

# THE BEACON

U.S. Naval Support Activity Souda Bay, Greece

February 2020

I am grateful  
for...



Video chats  
with family in  
the states.

COFFEE!!



white mountains  
and  
colorful sunsets

got  gratitude?



# The Beacon

Warfighting First, Operate Forward, Be Ready

**Commanding Officer, NSA Souda Bay**

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**Executive Officer**

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**Command Master Chief**

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The Beacon is the professional online newsletter of NSA Souda Bay Public Affairs. Information contained in The Beacon does not necessarily reflect the official views of the U.S. Government, the Department of Defense or the Department of the Navy. Editorial content is prepared by the Public Affairs Office of NSA Souda Bay.

Articles for publication in The Beacon should be submitted to SoudaBayPAO@eu.navy.mil. Story submissions must be routed through tenant command or departmental senior leadership. Security and policy review must be completed before submissions can be considered for publication.



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Firefighter Karl Chen operates a firetruck's spotlight Jan. 7 during a routine equipment check at the installation fire station. Photo by Joel Diller, Public Affairs.

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Front Cover: Attitude of Gratitude designed by Holly Tewell.

The Parting Shot: Photo by MC2 Kelly Agee, Public Affairs. Cryptologic Technician Interpretive 2nd Class Acacia McCormick cuddles a dog during a volunteer event Jan. 30 at the Souda Shelter Animal Project.

# Triad Corner



## *Team Souda,*

Are you a member of Team Souda?

Being assigned to NSA Souda Bay or one of our tenant commands doesn't automatically put you on the team.

You have to want to join.

You have to have a desire to be part of something that is bigger than you, to genuinely want to contribute, professionally and personally, during your time in Crete.

You have to want to connect and then you have to step up and do something about it. Because it's that connection that keeps Team Souda strong. The majority of you ARE on the team – I see it daily in the work you do, in the way you interact – with each other and with our partners – and in the way you participate in activities across the base. Your attitude has a positive impact.

If you aren't on Team Souda, what's holding you back? Is there something that you think needs to change? I have a Suggestion Box right outside of the Galley. Write it down and drop it in the box – I want to know. Anonymous suggestions are fine. During Awards at Quarters in the Fitness Center on February 6, I'll discuss these suggestions with you.

I'm committed to removing barriers but I need you to be committed too – to doing what you can to make Souda Bay a better place to live and work. That's where this month's Attitude of Gratitude Challenge comes in. An 'attitude of gratitude' can open our eyes so we can see the good that surrounds us, transforming our perspective to positively impact our thinking.

The Challenge encourages you consider and to write down things you are grateful for each day. There's a calendar on page 12 in The Beacon with prompts to get you started. You'll also see Gratitude boards in your spaces and online where you can post your thoughts if you are so inclined.

I'm taking the challenge and I'll start here with one of the prompts you'll see this month, "Share about a family member who has supported you."

You've heard me say that Team Souda is a family and one family member I'm grateful for is Maria Simben, my administrative assistant. Her cheerful attitude lights up even the darkest of February's days.

And now it's YOUR turn!

Thank you for all you do,

*~Skipper*



## Are You Prepared to Deploy/PCS?



Trying to resolve personal legal issues from overseas or while deployed is not just difficult, it can be costly, time-consuming, and sometimes impossible.

# DON'T WAIT!

Contact the Legal Office for...

**Support**  
**Powers of Attorney**  
**Family Care Plan**  
**Wills**  
**Medical Directives**  
**Life Insurance**  
**Leases**  
**Credit Report Active Duty Alert**  
**Uniformed Services Employment**  
**& Reemployment Rights Act (USERRA)**

The Legal Office is ready to assist you.  
Stop by their office located in Bldg. 1, Room 113  
or schedule an appointment by calling DSN: 266-1356.

# THE GOUGE

EVENTS - FLIGHTLINE ACTIVITY - PORT OPERATIONS

## TEAM SOUDA GETS SAFETALK SUICIDE ALERTNESS TRAINING



**L**t. Michael Spoke, command chaplain, hosted a safeTALK training seminar for Team Souda members in the Chapel Jan. 13. The safeTALK program is a three-hour suicide alertness training program that equips helpers with the skills to identify people with thoughts of suicide and connect them to suicide first-aid resources. Twenty-two members of Team Souda received the training.

Spoke said that the Navy Chaplain Corps has partnered with LivingWorks, the creators of the safeTALK training, to make suicide awareness training “not just a brief that many people can just click through the slides, but one that is interactive and builds the confidence for Sailors to break some of the taboos or stigmas surrounding suicide within their work centers, their shipmates, friends and family.”

## ANTI-TERRORISM TEAM EXERCISES

**T**he Anti-Terrorism Training Team held a simulated gate runner drill on the installation and a simulated floating improvised explosive device exercise in Souda Bay, Jan. 21.

The exercises, held in preparation for the Regional Assessment (RASS) in March, tested the installation’s anti-terrorism plan, pre-planned responses, and standard operating procedures for these types of events.



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## PUBLIC WORKS CHANGES BALL FIELD LIGHTS AT MARATHI

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**B**uilder Constructionman Charles Stankye operates a crane as Construction Electrician Constructionman Brennan Collins and Steel Worker 2nd Class Gary Cole change 26 LED lights at the ball field at the Marathi Nato Pier Facility on Jan. 23. This project was implemented to improve the morale of NSA team members, Sixth Fleet and NATO allies by giving them the ability to utilize the ball field at night.

# Awards at Quarters

Photos by MC2 Kelly Agee, Public Affairs



## January Awardees:

### Navy and Marine Corps Commendation Medal

Senior Chief Master-at-Arms Robert Salvador

### Navy and Marine Corps Achievement Letter

Air Traffic Controller 1st Class Gregory Clemons

Master-at-Arms 1st Class Daniel Nutt

Master-at-Arms 2nd Class Jordan Harthman

### Flag Letter of Commendation

Master-at-Arms 2nd Class Christina Cortes

### Letter of Commendation

Master-at-Arms 3rd Class Trenton Givens

Air Traffic Controller Airman Apprentice Kathryn Samoska

### Industrial Service Oversight Certification

Sonja Hayes

# Reenlistments

Photos by MC2 Kelly Agee, Public Affairs



Master-at-Arms 3rd Class Nakia Hanley receives her Certificate of Reenlistment from Chief Warrant Officer 2 Jayjay Robles, NSA Souda Bay administration officer, on Jan. 21 during a reenlistment ceremony in front of Building 1.



Aviation Boatswain's Mate 2nd Class Michael Ancelet receives his Certificate of Reenlistment from Lt. Lucas Chatfield, NSA Souda Bay air operations maintenance officer, on Jan. 24 during a reenlistment ceremony on the flight line.



Master-at-Arms 3rd Class Stephanie Miller receives her Certificate of Reenlistment from Chief Warrant Officer 3 Gary Groesbeck, NSA Souda Bay security officer, on Jan. 13 during a reenlistment ceremony in the Security Forces Building.

# Chaplain's Corner: An Attitude of Gratitude

Story by Lt. Michael Spoke



What if you woke up tomorrow with only the things you were grateful for today?

If you are anything like me, I know I take many things for granted. I am often so distracted by work or life that I rarely stop to notice the big and little blessings around me. What's worse is that most social media platforms have a magic habit of making everyone else's life look way better than mine! When I do think about my life, I am tempted to let comparison blind me and rob me of joy. Maybe you can relate.

I was watching a TEDx talk by Shawn Achor, author of The Happiness Advantage, and he said something that changed my entire perspective: "The external world can only predict 10 percent of your long-term happiness; 90 percent of your happiness is dependent upon the way your brain processes the world around you." The implications of that statistic are huge. It means that our long-term happiness is almost solely dependent upon the way we see ourselves and the world around us. How we choose to engage, our

attitude and our perspective, can almost totally determine our long-term happiness.

What would it look like if we could rewire our brains and see with a new perspective all the great things and opportunities in front of us? What if seeing it through gratitude could change our entire life? What if this practice could guarantee that we would be more focused, optimistic, a better shipmate/friend AND that it would only take less than a month? Twenty-one days, to be precise, since that's the length of time researchers say it takes to develop a new habit.

This month we are launching a base-wide "Attitude of Gratitude" campaign in an effort to explore and train our sense of gratitude. We chose gratitude because it is one of the most powerful, positive soul perspectives we can have as humans – with direct benefits on stress, relationships, productivity, creativity, loneliness, and happiness.

As we kick off, I am asking you to join me as we seek to embody a new spirit of thankfulness. Each day in the month of February, we are asking you to write down three new things that you are grateful for. That's it. It really is that simple, but the byproducts are profound. So together, let's choose to strengthen the resolve of our fighting spirit and our collective spiritual toughness by exercising gratitude.

So, what are you grateful for today?

**FEBRUARY ATTITUDE OF GRATITUDE CHALLENGE**  
**29 CHALLENGES – 29 DAYS**  
Shine a little light this month with your grateful responses!

Sharing grateful thoughts each day has power to:

- Reduce stress
- Foster a healthy mindset
- Increase productivity
- Improve relationships with others

Visit @SoudaBayChapel on Facebook  
[www.gratitude29.weebly.com](http://www.gratitude29.weebly.com)  
#gratitude29

# Community Outreach

by Kostas Fantaousakis and MC2 Kelly Agee, Public Affairs



Volunteers from NSA Souda Bay participated in a day of hard work, fun and affection at the Souda Animal Shelter in Chania, Jan. 25. The project consisted of painting, repair work and playing and socializing with the animals.



Volunteers from NSA Souda Bay delivered food and clothing donations to the Mouzouras Cultural Association in Chania on Jan 30. The association supports local families and children in need. NSA Souda Bay's Chaplain's office collects and delivers donations to the local community several times a year.

# February Attitude of Gratitude Challenge Calendar

Let's shine some sun on these cold winter days!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Start a gratitude journal in a notebook, with an app, or on social media.
<b>2</b> Find an app that inspires a positive mindset. Download it and share it with someone.	<b>3</b> Share three things that you are grateful for today.	<b>4</b> Share a game or activity that you've been wanting to try and invite a friend to do it.	<b>5</b> Share a quality that you look for in a friend. Give a shout-out to someone who has it!	<b>6</b> Share your favorite Cretan restaurant and invite a friend to go for a meal.	<b>7</b> Share one awesome aspect about the weather today.	<b>8</b> Share what you love about your favorite pet. Post a photo and brag.
<b>9</b> Share one valuable life lesson that you've learned recently.	<b>10</b> Share a song, video clip, or blog post that has inspired you and explain why.	<b>11</b> Share something you appreciate about a coworker. Be sure to tell them.	<b>12</b> Share what you appreciate about mornings!	<b>13</b> Share a character trait that causes people to count on you.	<b>14</b> Share about your favorite vacation. Tell why it was so great.	<b>15</b> Share something good that came from a difficult situation.
<b>16</b> Share what you love about NSA Souda Bay.	<b>17</b> Share a gift or talent that you have been given.	<b>18</b> Share about a family member who has supported you. Call to thank them.	<b>19</b> Slow down, be still, & breathe. Meditate on the good in your life & share your reflection.	<b>20</b> Share one freedom that you are glad to have.	<b>21</b> Share about the most meaningful gift you have received.	<b>22</b> Share what you did to be physically healthy today (exercise, nutrition, etc.).
<b>23</b> Share one thing you love about yourself. Post it on a note where you'll see it each day.	<b>24</b> Share something you are grateful to have experienced while living in Crete.	<b>25</b> Find an opportunity to help someone (or volunteer). Do it and share the results.	<b>26</b> Share an inspirational situation that motivated you to persevere.	<b>27</b> Share about something you have that makes your daily life easier.	<b>28</b> Share one personal improvement you have made over the last year.	<b>29</b> Share one thing you are looking forward to in 2020.

**Alina Sinou**  
Public Works



“Have an open mind when encountering cultural differences.”

**Master-at-Arms**  
2nd Class Eddie Estrada  
Security



“If you don’t have a passport I recommend you get one so you can start seeing the world.”

**Jennifer Sullivan**  
Navy Exchange General Manager



“Recognize whether your electronics need a converter for an outlet or if they require a transformer. If you do use a transformer always turn them off if they are not in use.”

**Aviation Boatswains Mate**  
1st Class Courtney Oakley  
T-Line



“Be humble, eager to learn, ready to meet new people and always have a battle buddy.”

**Nikos Ornerakis**  
Admin



“It is much different here than stateside so keep an open mind to the cultural differences. Make Greek friends, have a good time and stay out of trouble.”

# WORD ON THE STREET

What is a tip you have for newcomers?



**Logistics Specialist**  
2nd Class Eluyemi Bukoha  
Post Office



“You do not need to order everything online because there are a lot of neat stores in downtown Chania.”

**Gunner’s Mate Seaman Apprentice**  
Marcel Baines  
Naval Munitions Command



“Barracks Sailors can get a Wi-Fi plan from the Navy Exchange instead of buying two SIM cards.”

# WORD ON THE STREET



Master-at-Arms  
2nd Class Lamario Doty  
Security Forces



"Don't expect everything to be handed to you ... have a plan and sit down and write it out."

Eleni Trahalaki  
Liberty Center



"Get active with MWR, join our trips, learn about the local community, try to get to know local nationals and a few Greek phrases."

Logistics Specialist  
Seaman Recruit Daanzae Blandwarren  
Post Office



"If you want to travel off the island, get your passport as soon as possible."

Sedgwick Jones  
ID Lab



"Embrace the culture in Greece. If you come with an open mind you will have a wonderful time here."

Col. Stelios Leivaditakis  
Assistant Greek Representative



"You can always combine having fun in Crete with being safe at the same time."

Culinary Specialist  
Senior Chief Dan Hemingway  
Housing



"Make sure to keep in touch with your sponsor. Also read the Welcome Aboard Guide because there is a lot of useful information."

Maria Prassakis  
Legal



"Feel free to pass by the Legal Office and get a power of attorney for your dependents in the states, take care of taxes or other business."

Aviation Traffic Controller  
Airman Corey Franklin



"Get ready to learn how to drive a stick shift and keep in mind that the roads are very different here than in the states."



# ***A Day In The Life: Command Duty Officer***

Story and photos by Joel Diller, Public Affairs

**A**n aircraft incident occurs on the airfield. A ship's schedule changes at the last minute. A distinguished visitor arrives unannounced. A traffic accident occurs out in town. A storm causes a power outage. Decisions on how to react to emergencies, incidents, and personnel issues such as these must be made

quickly to mitigate the risk to the command's personnel and mission – and they can occur at any time – 24 hours a day, seven days a week.

Whether on a Navy installation or ship, commanding officers train their leaders to make some of these decisions on their behalf. The

watchbill, or duty schedule, ensures the CO always has a direct representative on duty. That representative is the command duty officer.

"The command duty officer is entrusted by the CO to carry out routine tasks and take required action during emergencies while they are

standing duty," said Cdr. Josh Jones, operations officer and senior watch officer. "Which is why we require prospective CDOs to understand the installation and know what to do in situations before they're put on the watchbill."

At NSA Souda Bay, the junior officers, warrant



**LEFT: Chief Boatswain's Mate Passion Richmond, Chief Aviation Boatswain's Mate (Aviation Handling) Cedrick Bogans, and Machinist Mate 2nd Class Willis Browning prepare for Colors, Jan. 27.**



**RIGHT: Browning rates a meal at the Galley, Jan. 27.**

officers, and chief petty officers who are permanently stationed at the installation are required to fulfill the CDO job qualification requirements and be added to the watchbill. Exceptional first class petty officers may be approved in some cases.

Jones said that to be a CDO, a Sailor must show an understanding of all the installation's instructions, shadow a CDO while on duty three times, pass an oral board comprised of qualified CDOs and subject matter experts, and interview with the commanding officer.

"A chief or an officer has likely stood duty many times before at other duty stations, and that experience is valuable, but Souda Bay is a unique location – there are a lot of operations here that are specific only to Souda Bay," said Jones. "We're not only a forward-operating base in Greece, we also have both air and port operations, which means there are a lot of moving pieces to manage during a daily watch as CDO."

In addition to responding during emergencies, CDOs also perform routine checks on the installation, from ensuring the dishwasher in the Galley is operating at the required temperature to ensuring good order and discipline is being maintained in the barracks. To help with these responsibilities, an assistant command duty officer position, filled by a first or second class petty officer, is on the watchbill.

The following is what a typical day in the life of a CDO might look like:

**7:15 a.m. – Turnover**

A CDO's duty begins at the quarterdeck, which on a ship is the raised deck behind the main mast, but on this Navy installation it is located at the entrance to the Command Administration building, known as Building 1. This is the CDO's work center and where the on-coming CDO receives a pass down of information from the off-going CDO.

Chief Boatswain's Mate Passion Richmond, this day's command duty officer, said: "What we do is we just talk about the events that happened the night prior – things to expect within the next 24 hours ... things to keep on your radar throughout the day."

Richmond said the pass down between CDOs includes everything from the inbound and outbound traffic of visiting aircraft and ships, communications systems issues, distinguished visitors on the installation, and whether there are any Sailors on restriction or liberty risk.

The ACDOs also do their own turnover at the same time, which includes taking inventory of the Tipsy Taxi program's money, inspecting the color guard's uniforms and ensuring the Greek and American flags

are in good condition.

"We normally talk about which roles we're going to take," said Richmond. "To alternate to help each other during the day – who's going to do the meal sampling?" On this day, Richmond asks Machinist Mate 2nd Class Willis Browning, the day's assistant command duty officer, if he can sample the lunch meal at the Galley, which he confirms that he can.

"Basically our responsibility is to assist the CDO as much as possible," said Browning.

The CDO is also a point of contact for the command from outside organizations such as the Regional Operations Center, American Red Cross, or visiting ships and aircraft. At turnover the CDO logs in to the various communications systems so they can check message traffic throughout their shift and take action if a message needs leadership's attention.

**8 a.m. – Observe Colors**

The ACDO has the responsibility to ensure the Greek and American national anthems are played during Colors. At about 10 minutes before 8 a.m., Browning loads a disk into a CD drive which will play the anthems over the installation's public address system. Once the color guard is in formation in front of Building 1, the CDO and ADCO march out in front of

the building to salute as the flags are raised.

**8:30 a.m. – Brief Commanding Officer**

As the CO's direct representative, the CDO meets with the CO in his office to brief the items discussed with the off-going CDO during turnover and to talk about the day's important events.

"We brief the CO, XO, command master chief, and also the operations officer," said Richmond. "We ask them if there is anything that we missed in regard to what's expected or if anyone wasn't in the loop."

**9:30 a.m. – Walk the base**

The CDO's responsibility is also to rove the base and look for things out of the ordinary. During the walk, the CDO visits the Emergency Dispatch center, walks along the fencelines and checks in with the sentries posted at the gates.

**11 a.m. – Sample lunch at the Galley**

When a CDO samples a meal at the Galley, they rate the overall presentation, such as the customer service, cleanliness, food quality and temperature. The CDO also makes sure the dishwashing machine cleans dishes at the correct temperature.

Browning enters the Galley and receives a meal



**Machinist Mate 2nd Class Willis Browning records the temperature of the Galley's dishwasher on the CDO Evaluation Form, Jan. 27.**

evaluation form from the Galley staff and passes through the line to sample the lunch menu. After the meal, Browning dons a hair cap and proceeds to the dish room where he records the temperatures displayed on the commercial dishwashing machine.

**2 p.m. – Report to Emergency Operations Center during exercise**

On this day, the Installation Training Team held an installation-wide exercise that required the activation of the Emergency Operations Center, where the CDO plays an important role as part of the incident management team.

Master-at-Arms 1st Class Megan Moore, a CDO-qualified first class petty officer, participated in the exercise in the role of the CDO. Moore said that the CDO is a messenger who receives information from the Emergency Dispatch operators and channels it to the EOC members. The CDO also acts as a recorder by keeping critical information up to date on the situation board.

**4:30 p.m. – Muster restricted personnel**

From time to time, there are Sailors on the installation who have been put in a restricted status for disciplinary action. Richmond said that if there are any personnel who are in a restricted status, they are required to meet with the CDO at the quarterdeck and

receive any extra duty assignments.

**5 p.m. – Sample dinner at the Galley**

**5:30 p.m. – Evening rove of the base**

Richmond said that during the evening rove the CDO visits the all-hands club – Shipmates – and walks through the barracks. The CDO is on the lookout for inappropriate behavior, disturbances, and people smoking in non-designated smoking areas.

**6 to 8 p.m. – Restricted personnel room inspection and muster**

The CDO is required to check in again with the restricted personnel, once in their assigned barracks room and again at the quarterdeck.

“[The restricted muster] is in the uniform of choice for the CDO. You inspect their uniform and you also inspect the cleanliness of their room,” said Richmond. “At 2000 that specific person is required to muster at the quarterdeck just to say ‘Hey, I’m onboard. I’m here.’”

**Late evening – Retire to CDO quarters**

Once the CDO completes all the checklist items for the day, they go to the dedicated room in the barracks where they will spend the night.

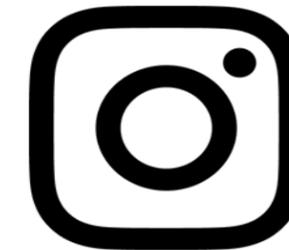
# Public Affairs Office

*We Tell Team Souda's Story*

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### *Volunteer Opportunities*

Beach Clean-ups, Animal Shelter, Boys Center, and more

### *Contact Us*

DSN: 266-1642/1392  
SoudaBayPAO@eu.navy.mil

### *Studio Photos*

Official Portraits:  
Tue / Wed 9 a.m. to 3 p.m.  
Package & Passport Photos:  
Fri 9 a.m. to 3 p.m.

Story and photos by Joel Diller and MC2 Kelly Agee, Public Affairs

## Builder Constructionman Apprentice Bailey Gibbs



Public Works Department  
Builder Shop

Originally from Hornell, New York, Builder Constructionman Apprentice Bailey Gibbs joined the Navy Dec. 12, 2018. She looked up to her grandfathers who served in the military and decided to make them proud by following in their footsteps. NSA Souda Bay is her first command, where she works in the Public Works Department's Builder Shop.

### What does a typical day working in the Builder's Shop look like for you?

If we have a project we will work on it. Projects vary from pouring concrete, masonry or roofing. If we don't have any projects, we are in the shop improving on our skills on different machines or we are doing on-the-job training. We

are always keeping busy by improving ourselves.

### What is the best part of your job?

The different projects I get to do and the different types of tools I get to use. Also, I enjoy learning the different skills from the local nationals. The Seabees bring their skills and the local nationals bring their skills to the table and we learn from each other.

### When you're not at work, what do you enjoy doing?

Traveling the island as much as I can and seeing all the sites of Crete. Also, traveling off island. I've been to Athens already and it was beautiful. I'm planning a trip to Ireland and I have family there so I can't wait to visit them.

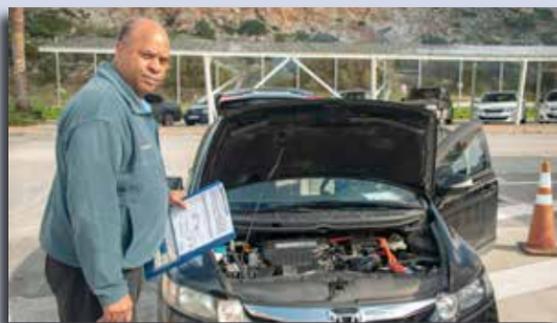
### What is the best advice you have about being a Seabee?

Be an open book. Be willing to take advice and learn as much as you can. Always try to improve your skillset and knowledge of not just your rate but the other Seabee rates. It helps on the advancement exam because it covers all the Seabee rates.

### What is a goal you would like to achieve here?

I would like to complete all my books for the Seabee Combat Warfare Specialist insignia pin. Here we can't get the pin but we can get the books done. I am one step ahead on that road to get my pin when I get back stateside. Doing that and studying to take the advancement exam.

## Lendwood Williams



NAVSUP FLC SI Site Souda Bay  
Personal Property Shipping Office  
Privately Owned Vehicles

An Air Force veteran who spent 24 of his 27 active-duty years stationed between three Greek Air Force bases, Lendwood Williams has been a member of Team Souda in multiple roles: as an Airman assigned to Det. 1, 95th Reconnaissance Squadron; as a civilian HAZMAT manager; and now by assisting personnel with their Privately Owned Vehicle shipments.

### What is your role in the POV shipping process?

Well, the process involves a lot of paperwork. The personnel have to come in and bring the specific paperwork they need to clear (Greek) customs. After we get through the necessary documentation, then we process the vehicle and we clear them through customs on the mainland. Once they're cleared, the representatives there

place them on the ferry boats and send them down. I myself do the customs clearance for all the inbound and outbound vehicles. We process them there at the (Souda) port and bring them to the base where we do an inspection with the customer and we release the vehicles.

### What interested you in working at the Personal Property Shipping Office?

Constant human interaction and the satisfaction that comes with assisting customers with personal property shipments.

### What is the best part of your job?

Seeing my customer's reaction when they get a positive outcome on their POV shipment.

### What do you want Team Souda to know about shipping their POVs to & from Greece?

Some service members may not be aware of their entitlements when shipping a personal vehicle to an overseas location or returning stateside. When you get your PCS orders check with the Vehicle Processing Specialist for the latest POV information and restrictions before you ship. Plan early!

### When you're not working what do you enjoy doing?

I have a huge passion for animal welfare and I volunteer my time with a local Animal Welfare, non-profit group, who aids in the rescue and adoption of homeless domestic animals.

## Aris Tsagrakis



MWR Fitness Center  
Personal Trainer

Aris Tsagrakis wants to see you, Team Souda, at the Fitness Center more often. As a trainer for 16 years, he said the Fitness Center wants to help to improve the whole lifestyle – nutrition, sleep or working out.

### Why did you become a personal trainer?

Because I was always into sports. I was a water polo player in 1982 for 5 to 6 years and then I happened to have scoliosis, so I had some pains through my spine. So I went off of the pool and tried to fix that with some exercises ... I went to weightlifting and to bodybuilding ... I did two bodybuilding shows and then I got into more and more working out and lifting. I always was searching for new ways, different ways of training ... I try to learn something new every day and try to help out my people.

### What are your favorite exercises?

I'm into bodyweight exercise – mostly calisthenics and TRX, and swimming, of course. Favorite exercises would be pull-ups and dips.

### What is a typical day like at the Fitness Center?

A typical morning shift will be a 6:30 to 14:30 shift ... I'm going to start my day with a spinning bike class ... then shower, have some breakfast, go back to the office, do something that I can for the gym, paperwork, emails, and then at 10:30 I have another class to 11:15, and then the third class for the day would be 11:30 to 12:15 ... until I get off at 14:30, so if there is something else, personal training or something we need to do to the gym, or maintenance or cleaning, we mainly do everything here – we try to help out with everything.

### What do you enjoy most about your job?

There's no most – I can say it's the whole thing. It keeps me alive and passionate about dealing with people, helping out people, improving them, improving myself.

### What do you enjoy doing when you're not here?

I really enjoy the family – I have five kids so I need to spend a lot of time with them and whenever I can. My other passion besides working out is racing (cars), so I try to do something for me to have my batteries filled up so I can provide even more to the family and to work.

### What kind of car do you have?

It's a kit car actually, so I try to take it to a few tracks around the island or mainland just to play like a kid a little bit. I'm never growing up – that's something that keeps me alive.

# Museums & Exhibitions in Chania

By Kostas Fantaousakis, Public Affairs

Winter is a great time to explore Chania's museums and exhibits. Here are several ideas to get you started!

## Maritime Museum



The Maritime Museum of Crete is located at the entrance of the Firkas Fortress. It was founded in 1973 on the 32nd anniversary of the Battle of Crete in order to house and preserve Greek maritime traditions. It is the second oldest maritime museum in Greece (the Maritime Museum of Greece in Piraeus is the oldest).

The exhibits on the first floor include models of ancient ships, a model of the fortified town and port under Venetian rule and a model that shows shipbuilding and repair buildings, with a rowing ship inside.

The second floor exhibits include models of modern Hellenic Navy ships, destroyers, a missile boat and a landing ship with trucks and APVs on board. The exhibits include the full bridge of a destroyer and two torpedo propulsion units. A section of the museum is dedicated to the German invasion of Crete.

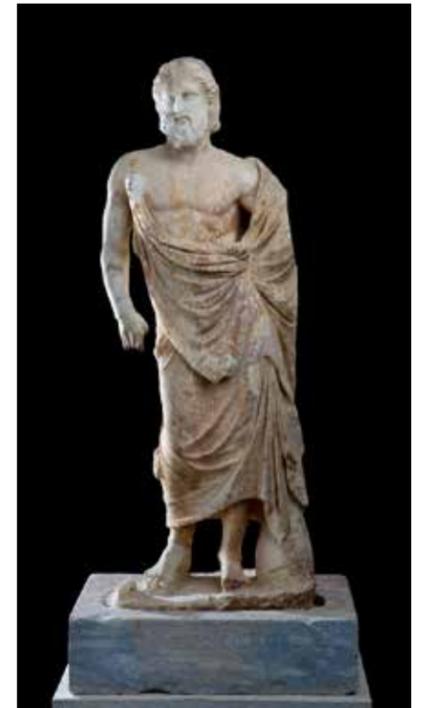
## Moro Shipyard



On the other side of the harbor, you will find the Permanent Exhibition of Ancient and Traditional Shipbuilding of the Maritime Museum of Crete. It is housed in the Moro Shipyards, which were constructed beginning in 1607 during Venetian rule. One of the main exhibits is a replica of a ship from the Minoan era.

Find out more information at [mar-mus-crete.gr](http://mar-mus-crete.gr)

## Archaeological Museum of Chania



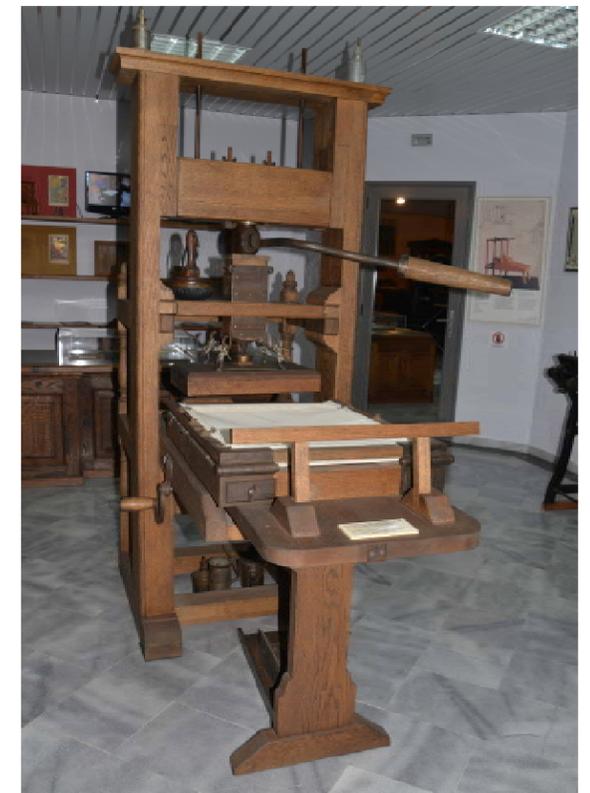
The Archaeological museum of Chania is located near the Venetian Harbor and has been housed in the church of the Venetian Monastery of St Francis since 1963. The museum's exhibits showcase the cultural history and character of the area through the ages, from the Neolithic period to the Roman era. The collections include Minoan finds from the city of Chania, prehistoric finds from caves, finds from tombs of the Geometric period, coins, prehistoric and historic jewelry, sculptures and mosaics.

Get more information at [chaniamuseum.culture.gr](http://chaniamuseum.culture.gr)

## Museum of Typography

The Museum of Typography in Chania opened in 2005 and covers every aspect of the art that was born in the 15th century in Gutenberg's workshop including the evolution of the graphic arts and typography and the history of writing. The museum was built by Yannis Garedakis, founder of the newspaper "Haniotika nea". Visitors have a chance to use 19th century printing presses and view exhibits tracing the history of typography from the Middle Ages to the present day.

Find out more information at [www.typography-museum.gr](http://www.typography-museum.gr)



# Don't Slip and Slide Your Way Into an Accident

## Preventing a Fall is Everyone's Business

Story by the NSA Souda Bay Safety Office

Did you know that falls are one of the top leading causes of accidental deaths? The Department of Labor statistics show that one out of every three fatal workplace incidents are due to falls. In case you think that falls are only a danger to people who work on scaffolds and steel girders up in the sky, think again. Most falls actually occur on the same level and are caused by tripping over an obstacle or slipping on something.

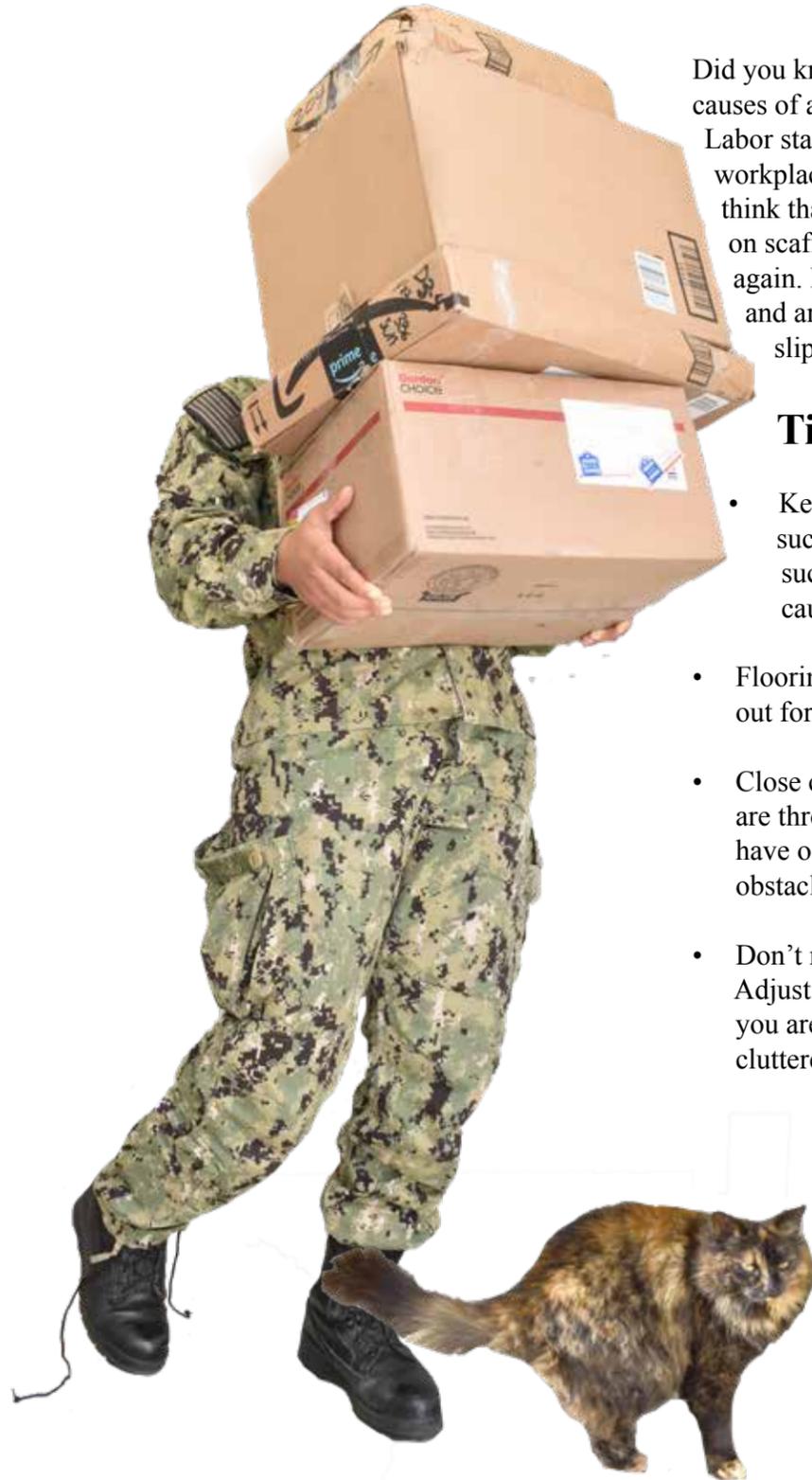
### Tips to prevent a fall:

- Keep walkways and floors free of obstacles such as boxes, cords, and litter. Even objects such as pencils on the floor have caused serious falls.
- Flooring surfaces must be even and secured. Watch out for obstacles such as loose tiles or carpeting.
- Close cabinet drawers and doors as soon as you are through with them. Many serious injuries have occurred when people fell over unexpected obstacles like an open bottom drawer on a desk.
- Don't run or walk too fast. Adjust your walking speed and style to the surface you are traveling on. If the surface is rough, cluttered, slippery or at an angle such as a ramp,

you need to slow down and take small careful steps.

- Wear safe footwear, with low heels and a good fit. Keep your shoelaces tied. Avoid slippery soles and be sure to wear shoes with adequate tread when walking on icy, greasy, or wet surfaces. Keep shoes in good repair. A defect in your shoe can cause you to walk incorrectly and can contribute to a slip or a trip.
- Make sure you can see over or around any load you are carrying.
- Watch your footing as you get in or out of vehicles. When climbing in or out of equipment cabs, keep a firm grip on the handholds and test the surface of the footholds for grip before shifting your weight to them.
- Make sure ladder rungs have non-slip surfaces, all ladder locks are firmly in place, and a second person is available to hold the ladder before use. When in use make sure you always have three points of contact.
- Make sure outdoor walkways and steps are kept free of water, mold, ice, snow, mud, wet leaves, and other foreign contaminants that can cause a slippery surface.
- Use non slip mats in areas that are prone to getting slippery. These areas can include in and around showers, bathtubs, around sinks, on stairways, and sloped walking surfaces.

If you see the potential for a slip, or a trip, correct the hazard before someone does fall. If you can't correct the hazard, report it to a person that can. Falls are a hazard that can happen to anyone at any time and preventing them is everybody's business.



# Upcoming Events | Εκδηλώσεις

## **Feb. 4: Super Hero 5K**

Where: Fitness Center at 7 a.m.

Run, walk or fly to the MWR Super Hero 5K. Prizes awarded for best costumes.

## **Feb. 4: Valentine's Day Card Workshop**

Where: Liberty Center from 5 to 9 p.m.

MWR will help you create cards using supplies they provide.

## **Feb. 5 & 6: Community Group for Women with a topical study on friendship**

Where: Chapel Feb. 5 at 7 p.m and Feb. 6. at 10 a.m.

Choose the day and time that works for you.

## **Feb. 5: Mid-Day Meditation (Every Wednesday)**

Where: Chapel at 12 p.m.

## **Feb. 5: Community Group for Men going through the Apostle's Creed**

Where: Chapel 7 p.m.

## **Feb. 6: Awards at Quarters**

Where: Fitness Center at 9:15 a.m.

## **Feb. 6: Children's Story Time**

Where: Library at 4 p.m.

Valentine-themed stories and Valentines card craft.

## **Feb. 7: Make and Take (Adult Programming)**

Where: Library from 9 a.m. to 4:30 p.m.

Pop in at lunch or on a break and make your special Valentine card.

## **Feb. 8: Polar Bear Plunge**

Where: Marathi Beach at 11 a.m.

Free Shuttle for active duty plungers and spectators to and from Marathi Beach.

Free hot cocoa and tea for everyone. Register at the

Community Recreation Center by Feb. 5.

## **Feb. 8: Magic Show with Craig Karges**

Where: Shipmates at 7 p.m.

Come experience the extraordinary through magic and illusion.

## **Feb. 10: Movie Marathon**

Where: Liberty Center from 11 a.m. to 7 p.m.

Come watch your favorite movies while enjoying popcorn.

## **Feb. 13: Liberty Cooking Class**

Where: Liberty Center at 5 p.m.

Learn how to make Chicken Tortellini in the slow cooker in honor of National Tortellini Day.

## **Feb. 14: Valentine's Day Cupcake Decorating**

Where: Liberty Center at 5 p.m.

Come decorate a cupcake. Cupcakes, sprinkles and toppings are provided.

## **Feb. 17: Presidents Day Special Meal**

Where: Galley from 11 a.m. to 1 p.m.

## **Feb. 18: Trivia Tuesday - Win a free book!**

Where: Library from 9 a.m. to 5 p.m.

Answer the questions correctly and receive your free book.

## **Feb. 19: Bench Press Competition**

Where: Fitness Center at 4:30 p.m.

Champions in both the mens' and womens' categories will receive a trophy.

Register at the Fitness Center by Feb. 14.

## **Feb. 25: Black History Month Special Meal**

Where: Galley from 11 a.m. to 1 p.m.

# The Parting Shot...

