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Crossroads



Vol. 17, No. 28 July 20, 2012

Lajes Field, Azores, Portugal

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

 921
SORTIES

16,101
LODGED 

 4.62 M
gallons
FUEL ISSUED



**Don't drink
and drive
call
295 57 LADD**

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



**Weekend
Weather
Forecast**

Saturday (a.m. / p.m.)
Rainshowers
Wind SW 10 Kt
SW 10 kt
HIGH 23C / 75F
LOW 19C / 64F

Sunday (a.m. / p.m.)
Mostly Cloudy
Wind SW 10 Kt
W 10 Kt
HIGH 23C / 75F
LOW 19C / 66F

Reservists practice mission essential skills with 65th LRS

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

Reservists normally work one weekend a month plus two weeks a year.

For their two-week training this year, 40 Reserve Airmen from Westover Air Reserve Base, Mass., deployed to Lajes Field to work with the 65th Logistics Readiness Squadron.

"Working one weekend a month doesn't give us a lot of training time, so we're using this opportunity for our younger Airmen to get a lot of hands-on training and help our active duty counterparts here," said Master Sgt. Kimberly Babin, 439th LRS first sergeant, who also serves as a director of the Department of Veteran Services in Massachusetts.

The team consists of mostly senior airmen and below who are working side-by-side with the 65th LRS in the vehicle maintenance, vehicle operations, fuels and supply flights from July 15 to 28.

"We're integrating right into the sections," said Lt. Col. Michael Buoniconti, 439th LRS commander, who also serves as the Superintendent of Schools for Mohawk Trail Regional in Massachusetts. "There's daily work that needs to be done and as that work presents itself, the host unit is dividing out the work and integrating the Reservists into those sections."

Some of the 439th's command support staff Airmen also deployed to Lajes. Although they learned after arrival that the 65th does not have a command support staff to shadow, they also got their hands dirty by visiting various sections within LRS, such as the vehicle operations flight.

"We went to vehicle operations to help wash and clean

out the cars in preparation for a distinguished visitor's visit," said Senior Airman Alicia Hayes, 439th LRS. "They (65th LRS active duty members) showed us the type of inspections needed to be conducted before and after use to make sure the vehicles were safe for driving."

This training at Lajes allows the 439th Airmen a unique opportunity to deploy together, train together and build

some camaraderie. Because the Reservists' logistics readiness team is generally not centrally located, the logisticsians usually do not have many opportunities to train together.

"This helps with getting our Airmen qualified with their five-level skills and also serves as a refresher training," said Tech. Sgt. Christopher Walters, a 439th LRS dispatch supporter, who also serves as a Department of Defense civilian for the Navy.

Buoniconti said this is his third year of command, and this is the first opportunity the unit has had to train together instead of one or two Airmen being sent to train in different locations.

"Being able to have almost half the squadron train and fight together is good stuff," he said. "I can see this is going extremely well from our side, and we're grateful for the opportunity to be here."

"The ability of both squadrons to quickly adapt and work together as one cohesive unit has made the transition seamless," said Maj. Bill Hesketh, 65th LRS director of operations. "This was evident when both the 65th LRS and the 439th

hosted the 'SUM Dinner.' The Reservists volunteered to help us pay respect to the single and unaccompanied members here. Although the 439th is here for their two



Airman 1st Class Wai Ming Ham, 439th Logistics Readiness Squadron, learns how to properly use a pallet jack at the supply warehouse from Staff Sgt. John Barnets, 65th LRS. Ham, who is approximately six months new to the Air Force and two months new to his Reserve unit, is here with other Airmen from the 439th LRS to receive two weeks of hands-on careerfield skills training from their 65th LRS active duty counterparts. (Photo by Staff Sgt. Angelique Smythe)

To read more on "Reservists" see page 4



Thoughts on summer safety

By Maj. Randall "Axle" Schmedthorst
65th Air Base Wing Safety

The 101 Critical Days of Summer Campaign is approaching the half way point, and although this year has been remarkable for Lajes, the Air Force has room for improvement. In the first six weeks, the Air Force experienced 10 fatalities. Eight of them were vehicle accidents, of which six involved motorcycles, and the other two were water activities.

A leading cause of traffic mishaps is drivers often fail to consider the consequences of increased speed or simple distractions such as changing a radio station, looking at scenery or talking to passengers. Although these items appear benign, they increase a driver's reaction time and the increased reaction time may mean the difference between stopping just in time or having a collision. Likewise, drivers must also remain vigilant of other vehicles that may be behind or beside them. No matter how good of a driver you may be, you never know if the driver next to you is distracted, so it is best to be aware of their presence.

When it comes to off-duty activities of Airmen, the Air Force minimizes hazards associated with certain activities by mandating all members receive a High Risk Activity briefing before

engaging in events identified as having an increased risk. At Lajes, these activities are specified in the wing commander's High Risk Activity Policy Letter and the letter is posted on the each unit's safety board. This briefing is not intended to hinder an individual's fun, but to verify they understand the hazards associated with the event and ensure they are properly trained. All water activities at Lajes are considered high risk. People often fail to consider the strength behind waves and water currents and overestimate their own physical capabilities.



Maj. Randall "Axle" Schmedthorst is the 65th Air Base Wing Safety chief. (Photo by Manuel Martins)

As I have said for the last two years, my goal has never been to hinder activities or be a roadblock to fun. My goal is to preserve our people and our assets to enhance mission capability. Although there are various safety programs in place to support this goal, the programs are useless without exceptional individuals running the programs. It has been the efforts of an amazing Ground Safety team working in conjunction with

the Unit Safety Representatives who have produced the phenomenal safety statistics here at Lajes. As I depart Lajes early next month, I am proud to say we have accomplished my goal and I appreciate the efforts of all those who contribute. Stay safe.

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. Chris Bargery

Col. Chris Bargery
Commander, 65th Air Base Wing



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

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Be safe on outdoor adventures

By Staff Sgt. Michael Clemens
65th Communications Squadron

Imagine parachuting into the Florida Everglades and having to survive for a week. Or, consider being stranded in the French Alps with only a single match and an energy bar. Many of us enjoy watching experts on TV demonstrating extreme survival skills. What we don't see is the careful planning and safety measures taken before and during the show to ensure the safety of the star. Since very few of us are true survival experts, it is very important we carefully plan and use proper safety measures during our outdoor adventures.

One key area of planning is to determine what to pack. There are many choices to consider and prioritize. Potable water is essential. Hydrate before you start out and bring enough water to remain hydrated. Will you be out in the sun for any extended period of time? Be sure to pack plenty of sweat proof sun block and insect repellent. Take time to reapply it as often as needed. Pack food that doesn't require refrigeration or a lot of effort to prepare. Foods that are high in carbohydrates deliver the most

bang for your buck when it comes to delivering energy. Canned food is a good choice; just remember to bring a can opener.

Another aspect of outdoor adventure planning is bringing along the right attire. Consider all the possible weather conditions you may encounter. Light colors and loose-fitting fabrics will help keep you cool. Layering your garments is a key strategy for staying warm. Wear a hat to keep the sun off and to retain heat if it's cold out. Check the weather forecast before you leave to see if rain gear is needed. Do some research and find out if insects or plants will be a factor. Even in warm weather, pants and long sleeve shirts may be needed to combat these foes. Buy the correct footwear for your adventure and break them in before hitting the trail. Pack extra socks to keep your feet dry and warm. "Lieutenant Dan" from Forrest Gump had it right when he said, "I want you boys to remember to change your socks every time we stop."

Proper equipment is something you need to consider very seriously. A first aid kit is a "must have" item. You can purchase one fairly

To read more on "Outdoor" see page 4



Who me... depressed?

By Chief Master Sgt. Tracy Lewis
65th Medical Group



During my first 24 years in the military I thought I could handle anything that came my way. It was nothing for me to be able to hit a few rough patches and bounce back, pick myself up and move on without any concerns.

That was until my tour at Hill AFB, Utah. During my off duty time I would read a book or watch TV and go out for a motorcycle ride to help relieve what I felt was stress. I realized I was isolating myself but really didn't feel motivated to make the change I knew was needed.

I developed thoughts of suicide, with no real intentions of acting on them and was always able to push them away when they would creep up. I started dealing with additional stressors like my grandmother passing away, not making chief and potentially having to retire the next year. I also had a captain I was very close to perish in an unexpected accident. All the while I was still maintaining, but before I knew it, things started getting worse.

One evening I thought about taking my motorcycle for a ride and running it head on into a big rig. I refused to get on my motorcycle and was very upset that I was even thinking like that. These thoughts pushed me over the edge. After that I wasn't feeling like myself. On the weekends I would stay in bed and cry. I was completely unmotivated to do anything.

A couple days later, my commander knew something was wrong and asked. I instinctively said everything was fine. She took it a step further and asked if I wanted to hurt myself. I said no since I really didn't want to but just kept thinking about it. I ended up going home for the day, but being a good wingman, my commander sent a friend over to check on me. I refused to talk about what was going on, but we talked until it was obvious I needed to sleep.

I knew I needed help and had to do something before my boss stepped in. Therefore, I went to her and told her everything that had been going on and asked for her help. I was referred to a counselor who told me he felt I was depressed and that I would benefit from medication. I didn't like the sound of taking antidepressants but knew something needed to change and what I was doing wasn't helping.

It took several months to get my medication adjusted to the right dosage, but I felt better after a few weeks. My boss continued to check on me even during the weekends. I couldn't have asked for a better wingman.

In my mind, taking medication was a symbol of weakness. However, my doctor explained it like this: "If I were diabetic, would I stop taking the medication? So, if I have a chemical imbalance, should that be considered weakness?" I had never thought about it in that way. Today, after two years, I am still trying to get off the medication but I am completely fine with the thought of taking medication, even if I need to for the rest of my life.

Instead of ignoring the warning signs, seek help. I don't wish the way I felt on anyone. There are much easier ways to take care of issues instead of ignoring the warning signs. I wish I wouldn't have been so blinded by how I thought people would look at me. I should have been more concerned with how I felt and what could be done to feel better. Today, I don't have a problem telling my doctor anything. I should have trusted my medical professionals earlier.

An Airman's take on resiliency

By Airman 1st Class Brooke Busby
65th Medical Operations Squadron &
65th Air Base Wing Single and
Unaccompanied Member Representative

Resiliency is an important term we use here at Lajes Field and in the Air Force. At the 65th Air Base Wing's quarterly Community Action Information Board meeting, all of our wing leadership come together to discuss what we can do better for our Lajes "A"irmen.

At the June CAIB meeting, one thing wing leadership discussed was how important it is to actually know our people down to the lowest level; not just as Airmen, but as people. This helps us understand that when we have a problem, we don't have to be scared to tell our supervisors or even just the person sitting next to us.

As an airman first class and the wing's Single and Unaccompanied Member representative at the CAIB, I am always asked to bring my opinion to the table about Lajes and what I have been offered here. I think it's great being a single Airman stationed at this base. It seems like every other day, our wing has thought of some new idea to get people involved.

When it comes to resiliency, I feel like Lajes has only the best to offer to help our members bounce back from whatever is going on in their lives. We have so many programs, events and seminars throughout the year, which the Force Support Squadron and others do an amazing job publicizing.

For Airmen at Lajes, there are so many ways to feel like part of the "Lajes Goodness." Take advantage of them.



"Reservists" from page 1

week annual tour, they are providing our LRS team an invaluable experience. Both units benefit from active duty and reservist training and working side-by-side. It's a joint effort."



Top: Tech. Sgt. Christopher Walters, 439th Logistics Readiness Squadron, deployed to Lajes with his Reserve unit to work and train with their 65th LRS active duty counterparts for two weeks. (Photo by Staff Sgt. Angelique Smythe)

Left: Senior Airman James Carson, 439th LRS, works with Senior Airman Doctavius French in the supply warehouse. Carson, who is also a stone mason and a student studying fire science, deployed to Lajes with his Reserve unit to perform on-the-job training for two weeks. (Photo by Staff Sgt. Angelique Smythe)

"Outdoor" from page 2

inexpensively or you can elect to put one together. Make sure your kit includes bandages, gauze, alcohol wipes and other basic medical supplies. Bring a cell phone with a fully charged battery in case you get lost or injured. Another import item is to pretest your backpack and make adjustments before you start your great adventure. There is nothing worse than discomfort on the trail because your backpack doesn't fit well. Also consider buying a top quality "all purpose" utility tool, such as a Leatherman®, to bring with you. Keep the knife blade sharp and properly stowed when not in use.

Some additional life saving items to consider are a flashlight, a compass, dry matches, a mirror for signaling and a space blanket. In general, it is better to have something and not need it, than need something and not have it.

The great Outdoors Beckon! It's a great way to challenge yourself, enjoy the wild and spend time with your friends.

Bring the correct supplies, attire and equipment to help make your adventure a success. Double check your gear, have a solid plan and stick to the plan. Always let someone know where you are going and when you plan to return. And remember: survival reality shows are great entertainment, but they are just that -- entertainment.

LAJES WARRIORS OF THE WEEK



Name: Andrea Mosly
Rank: Staff Sergeant
Unit: 65 Forces Support Squadron
Hometown: San Diego, Calif.
Duty Title: Force Mangement
Accomplishments: Sergeant Mosly is responsible for maintaining the Unfavorable Information File, Decorations, Evaluations and Classifications Programs. She works with each unit to ensure that evaluations are on time and accurate. She also ensures

that decoration submissions meet standards prior to being presented. She coordinates with unit points of contact to ensure consistent data integrity. Mosly also ensures that units are trained on how to utilize the base level service delivery model ensuring all parties are trained and prepared for the upcoming switch of responsibility over to the Air Force Personnel Center Total Force Service Center. She is also the squadron unit deployment manager. She ensures that all readiness information is maintained and accurate at all times.



Name: Paulette Burnard
Rank: GS-09
Unit: 65th Forces Support Squadron
Hometown: San Francisco, Calif.
Duty Title: Marketing Director
Accomplishments: Ms. Burnard is responsible for the publicity, market research and commercial sponsorship for the Force Support Squadron. She and her team inform the Lajes community about FSS events, programs, classes, and entertainment

through www.lajesfss.com, Week e-news, AFN, Accents monthly magazine, Commanders Access Channel, Facebook and the Lajes Now TV talk show. Ms. Burnard originated SummerQuest, an on-line FSS riddle contest, in which the community has an opportunity to win prizes and trips during the summer months. Additionally, Ms. Burnard is the Alternate Sexual Assault Response Coordinator and conducts Bystander Intervention classes. She considers her biggest contribution to be the "About Lajes/Newcomers" pages on the FSS website.



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

Feature



Congratulations to four Lajes Airmen who graduated July 12 from Kisling NCO Academy Class 2012-5. The school's mission is to prepare technical sergeants to be professional, war-fighting Airmen who can lead and manage Air Force units in the employment of air, space and cyberspace power. (Courtesy photo)



Col. Chris Bargery, 65th Air Base Wing commander, meets with Airman 1st Class John Bottom, 65th Security Forces Squadron, during his immersion tour July 13. Bargery, who recently assumed command of the wing, took a day to greet the Airmen at Lajes and discuss their mission capabilities. (Photo by Tech. Sgt. Chenzira Mallory)



Three CV-22 Osprey from Marine Medium Tiltrotor Squadron 264, "Black Knights", stop at Lajes Field for a refueling mission enroute to their home base, Marine Corps Air Station New River, N.C., July 18. (Photo by Lucas Silva)



Spouses take part in a dining etiquette lesson before having lunch at the Chapel as part of the Heart Link program July 13. The Heart Link program is designed to educate spouses about military programs, agencies and the mission. (Photo by Tech. Sgt. Chenzira Mallory)



Tech. Sgt. Britney Canezaro, 65th Logistics Readiness Squadron, participates in the Single Unaccompanied Ministry (SUM) dinner, Lajes Field, Azores, July 16. The 65th and 439th Logistics Readiness Squadrons hosted this month's dinner at the base chapel and the theme was "Thanksgiving in July." The 439th LRS is a Reserve unit from Westover, Mass. (Photo by Tech. Sgt. Chenzira Mallory)



Mark your calendar

65TH MEDICAL GROUP CLOSURES: The 65th Medical Group will be closed for official functions on July 20 after noon and July 23 until 1 p.m.

65TH COMPTROLLER FLIGHT CLOSURE: The 65th CPTF is closed July 20 from 2 to 5 p.m.

VA BENEFITS TELECONFERENCE: There will be a VA Benefits Teleconference on July 20 from 9 a.m. to 1 p.m. at the Airmen and Family Readiness Center (Bldg. 126). Call the A&FRC at 535-4138 for more information.

CLUB MEMBERSHIP DAY: Be a club member at Lajes Field and have a free dinner on July 20 from 4 to 7 p.m. at the TORC. Families are welcome. You can also become a member at the door. For more information, contact the TORC at 535-1122.

65TH MDG CHANGE OF COMMAND: The 65th Medical Group change of command is July 23 at 9 a.m. at the Top of the Rock Club. Col. William Parker will relinquish command of the 65th Medical Group to Col. Lorn Heyne. For more information, contact Master Sgt. Dawn Hart at 535-6505. Military personnel will wear the uniform of the day and Civilian dress is business casual.

TRANSITION ASSISTANCE PROGRAM: The next TAP class will be held from July 25 to 27 from 8 a.m. to 4 p.m. at the Airmen and Family Readiness Center (Bldg. 126). It's open to all military members, spouses, and civilians. If you are planning to separate or retire from the military lifestyle, this program offers three days of information that cover job hunting skills, resume building, preparing for an interview, and much more.

SNCO INDUCTION CEREMONY: The Senior Non-commissioned Officer Induction Ceremony is July 27. Social hour is 6 p.m. and the ceremony begins at 7 p.m. Tickets are \$27 for club members and \$29 for non-members. Contact your unit representatives for tickets.

ELECTIONS FOR CULTURAL DIVERSITY AWARENESS COUNCIL (CDAC): The Cultural Diversity Awareness Council is currently accepting nominations for president, vice president and publicist. Please contact Master Sgt. Carmen Wyatt for more information at 535-5177.

YOUTH CENTER REQUESTS A PIANO PLAYER: The Youth Center needs a piano player for the Missoula Theater camp/production on August 14, 15, 16, and 17. If you or anyone you know plays the piano, please contact Diana Sousa at 535-1192.



Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: What time does the airplane arrive?

PORTUGUESE: A que horas chega o avião?

PRONUNCIATION: Ah keh ORushash SHAYgah ooh aveeAWN?

BULLFIGHT SCHEDULE



Friday, Jul 20: 6:30 p.m. Terreiro, Porto Judeu
Saturday, Jul 21: 6:30 p.m. Terreiro, Porto Judeu
Saturday, Jul 21: 6:30 p.m. Rua de Baixo, São Pedro
Sunday, Jul 22: 6:30 p.m. Porto Judeu
Friday, Jul 27: 6:30 p.m. Largo da Fonte, São Sebastião



Lajes Against Drunk Driving 295-57-LADD (5233)

Every year the Air Force loses great Airmen to drunk driving. Please help save a life and your career by calling Lajes Against Drunk Driving. LADD is a base program that provides free rides for individuals who've had too much to drink. LADD will be available between the hours of 9:30 p.m. to 4:30 a.m. every weekend.

The LADD program is available to all Lajes Airmen, so if you are the one who ends up needing a ride this or any weekend, call LADD.

For more information, please contact your squadron representative.



ASK ED

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

By Eduardo Lima
Community Relations Advisor



Go out and enjoy Terceira's arena bullfights

On April 17 of this year, I wrote an article explaining one of the two forms of bullfighting on Terceira Island – the street bullfighting.

The other form of bullfighting that occurs several times during the season, although with less frequency than the street bullfights, is called “arena bullfight.” These bullfights also begin with the season in May and reach their peak with the Sanjoaninas Festival, which takes place in Angra annually during the last two weeks of June.

In the arena bullfights, bulls are fought either by bullfighters on foot, matadores, or by cavaleiros – bullfighters on horseback using equestrian skills. In some arena bullfights, especially the “Portuguese style” there’s also the participation of a group of men called forcados who face the bull with their bare hands with the objective of immobilizing the animal. These groups of amateurs are unique to Portugal, although they can be seen in arenas in some other parts of the world.

The matadores fight the bull with red capes and perform a series of moves aimed at show their skills and testing the bull’s bravery. Unlike Spain, the bull is not killed in the Portuguese arenas, though it is stung by banderillas, a decorated barbed dart that is thrust into the bull’s neck and causes some bloodshed.

The cavaleiros’ performance also includes the use of banderillas. The goal is for the cavaleiro to fight the bull on horseback and maneuver around the bull without being hit, while placing the banderillas in a designated spot on the bull’s back. Sometimes the horses are so well trained they can actually prance in front of the bull at the sound of music, which makes the performance really fascinating.

After the cavaleiro finishes his performance it is time for the forcados to jump in the arena and face the bull. One designated forcado puts a cap on his head and starts walking towards the bull with the other members following close by. When the bull charges, the forcado backs up a few steps and then grabs the bull by the horns and neck with the help of the other forcados. If their first attempt to immobilize the bull is not successful the group then tries again and again until they are successful.

A concert band usually provides a traditional atmosphere to accompany the events, playing the traditional bullfight music “paso dobles.” Ticket prices are usually based on the location of seats and celebrity of bullfighters. The first two or three row of seats and shaded areas are usually more expensive than others. The next arena bullfights are scheduled for July 21 at 9:30 p.m. and Aug. 6 at 8 p.m.