purchase a receipt will result, however, in a much lighter fine. The fine will vary between 2.75 euros and 3.75 euros, depending on the time left until the end of the parking period.

Parking meter receipts need to be purchased only during the following days and hours: Monday-Friday from 8 a.m. to 6 p.m. and Saturdays from 9 a.m. until noon.

The parking meters will accept 5, 10, 20, and 50 cent coins or one or two euro coins. The meters will not provide change, so people need to make sure they have the right change.

People who find a parking ticket on their vehicle windshield, either because of illegal parking or not having a valid parking meter receipt, should contact the base 65th Security Forces staff translator, Ms. São Santos, at 535-6177 for assistance.