

# CROSSROADS

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Lajes Field, Azores, Portugal

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

FY 2013



1139  
SORTIES

11,333  
LODGED



6,55 M  
gallons  
FUEL ISSUED

## 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

## In this Edition

OSS Commentary Pg 2

Women's Health Feature Pg 3

Tobacco cessation news Pg 4

SDDC Feature photos Pg 5

Upcoming wing events Pg 6

## Army civilian delivers cargo across sea, keeps Lajes in the fight



U.S. civilian Matthew Burr oversees removal of a cargo container from a sea vessel at the commercial port in Cabo da Praia, Azores, Aug. 14, to be placed onto a truck then brought to the military pier for delivery of household goods and privately owned vehicles to Lajes Airmen. Burr is the U.S. Army Military Surface Deployment and Distribution Command 838th Transportation Battalion Azores Detachment director. (U.S. Air Force photo by Staff Sgt. Angelique N. Smythe)

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

The U.S. Army Military Surface Deployment and Distribution Command 838th Transportation Battalion Azores Detachment manages movement of Department of Defense-sponsored surface cargo through the commercial port of Praia da Vitoria, Azores, to support the 65th Air Base Wing and other Lajes Field tenant units.

The SDDC Azores Detachment accepts vessels from the U.S. as well as Europe as they deliver household goods and privately owned vehicles to Lajes members.

Matthew Burr, a retired officer and U.S. Army civilian, is the Azores Detachment director. He is responsible for all of Lajes' cargo coming and going by sea.

"We sustain the 65th ABW to stay in the fight," said Burr. "We take care of port operations. We receive Airmen's POVs and household goods, as well as AAFES (Army and Air Force Exchange Service) and Commissary shipments."

When the household goods arrive, Burr and his staff fill or empty each shipping container. The 65th Logistics Readiness Squadron's Traffic Management Office and local moving companies coordinate delivery of shipments to Airmen, or to be shipped off island to their next duty station.

SDDC also runs the POV Processing Center. Airmen can both pick up and ship their personal vehicles from the POV Processing Center.

"Airmen drop off their vehicles to us, we inspect it, make

sure it meets the USDA (U.S. Department of Agriculture) customs inspections requirements, and then place them in shipment containers," said Burr. "Once the CONUS vessel comes, we take all the containers to the commercial port to have them shipped off."

During fiscal year 2012, SDDC imported 20,373 tons of cargo, and warehouse personnel delivered 258 POVs and 884 household goods crates to customers.

Within the same fiscal year, 7,770 tons of cargo were exported, and SDDC personnel packed and shipped 234 POVs and 966 crates of household goods.

Each year, there are 14 inbound and outbound CONUS vessels and 104 European inbound that sustain Lajes' missions. CONUS vessels arrive to the island every 25 days, and European ships visit twice a week.

Burr, a retired U.S. Army major, said he enjoys working for the U.S. Army as a civilian and serving the Lajes Airmen.

"Working for the Army is just like it's always been, but I've learned a lot about the Air Force that I never knew before," he said. "It's fun working with another service. Also, moving overseas and coming here was a great opportunity to see a place I hadn't yet been to."

Burr served 20 years on active duty — four as an enlisted servicemember and 16 as a transportation officer. This is his first year serving as a U.S. Army civilian. Prior to his current position, he was a Reserved Officer Training Corps instructor at Purdue University.

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



# The most excellent word in our language

By Lt. Col. Richard Steele  
65th OSS commander

Those of us in service to our country receive a great deal of training addressing our attitudes. Our core values, in essence, are an attitude check. But the existence of official core values begs the question, "What values guided military men and women before the AF had Core Values?" The historian will show that great soldiers of the past were motivated to succeed and fight by a variety of things: ambition, family honor, strong leadership, faith in God, patriotism, friendship, discipline and others. But we should be clear, not all values are created equal. The very successful careerist is not the moral equal of the Airman who strives to do right because he views it as his duty. For this reason, I believe, the Air Force correctly attempts to provide a more transcendent basis for one's duty.



Before I took command I thought about these issues with a new intensity. How can a leader motivate, train and develop a unit that not only successfully accomplishes its mission, but where Airmen desire to serve with honor? How can I motivate folks to want to do the right things, even when nobody is watching? How can I teach the importance of developing future leaders so that we don't, in a sense, win the battle but lose the war? How can I cultivate a climate where moral courage is the most highly regarded value in the unit? As I pondered these high ideals, the word "duty" took center stage.

When I think about duty, it touches a moral nerve. Duty is more than just success. Airmen can fly, fight, and win and still not do their duty. Many leaders have used fear, intimidation, micromanagement, boot-licking or favoritism to ensure personal or unit success, but that type of

leadership comes at a great price. Airmen who work in that environment learn all of the wrong lessons about leadership and our Air Force. Duty is more than just successful action... it's about right and wrong. When a unit embraces their moral duty, when they are convinced that they should do their duty at all times, the effects are certain: unselfish service, moral courage, fearless innovation, steady stewardship, unit pride and a high level of competence.

So how do we teach a unit the concept of duty? First, the leader has to preach it, practice it and expect it. Let your squadron see you succeed, fail and learn, in an environment of transparent moral courage. None of us are perfect, but we don't train to our level of competence. We train to the standard. Put the bread on the highest shelf, and expect your Airmen to reach high to get it. They will grow only as high as your level of expectation.

Next, ensure your Airmen know that you trust them. Truly successful units know that their leaders expect much, but also trust much. Share your vision, then stand back watching your Airmen thrive as they determine the means to achieve that end. When they see that you trust them as professionals, creativity is unleashed. Concurrently, you must set the conditions for success by constant training with a focus on core competencies. Ensure that discipline for moral failures is consistent, and don't fail to reward risk takers, the brutally honest and those with a high sense of their duty.

A cousin of mine defined duty best: "Duty is the sublimest word in our language. Do your duty in all things. You cannot do more. You should never wish to do less." As we approach the 12th anniversary of 9/11, let's all re-focus on our concept of duty... let's roll.



Lt. Col. Richard "ManO" Steele speaks at the 65th Operations Support Squadron change of command ceremony, June 27, Lajes Field. In this commentary, Steele argues that all Airmen should re-focus on their moral duty as servicemembers ahead of the 12th anniversary of 9/11.

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.



Col. Chris Bargery

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](mailto:abw.cc@us.af.mil).

Col. Chris Bargery  
Commander, 65th Air Base Wing



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# “More than just vitals” – Women’s Health Clinic medics

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

Whether you’re an expecting mother or active duty, female Airman at Lajes Field, it’s a good idea to get to know Staff Sgt. Dometria Johnson. Why? Because the female-specific patient care she provides is good for your health.

As NCOIC of Lajes Field’s Women’s Health Clinic, Johnson and the healthcare provider for whom she works are responsible for providing all specialized health care to Lajes’ female patient base. More than 600 women are entitled to medical care here.

It’s a daunting challenge for a two-person clinic, but like other medics in the diverse career field, Johnson, a 10-year Airman, is up to the task.

And of course, many of Johnson’s duties involve much more than just taking vital signs. For example, Johnson’s day-to-day activities run the gamut from desk work – scheduling appointments and creating patient charts – to patient care – teaching classes for expecting parents and advising patients on birth control measures.

While caring for patients and managing their medical files are satisfying, Johnson said face-to-face interaction with patients is her favorite part of the job.

“I get to get out and see the patients, smile and interact; that’s really what I love doing. I try to make them feel at ease or comfortable,” said Johnson, a Bowling Green, Ky., native. “We just talk through their history, get their vital signs, find out what’s going on with them... and they usually open up.”

Johnson tries to make the appointment as easy as possible for women. The clinic conducts annual well-woman exams, ensuring females receive specialized medical care. Designed as a preventive measure against health problems such as breast or cervical cancer, the annual exam can save lives.

Yet because of uncomfortable aspects and the invasive nature of the exam, many women are reluctant to schedule their annual appointments, Johnson said. However, the consequences of not getting checked out can be deadly.

“Generally, a lot of women don’t really like to come in for their annual appointments because it does require an exam,” Johnson said. “Besides it being a requirement for active duty women, we can catch things like breast lumps or do things like cervical cancer screenings. That screening is something the provider can perform, and if something looks abnormal, we can begin taking care of those issues before it’s too late.”

Johnson said on-the-job training and close partnership with her medical provider, Capt. Jodi Potterton, Women’s Health Clinic nurse

practitioner, are especially important when it comes to caring for patients.

“Here I’ve been blessed to have one-on-one training with my provider; she’s a really good teacher” Johnson said. “My first assignment was actually in labor and delivery, but in technical school, that was only a 90-minute block. When I got (to my first assignment), that was a whole new skill-set to learn.”

“Now... I’m in women’s health which I wasn’t exposed to before, so it’s basically reading, listening to my provider and allowing her to teach me,” Johnson added.

Unlike annual exams, appointments for expecting mothers are one type of women’s health clinic visit that is generally met with excitement, Johnson said.

During checkup appointments, one of the first milestones is hearing the baby’s heartbeat for the first time, she said.

Uniquely privileged to be there when “Mommy” hears “Baby” for the first time, Johnson shares a subtle bond with many families at Lajes Field.

Finding the baby’s heartbeat can be difficult, Johnson said. She must listen for at least one minute to determine if the heartbeat is normal and differentiate between the heartbeat and noise from the placenta or umbilical cord. If the heartbeat is abnormal, mothers may have to be sent to another medical treatment facility for specialized care.

“If it takes me a couple of minutes to find the heartbeat, it places some pressure

and tension on the situation for the mothers,” the staff sergeant said.

“Once we find the heartbeat, the tears of joy are rolling, the dads are smiling and the kids are happy,” Johnson added.

A mother herself, Johnson recalled her own experience in hearing her daughter’s heartbeat early on.

“As a mother, hearing the heartbeat for the first time just makes you feel great,” Johnson said, holding back emotions. “It makes me want to cry when I think about that moment. It just makes it real when you hear that heartbeat inside.”

Whether helping families “meet” their new baby for the first time or simply making an annual exam more comfortable for a patient, Johnson strives to ensure her fellow Airmen are healthy enough to continue serving, or raise a family for that matter.

For Johnson and her fellow medics, it almost always comes back to caring for others.

“Overall, I just focus on taking care of the people that I work with and that I will see around at the next base I work at,” Johnson said. “I think that makes an impact.”



Staff Sgt. Dometria Johnson, 65th Medical Support Squadron NCOIC of the women’s health clinic, uses a Fetal Doppler monitor to listen to the heartbeat of Rebekah Storey’s child Aug. 20, 2013, Lajes Field. As NCOIC, Johnson’s duties include hosting classes for expecting mothers and fathers, educating and assisting patients with birth control measures and creating medical files for patients. Johnson is a Bowling Green, Ky. native and a 10-year Air Force veteran. (U.S. Air Force photo by Tech. Sgt. Paul Villanueva II)



# Airmen asked to participate in DoD anti-tobacco video competition

Air Force Surgeon General Public Affairs

The Department of Defense (DoD), Health Affairs, has recently announced a new tobacco countermarketing video competition aimed to target the message of tobacco being an enemy of our military as it degrades their health, fitness, mission readiness and work productivity.

The competition entitled, "Fight the Enemy", will run from now until Oct. 15 and is open to all DoD service members, families and DoD civilians to submit their best video entry with winners being announced in mid-November.

"If you don't believe tobacco impairs mission readiness, I encourage you to read the IOM report," said Col. (Dr.) John Oh, chief, health promotion, Air Force Medical Support Agency, referencing the 2009 Institute of Medicine report Combating Tobacco Use in Military and Veteran Populations.

Although tobacco use causes cancer, heart disease, stroke, lung diseases, and even impotence, it also can cause other problems that directly impact warfighters, such as reduced endurance, decreased night vision, hearing loss, decreased wound healing, and increased post-operative complications. Furthermore, DoD estimates that tobacco use costs \$1.6 billion annually in medical costs and decreased work productivity

- a preventable expense that DoD can ill afford in the current austere fiscal climate, explained Colonel Oh.

Based on DoD survey data, 17 percent of Airmen smoke cigarettes, a figure slightly less than the national average. But 9 percent use smokeless tobacco, well above the 2 percent national average.

"We need to change how tobacco is perceived by Airmen and call it out as the enemy that it is, with adverse impact on health, mission performance, and the economic sustainability of our warfighting capabilities," said Oh.

A humorous promotional video, contest rules, and additional information can be found at [www.health.mil/FightTheEnemy](http://www.health.mil/FightTheEnemy).

Winners will be announced in conjunction with the American Cancer Society's Great American Smokeout. The first prize winner's video will be featured on the Fight the Enemy website. Winners will receive official recognition and thanks from DoD senior leaders, and all entrants will receive a gift of appreciation.

"The Fight the Enemy contest is a fun way for the

DoD community to come up an effective message on how we can win the battle against tobacco. I know we have some very creative Airmen and family members out there who are up to the challenge," Oh added.

For more information on how tobacco use affects you and those in your environment, as well as ways to quit tobacco, visit [www.ucequit2.org/](http://www.ucequit2.org/).



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## Big changes for BE WELL means more choices for Airmen

Air Force Surgeon General Public Affairs

The BE WELL program, an Air Force-wide program designed to provide Airmen and leadership with resources to optimize fitness and health, now offers more choices and increased flexibility, thanks to a revamp that went into effect July 1.

The Balanced Eating, Work Out Effectively, Living Longer, or BE WELL program, was redesigned based on input from Airmen, leadership and Air Force health promotion professionals.

The result is a fully customizable program structured to offer effective, targeted solutions in the areas of fitness, nutrition education, and dietary supplement safety, according to Air Force Health Promotion (AFHP) officials at the Air Force Medical Operations Agency, Joint Base San Antonio, Texas.

The new program offers access to a full suite of options, including

a comprehensive online class, telephonic health coaching through Military One Source, in-person classes on weight management with a fitness component, and instructor-led workshops on cardiovascular and strength training.

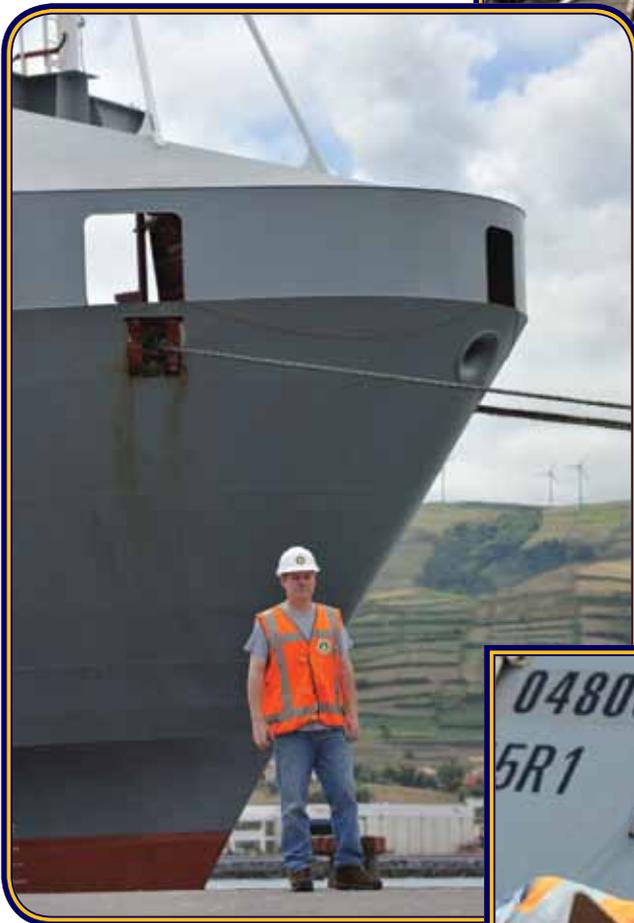
Options in the new BE WELL program will remain open to all Airmen and their families, and the program will continue to be mandatory for those with unsatisfactory fitness scores. Members with unsatisfactory scores will collaborate with their unit fitness program manager and their commander to choose the one or more options that will best help them meet their fitness goals, said Lt. Col. Trisha Vorachek, Air Force Health Promotion chief.

Leadership teams can request information and support from their installation Air Force health promotion professionals or contact Sr. Ricky Baptista at the Health and Wellness center at 535-4292.



# Army civilian delivers cargo across sea, keeps Lajes in the fight

*U.S. civilian Matthew Burr talks to the firstmate of a ship during the offloading of cargo at the commercial port in Cabo da Praia, Azores, Aug. 14. Burr is the U.S. Army Military Surface Deployment and Distribution Command 838th Transportation Battalion Azores Detachment director. (U.S. Air Force photo by Staff Sgt. Angelique N. Smythe)*



*U.S. civilian Matthew Burr stands by a ship that transports all European inbound and outbound cargo from mainland Portugal to the commercial port at Cabo da Praia, Azores, Aug. 14. Burr is the U.S. Army Military Surface Deployment and Distribution Command 838th Transportation Battalion Azores Detachment director. (U.S. Air Force photo by Staff Sgt. Angelique N. Smythe)*

*Portuguese civilian Xavier Estevas goes over shipload plans with U.S. civilian Matthew Burr at the commercial port in Cabo da Praia, Azores, Aug. 14. Burr is director and Estevas is the deputy director of the U.S. Army Military Surface Deployment and Distribution Command 838th Transportation Battalion Azores Detachment. (U.S. Air Force photo by Staff Sgt. Angelique N. Smythe)*



# LAJES ON THE WEB



**Lajes Field**

6-5...  
in the FIGHT!

"Lajes Link" - [www.lajes.af.mil](http://www.lajes.af.mil)

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

- First day of DoDDS school year, Grades 1-12, August 26; Bell-Ringing and Pledge of Allegiance held at 7:50am at DoDDS.
- 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](http://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.

Saturday, August 24: 6:00 p.m. Fonte do Bastardo  
Saturday, August 24: 6:00 p.m. S. Brás  
Sunday, August 25: 6:00 p.m. Fonte do Bastardo  
Monday, August 26: 6:00 p.m. Vila Nova  
Tuesday, August 27: 6:00 p.m. Vila Nova  
Wednesday, August 28: 6:00 p.m. Vila Nova  
Wednesday, August 28: 6:00 p.m. Cabo da Praia  
Thursday, August 29: 6:00 p.m. Cabo da Praia

## ASK ED

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

By Eduardo Lima, Community Relations Advisor



### Island of Terceira

The island of Terceira, or the Island of Jesus Christ as it was known to Portuguese navigators during the discoveries era, was the third to be discovered, hence its name, which means "the third."

Terceira has an area of approximately 148 square miles and is the third largest Azorean island with a population of approximately 56,000 people.

The island, namely the port of Angra do Heroísmo, played an important role in the 15th and 16th centuries as a port of call for sailing ships bringing the wealth of the Americas, Africa and India.

With the fall of the Portuguese throne to Spain in 1580, the island became a center of resistance against the Spanish rule. In fact, the first attempt by Spanish troops to invade the island resulted in their defeat in the battle of Salga Bay in 1581, when a group of locals drove a herd of cattle against the Spanish as they were trying to get ashore. With the restoration of Portugal's independence in 1640, the Spanish were expelled and life returned to normal.

The struggles between the Absolutists and Liberals political movements in the 19th century once again led Terceira to play an important role in Portugal's history during the Aug. 11, 1829 battle in Praia bay, as the town contributed to the Liberals' victory. This resulted in the town being granted the title of Vitoria (victory) in 1837.

Between the end of the 19th century and middle of 20th century, the island lost influence in the life of the Azores. However, the existence of an important air base and airport and commercial port have since broadened the island's development perspectives.

The island's main towns are Angra do Heroísmo and Praia da Vitoria. Angra features scenic garden, old churches, a museum and monuments, the most notable of which is the fortress of São João Batista. The fortress' wall is about 3.7 miles long and was built during the Spanish occupation, intended to be both a defense line against pirates and for the Spanish to defend themselves from the local population who never accepted their presence.

The reconstruction of the city following a 1980 earthquake was designed to preserve the style of the damaged buildings and monuments. This led the United Nations' "UNESCO" to classify the city as a World Heritage Site in 1983.

Praia da Vitoria, on the other hand, was once the seat of the island's government and became a town in 1640. Its economic growth and increase of population justified it being raised to city status in 1981. Praia features the only sandy strip on the island as well as other sites of interest.

Terceira also has several other villages whose beauty and tourist attractions make them worth a visit, such as Biscoitos, Porto Martins, Porto Judeu, Serreta or São Mateus. Visitors can also enjoy the island's landscape as well as two caves (Christmas Cave and Algar do Carvão), and the sulfur pits at the center of the island.

Terceira probably has more summer festivals than any other Azorean island. The Holy Ghost festivals, street and arena bullfights, Sanjoaninas and Praia Fest are just a few of happenings that attracts thousands of visitors.