



Force Protection



Current FPCON: Alpha
Threat Level: Low

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Weekend Weather Forecast

Friday

Partly Cloudy
High 59
Low 53
Wind ENE 13 mph



Saturday

Scattered Showers
High 59
Low 53
Wind SE 16 mph



Sunday

Showers
High 63
Low 54
Wind S 18 mph



Former 65th Air Base Wing commander visits Airmen at Lajes

By Staff Sgt. Olufemi Owolabi
65th Air Base Wing Public Affairs

Some years ago when Maj. Gen. Judith A. Fedder, was stationed at Lajes Field as a colonel, she commanded the 65th Air Base Wing as the first female wing commander.

Ten years later, General Fedder came full circle to visit Airmen at the wing and was the guest speaker at the annual awards ceremony held at the Top of the Rock Club Feb. 24.

General Fedder is currently the Director of Logistics, Headquarters Air Combat Command at Langley Air Force Base, Va.

"I could not wait to come back here as soon as I found

out there was an opportunity to visit Lajes," General Fedder said. "Being at the annual award ceremony was quite moving because typically when I go to a base, I am just a visitor, but last night at the ceremony I really felt like I am still part of Team Lajes."

"It is a privilege to visit and see these Airmen and civilian personnel who have brought this wing to a tremendous length over the past few years," she said. "It's just very gratifying."

During her visit to the Airmen at Lajes, the general got a thorough tour of the base, provided by Col. Paul Suarez, 65 ABW vice commander.

To read more on "General's visit", see page 4

My Development Plan gives Airmen access to career information, mentorship

By Master Sgt. Russell P. Petcoff
Secretary of the Air Force Public Affairs

Airmen soon will have a new, Web-based tool to track their career and work with a mentor from throughout the Air Force, according to Dan Sitterly, the director of Force Development for the deputy chief of staff for Manpower, Personnel and Services.

My Development Plan, which is made up of My Civilian Development Plan, My Enlisted Development Plan, and My Officer Development Plan, is a Web-based resource for total force Airmen to access information on

their career field, education and training from one site. Airmen can begin accessing these resources March 1 from the Air Force Portal.

"It will provide instant access to your records, career field specific information, and even allow you to communicate with your peers, all on one Web site," Mr. Sitterly said. "It's designed to be a comprehensive career development tool for every Airman."

According to Lt. Col. Ken Marentette, a My Development Plan project officer, the system allows users to take

To read more on "MDP", see page 4



Women's History Month and International Women's Day

By Maj. Angela Carlington
Base SARC officer

The history of women often seems to be written with invisible ink. Even when recognized in their own times, women are often not included in the history books. National Women's History Month provides an excellent venue to recognize and celebrate women's historic achievements as well as an opportunity to honor women within our families and communities

As recently as the 1970's, women's history was virtually an unknown topic in the K-12 curriculum or in general public consciousness. To address this situation, the Education Task Force of the Sonoma County (California) Commission on the Status of Women initiated a "Women's History Week" celebration for 1978.

The week of March 8th has been declared International Women's Day and was chosen as the focal point of the observance. The local Women's History Week activities met with enthusiastic response, and dozens of schools planned special programs for Women's History Week.

In 1979, Molly Murphy MacGregor, a member of the National Women's History Project, was invited to participate in The Women's History Institute at Sarah Lawrence College, which was chaired by noted historian, Gerda Lerner, and attended by the national leaders of organizations for women and girls. When the participants learned about the success of the Sonoma County's Women's History Week celebration, they decided to initiate



similar celebrations within their own organizations, communities and school districts. They also agreed to support an effort to secure a "National Women's History Week."

Each year, the dates of National Women's History Week (the week of March 8th) changed and every year a new lobbying effort was needed. Yearly, a national effort that included thousands of individuals and hundreds of educational and women's organizations was spearheaded by the National Women's History Project.

By 1986, 14 states had already declared March as Women's History Month. This momentum and state-by-state action was used as the rationale to lobby Congress to declare the entire month of March 1987 as National Women's History Month. In 1987, Congress declared March as National Women's History Month in perpetuity. A special Presidential Proclamation is issued every year which honors the extraordinary achievements of American women.

Lajes Field will celebrate Women's History Month with the following activities:

March 8 - Women's Day Fair from 11 a.m. - 1 p.m. at the CAC.

March 12 Movie Night "Amelia" at the CAC at 6 p.m.

March 18 - Library reading at 3 p.m. at the base library.

March 19 - Self Defense Class from 2-4 p.m. at the Chace Fitness Center.

March 19 - Luncheon and panel discussion from 11:30 a.m. - 1 p.m. @ the TORC.

Contact 2nd Lt. Tina Adam if you have any questions.

National Nutrition Month Nutrition from the Ground Up!

By Lajes Health and Wellness Center

March is National Nutrition Month and this year's theme is 'Nutrition from the Ground Up'. The focus this year will be on getting back to basics with more family-type meals utilizing healthy food preparation techniques. It is a very popular misconception that following a healthy diet requires consuming expensive name brand food products using complex preparation steps while sacrificing taste for the sake of lower calories. Well, nothing could be further from the truth. Here are three simple steps to a healthier lifestyle:

1. Balancing physical activity with a healthy diet is the best way to manage your weight and improve your overall health. Your Health and Wellness Center (HAWC) staff

can provide you with both exercise and nutrition prescriptions to help you meet your goals.

2. Weighing yourself weekly is one of the simplest preventative steps you can take to manage your weight. It is much easier to deal with the one to two pounds gained during the week than the 15 to 20 pounds gained over the course of a year.

3. There are no bad foods. Your focus should be on choosing nutrient dense foods such as fresh fruits, vegetables and whole grain products more often than high fat, high sugar foods.

Keeping it healthy means keeping it simple and your HAWC staff can teach you how. Feel free to contact us at 535-HAWC (4292).

Commander's Action Line
535-4240
actionline@lajes.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 actionline@lajes.af.mil.



Col. Peggy Poore

Col. Peggy Poore
Commander, 65th Air Base Wing



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

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CGO of the Year



65th Air Base Wing 2009 Annual Awards



MSgt. Tyrone McDougald
SNCO of the Year



TSgt. Kenneth Kilman
NCO of the Year



Sra. Carla Pereira
Local National of the Year
Category I



Mrs. Lesley Lemons
US Civilian of the Year
Category I



MSgt. Eric McCullough
First Sergeant of the Year



SSgt. Emily Allen
Airman of the Year



Sr. Ricky Baptista
Local National of the Year
Category II



Mr. Stephen Mamakos
US Civilian of the Year
Category II



SSgt. Paul Ellis
Honor Guard Member of the Year



Mark your calendar



The Cultural Diversity Awareness Committee (CDAC) is looking for women to serve as panel members for a Women's History Month luncheon and panel discussion March 19 from 11:30 a.m. – 1 p.m. If you are interested, contact Maj. Angela Carlington at 535-6412.

"MAY I KISS YOU" TOUR: Lajes will be hosting

Mr. Michael Domitrz, who is an author and leading expert on healthy dating. There are 3 scheduled sessions on March 22. Each session will be held at the CAC.

9 - 10 a.m. Open to all military members. All military members under the age of 25 are required to attend.

10:45 – 11:45 a.m. Open to all high school students (Grades 9-12). Students require a permission slip.

3:30 - 4:30 p.m. Open to all school parents and children grades 7-12. No permission slip is required; however, please call the school if you plan to attend.

If you have any questions regarding this presentation, please call 535-3963.

2nd Annual TOP III CHILI COOK-OFF is scheduled for March 11 from 11 a.m. to 1 p.m. at the Base Chapel (T-805). For more information, contact POC: MSgt Brian Holes at 535-4210 or TSgt Richard Glockner at 535-3482.

LAJES SOCIETY OF AMERICAN ENGINEERS: The next LSAME meeting is Wednesday, March 17 at 11:30 a.m. at the TORC. All career fields are invited to attend.

TAX SEASON IS HERE: Tax season has begun and will continue until June 16th. Walk-in drop offs and screenings will take place at the legal office every Tuesday and Thursday from 10 – 12 a.m. Walk-in tax assistance at the legal office will be every Tuesday and Thursday from 12-4 p.m. Contact the Legal Office at 535-3546 if you have any questions.

MILITARY ROAD CLOSURE UPDATE: The Military Road repair project is now expected to be completed March 31. For a map of the closed roads or for more details, check the Crossroads Xtra newsletter, Commander's Access Channel and the Lajes website. If you have any questions, contact Capt. Matthew Altman at 535-68127 or the Public Affairs Office at 535-3413.

LAJES 2010 AFAF: The 37th Annual Air Force Assistance Fund, "Be a Hero" campaign has kicked off and will run through March 19. Team Lajes' goal this year is to raise \$20,160. The Air Force Assistance Fund is a unique campaign because it is managed by Airmen, to help Airmen. Members should contact 1st Lt. Cornita Kimbrough at DSN 535-4260 to find out more information on how to donate.

VA BENEFITS TELECONFERENCE: There will be a VA Benefits Teleconference Friday, March 12 from 9 a.m. - 1 p.m. in the Airman and Family Readiness Center. If you have any questions, please contact Ms. Elizabeth Bland at 535-4138.

"General's visit", from page 1

While at Lajes, the general had the opportunity to visit various units to see Airmen performing their day-to-day mission and to personally greet some of the local nationals and US civilians who are still here since she left the base.

Following her tour, the general gave high praises to Lajes Airmen and their Portuguese counterparts.

She said the role Lajes plays in the current contingency operations is very crucial.

"Lajes is still going to remain a geographical anchor to provide support for the Air Force to get to the theatre," she said. "Lajes is going to continue to make a big difference for decades to come; it's going to remain part of our (the Air Force's) key enablers to get across the Atlantic."

One of the changes the general observed from the visit was the opportunity for Lajes to provide support for AFRICOM, a new joint command that stood up.

She said the potential for Lajes to support AFRICOM's mission is very high because of Lajes' proximity to Africa. "This is one of the emerging missions of the base," she added.

Phrase of the Week

A LESSON IN PORTUGUESE



ENGLISH: How do I get to the hospital?

PORTUGUESE: Como chego ao hospital?

PRONUNCIATION: KOHmoo SHEHgoo aoo ahspital?

At the Movies



7 p.m. Friday - Daybreakers (R)

7 p.m. Saturday - Avatar (PG-13)

4 p.m. Sunday - Avatar (PG-13)

7:30 p.m. Sunday - Daybreakers (R)

Movie times and schedule are subject to change.

During her command of the wing after the 9/11 attacks, Lajes was providing support for OEF. Even though the general said in terms of development a lot has changed since she's been here, one thing never changed a bit – the mission.

"The mission of providing expeditionary support is still very similar to what it was back then," General Fedder said.

Another thing that hasn't changed is what the general felt in 2002 when she gave her opening statement when she took command. In her speech she said, "Team Lajes' everyday effort to meet the challenge of sustaining top-notch en-route support clearly makes expeditionary Air Power a reality."

During an interview with Lajes Defense Media Activity, the general shared stories of all the good comments she hears about Lajes from some of her ACC aircrew transiting through Lajes in and out of the area of responsibility.

As a result, General Fedder describes Lajes's roles in the expeditionary operations as "Unquestionably very critical."

"MDP", from page 1

more control over their careers while offering ease-of-use capability.

"This tool allows you to take charge of your career development by offering a central Web resource for education, training, and experience-related information and opportunities for Airmen and civilians to cross-talk about Air Force issues and lessons learned," Colonel Marentette said.

"We catered My Development Plan to each user offering career-field specific resources (where applicable) and member-specific data for each user," Colonel Marentette said. "You no longer have to remember several different Web sites to find the information you need."

However, My Development Plan does not replace the Air Force Form 3849, PME/AFIT/RTFB/Officer Worksheet or the Airman Development Plan; Airmen will still use these documents to communicate their educational and assignment goals to their development and assignment teams, the colonel said.

My Development Plan is a tool for Airmen to use throughout their careers.

"MyCDP, MyEDP, and MyODP are designed to be resources to help Airmen make informed decisions about their career," Colonel Marentette said.

My Development Plan works in tandem with the Airman Development Plan, he said.

"My Development Plan delivers a vital and comprehensive Web resource environment for all Airmen that can be used in conjunction with the Airmen Development Plan and similar programs," Colonel Marentette said.

Airmen can use My Development Plan to facilitate the completion of their Airman Development Plan or similar documents.

In addition, this tool provides a platform for social networking, where all Airmen will be able to read or participate in Air Force-wide or career field-specific forums, career planning with member-chosen mentors, and Web-based file storage.