

THE BEACON

U.S. Naval Support Activity Souda Bay, Greece

May 2020





The Beacon

Warfighting First, Operate Forward, Be Ready

Commanding Officer, NSA Souda Bay

Capt. Ryan T. Tewell

Executive Officer

Cmdr. Werner Rauchenstein

Command Master Chief

CMDCM Brian McDonough

Public Affairs Office

Carolyn Jackson	Public Affairs Officer, DSN 266-1244
Joel Diller	Assistant Public Affairs Officer, DSN: 266-1392
Kostas Fantaousakis	Community Relations and The Beacon Designer, DSN: 266-1348
MC2 Kelly Agee	Public Affairs Specialist and The Beacon Assistant Designer, DSN: 266-1642
Contact Email (All PAO personnel):	SoudaBayPAO@eu.navy.mil

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.



Contents



Vardies Mountain, known locally as Zorba's Mountain, in Stavros April 26. Photo by MC2 Kelly Agee, Public Affairs.

4	7	8
Triad Corner: by Capt. Ryan T. Tewell	May Day: A Flowery Holiday for Greece	Souda Spotlight
10	16	20
Word on the Street: What is your silver lining during the COVID-19 Pandemic?	A Day in the Life: NSA Souda Bay During COVID-19	Chaplain's Corner: Do You Have the Time?

Front Cover: The sun rising over an olive grove near Akrotiri on April 24. Photo by Joel Diller, Public Affairs.

The Parting Shot: The sun setting over Stavros on April 28. Photo by Joel Diller, Public Affairs.

Triad Corner



Team Souda,

We find ourselves living in extraordinary times, when our biggest threat, the Coronavirus, is one we can't see. It has touched each one of us, causing us to change our daily routines and to reevaluate our lives and what we hold most dear. We grieve for those who are ill and those who have succumbed to the virus – our family members and friends, our fellow citizens and those in our host nation, and the thousands around the world with whom we are united by humanity.

And yet, in the midst of uncertainty and all the challenges COVID-19 presents, you stand strong. And when members of our team have moments when it is too much, when they can't stand by themselves, you hold each other up. You have not let one person on our team fall. Thank you.

In her book of essays, *Letter to My Daughter*, Maya Angelou wrote, "You may not control all the events that happen to you, but you can decide not to be reduced by them."

Team Souda is fortunate to have many among us who share this attitude of assertiveness and positivity in the face of this crisis. I'd like to recognize several of them here.

- The Branch Health Clinic team for their calm professionalism as they made sure our team was healthy and that it was safe for passengers to travel.
- The creativity of our Chapel and MWR teams as they partnered to safely bring our Sailors streaming bingo and movie nights. We also appreciate the outdoor exercise equipment!
- Our incredibly efficient Postal team for delivering our mail quickly and for alerting us by box number when mail is up.
- Our Air Operations crew for revising their workflow to keep passengers and cargo moving.
- The fantastic team at our Navy Gateway Inns and Suites for the hospitality shown to visiting service members.
- Ms. Kristina White, Ms. Andi Lindsay, and many others who sewed and donated cloth face coverings for our community.

I know that we are all looking forward to the relaxed restrictions on our movement, to getting

out and enjoying the island, to spending time with friends. But in the meantime, please continue to practice good social distancing, wear your face coverings where required, and keep washing your hands!

Thank you all for your courage, your kindness to each other, and your continued commitment to our mission.

~Skipper



In the 17th episode, Adm. James G. Foggo III, Commander, U.S. Naval Forces Europe-Africa (CNE-CNA) discusses the global health crisis stemming from COVID-19, how this is impacting our host nation, Italy, and affecting Europe. In addition, Edward Graham, the grandson of the Rev. Billy Graham, joins us on the show to discuss what the American NGO Samaritan's Purse is doing here in Italy to fight against the Coronavirus.

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>

Retirements



Construction Electrician 1st Class Jimmy Telan walks through the sideboys during his retirement ceremony in the Fitness Center April 20. Photo by MC2 Kelly Agee, Public Affairs.



Senior Chief Information Technology Specialist Rebecca Wiser poses with her two dogs in the passenger terminal as she prepares to depart from Naval Support Activity Souda Bay, Greece, April 23. Wiser, who retired from the U.S. Navy in April, served as the senior enlisted advisor for Naval Computer and Telecommunications Area Master Station Atlantic Detachment Souda Bay during her tour in Greece. Photo by Joel Diller, Public Affairs.

May Day: A Flowery Holiday for Greece

Story and photos by Kostas Fantaousakis, Public Affairs



Wreaths of May

May 1, known as “Protomagia” (May Day) in Greece, is a combination of two Greek holidays, with both Labor Day and a traditional Greek holiday celebrated.

May, according to Greek folklore, has two meanings: The good and the bad, rebirth and death. The custom is to celebrate the final victory of summer over winter, as the victory of life over death. This day was also dedicated to the goddess of agriculture, Dimitra, and her daughter, Persephone, who on this day, according to ancient tradition, emerges from the underworld and comes to earth, marking the blooming of nature and the birth of summer.

According to some historians, Protomagia has its roots in “Anthestiria,” a celebration in honor of Dionysos, the Greek God of theater and parties, with a festival of souls, plants and flowers celebrating the rebirth of man and nature.

Traditionally, in years without the Coronavirus, every major municipality organizes events featuring flowers and outdoor activities to commemorate the day, and local festivals are common.

Due to these rich traditions, the flowery part of the holiday is also very popular for Greek families as

it is related to the peak of the flower season. The main thing that characterizes Protomagia is the massive exodus of people out of the city and into the countryside. Picnics are organized with family members and friends.

One common custom throughout Greece is making a wreath known as “the wreath of May” and hanging it on the main entrance door. This is a very fun activity especially for children, when they are out in the country, in touch with nature and picking flowers for the wreath.

The wreath stays on the door until 24 June, the day of the Nativity of John the Baptist, also known as “Klidonas,” meaning sign or oracle. It is customary on this day to burn the wreaths of May in large communal bonfires, accompanied by music, dancing and jumping over the flames.

The labor-related holiday is called “Ergatiki Protomagia,” which literally means Workers' 1st of May. Celebrations are marked by demonstrations in which workers' unions participate and major strikes are sometimes scheduled for this day.

Due to COVID-19 measures, May Day celebrations will not take place this year.

Tech. Sgt. Nicole Finley



95th Reconnaissance Squadron

Following the footsteps of both of her parents, Tech. Sgt. Nicole Finley joined the Air Force in April 2007. Her dad was an Air Force missile maintenance technician and her mom was an Air Force communication-computer system operator. She considers herself to be 'from the Air Force', having lived in Michigan, Ohio, Hawaii, Florida, and Guam. She arrived at NSA Souda Bay in September 2019 as an Aerospace Ground Equipment Mechanic for the 95th Reconnaissance Squadron.

What is an Aerospace Ground Equipment Mechanic?

When it comes to aircraft mechanics, they all have a specialty, they learn about one specific thing about aircraft. You have your hydraulics that work for hydraulic systems, you have your fuel troops that work the fuel system, and the electrical guys. But, when it comes to us, we learn about all of those systems.

What does a typical day of work look like?

I supervise three Air Force technicians who maintain equipment. We make sure that the equipment is clean and works properly. We also make sure that when aircraft arrive they have the equipment they need, including diesel-engine-driven generators, air conditioners, aircraft maintenance stands, and towbars.

What is the best part of your job?

I love teaching junior Airman. My job is not consistent; there is always something new, and even I still learn all the time.

What is some advice you have for someone who wants to become an Aerospace Ground Equipment Mechanic?

You have to be open to learning, and if you don't have an interest in mechanics, then it won't fit you.

What are some differences you've seen from the Air Force vs. Navy?

We all have the same rules; we all have the same 'keep life going the way it should be' type of mentality.

What has changed in your department since the COVID-19 Pandemic?

The change has been drastic and we had to cut back to having only 50 percent of us working in our shop at a time. We don't have any aircraft to support so our equipment is not getting used or breaking.

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

I typically like to go to the beach. Currently, I enjoy watching a lot of TV. Also, I pulled out a lot of 3D puzzles that my parents have sent me on my deployments.

Stefania Kargaki



Human Resources Specialist
Civilian Human Resources

Stefania Kargaki, a life-long Crete native, supports Team Souda's civilian workforce in a way that is very personal to everyone – by processing their financial allowances during what can be a stressful time in their tour – as they are transitioning to and from NSA Souda Bay. Stefania was the one constant holding the office together for several months during a period of transition in 2019, said Dr. Virginia LeBlanc, Civilian Human Resources director.

How long have you been working in HR?

Four years. I was an HR Assistant the first two years then I was promoted to become an HR Specialist.

What is a typical day in the office like for you?

The first step is to read my emails because I have at least 100 emails per day. So I'm responsible to respond, to help our employees, especially for financial issues – for their allowances –

for the rent, utilities, for their reimbursement of costs during their first days in Crete, and for obtaining a line of accounting for PCS moves. I also do the vacancy announcements for Local Nationals. There are many responsibilities. It's an interesting position for sure.

How has your job changed due to the COVID-19 restrictions?

The only change is that I am teleworking. Yet, I am coming to base twice per week – but with the face mask and the gloves.

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

I don't have hobbies because I am a mother, so, I don't have free time to tell you the truth and to be honest. But I love to go out with friends sometimes for dinner – maybe for a glass of wine. Generally, I love to travel but we can't do it as often as I'd like. We like to go abroad in Europe – we like to meet different people and see different cities.

What do you like to do with your children, especially now during the COVID-19 restrictions?

I have two daughters – they're four and five years old. During this period we stay home and we try to find different ideas because we play every day. We paint, we play board games, we watch movies and television for kids. We also cook and bake cookies, whatever we can. And now that it is spring, we go out in the yard to ride our bicycles.

What do you want Team Souda to know about the HRO?

That we take care of our employees and they are our priority. This is our job and we like to help them. Sometimes there might be some problems but we try to do our best for them – this is for sure.

Sam Maropis



Business Manager
Morale, Welfare, & Recreation

Sam Maropis, who has worked at NSA Souda Bay for almost 30 years as a non-appropriated fund employee, helps plan MWR's programs for Sailors and other members of Team Souda.

So what brought you to Souda Bay 30 years ago?

I was on vacation here and someone suggested "Hey, you're an American. Why don't you try to get a job on the base?" And I thought "OK" and I was hired – it was a [much] easier process back then. But first I had to go back to America and resign from my job and come back.

What do you do as MWR's business manager?

There's some planning. There's a lot of spending. There's also taking in money. You know the revenues that we take in – we have to be very careful with that. A very big part of our job is protecting the assets that we have. I do have some other duties. I'm also involved in marketing our programs and in maintaining our facilities and equipment. And the custodial piece, I'm also kind of

in charge of that.

How have you been creative to keep operations going during the COVID-19 social distancing restrictions?

Yes, MWR has had to be very creative. The gym – we've set up some unmanned facilities. We have equipment on the [tennis] court right now. At the Argonaut, we're not even accepting cash right now – which is temporary – just credit cards. A pretty high percentage of our workforce is not coming to work every day. In fact, close to 50 percent – so that has presented some challenges. Some of them are working from home though.

What was MWR like here 30 years ago?

It was a little club and a tiny, little recreation center. We had 16 employees at that time. Now we have 75. No Outdoor Rec. No Auto Hobby Shop. No Argonaut at Marathi. No Fleet Recreation Center. All those things came along later.

Do you have any favorite stories from during your 30 years?

In the early 90s, President George H.W. and Mrs. Barbara Bush visited the base and shook hands with many of us. In 2004, MWR was able to organize a meet and greet with many members of the U.S. Olympic team that competed in the Olympic games in Athens. With the help of Armed Forces Entertainment and Navy Entertainment, MWR has been able to bring MLB, NFL, and NBA players, the Harlem Globetrotters, WWE wrestlers and many entertainers to visit and perform at NSA Souda Bay.

What do you like to do outside the office?

I have a wife and three daughters. Those are the greatest blessings of all. I like spending time with them. And from a personal standpoint I like to ride bicycle. Reading, crossword puzzles, that kind of stuff, too. Bicycling is the first one, I try to do that every day. It used to be basketball, but as the knees have gotten older like I have, I just turned to bicycling. [I have] the same passion for both.

Culinary Specialist
1st Class Christopher Taccaban
Housing



“I’ve gotten to talk to my children and mom using Facebook chat. We have become more connected.”

Denise Prendergast
Fleet and Family Support Center



“I adopted a dog.”

Nicole Fradelakis
Navy Gateway Inns and Suites



“The fact you can spend quality time finding your values and what is important to you.”

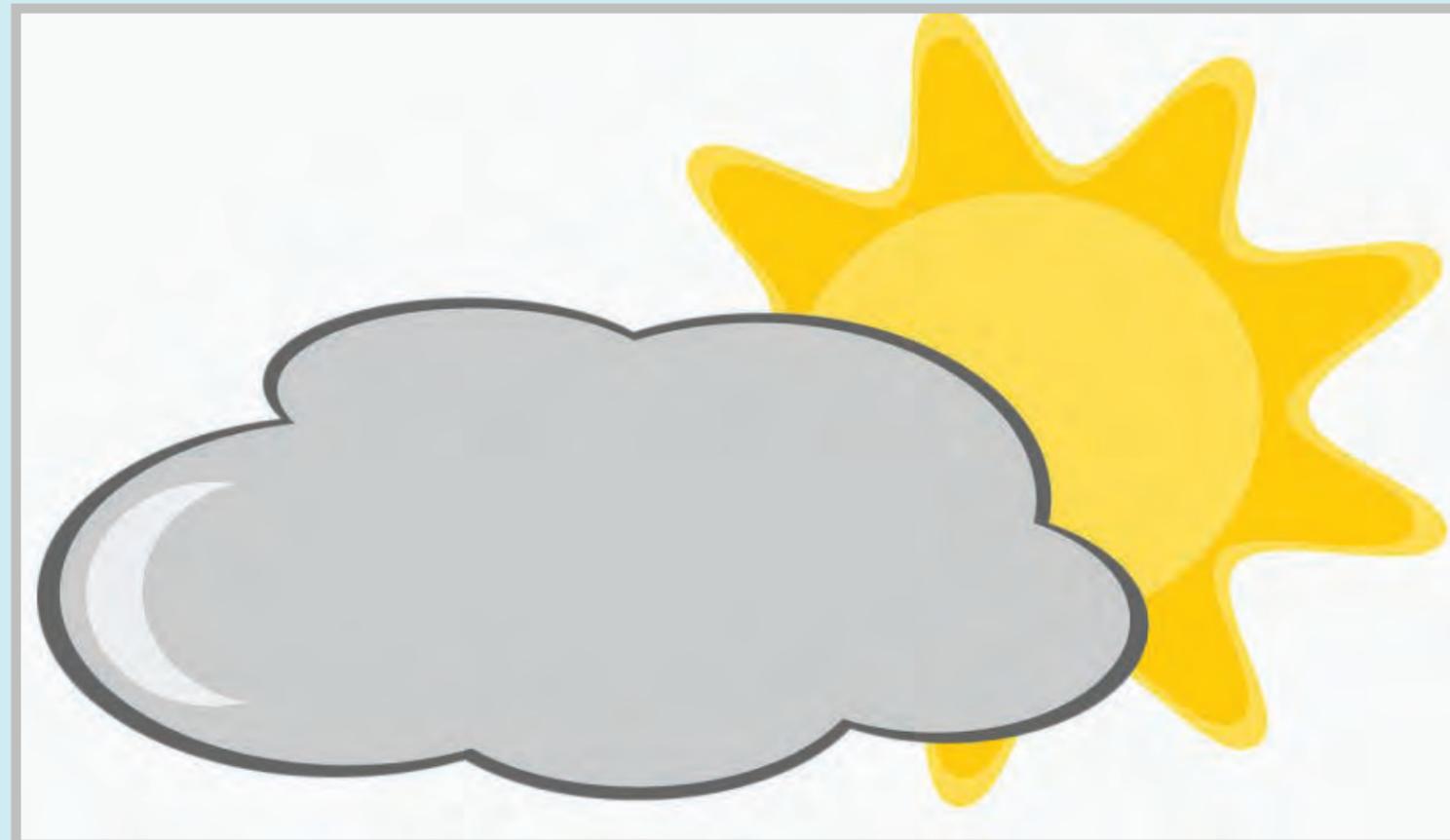
Fani
Mass Communication Specialist
2nd Class Kelly Agee's fur baby



“I’ve gotten to spend more time with my mom when she is teleworking.”

Word on the Street

What is your silver lining during the COVID-19 pandemic?



Air Traffic Controller
3rd Class Stephen Gagnier
Air Ops



“I’ve been cooking a lot more and trying new meals.”

Word on the Street

What is your silver lining during the COVID-19 pandemic?

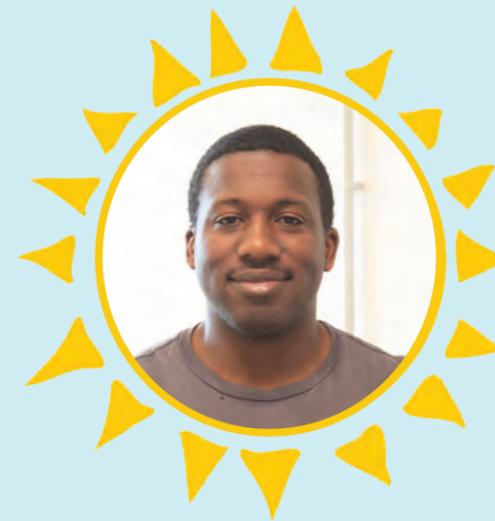


Builder Constructionman
Charles Stankye
Public Works



“I’ve learned more about my colleagues and being stuck here we’ve become more connected.”

Logistics Specialist
2nd Class Aaron Holliday
Naval Supply Systems Command



“I’m learning a new language, Spanish.”

Soula Vasilakis
Morale, Welfare and Recreation



“I’ve had more time to work out at my house.”

Richard Lafile
Fleet’s Inn Galley



“Since we have to stay indoors, everyone is safe at home spending time with their families.”

Carolyn Jackson
Public Affairs Officer



“I’ve started taking guitar lessons again because my instructor in Baltimore is offering them over Skype.”

Builder Constructionman
Apprentice Kyra Griffin
Public Works



“With COVID-19 going on and being stuck in the barracks, you get to learn more about yourself as a person.”

Two Swipes
Base Cat



“Face masks are fun to play with.”

Reenlistments

Photos by Joel Diller, Public Affairs



Master-at-Arms 2nd Class Brittany Adkins receives her Certificate of Reenlistment from Master-at-Arms 1st Class Marc Goulding during a reenlistment ceremony at the softball field on April 9.



Boatswain's Mate 2nd Class Laquan Deen takes the oath of reenlistment from Lt. Brandon Meskimen, reenlisting officer, during Deen's reenlistment ceremony in front of Building 1 on April 27.

Frockings

Photo by Joel Diller, Public Affairs



Master-at-Arms 2nd Class Ryan Clem receives a Certificate of Reenlistment from Capt. Ryan T. Tewell, NSA Souda Bay commanding officer, during an April 17 reenlistment ceremony on a harbor security patrol boat in Souda Bay.



Boatswain's Mate Seaman Cassandra Hernandez receives a Certificate of Appointment from Capt. Ryan T. Tewell, NSA Souda Bay commanding officer, during a frocking ceremony on April 14 where she was Meritoriously Advanced to 3rd Class Petty Officer.

A Day In The Life: NSA Souda Bay During COVID-19

Story by Joel Diller, Public Affairs

Approaching the main gate at Naval Support Activity Souda Bay, Greece, life appears to be proceeding as normal – until the master-at-arms sentries are seen wearing cloth face coverings. One inspects an identification card but does not touch it.

Proceeding on to the base, the marquee cycles through messages such as “Six Feet Away Could Save The Day” and “Songs for Social Distancing: ‘Don’t Stand So Close To Me’ by The Police.”

A sign on the entrance to the Navy Exchange Mart reads “15 People Maximum Inside Building.” Inside, tape on the floor marks the six-foot distance customers must maintain while standing in line at the cash register. Next door, the Barber Shop and Beauty Salon are closed.

Across the street at the Post Office, a clear shield has been installed in front of the cash register. At the parcel pick-up window, customers stand back six feet and are called up by a postal worker to hand over their package slip and receive their packages.

At the Fleet’s Inn Galley, a hand sanitizer station greets patrons as they enter. Silverware, plates, and cups are kept behind the serving line. Many booths are roped off to maintain social distancing in the dining room. Items in the salad and dessert bars are pre-packaged or covered in plastic wrap. Meals-to-go are encouraged.

The Fitness Center is closed but there are dumbbells, kettlebells, spin bikes and other fitness equipment on the tennis courts to use during certain hours of the day.

These are just some examples of the changes made

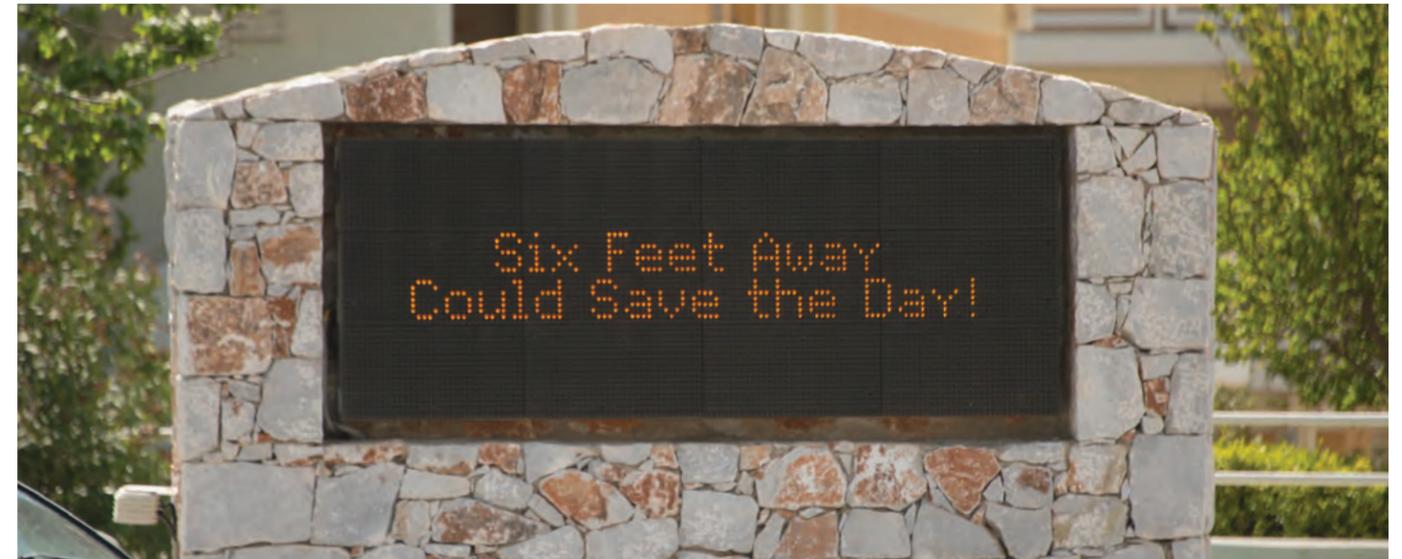
on the installation to prevent the spread of the novel Coronavirus and COVID-19 – the respiratory disease caused by the virus. Every department on the installation has been asked to operate with the minimum number of staff to accomplish their mission. If a job can be done remotely, teleworking is encouraged. Everyone has adapted in some way.

Some History – How Did We Get Here?

On January 30, the Defense Department issued Force Health Protection Guidance for the Novel Coronavirus outbreak and directed DoD personnel to follow Centers for Disease Control and Prevention guidance for the outbreak. In February, NSA Souda Bay leaders watched closely as U.S. military installations in Korea and Italy began implementing restrictions as they dealt with confirmed COVID-19 cases and adhered to their host nation’s decrees. Travel to Italy for official business and leisure was quickly restricted for all personnel.

Greece reported its first COVID-19 case on Feb. 26, in Thessaloniki. On March 11, the first case on Crete was reported near Heraklion. That same day, the Greek government announced that all schools would be closed for an initial 14 days.

A series of additional Greek decrees were announced over the next two weeks: closure of gyms, cinemas, bars, retail stores, shopping malls, and restaurants (limited to take-away service only); a ban on gatherings of 10 or more people; closure of beaches and bans on swimming, fishing and water sports; a ban on travel to the Greek islands; and restrictions on movement limiting travel to the workplace or for an authorized reason, such as going to a pharmacy or supermarket,



The base marquee displays a message reminding Team Souda personnel about social distancing practices. Photo by Joel Diller, Public Affairs.

or to exercise or take a pet outside.

During this timeframe, the Department of Defense implemented its own restrictions. A stop movement order for all DOD personnel cancelled temporary duty and permanent change of station travel.

The U.S. Navy issued NAVADMINs to address the impacts to its current regulations: physical fitness assessments were cancelled, advancement exams were delayed, and grooming standards were relaxed.

On the installation, a mandatory social distance of six feet was enforced inside buildings and in places where people would normally gather. In situations where social distancing could not be maintained, such as in the Navy Exchange or the Galley Inn, cloth masks must now always be worn.

Meeting the Mission

“Everyone on this base has been able to come together to continue to conduct operations,” said Cdr. Josh Jones, NSA Souda Bay operations officer.

Jones said the supportive relationship with the host nation of Greece has helped the operations department continue supporting aircraft and ships.

“Being able to maintain operations is the biggest challenge and the biggest success story because we’ve been able to keep going and support almost everything

we were supporting before (COVID-19).”

Keeping the supply of mail, fuel, and other services flowing to the installation is important for continuation of operations. Lt. Cdr. Jaron Goldstein, supply officer, said it has been a challenge to maintain the same high level of support while minimizing risk to employees and customers, but they have succeeded using social distancing, six-foot buffer zones, and telework.

“Thank you all for your courage, your kindness to each other, and your continued commitment to our mission.”

- Capt. Ryan T. Tewell
Commanding Officer

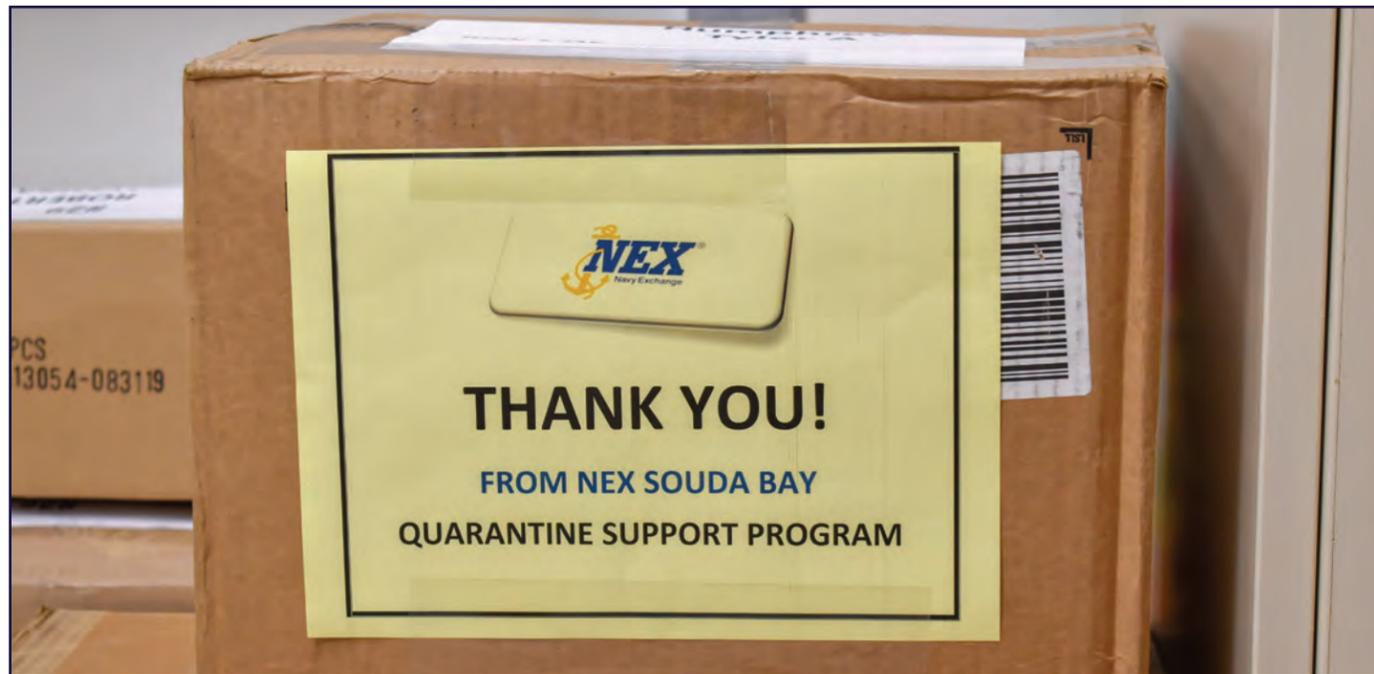
Stephen Boyd, postal officer, said that before COVID-19, the post office would receive mail shipments daily and process a little at a time. But now because a truck only brings mail once a week from Sigonella, Italy, mail is received in one large delivery that is processed in one afternoon.

Boyd said he now sends an email out to Team Souda with

the box numbers that received mail to keep people from congregating at the post office and coming in to check their mailbox unnecessarily. The email also lets people know to come pick up their packages to make room for future deliveries. “If we can’t get (packages) out, we can’t get more (packages) in,” said Boyd. “We have to keep it flowing.”

NSA Souda Bay’s Navy Exchange is also keeping products flowing.

“Reacting to immediate needs for products that weren’t necessarily in high demand before was a



A box containing items ordered from the NEX Quarantine Support Program is ready for delivery to the Supply-class fast combat support ship USNS Supply (T-AOE-6). Photo by MC2 Kelly Agee, Public Affairs.



Blue dots on the floor of the Galley Inn show personnel where to stand for proper social distancing. Photo by MC2 Kelly Agee, Public Affairs.

challenge,” said Jennifer Sullivan, NEX general manager. “Shifts in products becoming high demand, such as rubbing alcohol, bleach, Clorox wipes – who knew hand sanitizer would become a hot item?”

Sullivan said the NEX was able to quickly stock items that they normally wouldn’t, such as puzzles and activities. Items they normally stock, such as personal fitness products, yoga mats and weights, are in high demand because people are exercising at home. Sullivan said these are a challenge to re-stock because they are sourced from the U.S. and are subject to long shipping times.

The NEX also took part in the Navy Exchange Service Command’s Quarantine Support Program, which assists personnel aboard ships who are unable to disembark in overseas ports. NEX employees filled orders for the Supply-class fast combat support ship USNS Supply (T-AOE 6) while it was in port at the Marathi NATO Pier Facility.

“We filled 95 orders and delivered five and a half pallets of boxes down to the port for the USNS Supply,” said Sullivan. “The entire team here really enjoyed being a part of this because it is so representative of our mission – this is why we’re here.”

Despite the DOD’s stop movement order, there are categories of personnel who are authorized to depart from NSA Souda Bay. Coordinating that travel can be tricky in the current environment. The Administration

Office helps overcome these additional challenges by staying informed and deciphering the NAVADMINs to determine how they apply to personnel who will permanently change stations, transfer or separate.

“Anybody that has to leave Souda Bay, we coordinate their flight, but that’s not through the conventional means . . . we have to work with different organizations,” said Chief Warrant Officer 2 JayJay Robles, administration officer.

Robles said in addition to coordinating flights and exceptions to policy, the Administration Office tracks personnel on restriction of movement and updates the data on briefing slides for leadership on a daily basis.

Taking Care of Team Souda

The Chaplain’s Office; Fleet and Family Support Center; Morale, Welfare, and Recreation’s Liberty Center; and the Coalition of Sailors Against Destructive Decisions worked together to offer new events for those staying on the installation, such as barracks bingo, movies in the barracks courtyard, and a base-wide scavenger hunt.

At the Chapel, religious services are now held virtually on Facebook Live every Sunday. Lt. Michael Spoke, command chaplain, said that while it’s important for people to physically gather, this has been an opportunity for people who may not have attended chapel or church services before to connect from a distance.

Spoke also said the Chapel has become a place for Sailors to gather during weekends, while following social distancing.

“Sailors want to be together even if it’s six feet apart,” said Spoke.

Ceremonies recognizing Sailors’ accomplishments or career milestones are still taking place – with social distancing requirements being met.

A retirement ceremony was held for Construction Electrician 1st Class Jimmy Telan in the gymnasium with no audience, but was streamed over Facebook Live to his family and friends.

At reenlistment and frocking ceremonies all participants wear masks.

A Positive Outlook

While the measures to prevent the spread of the Coronavirus caused Team Souda to find a new normal, many community members found a silver lining.

One Sailor said, “I’ve been cooking a lot more and learning to make new meals.” Another person said, “I’ve had more time to work out at my house.” Others have connected with loved ones through video

conferencing, picked up new hobbies or learned a new language.

The Way Forward

At the end of April, the Greek government announced its phased plan to relax restrictions on movement and to re-open some businesses starting on May 4. On that day, stores such as hair salons, bookstores, optical shops and sporting goods stores will open. Other businesses and activities will open in phases through May and June: retail stores; parks, gardens, and archeological sites; restaurants with outdoor seating; summer cinemas and hotels; amusement parks and outdoor playgrounds.

In a message to Team Souda, Commanding Officer Capt. Ryan T. Tewell said, “I know that we are all looking forward to the relaxed restrictions on our movement, to getting out and enjoying the island, to spending time with friends. But in the

meantime, please continue to practice good social distancing, wear your face coverings where required, and keep washing your hands! Thank you all for your courage, your kindness to each other, and your continued commitment to our mission.”



“I’ve been cooking a lot more and trying new meals.”

- Air Traffic Controller
3rd Class Stephen Gagnier

Chaplain's Corner: Do You Have the Time?



Lt. Michael Spoke



The ancient Greeks thought about life using two different kinds of time called “chronos” and “kairos.” In the English language, we think and speak almost exclusively in chronos time. Chronos is the time found on your wristwatch. It is time in a sequential sense – chronological, linear, and quantitative. As a result, chronos time causes us to think about life in light of the past or the future. It raises questions like “how much time do I have left?” Or “how much time has already passed?”

Kairos thinking, on the other hand, is primarily qualitative. It is used to capture moments in life when the clock seems to stop and the experience almost stands outside of chronos time altogether. Simply put, kairos measures time as moments that matter – defining moments, moments that make memories. Sometimes they happen to us, and sometimes they are intentionally pursued. Sometimes they are the hardest moments of our lives, and often, they are the experiences that make all the other ones worth it. Whereas chronos time keeps us looking back or rushing forward, keeping kairos time keeps us connected to the present. This is because life can only happen in the present. And while we may need to look back to appreciate a moment’s significance, the moment can only be experienced once. Kairos leads us to ask questions like “why is this time important?” Or “what is the purpose of this time?”

If your experience is like mine, most of our COVID-19 conversations revolve around chronos time. How long do we have to keep wearing a face mask? How long until the gym opens? How long has it been since I’ve showered (for real)? But now more than ever, I want us to aspire to think in kairos time. No matter what season it is, no matter how much time we have or had, it will always be what we did with it that matters most. Our life in kairos time defines who we are. And we do have a choice! Did we choose a life fully lived, fully experienced, intentionally pursued in the only way it can be: in the present?

COVID-19 doesn’t stop us from cherishing moments for all they’re worth. Yes, it has significantly altered the way we enjoy life, but this time is not wasted unless we choose to waste it. I still believe that the moments we have now can be some of the best life has to offer. We just need to be present for them. To create space for them. To be on the lookout. The question is:

What kind of time are you having?

You've Got Mail!

Souda Bay Receives Large Mail Shipment

Story and photos by Joel Diller, Public Affairs.

On April 23, NSA Souda Bay received more than 5,000 lbs. of mail delivered through the U.S. Postal Service and Military Postal Service. Stephen Boyd, postal officer, said that before COVID-19, the Post Office would receive mail shipments daily. But now because a truck only brings mail once a week from Sigonella, Italy, mail is received in one large delivery which they process in one afternoon. "We're getting a whole week's worth of mail in one day," said Boyd.

Naval Supply Fleet Logistics Center Sigonella Site Souda Bay Sailors and postal workers transferred packages and mail bags from cardboard shipping containers into a van at the cargo warehouse. At the Post Office, workers formed an assembly line to load

packages onto a conveyor belt to be scanned and passed through an X-ray machine. Package slips are filled out and placed into customer's mailboxes.

Once all the mail has been processed, Boyd said he sends an email out to Team Souda with the box numbers that received mail. "The email notification is just to keep people from congregating at the Post Office and coming to the Post Office unnecessarily to pick up mail," said Boyd. "We're just trying to keep them home, keep them safe, unless they have something to come pick up." Of course, the email also lets people know to come pick up their packages to make room for future deliveries. "If we can't get it out, we can't get more in," said Boyd. "We have to keep it flowing."



Top left: Logistics Specialist 2nd Class Aaron Holliday lifts a package out of a tri-wall shipping container.

Top right: Logistics Specialist 2nd Class Natoya Osagi hands off a package to Logistics Specialist Seaman Keith Amarillo as Logistics Specialist 2nd Class Jarrod Stone removes a package from a cargo van at the Post Office.

Bottom left: Sailors place packages onto a conveyor belt at the Post Office.



Logistics Specialist Seaman Daanzae Blandwarren scans a package on a conveyor belt before it enters an X-ray machine at the Post Office.



Steven Boyd, postal officer, removes a package from an X-ray machine at the Post Office.



Left: Konstantinos Sfakiotakis, postal worker, marks a package for pick-up in the mail room.



Bottom: Logistics Specialist Seaman Daanzae Blandwarren hands Master-at-Arms 2nd Class Kyle Chesnavage a package April 29. Photo by MC2 Kelly Agee, Public Affairs.

The Parting Shot...

