

# THE ROCK

## Lajes Field Newsletter



November 14, 2014

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## COMMANDER'S ACTION LINE

### Remain Vigilant

Based on current world events and U.S. European Commands heightened level of force protection concerns we want to remind every member of our community that you have a responsibility to be vigilant and aware of your surroundings. No matter how well trained and vigilant our law enforcement and counterterrorism personnel are, they simply cannot be everywhere, at all times. The eyes and ears of each member of Team Lajes, as well as those of our neighbors in the local community, play an absolute crucial role in the prevention of terrorism.

If you hear or see anyone participating in suspicious activity please report them to the Eagle Eyes program at 535-EYES or if off base 295-57-EYES.

In addition you may see more Random Anti-Terrorism Measures (RAMs) on and off base carried out by U.S. Air Force Security Forces, PoAF Air Police and Securitas (Housing Security) personnel, which could include gate closures and increased patrols.

### Walking Gate

*- Is there any plan to reopen the walking gate on base?*

We recently received a question in regards to the walking gate on base and if it could be reopened. We understand that members in the community would like to have the walking gate reopened however, base access to Lajes Field / Air Base No. 4 is the responsibility of the Portuguese Air Force, as such all entry control points to the installation are manned by Portuguese Air Force members. This is in accordance with our Technical Agreement between both governments. While we maintain a strong relationship with our host nation--and have raised this very concern on previous occasions--the Portuguese Air Force is currently not manned at a sufficient level to warrant an additional pedestrian gate being open for use.

### Ebola

*- What is Lajes doing to ensure the Ebola virus does not affect people here?*

There has been a great deal of news surrounding the recent outbreak of the Ebola Virus Disease (EVD). However, we are staying on top of the issue and want to provide you with information in the interest of informing the base community.

The outbreaks have primarily affected the region of West Africa (Guinea, Liberia, and Sierra Leone), however, there have been isolated cases outside that region. While we are considered a low risk population here at Lajes, we are actively taking every precaution to ensure the health and safety of our community.

There have also been questions about servicemembers who deploy to assist with Operation United Assistance. Pre-deployers are being educated about the risks of Ebola, prevention guidelines, and medical care provisions prior to departure. As announced by the Secretary of Defense all returning U.S.

military personnel participating in Operation United Assistance Ebola support efforts will go into a 21-day controlled monitoring regimen upon returning from West Africa. This regimen is in accordance with very strict and established protocols, whether they are returning to the U.S. or any other country.

The U.S. and our host nation are coordinating closely on vigorous protocols that are mutually acceptable for the screening of any aircraft or personnel that pass through our host nation, which will allow us to work together in the comprehensive global fight against the spread of this disease.

If at any time someone displays symptoms related to EVD, they will be isolated and provided the necessary medical care. There are contingency plans in place should this ever occur.

Attached is some general information regarding the disease, prevention and symptoms. Please feel free to reference the CDC website for the most up to date information at <http://www.cdc.gov/vhf/ebola/resources/index.html#crinfographics>.

## Lajes tackles Spiritual Resiliency with video

By Staff Sgt. Zachary Wolf  
65th Air Base Wing Public Affairs

The Air Force has made a strong effort over the years to promote the all-around wellness of an Airman. From training programs to commander's calls, complete wellness has been the message the Air Force wants to get across. One topic that has not been easy to express is the spiritual wellness of an

individual.

"Pillars were the term that was used previous to what are now called the domains of resiliency," Tech. Sgt. Candice Compton, 65th Air Base Wing noncommissioned officer in charge of the Equal Opportunity Office, said. There are four domains of resiliency that resemble the pillars from the previous model. The first is mental, which is the ability to

effectively cope with unique mental stressors and challenges needed to ensure mission readiness.

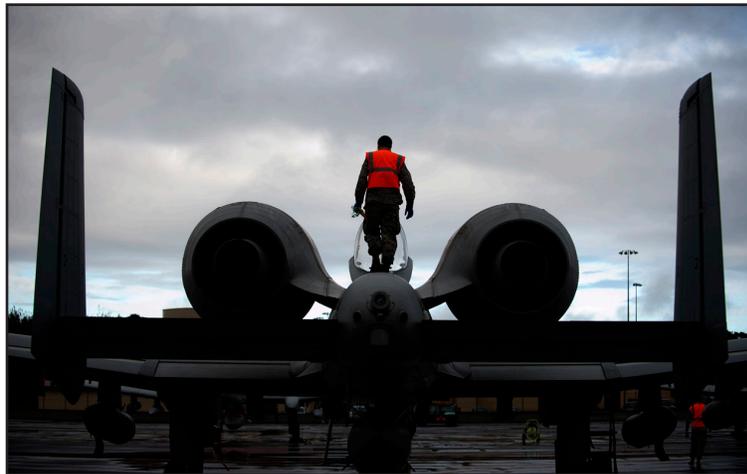
The next is the physical domain. This involves the ability to adopt and sustain healthy behaviors needed to enhance health and wellness.

The third domain is social. This is the ability to engage in healthy social networks that

# Photo Perspective



A member of the 65th Air Base Wing participates in the Combined Federal Campaign Tough Mudder on Nov. 7, 2014.



An A-10 Thunderbolt II is serviced during a coronet on Oct. 23, 2014, Lajes Field, Azores, Portugal.

## "Resiliency" from page 1

promote overall well-being and optimal performance. The final domain, which the video highlights, is spiritual. This is the ability to strengthen a set of beliefs, principles, or values that sustain an individual's sense of well-being and purpose. Compton and Sandra Moore, 65th Air Base Wing community support coordinator, found Airmen, who know what improves their spiritual wellness, and had them share

that on camera. "Spirituality is a broad spectrum that means something different to everyone," Compton said. "The goal was to capture different perspectives on how individuals strengthen their beliefs, principles or values to sustain their sense of purpose." The search for people willing to speak on camera about their spiritual wellness began with Moore asking for volunteers to share. "People referred me to friends who they felt had an interesting perspective on the Spi-

tual Domain," Moore said. "Everyone has people, places, strategies and philosophies that help them get through the tough times. We wanted to talk honestly about different ways of finding meaning and purpose to help us move through adversity." Resiliency is a buzzword that has been used in the Air Force for many years now and knowing how to improve overall wellness in these domains can help that resiliency remain a priority.

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## Base Announcements

- Eagle Eyes
- Drinking Water Leak Detection Study
- GTC Payment Options
- Public Health Thanksgiving Food Safety Tips
- Road Closure
- Holiday Mailing Season
- Expanded Influenza Vaccine Available
- New housing website
- All members PCS'ing from Lajes Field with Privately Owned Vehicle (POV)

- TMO Information
- Civilian Personnel Newsletter
- Non-command sponsored dependents memorandum
- New Chapel Religious Services Announced, effective July 20
- BAH Revalidation Required for All Airmen
- Vehicle Processing Center Advisory
- 65th Medical Group Closed for Training 2nd Tuesday of Each Month
- Project Officers needed for 65 ABW/ Martin Luther King Jr. Birthday, African American/Black History Month and Women's History Month

[Click to read for more Base Announcements](#)

## Community Events

Tops in Blue November 30

[Click to read for more Community Events](#)

NOTIFICATION OF DEATH: WITH GREAT REGRET, the Commander, 65th Air Base Wing regrets to announce the death of SSgt Nathan E. Ronimous, 729th Air Mobility Squadron. Any person or persons having claims for or against the estate of SSgt Nathan E. Ronimous, previously assigned to the 729th Air Mobility Squadron, Lajes Field, Azores, Portugal, should contact the Summary Court Officer, Captain Justin Jacobs at 535-7291.

## Island Events

- Angra Cultural Center
- Outono Vivo (Praia's Auditório do Ramo Grande, Praia Theater)
- Forte de Santa Catarina Open House
- Praia Theater

[Click to read for more Island Events](#)

**Commander's Action Line**  
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