# nger I Came, I Saw ... The Beauty of Crete February 12, 2017

## The Avenger

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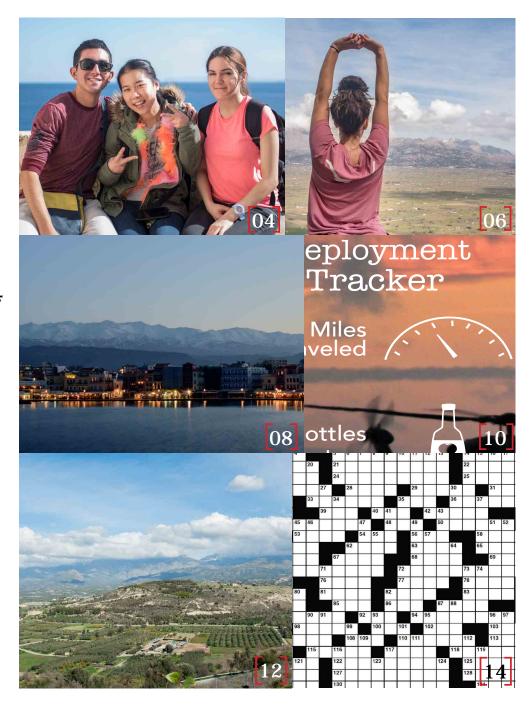
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On the Cover: The Chania Lighthouse, one of the oldest in the world, lit up against the night sky. Photo by MC2 Spencer Fling

# View From the Top Operations Officer, Cmdr. Tracey "Peta" Gendreau

"Join the Navy, see the world" still rings true. Crete was a great port visit and there will be many more opportunities throughout this deployment.

Now, it's time to carry forward and refocus on our mission, to support our forces, our allies, U.S. interests, and humanity during Operation Inherent Resolve. As we move to the very tip of the spear, the eyes and ears of the world will continue to watch. We must carry out every evolution with the utmost of precision.

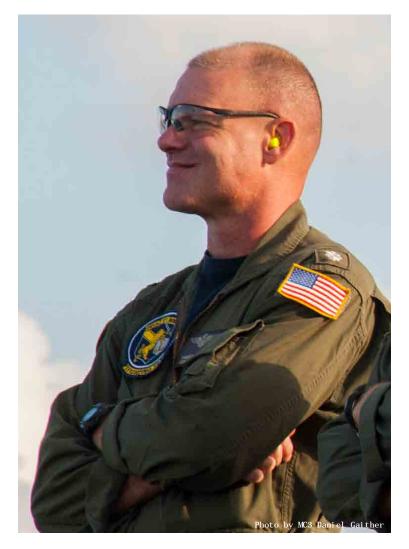
Ultimately, the mission and its success depends on the Navy's most important assets -- its Sailors.

You keep this vessel going.

You ensure we are armed and ready.

You ensure our aircraft are maintained, equipped and prepared to execute whatever tasking may come.

Remember why we're here. If there was ever a time to keep our heads in the game, that time is now. Be proud to be a U.S. Navy Sailor at the tip of the spear!



"Ultimately, the mission and its success depends on the Navy's most important assets -- its Sailors."

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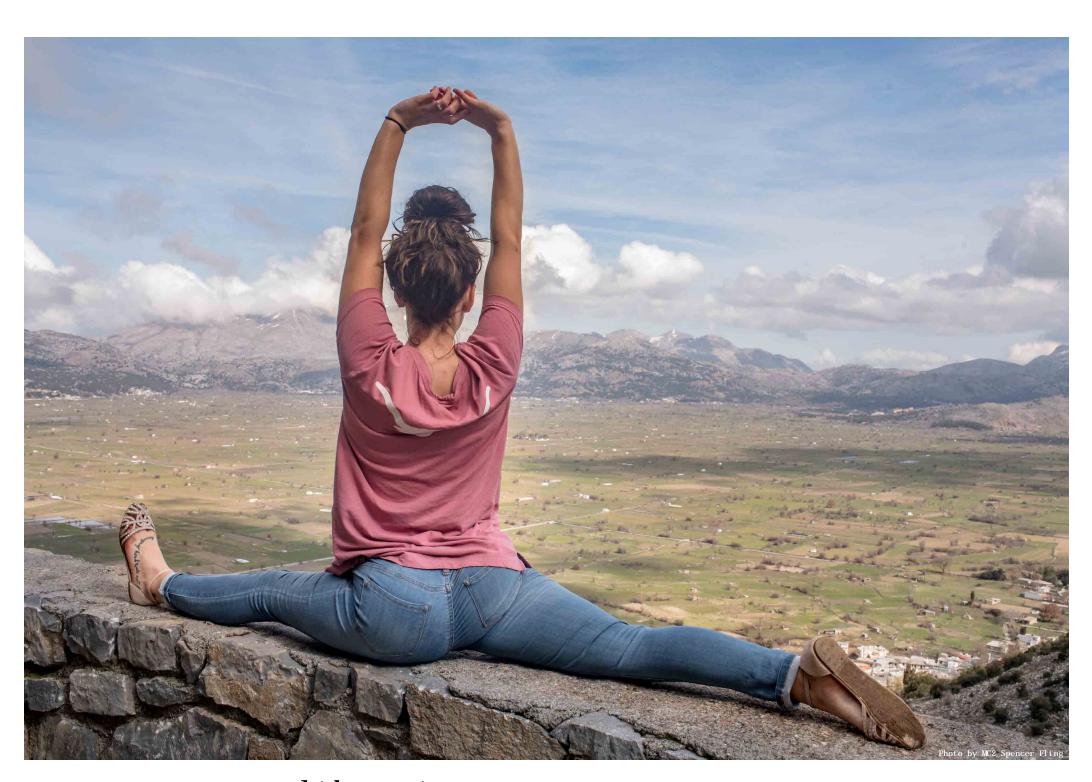




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# I Came, I Saw, I Experienced

tory by MC2 Spencer Fling



"It's such a liberating feeling to be completely balanced within your pose, and then you realize that you are surrounded by so much natural beauty and history."

-MA3 Davis

A cool breeze blows through the cypress trees clinging to the rock-based soil of Mount Ida, the highest mountain on the island of Crete. Surrounding mountains engulf the green fields that are littered with grazing goats and sheep. Thousands of feet above, among the clouds, is the entrance to Mount Ida's Idaean Cave. Greek legend claims the cave is the birthplace of Zeus, the ruler of the Greek gods.

The unique blend of history, lore and serenity created an awe-inspiring scene for the Sailors from USS George H.W. Bush (CVN 77) on a Morale, Welfare and Recreation (MWR) tour during the ship's scheduled port visit to Souda Bay.

Away from the rest of the tour group at one of the mountain's many scenic viewpoints, Master-at-Arms 3rd Class Mikaela Davis decides to capitalize on the epic scene to create a moment worth remembering.

"One of my goals this deployment is to become a certified yoga instructor," Davis said. "I have been practicing a lot during my down time. When I saw the beautiful location and the view, I knew I had to do a pose right then."

In a calm and peaceful manner, Davis ascends a small wall, stretches into the open-hip split with arms overhead position and begins to meditate.

"It's such a liberating feeling to be completely balanced within your pose, and then you realize that you are surrounded by so much natural beauty and history."

Davis, who works as a member of the ship's security force, says that the moment was a welcomed break from the day-to-day grind of deployment.

"On the ship, you stay busy and there is never a time when everything is peaceful and quiet and you can just have a moment to yourself," she said. "In that moment on the mountain, all my stress was gone and I was completely peaceful."

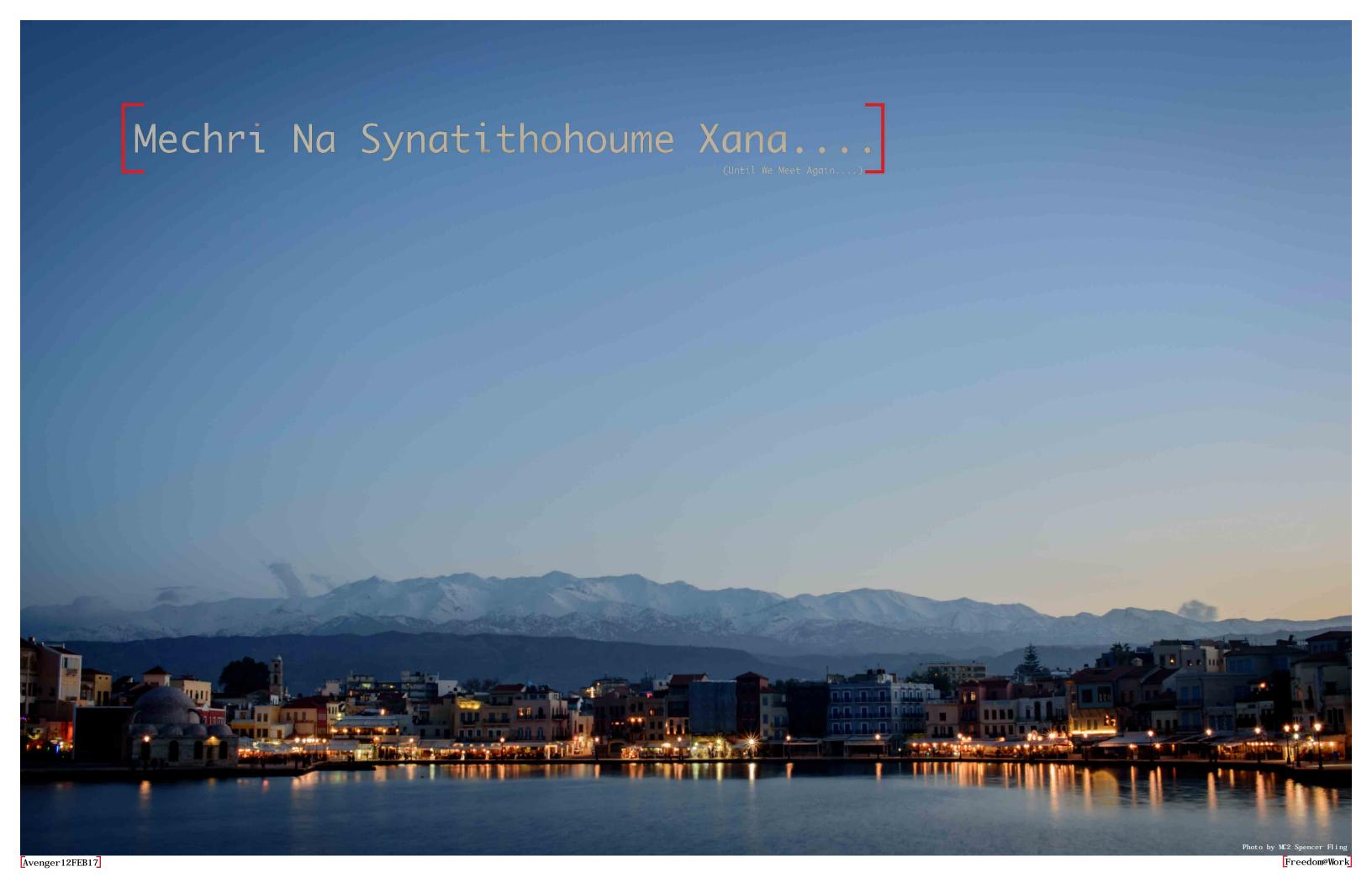
Upon completing the tour, Davis was thankful that she was able to see different parts of the island of Crete.

"Visiting different places around the world is a big reason I joined the Navy," stated Davis. "I wish everyone would take advantage of the MWR tours when we pull into port. I couldn't imagine missing out on what I saw just to sit on the pier. These are once-in-a-lifetime opportunities."

With new experiences under her belt, Davis has set a new goal for the rest of deployment.

"I want to find the highest, most beautiful place at every port we pull into and do a different yoga pose," she said. "I already have the next pose picked out. It's called 'The Wild Thing.' It is a difficult pose, so I'll need some practice."

Freedom@Work



# The Beauty of Crete

Story by MC3 Mario Coto

Sailors deployed aboard USS George H.W. Bush (CVN 77) participated in day and evening tours during the aircraft carrier's visit to Souda Bay, Greece, Feb. 6-9.

Sailors took advantage of the port visit not only to relax and enjoy some liberty, but also to learn about Greek culture and explore the island of Crete.

"It feels incredible to step foot in another country and continent, and explore," said Culinary Specialist 3rd Class Leslie Perez. "It's quite a privilege representing the Navy and the United States."

All tours were organized by GHWB's Morale, Welfare and Recreation (MWR) office, and were designed to keep Sailors safe and ensure they enjoyed a good time on liberty. Several of the tours were led by local nationals who speak both Greek and English.

"We not only have a reliable tour guide leading the tour, but several MWR staff members are on-hand as chaperones," said Internal Communications Electrician 2nd Class Kirsten Gilbert, an MWR chaperone. "All Sailors are supervised, and we work hard to make sure each tour is both fun and safe."

Despite being the third time Aviation Ordnanceman 1st Class Christopher Gilbreath has made this port visit, he enjoyed taking advantage of the tours instead of being left to his own devices.

"Ultimately, I had an absolute blast on the tours I went on, and with all the photos and videos I took, I'll be able to pass on my experiences to my family," said Gilbreath. "I thoroughly enjoyed taking in the local culture, especially the first night when I took part in the Greek dancing and ate traditional Greek food. That was something I'll remember for the rest of my life."

While some Sailors enjoyed more active tours like kayaking, Fire Controlman 3rd Class Donna Linsenmann enjoyed the experience of learning ancient history during the tours of Spili, Gortyna and Festos.

"I love history, so taking a tour where we explore ancient sites was fantastic," said Linsenmann. "I definitely felt like I learned something new, and just being at these places in person was an incredible bonus."

Many Sailors, including Perez, purchased souvenirs for their loved ones.

"I always feel like if I don't buy something for my family, I won't have proof that I was there," said Perez. "It's a fun thing to do, and the hardest part is deciding what to buy because there's a lot to choose from."

The MWR tours gave Sailors a glimpse of Greek culture.

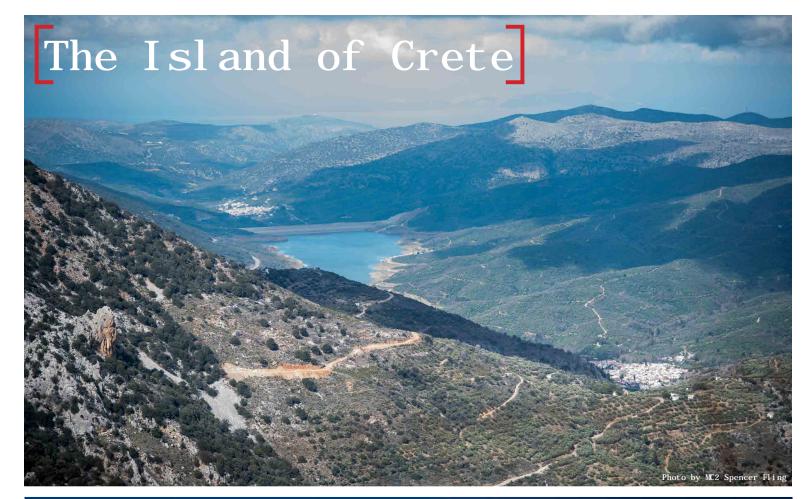
"I highly encourage more people go on these MWR tours," said Gilbreath. "I'm not new to the Navy, but I can still say I walked away a little more knowledgeable about the world."



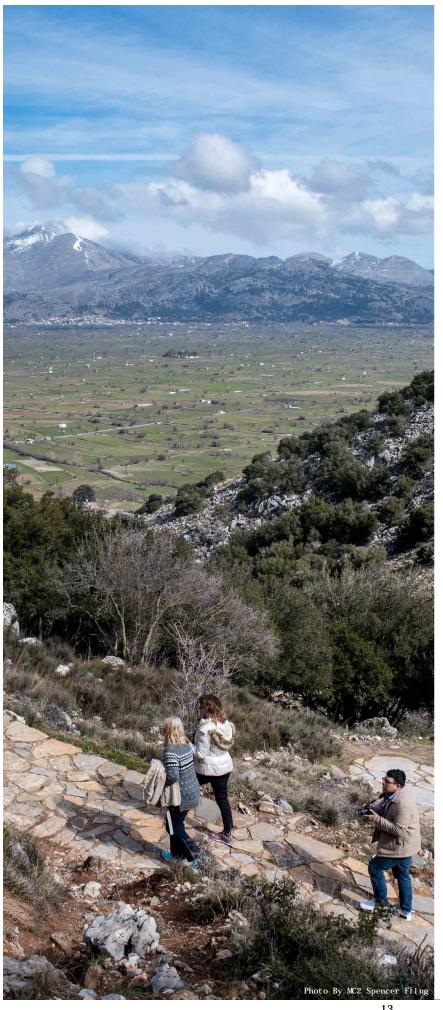




"Ultimately, I had an absolute blast on the tours
I went on, and with all the photos and videos I took,
I'll be able to pass on my experiences to my family."
-IC2 Linsenmann















# Crossword

# **Times Digest**

#### THE NEW YORK TIMES SUNDAY MAGAZINE CROSSWORD PUZZLE

82 Sight at Tanzania's

Gombe Stream

National Park

85 Entry on an I.R.S.

announcement

about disaster aid?

91 What's right in front

92 Photographer Arbus

95 Heart of the matter?

94 Old gang weapons

97 Bit of cushioning

101 "Waterloo" band

before gastric

bypass surgery?

106 Roker's appeal

99 Arrears

105 Corroded

109 Turn aside

110 Bad look

112 Irritable

111 Five-alarmer

113 Spreadsheet

100 Glitch

form: Abbr.

83 Gist

84 It's a drain

86 Dismaying

of the tee?

#### DO THE SPLITS

BY LYNN LEMPEL / EDITED BY WILL SHORTZ 49 Kids' TV character

who refers to

51 Greenhorn on the

54 Horse for hire

force

himself in the third

#### **ACROSS**

- 1 Topic for Dr. Ruth
- 7 Reimbursed expense for a commuter maybe

getting too much

25 Like most "Quo Vadis" characters

26 Altar spot

writer

29 For whom Nancy

was first lady

30 Gives an order

33 Fabric from flax

34 Bearded animal

37 Suggestion to a

40 Book reviewer?:

43 Having less heft

45 Swinging Ernie

writer?

bored short-story

32 Remain undecided

28 Banquet

- 14 As yet
- 19 Sound system?
- 55 Result of a 21 Major export of serious wardrobe Florida malfunction at the 22 Blue hue
- 23 Berate some guy for
  - 58 Clean with a
- 27 "A bit of talcum / Is always walcum"
  - 65 Toast word
  - 67 M, on a form
  - 69 March movement
  - 73 It may deliver a punch
  - 74 Scientist's dilemma regarding work vs.
  - 76 "My only love sprung from my only \_\_!": Juliet
  - 77 Entry
- 46 35-nation alliance, 79 Wild revelry
- 47 Drive-80 Archives material 81 Gist
- 48 Fasten

- beach? 57 Hit one out pressurized spray 60 First name in daredevilry 61 Turbid 62 Weighty matters? 63 He can be seen at the western end of the National Mall. informally 64 Pens for hens
- contents 114 Dripping

## DOWN

- 1 Tour grp. since 1950
- 2 Breakfast chain
- 3 Disapproving
- 4 Gather
- - 5 "What's the \_\_?" 6 Alito's Supreme
  - Court predecessor 7 Creature on the movie poster for "The Silence of the Lambs"
  - 8 With 34-Down, longtime public
  - 9 Some space vehicles
  - 10 It must turn over to
  - 11 Docket
  - 12 With 42-Down, "Frosty the Snowman" singer
  - 13 Super suffix?
  - 14 Pacific island wrap 15 Worry of stratospheric
- 41 Was a busybody 42 See 12-Down
  - 44 Beatrix Potter's
  - 47 Conveyance for 49 Timeline sections

14 50 Palmas

- 16 "That villain in 51 Talk wildly comics has sure
- gotta be sore!"? 17 Desiccated \_\_ Sea
- 18 Tear apart 20 Plunger alternative
- 24 Deputy: Abbr.
- 29 Dentist's directive 31 Tip
- 32 Traffic cone
- 33 Those who need sound memories, per Montaigne
- 34 See 8-Down 35 W. Hemisphere treaty of 1994
- 36 What a cashstrapped beau might take you on?
- 38 Pay 39 Certain rod
  - they say
  - 1932 70 A.A. or AAA
  - 72 Tool parts used for bending things

- 52 Way to go: Abbr. 53 Pricey French
- 55 Club cousins 56 Utah's \_\_ State
- University 59 Cap similar to a tam-
- o'-shanter 61 London tea
- accessory 63 Fleshy-leaved succulent
- 64 1950s French president René
- 65 Steamed seafood
- 66 Abductor of Persephone 67 Exhibitor at 1863's
- Salon des Refusés 68 Something easy, so
- 69 "Grand Hotel" star,
- 71 Group's basic beliefs
- 74 Run out

- 78 Jeer
- 80 Take some shots
- 83 Annoys
- 84 Ad-agency output 86 Devil-may-care
- 87 "Aha!"
- 88 Mystical doctrine
- 89 Talk wildly
- 90 Gaming trailblazer 93 Sluggish
- 96 Having no room for more
- 97 Fuel from a fen 98 Building's rain diverter
- 99 Sobel who wrote the Pulitzer-nominated "Galileo's Daughter"
- 100 Editor's override
- 102 One with a lot of tweets
- 103 Treat for a dog 104 Presently
- 106 Supplied 107 Parliamentary support



George H.W. Bush 2017 Deployment Tracker

**5153** Miles





3 Sea &



832 Ketchup **Bottles Used** 



