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# Crossroads



Vol. 17, No. 36 September 14, 2012

Lajes Field, Azores, Portugal

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

 1040  
SORTIES

19,716  
LODGED 

 5.27 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 / Partly Cloudy  
Wind W 10 Kt  
N 20 kt  
HIGH 21C / 69F  
LOW 17C / 62F  
**Sunday (a.m. / p.m.)**  
Rainshowers / Mostly Cloudy  
Wind N 15 Kt  
N 15 Kt  
HIGH 20C / 68F  
LOW 15C / 59F



## LRS converts fleet for cleaner environment

Ricardo Silva and Antonio Moniz, 65th Logistics Readiness Squadron, fire truck maintenance specialists, reference a Retrofit Kit Installation manual before installing a fill system on a 1986 P-19 fire truck, Sept. 10, 2012, Lajes Field. The fire truck maintenance crew upgraded the 65th Civil Engineering Squadron's crash response vehicles enabling the use of a 'no-foam' system. (Photo by Lucas Silva)

**By Tech. Sgt. Chenzira Mallory**  
65th Air Base Wing Public Affairs

A team of fire truck mechanics from the 65th Logistics Readiness Squadron has upgraded four of the 65th Civil Engineering Squadron's fire department response vehicles to a 'no-foam' system.

The upgrades to the 65th Air Base Wing's firefighting equipment fulfill a United States Air Forces in Europe initiative.

The seven member fire truck maintenance crew comprised of four Air Force service members and three Portuguese civilians, upgraded four crash response fire trucks to the 'no-foam' system in 10 days.

The 'no-foam' system was developed by the U.S. Navy engineering facilities, located in California. The state-of-the-art system was designed to help fire departments save money, while keeping cleaner environmental practices in mind, said Senior Airman Judge Harris, a fire truck mechanic assigned to the 65th LRS.

"If we have an aircraft fire, the crash trucks would respond with the [current] water and foam system," said Harris. "Our trucks are now capable of using an external foam supply with the no-foam system trailer."

This capability is beneficial to fire fighters here at Lajes Field.

"Our fire fighters are actually able to train using the

no-foam system," said Senior Master Sgt. Robert Stuart, the 65th CES's fire department chief. "Much like using rounds to qualify with an M-16, these guys can practice fighting fires using the 'no-foam', keeping their skills ready for any possible aircraft incident."

The group of fire truck maintainers works within the 65th LRS, vehicle maintenance flight and ensures our first responders are prepared for any emergency at Lajes Field.

"The fire truck mechanics maintain our vehicle fleet 24/7; a crucial part in our fire department maintaining our mission capabilities," said Tech. Sgt. Floydzell Kimble, the 65th CES's fire department, assistant chief of training.

From turning wrenches to changing oil filters, this small crew is also responsible for more than just the fire trucks on Lajes Field.

"We manage around 365 vehicles and maintain around \$19 million in vehicle assets," said Harris. "We make sure that each vehicle is up to date with inspections and services needed prior to operating on the flight line."

Each vehicle, general purpose or emergency response is inspected every six months. The team also ensures spare parts are ordered and available ahead of time to minimize repair times.

"Our main goal is to make sure that our fire trucks and general purpose vehicle fleet are up and running and ready for use at anytime," said Harris.



# Stigma! What stigma?

By Lt Col Scott Hopper  
65th Logistics Readiness Squadron  
commander

I am told that many Airmen won't go to mental health or the MFLC because there is a "stigma" associated with them? What stigma? No one told me about the stigma.

In 2004 I was under a lot stress balancing work and home while trying to manage the emotional and financial stress of a heated divorce and extended separation from my daughter. I went to mental health and they referred me to an off-base counselor to help me sort through the adjustments I needed to make in my life. I wish I had known about this stigma.

I remember telling my commander. I didn't have to tell him, but I wanted to leave early on Tuesdays to attend the appointments. I told him I was seeing a counselor. With little reaction, he gave

me Tuesday afternoons off and moved on to the next topic. I really didn't think anything of telling my Commander. As an officer, I have been on the other side of the desk many times when NCOs and officers have come to tell me they were going to mental health. I never really thought anything negative of the person; I always just wish them well and gave a brief offering of support. I guess it's because I didn't know about this stigma. My boss must not have known about the stigma either; I ended up winning the Lance Sijan Leadership Award for Air University that year.

I even heard going to mental health will impact your security clearance. I remember during my interview for my Top-Secret/SCI the investigator asked if I had been to counseling. I told him I had during my divorce. He asked, "Did it help?" "Yeah, it did." I told him. Again, he didn't know

about this stigma either. Just a few weeks later I had my SCI clearance. I guess if I was hearing voices or thought I could fly or something like that things would be different. But just going to talk to someone during a rough time in your life didn't seem to matter.

Recently, when Romy and I learned Michael was autistic we went to the MFLC for counseling. Discovering your child has special needs is an emotional time for any parent and we knew we needed help. These helping professionals have years of experience in private practice where they charge upwards of \$150 per hour. In the Air Force, we have their services for free. If I had known about this stigma I wouldn't have told Col Oliver and I certainly wouldn't have had the MFLC come to my office in plain view of my Airmen. I guess everything is okay though. Col Oliver continues to give me high marks and my Airmen don't seem to care. I guess they don't know about this



stigma either.

The truth is there is no stigma. I am successful because I know when I need help. I am resilient because I am not afraid to get help when I need it. I have sought help before and I will again. Seeing a helping professional won't hurt your career, it won't affect your security clearance, and it will have little impact on your commander's opinion of you.

Being resilient means you have to make personal wellness a priority. Seeking help from a counselor doesn't mean you're on the brink of jumping off a bridge. It just means you need some help navigating a change or some new adjustment in your life. We have access to mental health counselors, MFLCs and Chaplains. These services are expensive in the civilian community, but for you they are free. Take advantage of them; there is no stigma!

**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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## Cholesterol Education Month

Cholesterol is a waxy fat-like substance that your body needs but if you have too much in your blood it can clog your arteries. This can lead to heart attack (CDC, 2012).

"There are two kinds of cholesterol, high density lipoprotein (HDL). It is also called "good" cholesterol. There is also low density lipoprotein (LDL) cholesterol. It is also called "bad" cholesterol. When we talk about high cholesterol, we are talking about "bad" LDL cholesterol" (CDC, 2012).

"Cholesterol comes from two sources: your body and food. Your liver and other cells in your body make about 75 percent of blood cholesterol. The other 25 percent comes from the foods you eat. Cholesterol is only found in animal products" (American Heart Association, 2012).

Heart attacks happen about 1.2 million times a year in the United States and nearly 50% of them are fatal (The Quick Series Guide of Controlling Your Cholesterol, 2007).

For more information on Cholesterol please call MSgt. Marcus Malacara, 65th MDOS at 535-1295.



# Boots on the ground: An airman's perspective

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

"As soon as you leave the gate, the threat level rises. Not to mention, I have to depend on a unit that I've only known for a few hours or a couple days to have a plan of action if or when something happens."

This is a typical scenario for Senior Airman Monique Benedict, an AFN broadcaster from Lajes who is currently deployed to Bagram Air Base.

"My job as a broadcaster is to document the mission and tell everyone's story," said Benedict, who is attached to an AFN detachment but is also visiting other Forward Operating Bases. "I go out to different FOBs and tell the stories of our troops, and their contributions to the war efforts. Every single person has a story to tell. Every story needs to be told; no matter how big or how small it may seem, the part they play contributes to the overall mission."



SrA Monique Benedict documents the building of a new wall around a school near Bagram Air Base. The unit she was attached to, spent 6 months building this wall as security for the students. (Courtesy photo)



SrA Monique Benedict, an Air Force broadcaster from Lajes who is currently deployed to Bagram Air Base, on her first mission outside the wire. (Courtesy photo)

Benedict's first story was about Afghanistan Air Force pilots in training who graduated from an English course. In this class, was the first female Afghan pilot in training; there were four other female pilots but they conducted their training in the United States.

"She was the first female to complete pilot training in country, so it was a pretty big deal," said Benedict. "When I asked if I could interview her for a feature story, she said she didn't mind- only that she didn't want her face to be shown on camera for the safety of her and her family. That was pretty eye-opening. This woman is pushing past gender obstacles that have stood in the way for decades, and risking her life to become someone who can help better her country."

While deployed, Benedict has produced many stories, to include a medical evacuation video which has received hundreds of views and over a dozen downloads from the Defense Video & Imagery Distribution System website, which is a marketing service between media and the military.

"When I see that, it's like a pat on the back," said Benedict. "When

To read more on "Boots on the ground" see page 4

## Hispanic Heritage – TSgt Villagomez

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

Each year, Americans observe Hispanic Heritage Month from Sept. 15 to Oct. 15 by celebrating Hispanic and Latin American heritage and culture, as well as the contributions they make to the United States Air Force.

This year's Air Force theme is "Diversity United, Building America's Future Today." Recently, one Hispanic-American Lajes Airman had a positive impact not only on the United States but on our international partners.

"Never forget where you came from."

These words have echoed through the mind and life of Technical Sergeant Ramiro Villagomez since he was a young Airman. Born and raised in Quito, Ecuador, Villagomez joined the military in 2000, and was able to use his Hispanic/Latino background to embark on new opportunities.

"I was mainly looking for special duty assignments until I talked to my career advisor, and he mentioned this program to me and said that I would need to be fluent in Spanish," said Villagomez, the vehicle operations supervisor for the 65th Logistics Readiness Squadron. "I had never heard of it, and got it by the luck of the draw."

The program is the Inter-American Air Force Academy at Lackland Air Force Base.

"IAAFA's main mission is to build relationships and partnerships through Central and South America," said Villagomez, who was the course developer on the IAAFA team." There are 32 courses all in Spanish, and they range from NCOA courses, supply, logistics, intelligence, hydraulics, aircraft training and various other AFSCs."

IAAFA's goal is to use the knowledge and training that Airmen receive from tech school, on-the-job training and up-grade training to teach and improve other host nation's capabilities. They teach four

To read more on "Hispanic Heritage" see page 4



**"Boots on the ground" from page 3**

someone downloads a story, I'm proud to know that I told the story, that had it not been for my efforts that story wouldn't be there for people to see."

Benedict travels between many FOBs and therefore, spends a lot of time outside the wire.

"Every time I go outside the wire I get briefed on 'what to expect,'" said Benedict. "So at that moment, it kind of hits you that your safe guard isn't up anymore, you're out in the open, and anything could happen. When I'm riding in a convoy, my muscles are flexed the entire

ride; I'm clutching my weapon and my camera gear, just preparing for the impact of an IED."

This was Benedict's first deployment and it has made a mark in her life, she said.

"This experience, being in Afghanistan, going outside the wire and seeing more than any one person ever sees during their deployment, is something that I will never forget," said Benedict. "I can say 'I went out and did this; I went out and saw that. I told his story. I documented that mission.' I am very proud and honored that I have the opportunity to do that."

**"Hispanic Heritage" from page 3**

classes throughout the year for armed forces of Central and Southern American, and depending on how many contracts are requesting a single course, they can send out a Mobile Training Team (MTT).

"I got the opportunity to travel with them in a MTT to Colombia, and it was a great experience," said Villagomez who was a SSGT at that time. "I actually got to see what impact we have on other countries.

But his second trip to Colombia was a bit different.

"I thought we were just going to take a look at the program and review their training and OJT records, but when we got there they told us we were going to give a briefing," said Villagomez. "I had to tell the Chief of Staff of the Colombian Air Force how to improve their OJT program. It was very intense, but it made me realize how we affect other people. It was very rewarding."

Villagomez says he still speaks to some of his students and receives emails thanking him for his guidance and leadership.

"It was a once in a lifetime opportunity," said Villagomez, who developed courses for Colombia, Mexico, Argentina, Ecuador, Chile Paraguay, and Canadian forces. I was able to use the skills I already have to improve and impact other nations."

Villagomez wants to ensure that he never forgets where he came from.

"Prior to the military, I worked for the state of Oregon, and one of my duties was to look for migrant children working in the fields and send them to school," said Villagomez.

This position provided a unique opportunity to be an inspiration.

"When you have one of those kids look up to you and think 'I want to learn English and speak to you like that' it makes me appreciate what I have," said Villagomez. "I'm Latino and Hispanic, and I can do things with my life regardless of my background."



**LAJES WARRIORS OF THE WEEK**



**Name:** Elvira Borges  
**Rank:** LGS-11  
**Unit:** 65th Logistics Readiness Squadron  
**Hometown:** Agualva, Terceira  
**Duty Title:** Flight Chief, Materiel Management  
**Accomplishments:** Ms. Borges is responsible for Materiel Management functions at Lajes. She and her team of military and local national employees provide supply support

such as equipment accountability and Hazmat to base organizations. Ms Borges has over 28 years of base experience. She has worked in housing, supply stock control, fuels accounting and as the squadron training manager. Recently the flight that she leads has been heavily involved with a warehouse consolidation project, working toward increased storage efficiencies. Her flight has reviewed the usage of hundreds of items and identified excess items for disposition. In her spare time Ms Borges is an avid gardener.



**Name:** Lucas Thompson  
**Rank:** Senior Airman  
**Unit:** 65th Logistics Readiness Squadron  
**Hometown:** Geneseo, Ill  
**Duty Title:** Unit Deployment Manager  
**Accomplishments:** Monitors and ensures the readiness of 67 squadron members that are spread throughout seven diverse AFSCs. He also assesses the readiness of

the LRS as a whole by completing the monthly AEF Reporting Tool (ART) Report and Status of Resources and Training System (SORTS) Report. He is also the Unit Fitness Program Manager for the LRS who currently leads the 65 ABW with 69% of the squadron receiving "Excellent" scores on their AF Fitness Assessment. Outside of his job he is a member of the Wing's "Fab Five" Team, the Treasurer for the local Air Force Sergeants Association (AFSA) Chapter, and just recently turned over the reigns as the Lajes Against Drunk Driving (LADD) President to a brand new council.



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

Feature



*Tops In Blue performed for a crowd of U.S. and Portuguese personnel at Lajes Field, Sept. 9, 2012. The theme for this year's tour is "Listen", and features rhythm and blues songs from the golden oldies era to the latest top 40 songs. The tour will take them throughout the U.S. and more than 20 countries, with close to 130 performances in a 10-month period. (U.S. Air Force photo by Tech. Sgt. Chenzira Mallory)*



*Pedro Xavier, 65th Civil Engineer Squadron firefighter, rings a bell in honor of fallen comrades during a 9/11 remembrance ceremony at the fire department, Sept. 11, 2012, Lajes Field. A member from the 65th Security Forces Squadron, 65th Medical Operations Squadron and 65th Civil Engineer Squadron read messages and a bell was rung in honor of their fallen comrades. (Photo by Guido Melo)*



*Tops In Blue performed songs in tribute to the late Michael Jackson at Lajes Field, Sept. 9, 2012. The theme for this year's tour is "Listen", and features rhythm and blues songs from the golden oldies era to the latest top 40 songs. (U.S. Air Force photo by Tech. Sgt. Chenzira Mallory)*



*Members of the 65th Air Base Wing and our Portuguese Air Force partners participated in a 9/11 remembrance ceremony at the fire department, Sept. 11, 2012, Lajes Field. (l-r) Staff Sgt. Kelly Portillo, 65th Security Forces Squadron, Pedro Xavier, 65th Civil Engineer Squadron, and Staff Sgt. Dustin Griffith, 65th Medical Operations Squadron, represent three forces that were heavily involved during the aftermath of 9/11. Each member read a message and a bell was rung in remembrance of their fallen comrades. (Photo by Guido Melo)*



# Mark your calendar

**AF BALL AND CHAIN (JAIL AND BAIL):** On Sept. 14 you can call the Air Force Ball and Chain dispatch unit at 535-2425 from 8:30 a.m. to 3 p.m. to place someone in the jail cell, which will be the basketball court above the running track. State the name of the individual or individuals that you wish to have locked up, their location, and the sentencing. Give dispatch your location so the apprehension team can obtain the funds for the sentencing. Prices are \$5 or 5 Euro for 30 minutes of jail time. Bail is double the costs of what it was to put you in jail. Go to the basketball court and gloat over the inmates while you enjoy a burger, chips, and drink for only \$5.



**YOUTH CENTER NEEDS SOCCER OFFICIALS:** The Youth Center needs officials for our 2012 Soccer Season, starting Sept. 15 and ending Oct. 20. If you or anyone you know is interested, please contact Mr. Joshua Hurst or Mrs. Diana Sousa at the Youth Center at 535-3273 or 535-1192.

**LAJES TUFF MUDDER CHALLENGE:** This year's Combined Federal Campaign kick-off event is the Lajes Tuff Mudder Challenge! It will be held on Sept. 17 at 8 a.m. at the base track. Cost is \$5 or 5 euro per person, and all proceeds go to the CFC. In addition, the Firefighters will be having a burrito sale; \$5 for one burrito! Come out and show your support!

**DOGGY DAYS OF SUMMER:** Sept. 23 is Doggy Days of Summer at 6 p.m. at the base pool. For more information, call the kennel at 535-3855.

**SLEEP, SLEEP, CALMING SLEEP WORKSHOP:** Come and get some strategies for improving the quality of your sleep! This event will be held at the Airmen & Family Readiness Center on Sept. 28 from 12 -1 p.m.

**LAJES 2012 AIR FORCE BALL:** The Air Force Ball is Sept. 29 at the Golf Club at Terceira ballroom. Social hour is 6 p.m. Dinner is 7 p.m. Servicemembers must wear mess dress or semi-formal uniforms.

**POSTAL VOTING MESSAGE 2012:** The general election occurs this year on Nov. 6. The casted absentee ballots need to be collected and "postmarked" no later than noon on Oct. 30. This date provides the last possible time casted ballots have a "reasonable" expectation of reaching the appropriate voting office before the election. Due to our location and flight schedules the Lajes Post Office recommends dropping off your casted ballot no later than 5 p.m. Oct. 22.

**THEATER ADMISSION INCREASE:** The price of theater admission will increase by \$.50 for adults and \$.25 for children for regular release showings. Admission for adults is now \$5 and \$2.50 for children. For more information, call 535-1124.

**TMO PERSONAL PROPERTY CLOSURE:** TMO Personal Property will close every Friday at 12 p.m. for training. Our new hours will be Monday through Thursday 9 a.m.- 4 p.m. and Friday 8 a.m. -12 p.m. TMO Passenger Travel Office will be open Monday through Friday 9 a.m. - 4 p.m.

## Phrase of the Week A LESSON IN PORTUGUESE



**ENGLISH:** I am sorry but I have to leave now. Thanks for everything.

**PORTUGUESE:** Desculpa mas tenho que sair agora. Obrigado por tudo.

**PRONUNCIATION:** Desh-kulpeh, mash ten-yo keh say-er ahgora . Ohbreegahdoo poor toodoo.

## BULLFIGHT SCHEDULE



- Saturday, Sept. 15: 5:30 p.m. Serretinha, Feteira
- Saturday, Sept. 15: 5:30 p.m. Amoreiras, Praia da Vitória
- Tuesday, Sept. 18: 5:30 p.m. Pesqueiro, S. Bartolomeu
- Wednesday, Sept. 19: 5:30 p.m. Largo da Igreja, Porto Martins
- Thursday, Sept. 20: 5:30 p.m. Largo da Igreja, Porto Martins
- Saturday, Sept. 22: 5:30 p.m. Canada Maria João, Juncal
- Saturday, Sept. 22: 5:30 p.m. Rua Sta Margarida, Porto Martins
- Saturday, Sept. 22: 5:30 p.m. Terreiro da Gata, Riberinha
- Saturday, Sept. 22: 5:30 p.m. Rua dos Boiões, Biscoitos



### 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.



**AFN LAJES Radio 96.1FM**  
 - The Morning Wake Up Call: 0600-1000  
 - The Double D MidDay Show: 1200-1300  
 - The Afternoon Drive: 1400-1800  
 Request Line: 535-3121 or 295-57-3121

# ASK ED

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

By Eduardo Lima  
Community Relations Advisor



## What's the name of the rock located off the Southeast coast of Terceira Island?



The name of the rock mentioned in the question is actually "Ilhéu das Cabras" (goats' islet) as it is officially known to the Portuguese and listed in the official maps.

from the neighboring village of Porto Judeu and other surrounding villages used to take goats and sheep to the islet by boat for them to graze there.

The two small islets are actually part of an old and probably inactive volcano crater that is partially submerged. Nobody seems to know, however, how the rocks split, but this could have been caused by the maritime erosion and subsequent cave-in, or another volcanic eruption.

As far as the history of the islets goes, there are unconfirmed stories that a German U-boat used to hide between the two rocks to escape from the allied navy ships and aircraft during World War II, while it was hunting for the U.S. convoys that were bringing supplies to Europe. Regardless of the stories, it's a breathtaking sight for all who pass by, and just one of the many unique facets that make Terceira Island special.

The Americans call it "split rock" because of its configuration, which is actually split in two rocks.

This private property received its name because the local farmers