

THE ROCK

Lajes Field Newsletter



March 6, 2015

[DOD](#) [Air Force](#) [USAFE](#) [Lajes Field](#) [US Embassy, Portugal](#) [Youtube](#) [Facebook](#)

COMMANDER'S ACTION LINE

Portuguese Local National Fitness Program

The 65 ABW is excited to announce, all full-time Portuguese Local National Civilian employees will be given the opportunity, with prior medical clearance and supervisory approval, to participate in regular physical fitness activities during their duty day. This was an initiative started by the CRT who worked with Wing Leadership to make this opportunity possible.

The Wing believes this is an excellent opportunity for our civilian workforce to take advantage of and supports a healthy and active workforce.

For more details on the program please speak with your supervisors or contact the Civilian Personnel Section at 535-5152.

Consumer Advisory Group:

What is the process by which local national authorized customers can place special orders at the Exchange in accordance with the NEP?

Special Orders can be placed through our customer service department using the Shuttle Program. With the Shuttle Program we will see if the item is available at other Exchange locations.

Can you explain who is able to shop at which locations on base?

We have an agreement with the Headquarters Azores Air Zone that governs which Portuguese military and civilians may use our facilities. It also stipulates a spending limit and limit on types of items at specific locations, mainly the Exchange.

Commissary: U.S. Military, DoD Civilians, U.S. Contractors and their dependents are authorized patrons of the Commissary. In addition, there are a select group of Portuguese military, civilians and their dependents who are authorized to utilize the Commissary. You will also see the occasional widow of a deceased military member or someone who is approved in writing to shop for or escort a disabled widow. You will also see some FSS Portuguese employees shopping for FSS food service facilities as well as some Portuguese that work for the Portuguese military officer and sergeant's clubs that purchase items for those establishments.

AAFES: U.S. Military, DoD Civilians, US Contractors, their dependents, US Air Force Portuguese employees, Portuguese Air Force civilian employees, Portuguese Air Force, their dependents, as well as those who receive invitational passes from the Headquarters Azores Air Command are authorized patrons of AAFES facilities with the exception of fuel at the service station. Only U.S. Military, DoD Civilians, US Contractors and their dependents are authorized to purchase fuel at the service station.

FSS MWR Facilities: These facilities follow the same guidance that AAFES uses for who is able to shop at those facilities.

Thursday Commissary Hours Changed:

The Commissary will now be open on Thursdays from 11 a.m. to 7:30 p.m. to give customers an opportunity to shop later one day a week.

Looking to provide feedback to customer based services provided on base?

You can provide direct feedback here: <http://ice.disa.mil/index>.

RUfit? Airmen Ethos program soars

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

Over the last six months the Airmen Ethos program at Lajes has been hugely successful. A variety of programs have been offered ranging from nutrition to investing.

"It (the Airmen Ethos program) has become a great resource for Lajes Airmen and civilians to find classes to better themselves through professional development, resiliency, and Airman and Family Readiness Center courses," said Master Sgt. Craig Preston, 65th Force Support Squadron career assistance advisor.

Not only do these classes offer great opportunities, but all of the classes help overall wellness by falling within the pillars of the RUfit?.



"Just a small example would be would be Nutrition Coaching (physical), Ethics (mental), Resiliency Courses (spiritual) and Team Building (social)," Preston said.

Another physical fitness course that has been offered was the Strength and Conditioning class. The class spent time teaching students how to lift properly and get the most out of their workout. "I use some of the teachings from the 'Strength and Conditioning' class every day I go to the gym," said Airman 1st Class Andrew Owen, 65th Civil Engineer Squadron structural journeyman.

While some classes focus on bettering the students, others may teach them a new skill or hone a skill they already have. Once that

For more on "Ethos" see page 2

Photo Perspective



Manuel Martins from 65th Air Base Wing Public Affairs took this photo and was the winner of the photo contest for the second basic digital single lens reflex class taught at the education center.



A B-52H Stratofortress from Minot Air Force Base, N.D., sits on the flightline at Lajes Field, Azores, Portugal, March 2, 2015. The B-52 is a long-range, heavy bomber that can perform a variety of missions. (U.S. Air Force photo/1st Lt. Corey Fratini/Released)

"Ethos" from page 1

happens, the students can make it their own or expand on that skill.

"I have heard great feedback from most of the classes, but one of the most interesting stories is that from the DSLR (Digital Single-Lens Reflex) class, a photography club has formed," Preston said.

Preston said he considers this program a success because it offers a lot of opportunities for everyone to grow professionally and personally. He also said that it couldn't have been a success without help from his team and support of the Lajes community.

"I have a great team who is always there with

great ideas and support," Preston said. "Staff Sgt. Marlese Yelardy, Staff Sgt. Belinda Bleyer and I meet at least monthly and work on planning. They have great ideas, and we get great ideas from the Lajes community too. While people continue to move in and out of Lajes, there is hope for this successful program to continue.

"I would like to see this program sustained here at Lajes for years to come and hopefully something similar to it adopted throughout the command, or possibly the Air Force," Preston said.

Part of keeping this program alive is for students to continue to use it and to come up

with new things they want to see taught or offering a skill they have by teaching a class. "I would recommend others to go out and take a class," Owen said. "It's easy to sign-up and with such a big variety there will be a class you are interested in. They are typically only an hour, and it gives you some time away from work."

If you are interested in signing up for or teaching a class head over to the RUfit? page at www.lajes.af.mil and click on the Airmen Ethos link.

[CLICK TO READ MORE](#)

Base Announcements

2015 Total Force Climate Survey 13 March - 27 Apr 15

Eagle Eyes

GTC Payment Options

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

BAH Revalidation Required for All Airmen

65th Medical Group Closed for Training 2nd Tuesday of Each Month

JA Tax Center Opens

Dental Clinic Closed March 6

Protestant Service combined into one service at 1100

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

Community Events

Wing Training Day March 10

S/UM Dinner March 16

Wing Promotion Ceremony March 31

USAFE Family Day 3 April

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

Island Events

Concerts

Movies:

-Angra Theater (Located at Angra Cultural Center)

-Praia Theater

Women's International Day March 7

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

Commander's Action Line
65cc.actionline@us.af.mil

Produced by
2015 | 65th Air Base Wing Public Affairs
Lajes Field, Azores, Portugal