

CROSSROADS

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Lajes Field, Azores, Portugal

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

FY 2013



1139
SORTIES

11,090
LODGED



6,47 M
gallons
FUEL ISSUED



Fuel & Fighters: airfield ops to ramp-up again soon

F-16 Fighting Falcons on the Lajes Field flightline during a 2012 fighter movement, or coronet. Lajes Field's flightline is utilized regularly by U.S., Portuguese and third nation military and commercial aircraft. Military fighter coronets frequent Lajes' airfield in the spring and fall of each year. Due to its strategic location and the Air Force's second largest fuel store, the 65th Air Base Wing is uniquely positioned to provide agile combat support and services to aircraft and aircrews. (U.S. Air Force photo by Lucas Silva)

Popular Numbers

Medical Appointment:
Base: 535-3261
Off base: 295-573-261
Base Alt: 535-1089
Off base Alt: 295-571-089

Emergency:
Base: 911
Off base: 295-571-911

Lajes Against Drunk Driving:
Fri & Sat: 295-57-5233

Sexual Assault Response Coordinator:
24/7: 535-7272
Off base: 966-677-266

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By Capt. Mark Graff
65th Air Base Wing Public Affairs

The following article is part of a series detailing the aerospace medical technician career field, the various medical disciplines medical technicians work in and how 'medics' contribute to the 65th Air Base Wing mission.

We've all been there before. You're in the waiting room at the medical treatment facility filling out the medical history and then the Airman calls you back to check your vitals, and so begins another physical health assessment.

It may seem that checking your vitals and asking a few standard questions prior to saying, "the doctor will see you in a minute," is all that the medical Airman is responsible for.

While some may think of 'medics' only as emergency medical technicians or the young Airman that takes vitals at the clinic, there's more than meets the eye when it comes to the Air Force medics who comprise the 4N career field. Like many career fields, theirs is a broad collection of professionals with a wide variety of specialties.

From the allergy and immunizations clinic to ambulance services – which are more closely connected than one may think – to women's health, flight medicine and family practice, Lajes Field medics contribute to the mission in a variety of already-celebrated and lesser-known ways.

These are the stories of how Lajes medical professionals

– more importantly, Lajes Airmen – do so much more for the base mission and community than just take vitals.

Part II: Allergy & Immunizations Clinic

Lajes Field's allergy and immunization clinic is the average-looking, Air Force medical office. Sterile, organized, and fluorescent-lit all come to mind. As an Airman stepping in with deployment orders in-hand or with a supervisor's direction to get the annual flu shot in mind, you're not dazzled by a scientific laboratory or complex equipment.

Despite a reluctant look on your face – you know a needle stick is coming – you're about to be disarmed by Tech. Sgt. Jovan Thomas' big, bright smile. After all, Thomas has seen it all before when it comes to immunizations, and he's in charge of ensuring the next Airman through his door is properly cared for.

"When you come through the door, I do an icebreaker to make you feel at home. I'm smiling to ease any tension you may have coming in; hoping to start up some dialogue," said Thomas, of his warm greeting to allergy and immunizations clinic patients. "It's all about having a conversation and before you know it, it's 'stick' and it's over."

Thomas is a 16-year Airman, and is the NCOIC of the 65th Medical Group's Allergy and Immunizations Clinic.

To read more on "Medics" see page 5

Today's Fight—Airmen and Families—Host Nation Relationship—Future Challenges



Great Air Force teams stick together through it all

By Maj. Jennifer Carns

65th Communication Squadron commander

With the many challenges, both professional and personal, Airmen face on a daily basis, no entity is stronger or more important than that of a team. Being there for one another in the good times is just as important as being there for one another in the tough times.

There is no better team to be a part of than the United States Air Force. My path to the Air Force team began with a couple of high school friends who were going into the military. I thought it was great they were going to serve their country and be a part of such an amazing organization. There I was at my college orientation when I couldn't help but notice the ROTC table. Taking the advice of my father who had served in the Army, I chose the Air Force. (I've heard the best Air Force recruiter is an Army dad!) It was my turn to step up and join the team, and I have never looked back.

So what does it mean to be part of a team?

During my 12 years in the Air Force and through seven assignments and four deployments, I've been part of many teams; each with a unique composition. Each goes through the phases of forming, storming, norming and performing, some faster than others. The constants among these teams are the Air Force's Core Values and the willingness to always be there for a fellow Airman.

I witnessed these traits firsthand during my first assignment; there, I was part of a remarkable team. The Airmen went through a lot of training, deployments and challenges in their professional and personal lives. Amidst the promotions and child births, there were

disciplinary actions and family issues. On this team, the Airmen celebrated the good times together and just as importantly, endured the tough times together. Switching gears one day from being a supporting member to one who needed the support, everyone made it through the tough times because they knew every member of the 44-member team had a shoulder they could lean on. The camaraderie I watched among the men and women of this organization was truly impressive. Fortunately, I've witnessed this Airman characteristic and have been a part of great teams during each of my assignments, not just the first.



Being part of a team means not only benefiting from what the team has to offer but also being an active contributor. This enables Airmen to learn

from one another and grow. Communication and preparation are key factors to making this happen. Communication is essential



and must flow both ways. To be successful and accomplish the mission, everyone must know what is expected and what the goals are. In a team, everyone must be prepared to both mentally and physically work together. After all, teamwork ranges from the daily routine of business to the call to act in extraordinary ways under extraordinary pressures.

The United States Air Force is an incredible team that helps its Airmen not only in their professional lives but also in their personal lives. There will be great times and there will be difficult times; however, knowing you can rely on your teammate – your Wingman – will get you through it. As an Airman, ensure you are doing your part to help develop the environment to foster teamwork and inspire one another.

Commander's Action Line
535-4240
abw.cc@us.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 abw.cc@us.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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Lajes welcomes Defenders back from AFRICOM

The 65th Air Base Wing welcomed back 10 members of the 65th Security Forces Squadron during a Warrior Welcome & Departure ceremony August 14. The entire 65th ABW gathered to hail the Defenders and their families as they returned from a deployment to AFRICOM. The Defenders were deployed for more than four months.

"It's great to be honored by all of Team Lajes and to have our families out here with us today,"

said Master Sgt. Anthony Watson, 65th SFS. "We're just glad to do our part as Defenders and as Airmen."

Lajes hosts Warrior Welcome & Departure ceremonies each time a deployer returns, or when an Airman deploys.

For photographs from this event, visit the 65th ABW's Flickr page online at <http://www.flickr.com/photos/lajesfield/collections>.

2nd Quarter Award Winners



Airman of the Quarter
Senior Airman Adam Webster
65th Medical Operations Squadron



NCO of the Quarter
Technical Sergeant Edward Slaughter
65th Security Forces Squadron



SNCO of the Quarter
Master Sergeant Shelby Goetzman
65th Operations Support Squadron



CGO of the Quarter
1st Lieutenant Katrina Maloney
65th Civil Engineer Squadron

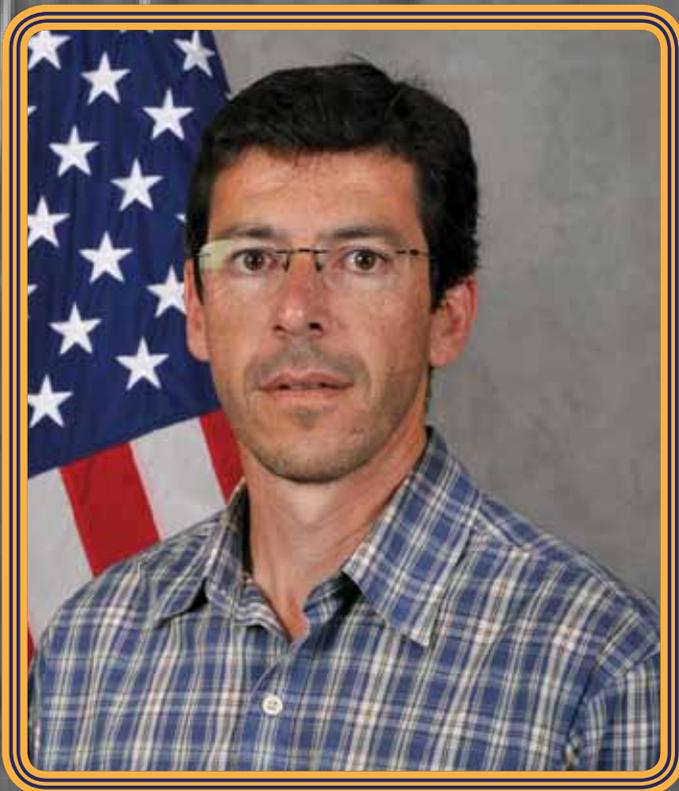
2nd Quarter Award Winners



U.S. Civilian Cat I
Mrs. Toni Buentello
65th Force Support Squadron



U.S. Civilian Cat II
Mrs. Rosanne Callens
65th Force Support Squadron



LN Civilian Cat I
Sr. Orlando Fontes
65th Operations Support Squadron



LN Civilian Cat I
Sr. José Ferreira
65th Civil Engineer Squadron



Make it happen, Airmen

By Gen. Frank Gorenc
USAFE-AFAFRICA commander

we can do is grow and nurture our leaders.
Leaders of all rank balance the needs of the Air Force and our

Airmen are no strangers to change. Our Air Force was born from change after an exhausting world war when nations were recovering and healing emotionally, physically and financially.

The decades following World War II brought us numerous changes: hot and cold wars, technological and aerospace advancements, and manpower ups and downs. Like some of you, I've experienced many of these changes in my 34 years as an Airman.

Today, US Air Forces in Europe - Air Forces Africa continues the attack on America's enemies despite extreme fiscal uncertainty. While this is another chapter in our storied existence, I realize many Airmen today have never experienced change of this magnitude.

My experience has taught me that when we face seemingly unprecedented obstacles, Airmen always rise to the challenge. We overcome because our leadership is rock-solid and our people are innovative and extremely competent. I'm a true believer in that now more than ever, as we face uncertainty and a troubled world, the most important thing



Gen. Frank Gorenc is Commander, U.S. Air Forces in Europe; Commander, U.S. Air Forces Africa, Commander Allied Air Command, headquartered at Ramstein Air Base, Germany; and Director, Joint Air Power Competence Centre, Kalkar, Germany.

Airmen, offer vision, improve processes, execute the mission with a steadfast moral compass and never, ever compromise integrity. Leaders mentor future leaders. With strong leadership, Airmen make things better.

As we navigate our way through 2013 and beyond, I am confident USAFE-AFAFRICA Airmen will make it happen no matter what we face...you are the firm foundation of this command.

Continue to trust your leadership, respect your peers and mentor fellow Airmen.

I have no doubt we will face even greater obstacles in Europe, Africa and around the world. But with leaders like you, I am optimistic about what we can accomplish for our great nation, and our European and African partners.

As I said at my assumption of command, this opportunity is a dream come true and I am thrilled to be your commander. For such a time as this, I know this is where I belong. We are USAFE-AFAFRICA. Together, we are responsive decisive airpower and together we can overcome every change and challenge. Let's make it happen, Airmen.

"Medics" from page 1

Like other 4N0s, or medics for short, Thomas has worked in various capacities throughout his career.

Before taking over the allergy and immunization clinic here, Thomas served as a medic in emergency rooms, a surgery ward, a same-day surgery clinic, a family practice clinic and ambulance services among others. A Washington, D.C. native, Thomas is assigned to the Azores for the second time in his career. Previously he worked in ambulance services here.

Unlike in an ER where medical care occurs after an injury, Thomas' work in the allergy and immunizations field finds him preventing illness or disease, ensuring that Airmen remain medically fit to fight.

Military immunizations are rooted in American history, Thomas said.

"Immunizations date back as far as the Civil War when we were losing most of our battle forces to diseases as opposed to the enemy. So once (we realized that fact)... we started making all of these vaccines and treating a patient with preventive measures, so therefore he can go and fight," said Thomas.

One familiar preventive treatment is annual flu vaccinations. While flu season is just around the corner planning for flu season has been ongoing since February, said Thomas.

"Right now we already have our plans together. We've done all the planning and... once the (vaccinations) arrive, we coordinate with the unit deployment managers to get everyone vaccinated," said Thomas.

Annual flu vaccines are administered by priority, starting with active duty Airmen. The goal of administering flu vaccines is protecting the military fighting force, as well as dependents and the base community at large.

Other vaccines given in the clinic include hepatitis, tetanus, yellow fever and others. These are often administered before an Airman deploys, especially to austere locations.

The allergy side of Thomas' clinic is often seasonally-driven.

Not always life-threatening, but sometimes causing debilitating symptoms, allergies are a common ailment among Airmen. Allergies come in various forms including seasonal - or aero - pet, food, material, animal bites and insect stings.

Thomas underscored the importance of the preventive treatment of allergies

by explaining how quickly an allergy can become deadly.

"Some of the allergies that our Airmen have can cause death, especially if the Airman has asthma as a symptom of the allergy. So, if they come in contact with something they're allergic to and they have asthma, then you have a real rapid emergency on your hands, other than just the hives or tingling in their face," said Thomas.

Airmen with a known, severe allergy are given an auto injector needle to self-administer strong doses of medicine to counteract the symptoms, Thomas said. Plunged into the Airman's thigh, the injector buys the Airman time to get medical treatment should an allergy attack occur.

More common, though, are aero allergens to substances like pollen which cause sneezing, runny nose, hives or itchy, watery eyes. To combat aero allergens, Thomas builds up an Airman's tolerance to the allergy, providing eventual relief and enabling mission accomplishment.

"If an Airman is constantly complaining of allergies related to working outside or every time the base mows the grass, their leadership can refer them to the clinic to get treatment," said Thomas. "We have allergy shots, where we give you a little bit of what you're allergic to and we build up (the Airman's tolerance) over the course of a couple of months. The severity of your allergy dictates what we do."

To help identify the specific allergen, Thomas administers an allergy skin test. The test kit contains 46 known allergens of which Thomas places small doses directly onto the Airman's back. If allergic to the substance, a hive typically appears, helping Thomas determine the treatment plan.

"Once I find out what the Airman is allergic to, we send off the test results to the laboratory... and they build the Airman specific extracts for what he's allergic to and we administer the immunotherapy, very small doses of what they're allergic to," he said.

When it comes to allergies and immunizations, a little preventive treatment goes a long way.

As an allergy and immunizations clinic medic, administering preventive treatment affords Thomas the personal benefit of job satisfaction, he said.

More importantly, though, preventive treatment administered by Air Force medics affords the Air Force the benefit of yet another lethal weapon: healthy American Airmen.

LAJES ON THE WEB



Lajes Field

6-5...
in the FIGHT!

"Lajes Link" - www.lajes.af.mil

The 65th ABW Events Calendar is online! For a complete list of events, visit Lajes Link!

- 65th Air Base Wing Exercise, August 23, Basewide
- First day of DoDDS school year, Grades 1-12, August 26
- 65th Air Base Wing Monthly Promotion Ceremony, August 29 @ CAC Ballroom
- USAFE Family Day, August 30
- US Holiday, Labor Day, September 2
- First day of DoDDS school year, Kindergarten, September 4
- 65th Air Base Wing Unit Effectiveness Inspection, September 5 - 9, Basewide
- 65th Air Base Wing Training Day, September 10, Basewide (Some facilities closed - Medical Group)



Lajes Field, Azores

www.facebook.com/65abw.lajes

'Like' Lajes Field, Azores for the latest news stories, photos, videos and weather updates!



Lajes Field Photos

<http://www.flickr.com/photos/lajesfield/collections>

Looking for photographs from the latest promotion ceremony or Warrior Welcome?

We post these photos on Flickr so Airmen, civilians and family can access them anywhere.

BULLFIGHT SCHEDULE



Remember: Airmen and families assigned to Lajes Field are not allowed to participate in bullfights. If you are viewing a bullfight, you must maintain a safe distance, be behind adequate barricades or located on/in a building. Contact Wing Safety at 535-6137 for more info.

Friday, August 16: 6:00 p.m. Agualva
Saturday, August 17: 6:00 p.m. Agualva
Sunday, August 18: 6:00 p.m. Agualva
Monday, August 19: 6:00 p.m. Agualva
Tuesday, August 20: 6:00 p.m. São Brás
Wednesday, August 21: 6:00 p.m. São Brás
Wednesday, August 21: 6:00 p.m. Fonte do Bastardo
Thursday, August 22: 6:30 p.m. Fonte do Bastardo

ASK ED

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

By Eduardo Lima, Community Relations Advisor



Island of São Miguel

The island of São Miguel is the largest of the Azorean archipelago with a population of about 120,000 people, nearly half of the Azorean population. It also has the biggest economic impact due to its several industries, including tobacco, beer brewing, sugar and tea production and pineapple plantations, etc. The island's primary occupations are farming, fishing, industry and services.

The island's settlement started around 1444 with settlers from the mainland Portugal, Madeira and possibly France. The fertile soil and the island's geographic location contributed to the rapid economic growth based on the production of wheat, sugar cane, wine and dairy products.

São Miguel was also occupied by the Spanish in 1582 after the defeat of a French fleet off the coast of Vila Franca do Campo.

The island's capital is Ponta Delgada, the largest and most populated city of the Azores. It features some beautiful churches, monuments, palaces, a museum, and the only shopping mall in the Azores. The city is also the headquarters of the Regional Government of the Azores and the University of the Azores.

Every year, Ponta Delgada hosts the Azores' most important religious fest, called "Festas do Senhor Santo Cristo" (festivities of Holy Christ), an event that brings thousands of pilgrims to the

island seeking help or thanking the Holy Christ for the graces received.

One of São Miguel's main attractions is undoubtedly the beauty of its landscape. The Caldeira das Sete Cidades, a large crater with its green and blue lakes surrounded by steep slopes covered with trees and flowers, is a good example of beauty at its best. The Valley of Furnas, a true paradise inside another crater where springs flow free, is another natural wonder of this island. In the village of Furnas there's a fascinating park, thermal springs and sulfur pits with boiling mud. Close to the valley is the calm and romance-inspiring Lake of Furnas. This is



the area where the famous local dish "Cozido das Furnas" (a stew made of mixed meats and vegetables) is cooked inside hermetically closed pots buried in the hot soil.

The Lagoa do Fogo (Lake of Fire) as well as the villages of Ribeira Quente, Porto Formoso, Vila Franca do Campo, Ribeira Grande, Povoação, Capelas, Mosteiros and Nordeste county are other places worth visiting. Like most of the other islands, the climate is mild. Ocean lovers will find beautiful blue waters where they can swim, sail, fish or snorkel. The island is also served by an international airport and seaport.