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Crossroads



Vol. 17, No. 15 April 13, 2012

Lajes Field, Azores, Portugal

Force Protection



Current FPCON: Alpha
Threat Level: Low

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

610
SORTIES

10,136
LODGED

2,96 M
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**
(21st Operational Weather
Squadron)

Saturday (a.m. / p.m.)
Mostly Cloudy
Wind NW 10 mph
NE 5 mph
HIGH 18C / 64F
LOW 13C / 55F

Sunday (a.m. / p.m.)
Mostly Cloudy / Partly Cloudy
Wind NW 10-15 mph
SE 10 mph
HIGH 19C / 66F
LOW 13C / 55F

Lajes civilian wins AF level award

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

A member of the 65th Logistics Readiness Squadron was recently named the 2011 Air Force Fuels Civilian Technician of the Year.

Senhor Pedro Belo said he has been working on Lajes since 1988 as a heavy mobile equipment mechanic and is very surprised to have received this award for 2011.

Belo is responsible for all chassis maintenance on a \$4.2 million refueling vehicle fleet comprised of seven R-12 hydrant trucks, six R-11 tank trucks and four C-300 ground product trucks.

His vast knowledge and intuitive troubleshooting skills has enabled the 65th Fuels Management Flight to maintain a 95 percent fully mission capable rate in spite of a wide spectrum of vehicles and lengthy delays in part shipments.

Belo's awards package listed several of his accomplishments throughout the year. One statement noted that Belo's "quick response during a ground product contamination inject curtailed any further damage to wing



Senhor Pedro Belo
65th Logistics Readiness Squadron

assets."

Another states, "When three aging R-12s were found with unserviceable hose couplers, Pedro worked over 10 hours nonstop to rebuild parts that others might simply replace. This commitment saved over \$4.5K and resulted in zero down time and avoided a minimum equipment level shortfall."

"He's a great guy with a real positive attitude," said his supervisor, Tech. Sgt. Casey McKinney. "He doesn't really bat an eye when he has to work long days. He definitely gets the job done, has an outstanding work ethic and is always happy to jump in and help everyone out."

Belo attributes that quality to his Azorean culture in which everyone is always glad to help everyone else out. He also attributes his success to his family and coworkers.

"Everyone I've worked for these couple of years here have been awesome to me," he said. "Everyone's been really cool and helpful, and whenever they need help with anything, I help them out as best as I can and we get along great."

Belo said he loves every moment of his job.

"Everyday is always a different challenge," he said.

Joint efforts put the iron in the fight

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

"Your weather forecast for today's mission is runway temperature 16 Charlie, dew point 11 Charlie, flight 250 at 15 knots..." said Joao Alves, 65th Operation Support Squadron weather forecaster.

The 65th OSS weather flight briefs all aircrew of weather conditions before each mission in order for them to ensure that they have selected the safest route for their mission.

"For pilots, the biggest thing with knowing weather details is it helps the aircrew assess what kind of take-off and landing tactics they need to perform, what routes the crew will take and what types of training mission they will fly," said Maj. Randall Schmedthorst, 65th Air Base Wing chief of safety.

The weather forecast is a joint effort between the Portuguese Air Force and the U.S. Air Force. Every day that weather permits, Portuguese Air Force members launch a weather balloon to gather information. Each balloon, with all its equipment attached, cost the Portuguese government approximately \$300 a day. The Portuguese Air Force inputs the data from the balloon and sends it to the 65th OSS weather flight for analysis. It's a total team effort at Lajes.

"Other than a few weather circumstances, due to hazardous conditions, such as 40-knot winds or greater, the balloon is launched," added Alves. "We are the only weather information center in the Atlantic between the coastal U.S. and continental Europe and the only base in USAFE with a Doppler radar."

The data collected is not only used here at Lajes Field but the weather flight sends the information to various weather centers around the world. Information gathered from the weather balloon aids forecasters in determining winds, thunderstorm developments and other critical meteorological information.

Before a balloon is launched, the Portuguese have to call the tower to request permission. The tower permits the launch if there are no aircraft flying in the area. It takes about three hours from the time the balloon is launched until the needed information is gathered.

"I like what I do because at the end of the day I feel good with myself for all that I have done," said Rui Reis, Portuguese air force weather observer.

Reis has worked as a weather observer on Lajes Field for about three years, launching weather balloons and inputting

To read more on "Weather" see page 2



Healthy eating is the way to go

By Master Sgt. Marcos Malacara
65th Medical Operations Squadron,
Nutrition Program Manager,

Doctors say healthy eating is the way to go these days, but what actually is healthy eating? According to www.eatright.org eating the proper servings from each food group is important to a balanced diet. Eating a balanced meal will ensure that your body receives the needed vitamins and nutrients necessary for your body to perform physical activities, daily tasks, and work.

As the Lajes Nutrition Program Manager, the two most popular questions asked are, "How can I lose weight quickly and what can I do to make sure I am consuming a healthy diet?" People are usually looking for a magic pill or a quick way to get to their goal, but the best way to get there is by eating a balanced diet and incorporating it with a great exercise program. Together they will produce great weight loss and excellent health management results.

Eating food choices from each of the five food groups will provide health benefits. We gain nutrients and vitamins from all of the food groups, but two that are under-consumed are the fruit and vegetable groups. Some interesting points about these two groups are that they are naturally low in fat, sodium and do not have cholesterol. Some selections in the fruit and vegetable groups are bananas, oranges, strawberries and carrots, broccoli and tomatoes. According to the CDC website www.fruitsandveggiesmatter.gov vegetables provide dietary fiber, vitamin C, vitamin A, and potassium which are all necessary for a healthy body. Another great benefit of eating fruits and vegetables is that they will reduce the risk of some chronic diseases.

Many people are really busy with work, school, and family activities that eating a balanced diet is hard to accomplish. Some great tips to help reach your weight loss and health management goals are:

1) Plan your dinner meals for the week ahead so that you know what you are going to eat for every meal. This will prevent those impulsive stops at the local fast food restaurant on your way home from a long day at work. Just by doing this, you can surprisingly prevent the addition of excessive fast food calories that add up quickly.

2) Now that you have meals planned out, make a list of items to purchase at your grocery store. A list is a good way to keep from sporadically shopping, which will result in the many unhealthy food items ending up in your grocery basket.

3) When you grocery shop, do not shop on an empty stomach. Doing so will result in you shopping with your eyes and your empty stomach, and you will purchase a lot of ready to eat snacks and frozen meals which are high in fat and sodium.

4) Finally, when you are sitting at your table ready to eat, be aware of your portion sizes. People tend to serve portion sizes that are double to triple than what proper portion sizes really are. This will add up to what I call weight-creep and before you know it, you're asking yourself, "How did I gain all this weight in just one month?"

People are living fast lives and are looking for ways to save time. Many people try to compensate for this time loss by purchasing food items that can be warmed up in 10 minutes or by making quick convenient stops at fast food restaurants. This may save you time now, but in reality it can take time off your life. Make great food choices now, and feed your body nothing but the best fresh fruits and vegetables, lean meats, low-fat dairy products and whole grains.

To get more information on nutrition and your calorie level, you can visit Supertracker at www.choosemyplate.gov, a USDA interactive website that offers you a way to track and plan your daily food intake. For more information, contact the Health and Wellness Center at 535-1035 or 295-57-1035 if you live off base.

"Weather" continued from page 1

the data into the computer system for analyzes.

"Many aircraft that land here are transitioning to and from their area of operations which makes my job very important because it aids with putting the iron in the fight," said Alves.

With more than 20 aircraft on average a week landing at Lajes Field, the weather flight conducts briefings for aircrew and wing leadership every day, if not more.

"Weather is constantly changing and very unpredictable, which makes our job very interesting and challenging," said Master Sgt. Michael Hanks, 65th OSS weather flight chief. "As we collect the data from the balloon and it's analyzed, there can be a new development which can change the forecast."

Cabo-Adjunto Cesar Silva, Portuguese air force weather observer, ties equipment to a weather balloon before releasing at Lajes Field, Azores, April 4. (Photo by Tech. Sgt. Chyrece Campbell)



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

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Air Force ends controlled spend account experiment

Submitted by the
65th Comptroller Squadron

WASHINGTON (AFNS) -- The Air Force recently decided to transition existing Controlled Spend Account travel cards to an enhanced Government Travel Card by the end of fiscal 2012.

"The CSA, a pilot travel card program, provided some enhancements for travelers, but also brought about significant challenges for our most frequent travelers and those with unique mission sets," said Mrs. Joan Causey, Deputy Assistant Secretary for Financial Operations. "We recognized that for any travel card program to work, it has to work for all travelers. In the end, we were not satisfied that proposed changes to the CSA program would get us to the desired state for our most frequent travelers."

The actual transition will occur in August and September and current CSA cardholders should continue to use their cards as normal. The transition strategy allows travelers to continue using their "blue cards" without interruption. The card functionality will be converted to a GTC by CitiBank without the need to get a new card. Also, travelers will once again be provided with a permanent credit limit, and there will be no need to call for "temporary spend limit" increases.



(U.S. Air Force graphic/Sylvia Saab) (U.S. Air Force photo/Staff Sgt. Amanda Delisle)

One of the enhancements being pursued for the GTC program will be via the Defense Travel System. Default settings will be changed to automatically align most non-mileage expenses to the card. Additionally, the traveler can split-disburse any residual funds to his/her personal account. Finally, as a carryover from the CSA program, Citi will upgrade their GTC online system to allow travelers to request electronic fund transfers of credit balances directly to their bank accounts.

"The CSA to GTC transition plan is already in motion," Causey said. "We're planning a brief test in July to ensure all systems are a go. If all systems perform as expected, roughly 300K cardholders will be converted during the August/September timeframe."

Citi will not process any early transitions and should not be contacted to do so.

The 65th CPTS Finance Office will continue to maintain overall oversight of the program.

The Lajes Field Agency Program Coordinator is working with each

squadron to ensure there is an agency program coordinator assigned, trained, and ready to assist our travelers.

If you have any questions or concerns about the GTC/CSA program please do not hesitate to contact Tech. Sgt. Maria Hudgeons, 65th Air Base Wing APC.

Airmen take a stand against sexual assault in April

By Capt. Roxanna Figueroa
65th Air Base Wing

The month of April has been officially designated as Sexual Assault Awareness Month.

The 2012 national SAAM theme is "It's time... to talk about it!" while the 2012 Department of Defense SAAM theme is "Hurts one. Affects all... Preventing sexual assault is everyone's duty!"

Everyone has a role in preventing sexual assault and Sexual Assault Awareness Month activities help us spread this message.

The Air Force does not tolerate sexual assault. Through training and education, Airmen foster an environment where attitudes that promote sexual assault are simply not accepted.

SAAM also helps us spread the word on the programs available for survivors.

The teal ribbon, worn during the month of April, raises awareness against sexual assault. On April 9, Lajes uniformed Airmen took a stand against sexual assault by wearing the ribbon.

During the month of April, there have been or will be several events

to raise awareness against sexual assault.

Units across Lajes have put together "It's time... to talk about it" video clips which have been showing on the commander's access channel.

The library has a display in support of Sexual Assault Awareness Month.

There will be a "blind" volleyball tournament April 19 for which the main message is "Don't close your eyes to sexual assault."

During the Multi-Awareness Fair April 20, the Sexual Assault Response Coordinator will have a table with prevention and response information.

Sexual assault awareness and prevention does not stop April 30. The Sexual Assault Prevention and Response Program will be bringing some shows you won't want to miss, starting with "Can I Kiss You?" with Mike Domitrz and "Happy Hour" with comedian Bernie McGrenahan May 11.



Digitally signing and encrypting SMTP e-mail

Submitted by Master Sgt. Melissa Cerda
65th Communications Squadron

Digitally signing and encrypting simple mail transfer protocol e-mail using Department of Defense public key infrastructure certificates are two measures used to secure the network.

A signed and encrypted e-mail takes advantage of DoD's robust and trusted PKI, and as signing and encrypting becomes a routine procedure, the threat of malicious e-mail is reduced.

Digital signatures should be used whenever it is necessary for the recipient to be assured of the sender's identity, have confidence the message has not been modified, or when no repudiation is required. Messages containing only unofficial information and not containing an embedded hyperlink and/or attachment should not be digitally signed.

Refer to guidance established in AFI 33-321 for policies concerning the authenticating of e-mails.

For more information, contact the Wing Information Assurance Office at 535-2232.



Mentorship: A SMSgt's Perspective

By Staff Sgt. Erica Horner
65th Air Base Wing Public Affairs

Mentors are everywhere in the Air Force, but what is a mentor? "Your mentor is the person that you have chosen to be an example, to guide your path, direction and future," said Senior Master Sgt. Carlos Nurse from the 65th Civil Engineering Squadron.

Nurse said what inspires him to help other Airmen is always remembering that he, too, is an American Airmen who started out as a "slick sleeve" Airman Basic Carlos Nurse to present day Senior Master Sgt. Carlos Nurse. His intentions are to make every Airmen feel as if they are part of the team, show them he believes in them, and encourage them to believe in themselves so that there are no limits to what they can achieve.

Nurse believes that attitude is everything.

"It comes from within, and epitomizes who you are," he said. "If you take each letter of the word attitude and add the corresponding number of the 26 letter alphabet that it represents (A=1, B=2, etc.), the sum will total 100 percent – attitude is everything."

He also encourages Airmen to find physical, mental, and spiritual balance within their lives.

"I use this advice myself every time I do my official fitness assessment," he said. "Let's take the 1.5-mile run component, for example. The first two laps are a physical journey. The adrenaline is flowing. I'm pumped up, excited, and ready to go. The middle two laps are a mental journey. This is where I execute 'self-talk' to remind myself that I can reach my goal. The final two laps are a spiritual journey where I completely rely on a higher power to lead me to the finish line."

Nurse, who has a strong spiritual base, said in his 22 years in the Air Force, the mentors he's had throughout his career have all applied the "What Would Jesus Do" philosophy to their unique leadership styles.

"They all shared a common thread of serving a master who was, and still is perfect," he said. "The main thing to remember is that whoever you've allowed to influence your life, will only influence you based on their progression. Be sure that you are submitting yourself to someone who has been where you are going or has conquered the things you are up against."

According to an article titled "Mentoring in the U.S. Air Force: A cornerstone for success through organizational transformation," by Frank C. Budd, PhD, mentees need someone who can provide guidance, set the example, listen and provide feedback, be supportive, challenge them to do more, and equip them with the skills to be excellent in their work.

Mentees in the Air Force, like other organizations, want to know where they fit in the organization and how what they do makes



Senior Master Sgt. Carlos Nurse, 65th Civil Engineer Squadron, encourages Airmen to find mentors who can guide and inspire them to achieve their career goals. (Courtesy photo)

a difference.

A number of Lajes Airmen, past and present, have had the opportunity to be mentored by Nurse.

"He is extremely encouraging and motivating," said Tech. Sgt. Kimberly Young, a former member of the 65th Air Base Wing Safety Office who recently moved to a new duty location. "He's shown other mentees and me how to embark on this journey instead of just telling us. He shares his accomplishments and assists us with our own."

Nurse said his goals are to complete his master's degree in Management and Leadership, attend his daughter's high school graduation in 2014, and continue to serve all Airmen.

LAJES WARRIORS OF THE WEEK



Name: Nicholas Maher
Rank: Staff Sergeant
Unit: 65th Force Support Squadron
Hometown: Currituck, N.C.
Duty Title: Assistant NCOIC, Manpower and Organization
Accomplishments: Sergeant Maher is responsible for six squadrons' manning documents, the Productivity Enhancing Capital Investment Program and the Innovative Development through Employee Awareness

Program. Since his arrival at Lajes, he has reviewed seven IDEAs and saved the AF \$25,000 in duplicate payments. In his free time, Sergeant Maher assists the legal office as a Base Tax Assistant. He has completed 13 returns based on \$612,000 of income, returning over \$23,000 to Lajes Airmen. Sergeant Maher is looking forward to the fall when he will join his wife, Christina, and two boys, Malakai and Mykah, at their new duty assignment in Ramstein, Germany.



Name: Sandy Rocha
Unit: 65th Force Support Squadron
Hometown: Chino, Calif.
Duty Title: Information and Referral Services Manager
Accomplishments: Mrs. Rocha has worked in the Airman and Family Readiness Center for nine years as the Information and Referral Program Manager. She is responsible for greeting all A&FRC visitors, determining which services they

require and then ensuring a smooth transfer to the appropriate staff member. She is also responsible for effectively advertising A&FRC programs and services. Mrs. Rocha maintains an iron-clad positive attitude regardless of what challenges confront her. Mrs. Rocha selflessly pitched in during recent staffing shortages, enabling the A&FRC to maintain top notch programs and services. She has been a definite life-line for the A&FRC and continues to be a critical contributor to their success.



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

Feature



Congratulations to Patricia Gill, 65th Force Support Squadron, upon receiving the 2011 U.S. Air Forces in Europe Civilian Category I award. (Courtesy photo)



Congratulations to Lajes' graduating members of Kisling NCO Academy Class 2012-3 who graduated April 6. (Courtesy photo)



Lt. Col. Gwendolyn Johnson, 65th Medical Operations Support Squadron commander, gives her senior leader perspective to Lajes Airmen during the Warrior Send-Off ceremony for (from left to right) Airmen 1st Class Spencer Lanham and Master Sgt. Gilbert Labrador, both from the 65th Communications Squadron, and Senior Airmen Monique Benedict from Armed Forces Network-Lajes, April 4. (Photo by Lucas Silva)



Members from the VMGR-452 Marine Aerial Refueler Transport Squadron out of Stewart Air Nation Guard Base, Newburgh, N.Y., conduct a preflight inspection before take off at Lajes Field, Azores, on April 2. The Marines were returning from a seven month deployment to Southwest Asia. (Photo by Tech. Sgt. Chyrece Campbell)



The 65th Force Support Squadron hosted a Big Bunny Egg Hunt for Team Lajes members at the softball field on April 7. Children got to hunt for eggs and take photos with the Big Bunny. (Photo by Tech. Sgt. Chyrece Campbell)



Bruno Nogueira, 65th Air Base Wing Safety, (center) is introduced during the Mustache March finale that took place at the Top Of the Rock Club April 5. Nogueira was one of 30 Team Lajes members who participated in the event throughout the month of March which raised \$600 for the Air Force Assistance Funds Campaign. (Photo by Lucas Silva)



Mark your calendar

MONTH OF THE MILITARY CHILD DINING

OUT: The Child Dining Out is scheduled for April 14 from 5 to 8 p.m. at the TORC. Contact the Youth Center for tickets or more information at 535-3273.

AFAF CRUD TOURNAMENT: The crud tournament is scheduled for April 13 at 5:30 p.m. at the TORC Officer's Lounge. There is an entry fee of \$40 for teams of four. All ranks are welcome and all proceeds will go towards AFAF. If interested, contact Capt. Steve Mackinder at 535-1362.



HYPER NOVA UTOPIC EMPIRE PERFORMANCE: The contemporary dance show "Hyper Nova Utopic Empire" will take place April 14 at 9:30 p.m. in the Youth and Arts Academy located next to the movie theater in Praia. In this performance, two astronauts appear in space, transporting them into a galactic odyssey heading to the future of mankind. Following the development of a risky mission, the spectators will watch the two astronauts along their uncommon and surprising path.

HOLOCAUST DAYS OF REMEMBRANCE:

- A Candlelight Remembrance ceremony is scheduled for April 16 at 9 a.m. to 3 p.m. in the Chapel.

- A movie night featuring "The Boy in the Striped Pajamas" is scheduled for April 18 at 5:30 p.m. to 7:30 p.m. in the Community Activity Center.

- The Reading of Names Ceremony is scheduled for April 19 from 8 a.m. to 5 p.m. in the Top of the Rock Ballroom.

- The Holocaust Remembrance Run is scheduled for April 20 at 7 a.m. in front of the Chase Fitness Center.

ANNUAL VOLUNTEER RECOGNITION CEREMONY: The ceremony is scheduled for April 19 at 3 p.m. in the Community Activity Center Ballroom (T-307). The event will include the presentation of awards followed by an Ice Cream Social. The ceremony is held to honor all volunteers for their many contributions to the base and community.

SUM DINNER: This month's Single/Unaccompanied Members dinner will be April 23 at 5:30 p.m. The event is hosted by the 65 CES Booster Club and sponsored by the Lajes Field Chapel.

22nd ANNUAL HALF MARATHON: The 22nd annual half-marathon "Dos Bravos" will run between the towns of Serreta and Sao Mateus on May 1. Anyone interested in participating in this event can stop by the Lajes Fitness Center's front desk to sign up. For more information, contact Agostinho Silva at 968-475-649.

HULA DANCE PRACTICE: In preparation for Asian-Pacific American Heritage Month, there will be free hula dance practice every Monday from 11 a.m. to 12:30 p.m. for adults and Saturdays from 1:30 to 2:30 p.m. for children in the upstairs aerobics room at the Fitness Center. For more information, contact 2nd Lt. Erica Peat at 535-3404.

Feature

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: How do I get to the new hospital?

PORTUGUESE: Como chego ao novo hospital?

PRONUNCIATION: KOhmoo Sheegoo aoo Nhovoh Ahspital

AFN Highlights:

You can see these AFN stories and more this week on AFN Atlantic on the following dates (All stories shown at these times: "News Update" at 1827 and 1857, and "Around the Air Force" at 1823.):

April 16 – Sexual Assault Response Changes (DoD is implementing new procedures to the program)

April 17 – Military Child Dining Out (Spin on traditional event that's hosted by kids, for kids)

April 19 – LRS Mad Dog Campaign (One Lajes Airman makes huge impact on mission)



ASK ED

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

By Eduardo Lima
Community Relations Advisor



Azorean symbols explained



The Azores has been an autonomous region since 1976, although being an integral part of Portugal. As such, it has created its own symbols, namely a flag, coat of arms and the regional anthem.

The Azorean flag is somewhat similar to the former royal Portuguese flag used between 1830 and 1910, with the exception that the Portuguese coat of arms was moved from the center to the top left corner of the flag. It features blue and white colors, the golden goshawk is centered under an arch of nine golden stars, which represent the nine Azorean islands. The goshawk bird (Açor) is considered a symbol of the Azores, thus the reason why it appears in the flag.

The official coat of arms of the Azores is formed by nine gold stars superimposed on a red bordure, representing the nine islands of the Azores. The bordure surrounds a silver shield on which a blue eagle is displayed with wings elevated. The crest is a closed helm surrounded by a wreath, topped by another blue eagle.

The shield is supported by two chained black bulls, each holding a flagpole with Christian symbols. At the very bottom is a banner with the motto *Antes Morer Livres Que Em Paz Sugeitos* (rather die free than in peace be subjected), a statement made by Ciprião de Figueiredo in 1582 to Phillip II of Spain, refusing the submission of Terceira Island to the Spaniards in exchange for favors.