

THE ROCK

Lajes Field Newsletter



April 2, 2015

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COMMANDER'S ACTION LINE

Spring Break and Overseas Travel Information
Official and recreational travel is currently a HOT topic! If you plan on traveling OCONUS, please ensure you educate yourself on the area you are visiting before leaving. If you would like to have a threat and or crime brief before you depart, please contact the AT/FP office or SFS Investigations. They will assist you in obtaining this information and provide you guidance on how to remain safe.

Additionally, we highly recommend members and their dependents register with the Department of State's Smart Traveler Enrollment Program (STEP). STEP is a free service which allows U.S. citizens traveling abroad to enroll their trip

with the nearest U.S. Embassy or Consulate. The benefits of registering your trip are: (1) You will receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans. (2) It will enable the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency. (3) It will allow the ability for family and friends to get in touch with you in the event of an emergency.

Please visit their site at <https://step.state.gov/step/> and set up your account. Also, if you don't want to register for this program, you can always visit <http://travel.state.gov/> for world-wide travel guidance.

If you have any questions contact your unit AT/FP representative or the 65 ABW AT/FP Office at 535-6118 or 295-57-6118. Lajes Field Domestic

Abuse Victim Advocate (DAVA) Services

The DAVA provides victim advocacy to active duty personnel and family members who are eligible for care within a Military Treatment Facility. The Lajes Field DAVA is available to answer questions via phone, will help victims establish a safety plan, and can provide resources. Victims and/or potential victims of domestic violence can access DAVA services on the new 24/7 hotline at 967-698-614.

POC: Capt Amanda Hardy, Mental Health Flight Commander, 535-5177

RUFit? Advanced fitness program pushes Airmen

By: 1st Lt. Korey Fratini
65th Air Base Wing Public Affairs

A new fitness opportunity available to all Airmen recently opened here. The Elite Fitness room at the Chase Fitness center offers Airmen the chance to take part in an advanced fitness program.

Under the direction of coaches 1st Lt. Corey Rakes, 65th Comptroller Flight, and Chief Master Sgt. John Storms, 65th Mission Support Group superintendent, Airmen are able to experience something that had not been offered previously. Both are certified trainers for this type of advanced fitness program.

"The elite fitness room is designed and setup with equipment for an

advanced fitness program," said Rakes. "In terms of equipment we looked at the type of program we wanted to run. Based on the room constraints and capabilities we wanted to put into this program, we built a room that had equipment that would best optimize the fitness program."

Through an initiative between wing leadership and the staff at the Chase Fitness Center to build an elite fitness room, the idea became reality within six months.

As part of the RUFit? physical fitness program, leadership wanted

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Easter Sunday marks the beginning of the Holy Ghost Festival in the Azores

By: Eduardo Lima
65th Air Base Wing Public Affairs

Every year during spring time, the Azoreans, especially the inhabitants of Terceira, celebrate the Holy Ghost Festival. This religious celebration begins Easter Sunday and runs for eight weeks until Pentecost and Trinity Sunday.

This ancient religious tradition began on mainland Portugal around 1296 by initiative of Portuguese Queen Isabel. She founded the first Holy Ghost brotherhood whose intent was to honor the poorest man in the kingdom. According to the tradition, the poorest man was placed on the king's throne and

crowned "emperor" for one day during a ceremony held in his honor in the royal church. Following the crowning ceremony, a royal procession took the crowned man from the church to the palace, where a banquet was then offered in his honor. Considered an act of humbleness, the tradition was first introduced in the Azores through the first settlers around 1432 and practiced through subsequent generations.

Though the tradition has disappeared on mainland Portugal, it is still actively celebrated in the Azores, as well as in Azorean immigrant communities in the U.S., Canada and Brazil.

Although royalty and noblemen originally celebrated this religious event, it was adopted over the centuries by the common people and the silver crowns replaced the royal crown. Traditionally, during natural catastrophes such as volcano eruptions and earthquakes, or when someone is seriously ill, the Azorean people carry the Holy Ghost crowns to the churches and pray for the Holy Ghost to save them.

If their prayers are answered, they host a week-long festival to honor the Holy Ghost.

For more on "Holy Ghost House" see page 2

Photo Perspective



A photo of "Imperio da Caridade" (Holy Ghost House) in Figuerias do Paim, Praia da Vitoria taken Feb. 22, 2015. Every year during spring time, the Azoreans, especially the inhabitants of Terceira, celebrate the Holy Ghost Festival. This religious celebration begins Easter Sunday and runs for eight weeks until Pentecost and Trinity Sunday. (U.S. Air Force photo by Guido Melo)



1st Lt. Corey Rakes, 65th Comptroller Squadron, instructs Tech Sgt. Daniel Bisel on the proper way to do a front squat at Lajes Field, Azores, Portugal, March 26, 2015. Rakes is a certified trainer for advance fitness programs. This fitness program offers Airmen the opportunity to experience a different style of workout routines. (U.S. Air Force photo by 1st Lt. Korey Fratini/Released)

"Holy Ghost House" from page 1

During the season, some members of the brotherhood previously selected by lot, are given the honor of keeping the Holy Ghost crowns, flags and other ornaments at their homes for one week in a wooden altar decorated with white paper and flowers. In the evenings, the festival hosts, relatives and other guests gather in front of the altar to pray the rosary and worship the Holy Ghost. Later in the week, on Thursday or Friday afternoon, it's time for the "Festa do Bezerra"

(festival of the calves). The calves, usually two, are fetched from the pastures where they have been grazing year round and are paraded through the village streets after being garlanded with flowers, paper ribbons and cowbells.

Following the parade, the calves are slaughtered in a slaughterhouse and their meat is divided in different portions. Some is saved for the Sunday's banquet, while the remaining is given as alms to relatives and the town's poorest people.

On Sunday — the most awaited and important day of the celebration — activities start early in the morning with preparation of

the food to be served later. At around 11:30 a.m., guests arrive at the hosts' house and a Holy Ghost parade forms and heads toward the church with the crowns and flags for the crowning ceremony during Mass.

During the Mass, the priest blesses the crowns and the individuals who are "crowned" — usually the hosts' children or the hosts themselves. The procession then heads back to the house through the village main streets with the honorees carrying the crowns in their heads.

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Base Announcements

Lajes Field Domestic Abuse Victim Advocate (DAVA) Services
2015 Total Force Climate Survey 13 March - 27 Apr 15
The Air Force Credentialing Opportunities Online (AF COOL) Program:
Base Honor Guard
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

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Community Events

USAFE Family Day 3 April
Holocaust Remembrance Events
-Tuesday, April 14 Holocaust Remembrance 5K
-Wednesday, April 15 Holocaust Remembrance Breakfast

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Island Events

Windsurfing World Championship April 8-12
Movies:
Angra Theater (Located at Angra Cultural Center)
Praia Theater

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

Commander's Action Line
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