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Lajes Field, Azores, Portugal

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

FY 2013



1208
SORTIES

11,542
LODGED



6,84 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

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UEI complete, IG says:

65th ABW is "Highly Effective!"



U.S. Air Forces in Europe Inspector General team members evaluate 65th Air Base Wing first responders during a major accident response exercise as part of the wing's unit effectiveness inspection Sept. 6, 2013, Lajes Field, Azores. The 65th ABW was rated "highly effective," demonstrating the wing's ability to execute its mission, measure mission effectiveness and overall compliance. For more UEI photos, visit Lajes Link or see page 5. (U.S. Air Force photo by Guido Melo/Released)

Lajes Airmen earn "highly effective" rating for 2013 UEI

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

Airmen of the 65th Air Base Wing earned a "highly effective" rating during a Unit Effectiveness Inspection held here Sept. 5 – 10. The wing was inspected and evaluated by the U.S. Air Forces in Europe Inspector General Team.

The UEI provides leadership with an evaluation of a unit's ability to effectively perform its mission. The 65th ABW conducts operations supporting trans-Atlantic aircraft movements, aircraft refueling and bed-down and global high-frequency communications.

A UEI encompasses four major graded areas including: managing and stewardship of resources, leading people, improving the unit and executing the mission. The 65th ABW earned a "highly effective" rating in each.

Col. Chris Bargery, 65th ABW commander, said the inspection results validated wing leadership's confidence

in Lajes Airmen.

"The inspector general team's inspection, evaluation, and subsequent rating validates what we already believed: that we're a disciplined, unified team, that we're ready to execute our mission at any time, and that Lajes Field's culture is one of pride, constant improvement, and excellence," said Bargery, who has commanded the wing since July 2012.

During the inspection, the IG team tested the wing's ability to respond to a crisis during an exercise scenario, interviewed more than 300 Airmen and evaluated the wing's self-inspection program.

Bargery said he was encouraged by the wing's rating in the "leading people" major graded area.

"We earned high marks in keeping Airmen informed, growing Airmen who are prepared to make the Air Force better and in developing Airmen," said the wing

For more on "UEI" see page 3



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



Wing mission, welcome video now online



The 65th Air Base Wing Mission and Welcome Video has been released, highlighting the wing's mission, our base community and host nation relationships. The video can also be used by unit leadership and sponsors as a video to welcome newcomers, ensuring the understand the wing mission and operations here upon arrival. View the mission video online on the 65th ABW Facebook page, "Lajes Field, Azores," the wing YouTube page, "65 ABW Public Affairs," on AFN TV and on Lajes Community TV. (U.S. Air Force photo by Lucas Silva/Released)

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

Combined Federal Campaign's "Tuff Mudder" kickoff is Sept. 16, sign up now



Airmen of the 65th Air Base Wing and Lajes Field compete in the 2012 Combined Federal Campaign "Tuff Mudder" kickoff event Sept. 19, 2012 at Lajes Field, Azores. The 2013 "Tuff Mudder" is Sept. 16 at 7:30 a.m. at the 65th Security Forces Squadron multi-purpose field. Obstacles include a mud pit low-crawl, ice pit, sandbag relay and rope climb, among others. Participation cost is \$5 or 5€. Pre-registration will be held at the Fitness Center on Sept. 13 from 6:30 - 7:30 a.m. For more information, contact Capt. Cody Hess, 65th Medical Support Squadron, at 535-2046. (U.S. Air Force photo by Lucas Silva/Released)



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

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65 SFS implements crime prevention initiatives

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

Even though Lajes Field is generally a safe base, it's important for all members to remain active allies of crime prevention in effort to enhance the safety and quality of life here.

The 65th Security Forces Squadron has several programs in place to help keep residents secure and educated on preventative measures.

"We are a really tight knit community, but there are so many things we can do to take our safety into our own hands," said Senior Airman Suzy Williams, 65th SFS Crime Prevention NCOIC. "American and Portuguese security forces are always ready to help out, but we want to give everybody in our community an opportunity to take safety back into their own hands."

Recently, security forces patrolmen have been more proactive in the Lajes community. The Defenders have increased their presence on-base and in military family housing by interacting with Lajes residents and asking about any safety or security concerns. They have also informed community members of available programs that can help Airmen protect their homes, children and property.

One example, the Ident-A-Kid program is used in the event a child becomes lost or missing. Parents can receive a free card from security forces to document their children's descriptive information, fingerprints and photo.

"Heaven forbid anything should happen to someone's child, it's a really great tool to have to give to authorities right away," said Williams. "In the event of an emergency, they can immediately provide all relevant information to our Security Forces personnel."

A similar program called the Ident-A-Bike program assists security forces in returning lost or stolen bikes to their owners.

"We provide a serialized weather-proof sticker for the bikes," said Williams. "We give them a little picture of the card with all the descriptive information so if their bike is lost or stolen, they can give that to police officers, which gives them something to reference. If we happen to come upon the bike, then we know who it belongs to."

Residents both on and off base who want to avoid becoming victims of theft can request security forces assistance. Security forces personnel will survey the house and recommend actions that make residents less susceptible to theft, such as trimming bushes or removing high-value property from sight.

Also, if an on-base resident leaves their home for an extended period of time, Operation House Watch ensures security forces patrolmen will check on the home every 12 hours to ensure home security.

"When people leave for extended periods of time, they can have a sense of security (knowing that) we will check up on their homes while they're away," Williams said.

The Crime Prevention NCOIC is responsible for briefing Lajes' leadership and all the way down to the installation's youngest residents.

"We do individual commanders' calls to let them know about different crime prevention initiatives," said Williams. "We've also done stranger danger briefings at the child development center. We teach children how to say 'You're not my mommy' or 'You're not my daddy,' and then run away."

In encouraging all residents to act as the eyes and ears of the base and to report any suspicious or criminal activities, security forces also has a Crime Stop Line for those who may fear becoming involved or retaliated against.

"We're also working on training non-first responders on how to react during an active shooter situation," said Williams. "Not everyone has the same job as security forces where they know how to appropriately respond right away, so we'll train them on what they need to do."

Security forces Airmen are here to assist, protect and defend Lajes Airmen and their families.

"No matter where you live, overseas or stateside, you always need to be aware of your environment," said Staff Sgt. Madison Vaught, 65th SFS Plans and Programs

section chief. "The crime prevention programs offered by the 65th Security Forces Squadron are geared to help you make cognizant decisions to make you less susceptible to becoming a victim of a crime. Be informed and protect yourself, your family and your property."

For more information on Lajes' Crime Prevention programs, call 535-6120.



U.S. Air Force Senior Airman Suzy Williams, 65th Security Forces Squadron Crime Prevention NCOIC, teaches children what to do in the event of stranger danger during a visit to Lajes' Child Development Center May 2013. The 65th SFS has several crime prevention programs in place to help keep residents secure and educated on preventative measures. (Courtesy photo)

"UEI" from page 1

commander. "Airmen of action are the United States Air Force's most precious and effective weapon system."

But Bargery highlighted the wing's ability to effectively evaluate itself, recognizing limitations and processes and programs that can be improved, something the IG team noticed as well.

"I was most proud that inspectors said they found our Airmen are constantly working towards improving our programs and processes, and the Airmen feel empowered to make positive change," Bargery noted. "Moving forward, we'll analyze our limitations and areas for improvement, and begin a new season of self-inspection, exercises and focus on readiness and continuous improvement."

Individual Airmen and one team were recognized as superior performers, as well.

Superior performers were: Tech. Sgt. John Firlik, 65th Communications Squadron NCOIC of precision measurement equipment laboratory, Ricky Baptista, 65th Medical Operations Squadron exercise physiologist, and Agostinho Silva, 65th Force Support Squadron fitness center director.

The superior performer team was the 65th CS precision measurement equipment laboratory team. PMEL team members are Staff Sgt. Fredrick Rosario-Batres and Airmen 1st Class Anthony Williamson and Jeremy Forni.

The wing commander commended all 65th ABW and Lajes Field Airmen for their hard work and excellence.

"Every Lajes Airman shares in these superb results and in the effectiveness of our 65th Air Base Wing," the colonel said.



Keeping Airmen healthy and informed through Operation Supplement Safety

By Air Force Surgeon General Public Affairs

For peak performance, Airmen should eat healthy and exercise regularly. But in the quest to gain an "edge", many Airmen resort to dietary supplements.

Enter Operation Supplement Safety, or OPSS. This Department of Defense (DoD) educational campaign, accessible at www.hprc-online.org/opss, educates the warfighter and healthcare provider on responsible dietary supplement use.

While some supplements, such as a multivitamin, are generally safe, other supplements can pose a hazard to health and jeopardize careers from adulterants that cause a positive urine drug screen.

"One third of Airmen report using legal body building supplements and one in six report weight loss supplements in the past year," according to Col. (Dr.) John Oh, chief, health promotion, Air Force Medical Support Agency. "Body building and weight loss supplements, as well as sexual enhancement and diabetes supplements, are high-risk categories that should raise red flags."

Ephedra is a cautionary tale of a problem dietary supplement. Heavily marketed as a supplement to help improve athletic performance and promote weight loss, serious health events, including deaths first reported in the military, led the Food and Drug Administration (FDA) to ban ephedra in 2004.

The OPSS website contains videos, fact sheets, FAQs, and briefings to help Airmen make informed, responsible decisions on supplement use, as well as an "Ask the Expert" feature in which Airmen can directly

pose a question to a supplement expert.

"The OPSS website is a must read source for Airmen, commanders, first shirts, superintendents, and their healthcare providers," said Colonel Oh. "People think if a dietary supplement is sold on base, it must be safe, but that's not necessarily true."

Unlike prescription meds, the FDA does not approve dietary supplements for safety and effectiveness prior to marketing. "For prescription drugs, the manufacturer must show that the drug works and is safe before putting it on market. But most supplements are marketed first, and the burden is on the FDA to prove they are unsafe," Colonel Oh cautioned.

Since supplements can be adulterated with prescription and illegal drugs, Airmen may put their career at risk with a positive drug screen. Service members who chose to use supplements are encouraged to stick with brands that have undergone "third party certification" by independent companies such as USP, Informed Choice, NSF International, and ConsumerLab.com. Third party certification does not guarantee that the supplement is safe or effective, but does validate manufacturing practices, purity, and/or quality, so that what's on the label is accurate.

Airmen are encouraged to be strong Wingmen for each other and help spread the word on supplement safety. "The aim of Operation Supplement Safety is to not stamp out supplement use. We want Airmen who use supplements to be informed consumers and choose wisely," said Colonel Oh.

Official notes progress in suicide prevention effort

By Terri Moon Cronk
American Forces Press Service

Making sure people know where to turn for help during a time of crisis is the continuing goal of the Defense Department's suicide prevention program, the Pentagon official in charge of the effort said here Aug. 30.

In an interview with American Forces Press Service and the Pentagon Channel, Jacqueline Garrick said DOD has a "plethora" of resources that are specific to service members and their families who have thoughts of suicide.

And while numbers are pending, Garrick said, DOD is "seeing a decrease in the number of suicides in the department overall."

Senior Pentagon leaders have worked diligently for several years to erase the stigma of seeking help for mental health issues, and it appears to be paying off, she added.

"We're seeing more people access help through the Military Crisis Line, and an increase in users for mental health (help) across the department," she said.

Those are good signs that DOD's messages are reaching the people who need help, she added, and that they're taking advantage of the resources the department offers.

The message that seeking help is a sign of strength has resonated from the top down throughout the Defense Department, Garrick said, noting that Defense Secretary Chuck Hagel and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, have sent that message repeatedly. President Barack Obama also made that point at Fort Hood, Texas, last year when he announced an executive order to improve access to mental health care for service members, veterans and military families, Garrick said. "So that message is resonating throughout the services, in our civilian and military forces," she added.

September is National Suicide Prevention Month, Garrick said. In keeping with the theme, "It's Your Call," Garrick emphasized that all service members, their families and friends should be aware of the Military Crisis Line, an immediate source of help that's confidential and anonymous. Trained counselors are available 24 hours a day, seven days a week at 1-800-273-8255.

In addition to the crisis phone line, she said, help also is

available through the Military Crisis Line's website at <http://www.veteranscrisisline.net/ActiveDuty.aspx>, with access to counselors in person and through online chats and text messaging, she said.

In addition, DOD's suicide outreach website at <http://www.suicideoutreach.org/> has a family guide that offers steps to take when someone is in crisis. It also lists at-risk behaviors and other symptoms of a person who is potentially suicidal, Garrick said.

Family members also can use these resources to find help for themselves if they feel they're feeling suicidal, Garrick said.

"Family members often don't think those resources are there for their needs, so we want to encourage them (to use the resources that are available)," Garrick said. "If family members are depressed, stressed or feeling suicidal, we want them to get help for themselves, as well as for their loved ones."

Research shows that treatment is successful when it's given a chance, Garrick said.

"It does make a difference, and the resources are designed specifically to support service members who are deployed, those who have not deployed, those with (post-traumatic stress disorder and traumatic brain injury), depression, substance abuse, financial problems and relationship problems," she said.

"If you don't get help, problems get worse, which can impact your career and your life overall," she said. "It's better to get help early and identify problems that are small, rather than wait until they get bigger, and then have things blow up and become more unmanageable."

People with suicidal tendencies might need a break to "recap and recoup" their personal resilience and return to their regular schedules when they are more mentally, physically, emotionally and spiritually fit to be more successful, Garrick said. And fostering service members' sense of personal resilience is paramount to DOD senior leaders and to those throughout the chain of command, she added.

Resources for help don't end with DOD and the services, Garrick said, noting that the Veterans Affairs Department also offers help.

Our service members don't stay with us forever," she noted, adding that Pentagon officials want them to have a successful transfer to VA as they leave the military and become veterans. "We want them to embrace their veteran status and get the help they need," she said.



UEI major accident response exercise

From left, U.S. Air Force Airman 1st Class Torin Hart, Senior Airman Tony Roybal and Airmen 1st Class Ismael Juarez and Zachary Handley, all 65th Security Forces Squadron specialists, leave the flight line at the end of a major accident response exercise as part of the 65th Air Base Wing's unit effectiveness inspection Sept. 6, 2013, at Lajes Field, Azores. The 65th ABW was rated "highly effective," demonstrating the wing's ability to execute its mission, measure mission effectiveness and overall compliance. (U.S. Air Force photo by Guido Melo/Released)



U.S. Air Forces in Europe Inspector General team members and 65th Air Base Wing first responders discuss response procedures during a major accident exercise as part of the wing's unit effectiveness inspection Sept. 6, 2013, Lajes Field, Azores. The 65th ABW was rated "highly effective," demonstrating the wing's ability to execute its mission, measure mission effectiveness and overall compliance. (U.S. Air Force photo by Guido Melo/Released)

Portuguese Air Force Capt. Paulo Vieira, left, Portuguese Air Base 4 Security Forces commander, and U.S. Air Force Maj. Lawrence Wyatt, Jr., right, 65th Security Forces Squadron commander, discuss flight line security during a major accident response exercise as part of the wing's unit effectiveness inspection Sept. 6, 2013, Lajes Field, Azores. The 65th ABW was rated "highly effective," demonstrating the wing's ability to execute its mission, measure mission effectiveness and overall compliance. (U.S. Air Force photo by Guido Melo/Released)



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!

- Combined Federal Campaign "Tuff Mudder" Kickoff Event, September 16, 7:30am @ SFS multipurpose field
- CFC begins, September 16
- Single/Unaccompanied Member Dinner, September 16, 5:30pm @ Chapel
- US Air Force's 66th Birthday, September 18
- AAFES BX Air Force Birthday Celebration and cake-cutting event, September 18 @ 12pm
- 65th Air Base Wing Air Force Ball, September 21, 6pm @ Golf Club of Terceira
- Final Crossroads newsletter edition, September 27 (all news, info on Lajes Link in the future)



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.



Saturday, September 14: 6:00 p.m. Amoreiras
Sunday, September 15: 6:00 p.m. Agualva
Monday, September 16: 5:30 p.m. Biscoitos
Wednesday, September 17: 5:30 p.m. Pesqueiro, São Bartolomeu
Thursday, September 18: 5:30 p.m. Biscoitos
Thursday, September 18: 5:30 p.m. Porto Martins
Friday, September 19: 5:30 p.m. Porto Martins

ASK ED

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

By Eduardo Lima, Community Relations Advisor



Pico, the mountain island

The Island of Pico, or mountain island, as it is also known among the Azoreans, is named for the impressive mountain that emerges from it (Pico means peak in Portuguese).

It's the second largest island of the archipelago with a population of approximately 14,000 inhabitants. The mountain is the highest point of Portugal with an altitude of 7,711 feet.

The island was settled around 1460 by natives of northern Portugal. The island's inhabitants worked hard to turn the lava beds into vineyards. The white wines of Pico have gained international fame over the centuries and are highly appreciated in several countries, including the U.S. and Russia, where at one time were served at the table of the Czars.

American whalers sailing in the Azorean waters around the 18th century introduced the whale hunting - which was, for many years, an important source of wealth for the island. Whale hunting lasted until the European Union banned it in 1985.

Now, Pico is experiencing economic growth due to the construction of a new port, an airport and the increase of tourism activity.

The island is divided into three districts: Madalena, São Roque and Lajes. The village of Madalena, the island's main economic center, is located directly across from Horta, Faial, and provides daily maritime connection with that island.

The island's main port is located in São Roque, a small town



facing the channel between São Jorge and Pico, and connected with the former whaling industry. It also features a well-maintained camping site served by a restaurant and a natural swimming hole.

The town of Lajes, was the site of the island's first settlement and also a whale hunting center. The whalers' museum is one of the town's highlights. Although whale hunting has been banned, the town still plays an important role in the whaling tradition with whale watching, a recent activity that attracts thousands of enthusiasts who want to see sperm whales up close.

The vineyards of Pico are also very peculiar. A maze of stonewalls form small fields where the grapevines grow. They have been recently classified by the United Nation's UNESCO as a World Heritage Site.

The crystal blue sea surrounding the island is a tempting invitation to fish, snorkel and observe underwater lava formations, flora and fauna. The climb to the top of the mountain is difficult, but the breathtaking view of Pico and the other neighboring islands makes it well worth the effort. It is suggested that hikers hire a local guide to climb to the top of the mountain due to the difficult terrain and safety reasons.

Visitors can travel to Pico via ferryboat between May and September or by airplane year-round.