

THE BEACON

U.S. Naval Support Activity Souda Bay, Greece

March 2020





The Beacon

Warfighting First, Operate Forward, Be Ready

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A wave hits the Venetian lighthouse in Chania Feb. 21. The lighthouse was originally built in the 16th century and later modified by the Egyptians in 1839. Photo by MC2 Kelly Agee, Public Affairs.

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Front Cover: Air Traffic Controller Airman Apprentice Corey Franklin, left, and Air Traffic Controller 3rd Class Timothy Clark, right, render a salute during morning colors Feb. 17. Photo by MC2 Kelly Agee, Public Affairs.

The Parting Shot: Air Traffic Controller Airman Apprentice Angel Cotez lowers the American flag during evening colors Feb. 18. Photo by MC2 Kelly Agee, Public Affairs.

Triad Corner



Team Souda.

Welcome! With spring just around the corner (21 March!), we can all be thankful for the beautiful days and bright, clear nights. Spring on Crete is an experience not to be missed. The warmer weather and flowering almond trees promise us plenty of opportunities to get outside and explore our island home. Taking the time to get to know our local community and their culture is a moving experience that gives us a deeper appreciation for them and our common values. I hope that all of you – especially those new to NSA Souda Bay and Sailors on their first tour - will join our community, enjoy each other's company and create memories that will last a lifetime.

The first months of each year are always challenging, walking away from the holidays and getting back to work in preparation for the missions, goals, inspections and unknowns a new year brings. Thanks to all of you who participated in our Attitude of Gratitude Challenge for the month of February; your generosity of spirit and appreciation of each other made a huge difference! For me, it has been a welcome reminder of how fortunate I am to be part of such a positive, professional team. More than anything else, it was an opportunity to focus on our strengths as a team and consider the best ways to apply those strengths to the issues that have not matched our greatness.

You may have noticed that there is quite a bit of construction going on in our Kilometer of Excellence. After years of fighting for the funding, choosing the most important goals and planning to build while continuing operations, we are seeing the fruits of our labor! The refurbished MWR center (formerly known as Graffiti's) is coming online, we have started pouring concrete to expand the flight line, the project to replace the water pipes throughout the base has begun and other projects around the base and at Marathi are in full swing. Be extremely careful while driving and walking on base. Many large trucks are transiting the base and there will be traffic detours and parking lot closures to add a little spice to your day. Give yourself plenty of time if you can, be patient if you cannot, and make sure you use your mirrors or a ground guide when backing up. Remember that your vehicles have windows for a good reason!

A few other things to remember this month are:

- All Hands Call will be 0930 on Wednesday, 11 March. The Captain will recognize the accomplishments of your Shipmates and take some time to bring us up to date with some announcements and Q&A.

- Don't forget: Daylight Saving Time starts in Greece Sunday, 29 March, so remember to move your clocks forward one hour. It starts Sunday, 08 March in the United States, so keep that in mind when calling family and friends.

Thank you for everything you do each and every day to make Souda Bay such a remarkable place to live and work. Please persist in taking care of each other, finding creative solutions to challenging issues (and sharing them with others), and taking time every once in a while to enjoy life in the Mediterranean.

~XO



In the 15th episode of "On the Horizon: Navigating the European and African Theaters," Adm. James G. Foggo III discussed naval activities in the European theater, and the strategic significance of Naval Station Rota, Spain. The podcast featured its second-ever guest and was recorded for the first time while Foggo was on travel. Foggo invited Cmdr. Kelley Jones, CO of USS Donald Cook (DDG 75), to discuss the importance of forward-deployed naval forces to Europe and the special relationship the U.S. Navy has with the Spanish Armada.

The podcast is available on the following platforms:

<https://www.spreaker.com/show/on-the-horizon>

<https://www.c6f.navy.mil/Press-Room/Podcast/>

<https://www.stitcher.com/podcast/public-affairs-officer/on-the-horizon-navigating-the-european-and-african-theaters>

<https://podcasts.apple.com/us/podcast/on-the-horizon/id1435476433?mt=2>

THE GOUGE

EVENTS - FLIGHTLINE ACTIVITY - PORT OPERATIONS

Pick it up!



NSA Souda Bay's Coalition of Sailors Against Destructive Decisions held a base clean-up Feb. 13. They would like to thank all the NSA Souda Bay team members for helping to pick-up trash around the base, helping keep Souda Bay clean.

Welcome Aboard!



Ambassador Adam H. Sterling, U.S. European Command foreign policy advisor, visited NSA Souda Bay, Feb. 13. During his visit, Sterling received a command brief from Team Souda's leadership, met with our Hellenic military partners and toured the facilities.

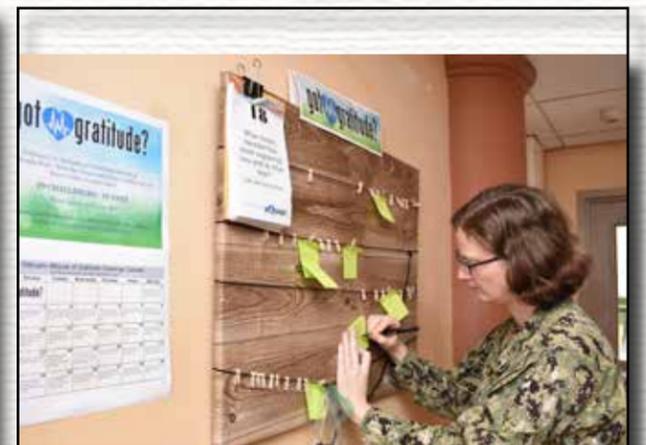
Supply Corps' 225th Birthday



NSA Souda Bay Fleet's Inn Galley held a special lunch meal in observance of the Navy Supply Corps' 225th Birthday Feb 21. The meal included a cake-cutting ceremony and members of NAVSUP FLCSI Souda Bay took the opportunity to pose for a group photo.

"We're here today to celebrate the Supply Corps' 225th birthday and recognize all the men and women of the Supply Corps who provide critical logistical support to the warfighter," said Lt. Cdr. Jaron Goldstein, site director, NAVSUP FLCSI Souda Bay.

Challenge Accepted!



NSA Souda Bay team members participated in the February Attitude of Gratitude Challenge. The 29-day challenge included posting a sticky note on a gratitude board with the answer to the question of the day, such as things you are grateful for, what you love about NSA Souda Bay and one freedom that you are glad to have.

Awards at Quarters

Photos by MC2 Kelly Agee, Public Affairs



February Awardees:

Navy and Marine Corps Achievement Letter

Machinist Mate 2nd Class Willis Browning
Master-at-Arms 2nd Class Lucero Conde

Letter of Commendation

Master-at-Arms 3rd Class Norman Campbell
Master-at-Arms 3rd Class Catherine McLendon

Certificate of Academic Achievement

Machinist Mate 2nd Class Willis Browning

NSA Souda Bay Congratulates Our Sailors of the Quarter



Blue Jacket of the Quarter
Boatswain's Mate Seaman Apprentice Elijah Sanchez



Junior Sailor of the Quarter
Aviation Boatswain's Mate 3rd Class Stephen Jones



Sailor of the Quarter
Machinist Mate 2nd Class Jasmine Stokes

What is Resiliency and How Do You Build It?

Story By Denise Prendergast LCSW
Fleet and Family Services Center Resiliency Counselor

We all experience stress on a daily basis: a near miss on Mouzouras road, long hours standing at the gate in gale force winds and hail, breaking up with a significant other or just feeling lonely and disconnected for long periods of time. What we do in response to these, as well as more significant traumatic events, has a big effect on our physical and mental health.

Simply put, resiliency is a person's ability to adapt or recover from significant stress or a traumatic event.

We all react differently to adverse events in our lives. Much of our reaction depends on what we were taught or how we saw our family members react to stress and adversity. Some ways are healthy and assist us in building strength and confidence, such as talking to professionals, friends and family, exercising or meditating. Other reactions, like over-drinking, fighting or gambling, can be more problematic and compound or exacerbate an already difficult situation.

Eventually, stress and trauma can build up and cause physical problems like ulcers, insomnia or acne, and mental health issues such as depression and anxiety.

Developing resiliency skills can help you face challenges and difficulties in life in a way that will increase your self-sufficiency and self-reliance. These skills also make us better members of our work, family and social communities. A resilient person tends to be optimistic, realistic, adaptable and tolerant

of negative feelings or situations. They have healthy relationships, follow through on commitments and have an action oriented approach.

Learning new skills to cope with stress and trauma is something everyone at Team Souda can benefit from. The good news is that we can all learn skills to become more resilient.

Some ways to increase resilience include having or developing a strong support system, having a positive attitude and relationships and having a good self-image.

Here at Souda that can mean joining a volunteer, church or gaming group or participating in trips and classes with MWR. Become a member of the NSA Souda Bay Community Network on Facebook to find people with common interests or to plan new activities. Pets can also be great companions if you are off base.

In the warmer months, spending time outside hiking, swimming or running increases Vitamin D and serotonin levels and enhances healthier sleep. Yoga reduces a person's cortisol, the stress hormone.

Self-care can be as simple as watching your favorite movie, listening to your favorite song, talking to a trusted friend or planning and taking a trip to a new and exciting destination.

If you find that you or someone you know is feeling overwhelmed by stress and difficult situations, come in to see us at FFSC or visit Chaplain Michael Spoke. I also recommend stopping by before you are feeling the effects of stress. By working on a plan when you aren't under stress, you're more likely to be able to utilize the plan when you are.



Graphics by MC2 Kelly Agee, Public Affairs

Master-at-Arms
2nd Class Lucero Conde
Security



"I like the clear water that surrounds the island of Crete."

Jim Missios
NSA Souda Bay Spouse



"I really like how nice people are here, in combination with the beauty of Greece. I've been to a lot of places in Greece like Meteora, Ioannina, Preveza and Monemvasia. I also have some Greek roots."

Boatswain's Mate
Seaman Cassandra Hernandez
Port Operations



"The small villages, hikes and the different caves you can explore. The scenery is just beautiful."

Eva Koumandraki
MWR



"The distance between the sea and mountain. You can be in another place within an hour."

Word on the Street

What is your favorite thing about living in Greece?



Master-at-Arms
3rd Class Nakia Hanley
Security



"It is easy to travel outside of Greece and Greek food!"

Aviation Boatswain's Mate (Handling)
3rd Class Stephen Jones
T-line



"The easy access to multiple beaches."

Electrician Technician
Constructionman Angel Guevaraanderson
Public Works



"The Greek Language. When I talk to Greeks we have a fun time teaching each other different words and it brings us together."

Word on the Street

What is your favorite thing about living in Greece?



**Airman 1st Class
Dejaha Patterson**



“I enjoy living in Greece because I love the beautiful views and the people are very kind and welcoming.”

**Aviation Boatswain’s Mate (Handling)
Airman Darien Haq
T-line**



“The way that Greek people are so open and welcoming.”

**Chanelle Borden
Public Works**



“The people. Their sense of generosity and hospitality.”

**Galatia Malandzaki
Navy Exchange**



“My favorite thing about living in Greece is the weather and the nice islands. We have a lot.”

**Master-at-Arms
3rd Class Ziree Evans
Security**



“The many historical and cultural museums and the good seafood restaurant named Mirai.”

**Lindsay Meskimen
Post Office**



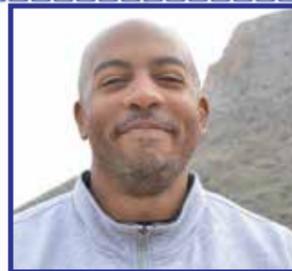
“The cheap liters of wine.”

**Dimitris Makrakis
Command Support Admin**



“Everything in this place is wonderful. The culture, the people and the history. Life is easy with no stress. We have strong family bonds and the Greek heritage and tradition is very rich.”

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



“I love living in Greece as this enables me to do various outdoors activities like hiking and swimming.”

**Mike Varoudakis
Navy Federal**



“The ability to go on weekend excursions and see new places and villages.”

**Senior Airman
Collin Stanton
U.S. Air Force**



“The beautiful clarity of the water.”

**Religious Program Specialist
2nd Class Adjo Awoudja
Chapel**



“The hopitality from the locals and the food, lamb, and raki.”

A DAY IN THE LIFE: **AFN** SOUDA BAY

“Our mission here is to distribute localized information that is relevant to the community.”

- Chief Mass Communications Specialist Benjamin Farone



“**G**ood morning, Kalimera, Souda Bay! I am MC2 Mario Soto a.k.a. Mr. Nice Guy and you’re listening to the AFN morning show on 107.3 AFN The Eagle.”

At 6 a.m. on this day a radio tower on Crete’s Akrotiri peninsula broadcasts this friendly greeting over the airways and across the internet to those who are tuning in.

American Forces Network Souda Bay broadcasts two daily radio programs, a morning show from 6 to 9 a.m. hosted by

Mass Communication Specialist 2nd Class Mario Soto, known as DJ Mr. Nice Guy, and an evening show from 3 to 6 p.m., hosted by Mass Communication Specialist 2nd Class Bounome Chanphouang, known as DJ J.P.

Soto and Chanphouang both said that in preparation for their radio show they search for relatable news on the specific topic of the day, which ranges from motivation, travel, mental health, technology, fitness, pop culture and movies.

“I’ll just go online and research stuff that

relates to those themes and then also tie it to some command related events,” said Soto. “So if there’s volleyball coming up soon I’ll maybe try to find some volleyball-related fitness information. Or if there’s traveling events being done by MWR I’ll tie it in with my travel segment as well.”

Soto, who has hosted the morning show since 2017, said knowing what Sailors are interested in doing influences what he talks about on his show because it ensures he includes information they want to hear.



LEFT: Mass Communications Specialist Seaman Timothy Ruple (right) and Mass Communications Specialist 2nd Class Bounome Chanphouang talk on the air during the morning show radio program on Feb. 27. RIGHT: Mass Communications Specialist 2nd Class Mario Soto talks into the microphone in the AFN Souda Bay studio on Feb. 11.

“Trying to figure out how to budget, how to navigate through life in the military, relationships – it’s stuff that everybody goes through so I listen to what people are talking about,” said Soto. “Whether I’m at the Liberty Center or with my own friends from this command, I relay what we talk about to what I’ll be talking about on my radio show.”

Chanphouang said some topics, such as the meaning behind traditional Navy tattoos, will lead him to a sub-topic that he knows will help Sailors be informed.

“I could talk about traditional tattoos but next time I’m going to talk about (tattoo) safety,” said Chanphouang. “I’m going to talk about things that people naturally talk about and do here so that nobody gets in trouble.”

Mass Communications Specialist Seaman Timothy Ruple, recently reporting to AFN Souda Bay from “A” school at the Defense Information School, Fort Meade, Md., said he will be taking over the afternoon show once he has some experience on the air with the other DJs.

“I’m JP’s sponge right now, just trying to learn everything he’s got to put out,” said Ruple.

Ruple said he is excited to be starting out in broadcasting, but he was surprised when he got the assignment because broadcasting is not taught during the 6-month Mass Communications Specialist course, which focuses on journalism, photography, videography and graphic design.

“I had some volunteer hours in as a section leader which I think really helped me out in getting what I wanted,” said Ruple. “My first place was Greece that I wanted to go and my first platform was (Defense Media Activity), and I got DMA Souda Bay.”

The Defense Media Activity is the Department of Defense media organization that oversees AFN, which broadcasts command information to U.S. Armed Forces serving overseas.

Chief Mass Communications Specialist Benjamin Farone, AFN Souda Bay station manager, said the station is an AFN affiliate with the express purpose of communicating any force protection or command information from the commanding officer specifically to the local NSA Souda Bay audience – the active duty military members, the DoD civilians, the family members and the host nation partners.



“Our mission here is to distribute localized information that is relevant to the community,” said Farone, noting that a broadcast feed from Naples, Italy, or another base in Europe would just not have the same feel because their command information comes from NSA Souda Bay’s commanding officer, not another command within AFN or AFN Europe.

The radio program allows command leadership and subject matter experts to speak on the air about topics specific to Souda Bay, such as safe driving in Crete and upcoming installation events. This supports the command in maintaining readiness and morale by giving their messages the widest possible reach, according to AFN Europe’s mission statement.

Chanphouang said the AFN Souda Bay DJs would love for more people to be guests on their radio programs to talk not just about their jobs, but any life experience that might help someone during their time in Greece. Topics could range from lessons learned from getting tattoos to an experience dealing with suicide.

“People don’t realize we would love for everybody to come do interviews, but I think people are really shy,” said Chanphouang. “But there’s nothing to be shy about because we can pre-record you.”

Mass Communications Specialist 1st Class Michael Wright, operations manager and leading petty officer,

Know Your AFN DJs

“How did you get your DJ name?”

Mass Communication Specialist 2nd Class

Mario Soto

“Mr. Nice Guy”



“When I first got here I got the reputation of being Mr. Nice Guy because I was kind enough to have a conversation with someone that people were ignoring at a house party.”

Mass Communication Specialist 2nd Class

Bounome Chanphouang

“DJ J.P.”



“I actually didn’t have enough time to think of what my name was going to be, so I just took my military nickname which is J.P., so everyone knows me as DJ J.P. I got the nickname J.P. during bootcamp when one of my drill instructors couldn’t pronounce my last name, Chanphouang, and said, ‘From now on I’m calling you J.P.’”

Mass Communication Specialist Seaman

Timothy Ruple

“Little Rupe”



“For my DJ name I just chose my childhood nickname, Little Rupe. It’s the name I used for my first email account and Xbox handle. At a young age I was a smaller guy so I just shortened my last name and that’s what stuck.”

said the MCs want to highlight junior service members by explaining what they do and why their jobs are important, but they need participation from the base to be able to do their jobs.

“It would be great if we could get everybody from the base in here and not be afraid to get on the radio,” said Wright. “It’s just that little bit of information, that little bit of spark (of) interest, that may be able to give someone else that information that they didn’t have and to be able to help somebody else.”

In addition to radio programs, the MCs also produce other material to communicate their messages. They create daily newscasts that are played at every bottom of the hour, or 30 minutes past the beginning of the hour, and “blue pages”, which are advertisements of upcoming events on the installation that are broadcasted on AFN Europe television channels.

Broadcasting the radio programs over-the-air and over-the-internet requires several pieces of electronic

equipment in server rooms around the world. It also requires a technician to maintain it and troubleshoot problems as they arise.

Interior Communications Specialist 2nd Class Elvira Salinas said her job is to maintain the server room equipment and make sure the signals are getting where they need to go. This sometimes requires going out to the radio tower to troubleshoot if the signal is having problems.

When a DJ speaks into the microphone in the AFN Souda Bay studio the output is sent from AFN’s server room over the internet to a broadcast center in Riverside, Ca., where it is monitored and sent back, creating a few second delay. A satellite link connects the AFN Souda Bay server room to a nearby radio tower that broadcasts the feed over the 107.3 FM radio frequency. The same radio feed is simultaneously sent to AFN Europe in Sembach, Germany, where it is converted for the AFN 360 Internet Radio stream.

The radio tower’s signal can be heard across much of the western part of Crete, but anyone can listen to the broadcast by streaming online with a web browser or the AFN Europe mobile app.

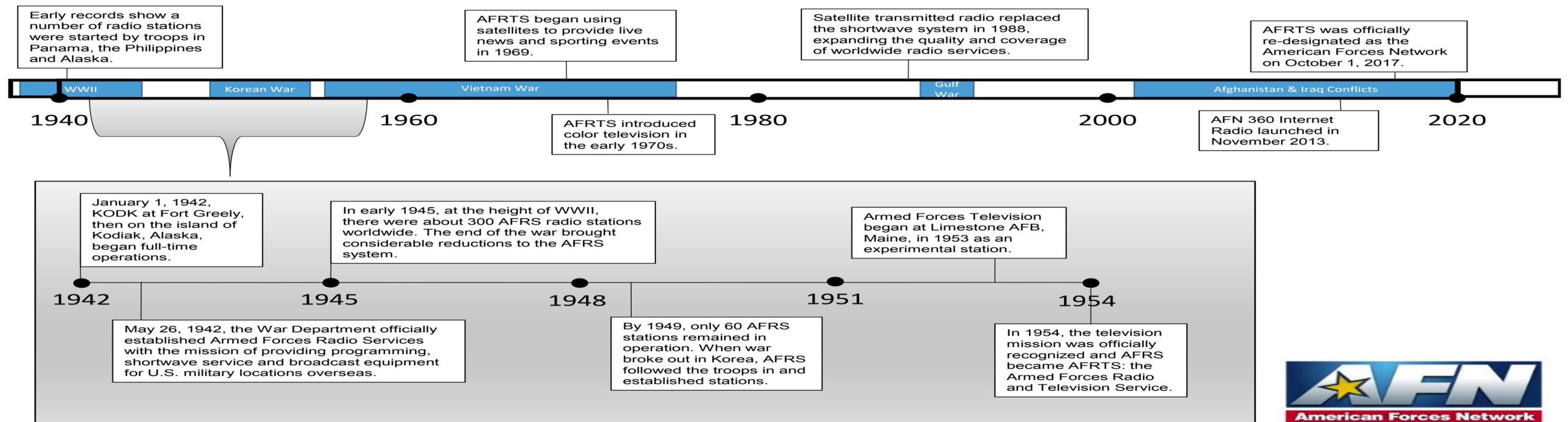
“We appreciate everybody tuning in and listening,” said Farone. “If folks don’t know, we are 107.3 on the radio dial, but I think that leans more towards the older folks like myself. AFN Europe – you can download the free app to AFN Souda Bay plus any of the other AFN channels that are available from your phone ... it’s free and you can listen to the same broadcast that we’re pumping out of our station here every single day.”

If you are interested in getting your message on AFN Souda Bay, visit the team upstairs in building 2 or give them a call at extension 1427.



Interior Communications Specialist 2nd Class Elvira Salinas points to AFN's transmission equipment in the server room on Feb. 26.

A Brief History of the American Forces Network



Source: http://media.myafn.dodmedia.osd.mil/FactSheets/2017_History_of_AFN_Fact_Sheet.pdf

Allen Zai



**Cashier and Customer Service
Navy Exchange**

Allen Zai is a retired Airman who was stationed three times in Heraklion and twice in mainland Greece during his military career. His wife is from Greece and they wanted to continue living in the country so they decided to move to Souda Bay when he retired. Now Allen provides outstanding customer service to Team Souda and our visiting partners at the Navy Exchange Mart.

What did you do when you were active duty?

I was in the U.S. Air Force and actually I had three different jobs over the 20 years. I was initially an electrical power production technician ... then I cross trained into an open mess manager – that was interesting. I finished my career as a medical administrator.

What is an open mess manager?

There used to be the officer's club, enlisted clubs, and airmen's clubs and some bases had a combination club that all ranks could

go into – on smaller bases. And I just managed the budget, the entertainment, and financial things. I did that as a club manager three times while I was active duty in Heraklion.

Do you have any exciting stories from your time at the NEX Mart?

Nothing that exciting happens here, except when the weather is bad, or there is a Greek or American holiday, or there's a strike on the ferry or a strike with the transport trucks and we don't get the weekly deliveries – then things get interesting. People get a little grumpy but they understand that we're out here on an island.

What is your philosophy on providing quality customer service?

Mine is to save them as much money as they can. We use coupons a lot – we know what items we carry that have a coupon and we usually offer that to the shoppers.

What do you want Team Souda to know about the NEX Mart?

Monday is the cold delivery truck ... so the best thing is to come here after 12 or 1 p.m. – guaranteed that stuff didn't run out yet and everything is stocked. Every Wednesday is the dry truck ... that takes a little bit longer because the dry stuff is the entire store, basically. People can special order any product, even if we don't carry it normally, because Naples maybe carries it. And even if Naples doesn't carry it and we can get it, they can special order it and ship it to us.

When you're not working at the NEX Mart what do you enjoy doing?

I enjoy gardening. I spend a lot of time assisting the person who keeps the grounds at the housing complex where I live. It's a stress reliever for me.

Maria Mazaraki



**NAVFAC Purchasing Agent
NAVSUP FLC SI Site Souda Bay**

An Athens native who has been living in Crete for 20 years, Maria Mazaraki orders the parts and equipment for the Public Works Department – everything from a small plug to a large generator – so all the installation's systems stay functioning for Team Souda to accomplish its mission.

What does a typical day look like for you?

Our day is mostly making calls with vendors and making orders. See what the new purchase requests are from NAVFAC – we have a special system that we go and see the new requests for orders. So the next step is to order them and make all negotiations, back and forth emails for price, delivery time, etc.

How do you make your purchases?

We often go downtown to purchase with a government vehicle we have and often we order from the states. A big part of the day is going to sites like Amazon or GSA and make orders from there.

We mostly order online and we follow up for the orders that are pending. We do an everyday follow up so we make sure we know when the items will arrive.

What is the craziest thing you've ever had to purchase?

Dog food – to feed the bacteria of the sewage plant here on base.

What if an item you need to order isn't available?

Sometimes the items we want aren't in stock so we have to order from the states and that can take a week or five days at least to have them delivered and that's a problem. Sometimes we think of other ways to fix the problem until the other items come.

What do you enjoy most about your job?

I enjoy having to deal with all these people. I like communications, talking with the vendors and our customers. And I love getting items on time – that's a personal satisfaction for me

if my customers get their items they want on time. This is very crucial, especially during emergency cases when the waterline is broken and some buildings don't have water and we manage to get parts to fix the problem on time – that's a big satisfaction for me.

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

When I'm not at work I have to take care of my 2 1/2-year-old daughter. I'm a single mom – all of my time is dedicated to her. We enjoy singing and making puzzles together.

What do you want Team Souda to know about your office?

Our role is very crucial for all base systems to work and function properly. We're trying our best to make it happen and have our customers satisfied.

Air Traffic Controller 2nd Class Edward Watson



Air Operations

Originally from Brunswick, Ga., Air Traffic Controller 2nd Class Edward Watson joined the Navy Dec. 15, 2015. His previous command was the nuclear-powered aircraft carrier USS Dwight D. Eisenhower (CVN-69) where he helped aircraft land on the ship. He arrived at NSA Souda Bay August 14, 2019, and he works for the Air Operations Department helping aircraft land at shore.

What does a typical day working in Air Operations look like?

We are operational 24/7. We have three different shifts: day, mid-day and the night shift. Days are the most exciting. In the morning everyone gets the schedule prepared to be presented, and at 9 a.m. we have a meeting where we discuss the week's flight schedule. We track all incoming and outgoing flights and

give them services – whether it be for the aircrew or the aircraft. We give the aircraft fueling services, lavatory services and make sure they have a parking spot. For the aircrew, we do their base access forms so they can get on and off base with no problem throughout the day.

What is the best part of your job?

There are planes from all different military branches and countries that come in to Souda Bay. Seeing all the planes that come through and being able to just walk outside and look at the different aircraft that are parked on the flightline is just fantastic.

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

I like barbequing anything I put on the grill – pork loins, ribs,

burgers, chicken, steak, shish kabobs. I will grill anything.

What is some advice you have for someone who wants to become an AC?

It is a very rewarding rate but it can be very challenging. It is hard work and you really have to be mentally prepared every day.

What is a goal you would like to achieve while you are here?

Since many of the Sailors who come here are only here for one year, I'm trying to build a more solidified way to be able to pass on information quicker. That way nothing is lost in between the fast gains and losses in our shop.

Souda Animal Shelter Volunteer Project

Photos by MC2 Kelly Agee, Public Affairs

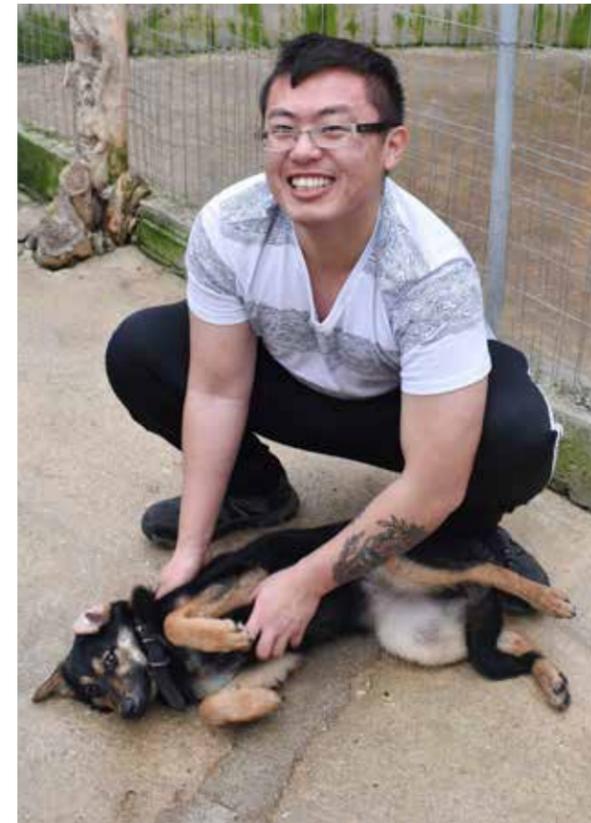
Command Task Group 67.4 Sailors participated in a volunteer event at the Souda Animal Shelter Feb. 15. The project consisted of painting, repair work and playing and socializing with the animals.



Cryptologic Technician Maintenance 1st Class Timothy Hare, left, and Aviation Structural Mechanic Safety Equipment 1st Class Michael Garza, right, build dog houses.



Intelligence Specialist 3rd Class Cheyenne Morgan has a heart-to-heart with this friendly pup.



Naval Air Crewman Operator 3rd Class Kong Vong plays with one of the dogs.



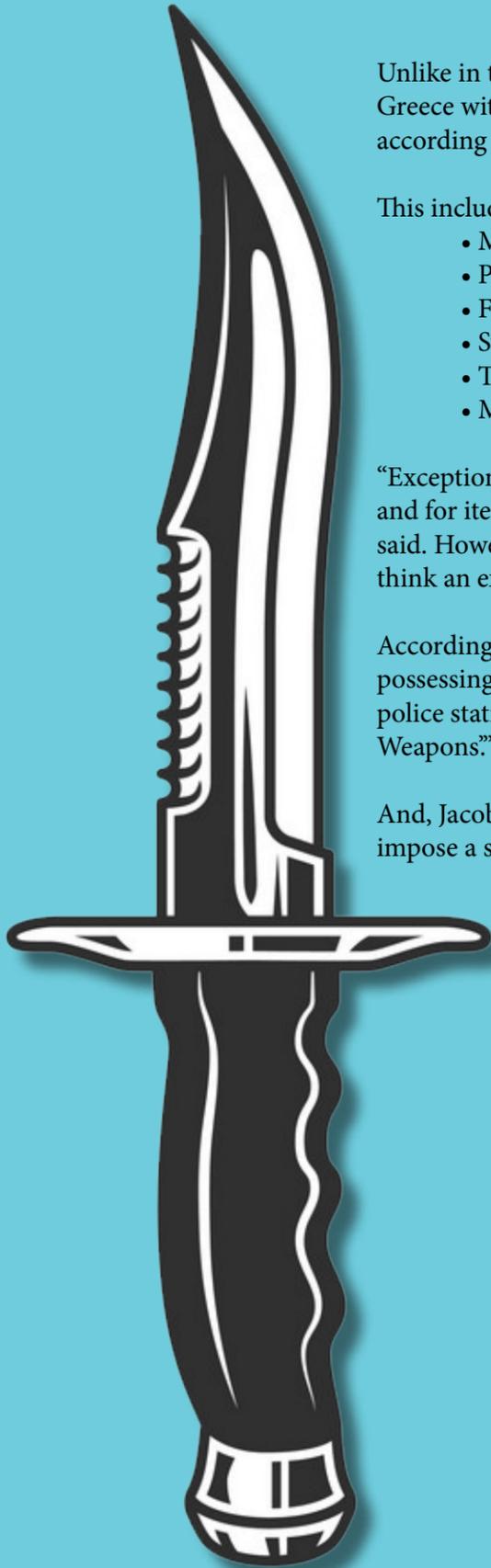
Naval Air Crewman Avionics 3rd Class Edith Martinez gives a little love to one of the dogs.



Command Task Group 67.4 Sailors who participated in the volunteer event at the Souda Animal Shelter pose with dogs.

Knives in Greece: What You Need to Know

Story by NSA Souda Bay Security



Unlike in the United States, it is illegal to carry knives (of any length) off base in Greece without the express permission of the competent Greek police authority, according to Lt. Laura Jacobson, NSA Souda Bay's senior legal advisor.

This includes:

- Military knives
- Pocket knives
- Folding knives
- Switchblade knives
- Throwing knives
- Machetes

"Exceptions to this policy may apply for items used for fishing/hunting purposes, and for items considered family heirlooms or manufactured before 1922," Jacobson said. However, exceptions are not automatic so consult with the Legal Office if you think an exception may apply to you.

According to Ioannis Karabetsos, NSA Souda Bay Security Department, "If found possessing a knife, the offender could be arrested and escorted to the local police station for further processing, and they could be charged under the 'Law for Weapons.'"

And, Jacobson warned, "If you are found to have violated this law, courts may impose a sentence of six months to five years or a penalty of at least 590 euro."

If you have questions or need additional information, contact the Legal Office at extension 1805.



Graphics by MC2 Kelly Agee, Public Affairs

25 MARCH: GREEK INDEPENDENCE DAY

Story by Kostas Fantaousakis, Public Affairs

March 25 is celebrated in Greece as both an historic and a religious holiday – a double holiday recognizing the War of Independence and the Annunciation.

Historic Event

On March 25, 1821, Bishop Germanos of Patras raised the banner of revolution in an act of defiance against the Ottoman Empire, which ruled Greece for nearly 400 years. During that time, the Greek language, religion, and sense of identity remained strong.

The people of Greece shouted, "Freedom or Death" and revolutionaries fought for nine years until, in 1830, a small part of what is now modern Greece was finally liberated and declared an independent nation.

The struggle for Greek liberation didn't end in 1830. In 1864, the Ionian Islands were added to Greece, followed by parts of Epirus and Thessaly in 1881. The islands of the Eastern Aegean and Macedonia were added in 1913 and Western Thrace was added in 1919. After World War II, the Dodecanese Islands also were returned to Greece.

Crete was liberated in 1897 and remained an Autonomous Principality. On December 1, 1913, the Union of Crete with Greece was finally achieved.

The war for Greek independence was supported abroad by intellectuals and prominent world figures of the day including Lord Byron in England and Daniel Webster in the United States.

Greeks celebrate Independence Day with parades in towns and villages. Schoolchildren participate in the parades – the student with the best grades carries the flag and classmates wearing the official school uniform march behind. In most major cities, the Greek military also takes part in the parade.



A Greek military band performing during a military parade commemorating Greek Independence day. Photo by MC2 Kelly Agee, Public Affairs

Religious Holiday

March 25 is exactly nine months before Christmas, and on this day, the Greek Orthodox Church celebrates the Annunciation by Archangel Gabriel telling the Virgin Mary that she would become the mother of Jesus Christ the Son of God.

The Annunciation (or Evangelismos in Greek) to the Theotokos (Mother of God) is one of the Great Feasts of the Orthodox Church. It is one of only two days during Lent, the other being Palm Sunday, when fish is permitted.

Many Greek men and women are named for this event; Evangelia (f) and Evangelos or Vangelis (m) celebrate their name day on March 25.



Archangel Gabriel announces the good news of the coming of Christ to Mary. (Byzantine Era Icon. Source:Wikipedia)

Pride for the Red, White and Blue: NSA Souda Bay Performs Morning and Evening colors

Photo and story by MC2 Kelly Agee, Public Affairs

It is 8 a.m. in the morning at NSA Souda Bay. You look around and see that all the cars are stopped and people are standing still, some at attention and some with their hands over their hearts. Suddenly you see the flags being hoisted up the flag pole. So, you stop ... because you know it is time for you to pay your respect to the flag in this military tradition known as colors.

Colors happens every morning at 8 a.m. and in the evening during sunset at military installations around the world. At NSA Souda Bay, colors is performed by a 2-member Color Guard team.

Aviation Boatswain's Mate 2nd Class Oluwabusuyi Ayeye is the color guard coordinator. His job is to ensure that Sailors on colors are trained to properly raise, lower and fold the flags. He also makes the colors watch bill, or schedule, for the base.

"Being a part of this tradition is an honor," said Ayeye, who is originally from Lagos, Nigeria. "Whenever I raise or lower the flag it gives me a sense that I have done something for my country that day."

Ayeye said the two Color Guard members show up 30 minutes prior to morning colors to make sure they can

adjust to any changes that may occur. Five minutes before colors, at 7:55 a.m., there is a sound that is known as first call that tells everyone to prepare for colors. At 8 a.m. colors starts. Since we are in Greece, the Greek national anthem is played first, followed by the American national anthem. During the Greek national anthem, both the American and Greek flags are raised smartly, quickly. The American flag should always reach the top slightly before the Greek flag, said Ayeye. Once at the top, the Color Guard members render a salute. When both anthems are finished playing the salute is dropped and the Color Guard checks the flags to make sure they are correctly raised to the top of the flag pole.

Though NSA Souda Bay plays the national anthems every morning during colors, according to NSA Souda Bay Command Master Chief Brian McDonough, our military raised and lowered the flag without playing it for more than 150 years. On June 14, 1777, the Continental Congress officially adopted the Stars and Stripes as our national colors. It wasn't until 1931 that the national anthem was adopted. McDonough said some military installations still observe colors without the national anthem because they don't have the capability to play it and instead they use the ship's

whistle or the boatswain's pipe to signify colors. If you are not sure what to do during colors at NSA Souda Bay, McDonough provided the following guidance:

While on foot

- All personnel, military and civilian, are required to stop.
- Face the flag if you can see it.
- If you can't see the flag, face the direction of the music.
- If you are military in uniform, stand and salute.
- If you are military in civilian clothes, stand at attention.
- If you are a civilian, stand at attention with your hand over your heart.
- Service members and veterans not in uniform may also render a salute.

While in a vehicle

- Safely stop and turn on your hazard lights.

At sunset, evening colors is performed on the base. You follow the same procedure as morning colors when it comes to honoring the flag.

During evening colors a military tune called retreat is played instead of the national anthems. Two Color

Guard members lower the flags ceremoniously, slowly, down the flag pole. The American flag is the last flag down.

After the flags are lowered, they are unclipped from the flag pole and the Color Guard members take the flags to the quarterdeck to be folded. The American flag is held at both ends and folded neatly into a tight triangle, with no red showing. The Greek flag is folded neatly into a rectangle. Once both flags are folded they are placed behind the quarterdeck.

According to McDonough, colors is a time for Team Souda members to reflect.

"My thoughts go to how many other people in our country have done this every single day, not just on installations, not just on ships at sea but also in places where they were engaged in battle," said McDonough. "Actively dying and protecting each other and still observing the raising and lowering of the flag, that is what I think about. So I would hope every person onboard NSA Souda Bay, when it is time for morning and evening colors, stays outside or comes outside if they can, get away from the desk for a couple of minutes and honor the flag and all that it represents to us."



Air Traffic Controller Airman John Zaehring and Boatswain's Mate Seaman Recruit Frank Sierra tie the lines for the American and Greek flags.



Zaehring stands at parade rest while waiting for morning colors.



Clockwise from top left:

Zaehringer and Sierra salute the American and Greek flags.

Zaehringer attaches the American flag onto a hook.

Sierra secures the rope for the Greek flag.

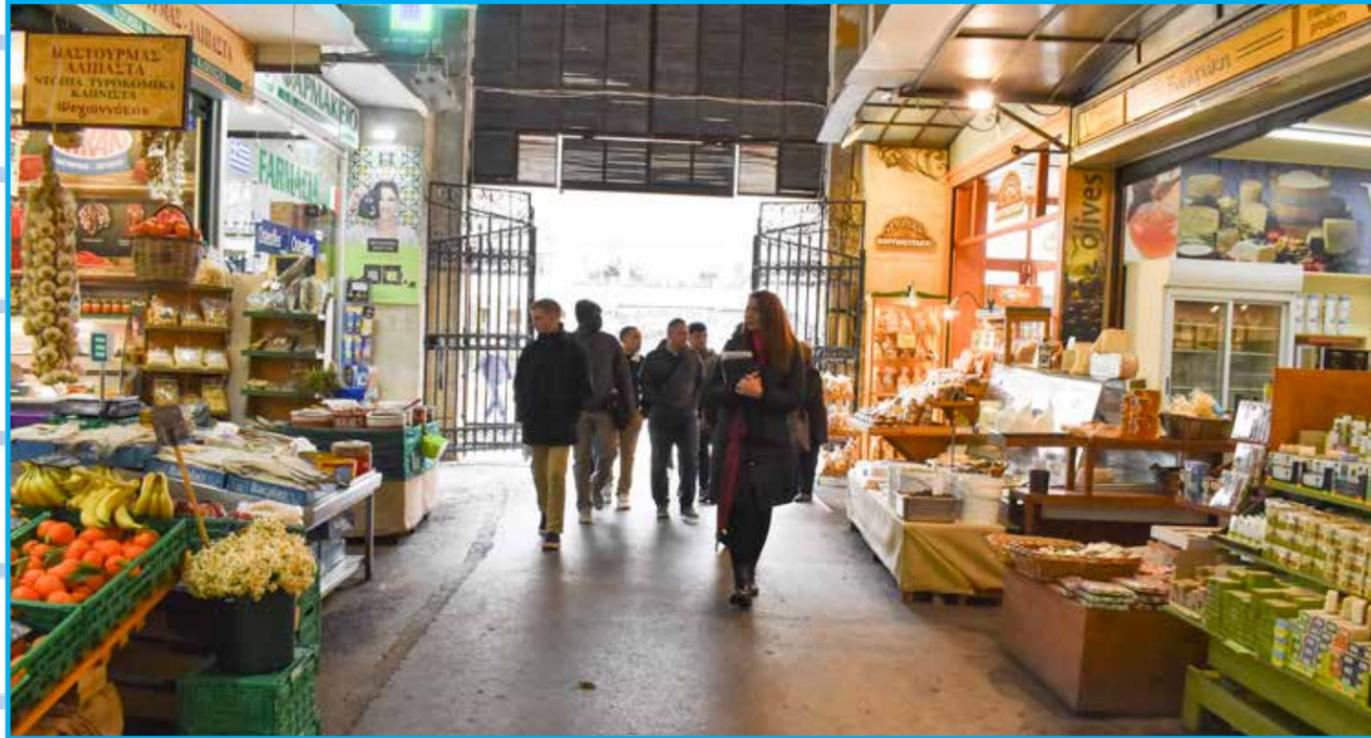
Zaehringer and Sierra raise the American and Greek flags.

Sierra tightens the rope for the Greek flag.



A Taste of Chania

Story and photos by MC2 Kelly Agee



New Team Souda members explore the Municipal Market of Chania.

New team members went on a class trip Feb. 21 as part of the week-long Indoctrination Class given to all new arrivals at NSA Souda Bay. They explored the city of Chania to get a taste of what living in Crete is like.

Elani Trachalaki, staff member of Morale, Welfare and Recreation and a Greek local national, lead the trip.

The group visited the Agia Triada Monastery, Venizelos' Grave, the Municipal Market of Chania, the Roman Catholic Church in Chania, the Cathedral of Saint Mary of the Assumption, the Archaeological Museum of Chania and the Nautical Museum of Crete. They ended the day with a traditional Greek meal consisting of Cretan salad, grilled meats, Saganaki, grilled mushrooms, grilled vegetables and much more.

The class poses for a photo at the Cathedral of Saint Mary of the Assumption.



Builder Constructionman Kyra Griffin looks at European coins at the Archaeological Museum of Chania and said, "I like looking at old money and the different types of materials they used before modernized money, especially coins because a lot of money is just paper now. I got really excited when I first came over here and got to see the different types of money and seeing the history behind them."



Hospital Corpsman 1st Class Nicole Mattera looks at the shell and sea life display at the Nautical Museum of Crete and said, "It is almost like a fantasy. It is really nice to see all the wildlife preserved like this. Especially for myself because I look forward to snorkling and diving here, this actually helps inspire me to do that."



Mass Communication Specialist Seaman Timothy Ruple gets a full view of the city of Chania from Venizelos' Grave and said, "It is gorgeous. I don't think I have seen water this blue. This is my first time in Greece and this is definitely a sight to see."



A van brings the Indoctrination Class to the Agia Triada Monastery, which was constructed beginning in the 17th century.



Helena Bowers, a civilian family member, examines Minoan pottery at the Archaeological Museum of Chania and said, "I read a little about the Minoan civilization before I got here so me and my husband are looking forward to seeing all the buildings that they have built."



Elani Trachalaki tells the group about the Roman Catholic Church in Chania.



The class visited the Mosque of the Janissaries and learned a little history about it, including that it is the oldest Ottoman building in Crete.

Community Outreach

by Kostas Fantaousakis, Public Affairs



Volunteers from NSA Souda Bay and the U.S. Air Force 21st Expeditionary Reconnaissance Squadron collected a large amount of trash from Stavros Beach, located on Crete's Akrotiri peninsula, on Feb 13. Volunteers were more than happy to help the local community preserve the scenic environment.

Reenlistments

Photos by MC2 Kelly Agee, Public Affairs



Master-at-Arms 3rd Class Norman Campbell receives his Certificate of Reenlistment from Chief Warrant Officer 3 Gary Groesbeck, NSA Souda Bay security officer, on Feb. 10 during a reenlistment ceremony in the Security Forces Building.



Master-at-Arms 3rd Class Cordell Smith receives his Certificate of Reenlistment from Master-at-Arms 1st Class Marc Gouling on Feb. 20 during a reenlistment ceremony in the Security Forces Building.

Upcoming Events | Εκδηλώσεις

March 4: Rowing Challenge

Where: Fitness Center from 5 a.m. to 9:30 p.m.
Compete in the 5,000-meter Rowing Challenge.

March 5: Scrapbooking

Where: Liberty Center* from 11 a.m to 9 p.m.
Stop by to learn artful ways of preserving old family pictures, memorabilia and documents within the pages of a beautiful scrapbook.

March 6: Music Video Night

Where: Shipmates
Enjoy your favorite music videos playing throughout the evening along with an assortment of free appetizers.

March 6: National Oreo Cookie Day

Where: Liberty Center at 5 p.m.
In honor of National Oreo Cookie Day, stop by and enjoy a free glass of milk and an assortment of Oreo cookies.

March 6: DC Movie Marathon

Where: Liberty Center from 11 a.m. to 7 p.m.
Come watch your favorite DC movies while enjoying a bowl of your favorite cereal in honor of National Cereal Day.

March 11: Awards at Quarters

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

March 11: Special Meal: Women's History Month

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

March 11: Story Time

Where: Library at 4 p.m.
Rainbow-themed stories and crafts.

*Liberty Center events are for Service Members E-6 and below

March 12: Artsy Journaling (Adult Programming)

Where: Library from 5 to 6:30 p.m.
Dress up a 6x8 clipboard, 2 ring binder, full of handy pockets and pages.

March 12: 8-Ball Pool Tournament

Where: Shipmates at 9 p.m.
Are you the next pool shark of Souda Bay? Join us to prove your skills.

March 17: Special Meal: Saint Patrick's Day

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

March 17: Saint Patrick's Day Party

Where: Shipmates at 6 p.m.
Event highlights: Who is the greenest? Who can peel the most potatoes in 2 minutes? Pot of Gold Toss, Bingo and free mini appetizers at the bar.

March 17: Shamrock Glow Run

Where: Fitness Center at 6:30 p.m.
Wear green and join us in this festive 5K.

March 25: Foam Roller Clinic

Where: Fitness Center. First Session from 11:30 a.m. to 12:15 pm. and Second Session from 5:30 to 6:30 p.m.
Learn how to use a foam roller to increase flexibility, blood flow and range of motion as well as to decrease the chance of injury and post workout recovery time.

March 26: Make and Take Craft (Adult Programming)

Where: Library from 9 a.m. to 6:30 p.m.
Pop in and spend a few minutes to make a spring bunny bunting.

March 27-29: 3-On-3 Basketball Tournament

Where: Fitness Center from 4:30 to 8:30 p.m.
Register by 26 March for your team to be the champions.

The Parting Shot...

