



April 10, 2015

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COMMANDER'S ACTION LINE

See You Soon...Be Good!

As my time at Lajes comes to a close, I am reminded of something I learned from my mother that's still relative today. For as long as I can remember, including the time she dropped me off for Basic Military Training until the present day, she always says, "See You Soon, Be Good." This was the traditional closing standard opposed to the more common good-bye. My mother was never a fan of the term "Good Bye" and was always preferred to say, "See You Soon." Her expectation was that as we departed she knew we would see each other soon. In saying "Be Good", she meant whatever you do in life, the expectation was to always be good. Every day she placed building blocks within my structure and established expectations. I had no idea growing up in Gary, Indiana how powerful those simple words were and how they would impact me later as an Airman and as a man.

The pleasantry of saying "Be Good" ties directly into "Excellence in All We Do" and is the cornerstone of our Air Force core values. To "Be Good" you have to know and understand the standards and expectations. It starts with asking for feedback and as supervisors

giving feedback to our Airmen. To "Be Good" you have to set short-term and long term goals that are specific, measurable, attainable, realistic, and time-bound. To "Be Good" you have to be courageous to step up and step in and believe in yourself. To "Be Good" Airmen must understand everyone has setbacks and let a setback fuel your desire to succeed and enable a comeback. Very few Airmen get promoted the first time every time. To "Be Good" you have to be determined and dedicated to your profession to be the best at your job on a daily basis. To "Be Good" you have to be willing to put the time and effort into your goals to make them a reality. To "Be Good" you have to be willing to make decisions and sacrifices to accomplish your goals. Throughout my Air Force career, I have heard the echoes of my mother's voice saying "See You Soon...Be Good." I challenge you all to set goals, be determined and dedicated, make sacrifices for the greater good and to be great in all endeavors.

To my Lajes Field Family of Military, Civilians and Local Nationals, I say, "See You Soon...Be Good."

-Chief Heard, 65th CES Superintendent

Chapel offers all of RUFit? domains

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

Labored breathing echoes throughout the woods as an Airman takes cover behind a tree while yelling can be heard about the position of friendlies and the enemies. The sun streaks through the trees giving light to the battlefield. One Airman is hit and yells while his teammates flank the opposing team. The first Airman keeps his head down as paintballs whiz by with the objective merely 10 yards away. His task is to get the flag and return to his base with it. He calls for covering fire as he runs up a small tower to grab the flag. He unties it and makes a break for it while calling to his teammates to fire as he dashes towards his base. He makes it back and a whistle is blown ending the game. This was the scene for one of the many games played when the Protestant Men of the Chapel offered a free men's paintball outing in April. With USAFE's continued focus of RU-

Fit?, Airmen may be surprised that the chapel hosted a paintball trip in order to increase physical, social and spiritual resiliency.

"The chapel offers programs that give Airmen the opportunity to socially have fun in a friendly, alcohol-free environment," said Chaplain (Maj.) Kenneth Johnson, 65th Air Base Wing, Wing Chaplain. "We offer game nights, Airmen's lunches and retreats which all fit in the RUFit? model, socially and spiritually. Our men's group recently took over 20 young people on a paintball outing which included lunch, all at no cost to the Airmen. They had clean fun and good fellowship." Through games, activities and discussions, the chapel is able to reach into the physical and mental domains.

"We support the physical side through retreats and workshops," Johnson said. "The retreats and workshops have a spiritual component, but also often have physical activities and discussions incorporated throughout

that will challenge the Airmen in the other domains."

These domains not only benefit the Airmen and their families, but also help chaplains and their staff get their foot in the door and become more approachable.

"We know that we have to meet Airmen where they are and offering the other domains may put them at ease, if the time arises to seek counsel from a chaplain," Johnson said. "It also builds camaraderie, esprit de corps and morale, which all impact the Lajes mission."

The chapel and its programs are often branded with a stigma as only offering the spiritual domain of the RUFit? model. Chaplain Johnson says that it can be a challenge to find creative ways to "de-construct this stigma." "The fact is, when you look the Chaplain Corp's current strategic priorities from Air

For more on "RUFit?" see page 2

Photo Perspective



Senior Airman Max Biser, 65th Security Forces Squadron unit trainer, listens to commands from Security Forces members during a high-risk traffic stop exercise on Lajes Field, Azores, Portugal, April 8, 2015. A high-risk traffic stop is when the defenders pull over a vehicle that they believe the driver or passenger has committed a serious crime or are armed. In this scenario, the subjects were simulated as armed and the defenders practiced how they would respond. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)



An R-12 hydrant servicing vehicle waits to refuel a KC-10 Extender on Lajes Field, Azores, Portugal, April 8, 2015. Lajes is on an island off the coast of Portugal and is the second biggest fuel depot in the U.S. Air Force. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

"RUFit?" from page 1

Staff, none of them focus on 'chapel base ministry' or spiritual programs," Johnson said. "The strategic priorities have evolved into five areas."

Three primary areas of the five that are focused on here at Lajes are "Warrior care," "Advise leadership" and "Care for the caregivers."

Warrior care is defined as caring for Airmen and their families in operational and training organizations, counseling and support during deployment cycles, and providing religious

services and programs as needed.

Advising leadership is a role where the chaplains advise leaders, on all levels, in managing religious affairs within the leader's scope of responsibility. They also give advice on the morale and spiritual welfare of their Airmen and families.

Care for the caregivers is the idea where provision comes in opportunities for self-care and team care for the chapel staff, especially after supporting a traumatic event and reintegration.

The chapel staff has found some innovative ways to offer this resiliency-based program to

the Airmen at Lajes.

"We are in a unique position here because we have an authorized industrial kitchen, which opens the door to many activities," Johnson said. "We also can be creative about the activities we provide. We have had retreats on two of the other islands and also have visited the Seven Churches in Turkey."

The chapel continues to look for these innovative ideas and asks for help on what Airmen want to see them offer so they can meet the needs of the Airmen.

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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

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

Community Events

Wing Training Day 14 April

Holocaust Remembrance Events

-Tuesday, April 14 Holocaust Remembrance 5K

-Wednesday, April 15 Holocaust Remembrance Breakfast

National Prayer Lunch April 22

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

Island Events

XXV Meia Marathona dos Bravos (Terceira Half-Marathon)

May 1

World Windsurfing Championship

Movies:

Angra Theater (Located at Angra Cultural Center)

Praia Theater

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

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