



THE
BEACON

U.S. Naval Support Activity Souda Bay, Greece
June 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



Chania's Old Harbor was built by the Venetians between 1320 and 1356 for commerce and to protect the Sea of Crete against pirates. Today, the harbor is a popular city hub filled with cafes, restaurants, tavernas, bars, bakeries and art shops. The architecture combines Cretan, Ottoman and Venetian elements, showcased by the surrounding beautiful, narrow alleys throughout the Old Town. Buildings from various historical periods still stand as monuments to its varied history. Photo by Kostas Fantaousakis, Public Affairs.

4
Triad Corner:
by
CMC Brian McDonough

6
Around NSA Souda Bay

10
Souda Spotlight

12
Air Operations
Keeps Things Moving

14
Fight the Stigma
Surrounding Mental Illness

16
Word on the Street:
What is your favorite summer
destination on Crete?

Front Cover: Photo Illustration by MC2 Kelly Agee, Public Affairs.

The Parting Shot: NSA Souda Bay Sailors render salutes during morning colors on Memorial Day May 25. Photo by MC2 Kelly Agee, Public Affairs.

Triad Corner



Team Souda,

What a year we have had so far! You have shown resiliency through the challenging times brought upon us by the Coronavirus pandemic – but this doesn't surprise me. It is who we are and it is how we have trained. You have continued to keep the support flowing to ships, aircraft and operational units while keeping the installation safe and functional through PCS delays, travel restrictions, advancement process changes, base services limitations, disrupted supply chains, and minimally manned offices. You have also leaned on others when necessary, and allowed others to lean on you for support ... Thank you for that!!

The month of June brings the official start to summer, and the "101 Critical Days of Summer." This month we will also continue to slowly progress out of the restricted living and working conditions as our Host Nation and the Department of Defense gradually lift COVID-19 measures. I want to encourage you to continue safe habits to ensure Team Souda remains mission ready – because we need YOU!

Please continue to maintain social distancing whenever feasible, both at work, and on liberty. When distancing cannot be attained, please continue to utilize the wearing of the face mask, both to protect you and others.

While on liberty, off base, and around those with whom you are unfamiliar, please remember that you do not know their health status. You are relatively safe on base, but off base is another matter. Take precautions, especially when socializing with new people, and those you do not know. This applies when visiting Chania, any other town on the island, beaches, and restaurants and bars after they open, and any other place that has a high concentration of people with whom you are unfamiliar.

The warm Cretan weather will bring opportunities to enjoy the activities the island has to offer. Visit Outdoor Rec – they have a great variety of equipment to rent. Sign up for an MWR trip as soon as we have those back online. Explore the beaches, trails and cities. Whatever you do though, don't forget what you've learned from the Safety Office's Summer Stand Down video. Oh, you haven't seen the Summer Safety Stand Down video yet? Please ask your Chain of Command about it. Think about risks, how to mitigate them, and take precautions to maximize fun, safely.

Team Souda, you all continue to amaze and instill pride. This has been a challenging time for everyone. Many have become closer because of it – more than would have otherwise. Keep up this level of awareness

by continuously looking out for your family, friends and shipmates. Know there is no stigma associated with seeking help if you need someone to talk to. The Chaplain and the Fleet and Family Services Center counselors want you to visit them. Heck, if you want to talk with me...I'm here for you.

I am very proud of what you have accomplished this

year so far, Team Souda. We have led the way in operating with restrictions, and we are leading the way in easing into life and operations with restrictions lifting. Let's charge into summer together as one team and continue to achieve excellence.

~CMC



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>

Around NSA Souda Bay

Public Works Expands Exchange Parking Lot

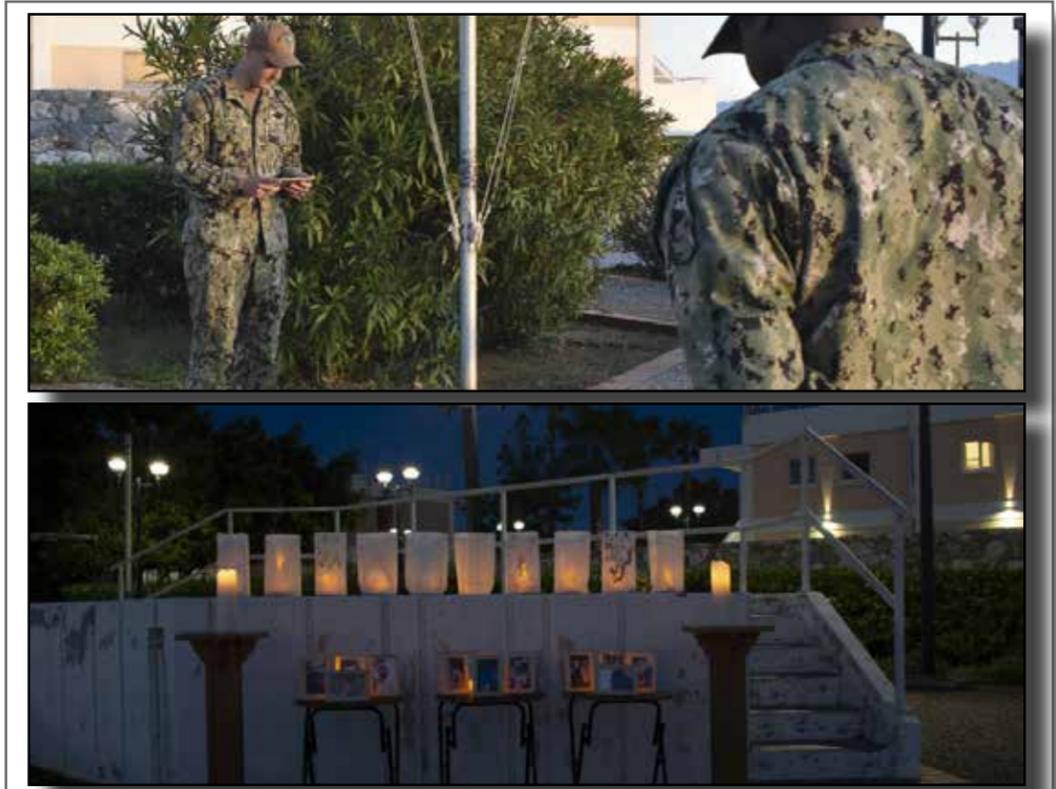
The Public Works Department project expanded the Navy Exchange parking lot in May. The project, which took place May 9-15, added a wheelchair ramp and additional motorcycle,

reserved and regular parking spaces. In total they went from 26 to 52 parking spaces. Photos by MC2 Kelly Agee, Public Affairs.



The Chaplain's Office Holds a Luminary Service of Remembrance

NSA Souda Bay Chapel held a Luminary Service of Remembrance on May 5. During the ceremony, Lt. Michael Spoke, command chaplain, gave an invocation, read the names of those remembered, and participants placed the luminaries on the stage. Photos by MC2 Kelly Agee and Joel Diller, Public Affairs.



Public Works Relocates Anchor



The anchor in front of the India Gate guard station was relocated in front of the Navy Gateway Inns & Suites on May 5. The Admiralty Pattern-style anchor, which was commonly used in the early to mid-1800s, was a gift by the Hellenic Navy in the early 1990s. In the mid-1990s, it was painted gold when the installation reached its reenlistment goals and was displayed between the two palm trees in the lawn east of Building 2. In 2001 following the Sept. 11 attacks, the anchor was moved in front of the India Gate guard station as an inexpensive, yet effective, force protection measure before protective bollards were installed. Photos by Joel Diller, Public Affairs.

Reenlistments

Logistics Specialist 2nd Class Angelojoseph Manlusoc recites the Oath of Reenlistment given by Lt. Lucas Chatfield, NSA Souda Bay air operations maintenance officer, on May 4 on the airfield. Photo by MC2 Kelly Agee, Public Affairs.



Master-at-Arms 1st Class Meghan Moore recites the Oath of Reenlistment given by Chief Michael Mann, NSA Souda Bay security, on May 28 in front of Building 1. Photo by Joel Diller, Public Affairs.



Logistics Specialist 2nd Class Samantha Krom receives her Certificate of Reenlistment from Lt. Cmdr. Jaron Goldstein, supply officer, May 29 in a supply mail truck. Photo by MC2 Kelly Agee, Public Affairs.



Sailors of the Quarter

Photos by MC2 Kelly Agee, Public Affairs

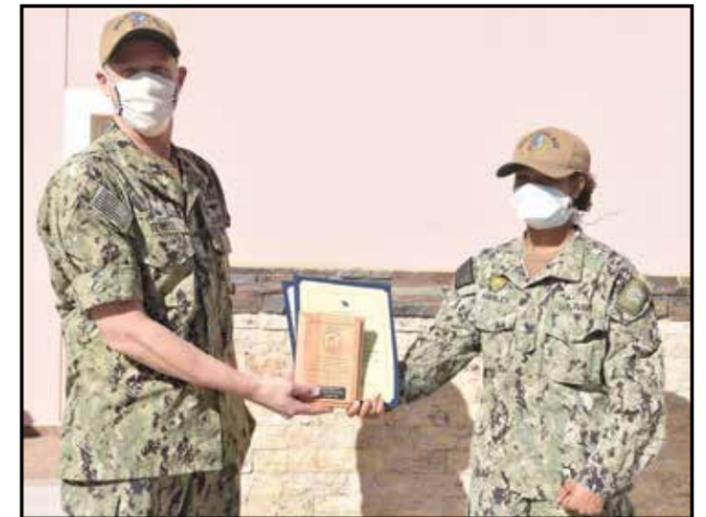
Capt. Ryan T. Tewell recognized the Sailors of the Quarter for the 2nd Quarter, Fiscal Year 2020, during an Awards at Quarters Ceremony on May 21 held in front of Building 1.

Blue Jacket of the Quarter Machinist's Mate Fireman Fantasia Vex



Machinist's Mate Fireman Fantasia Vex receives the Blue Jacket of the Quarter award.

Junior Sailor of the Quarter Master-at-Arms 3rd Class Nakia Hanley



Master-at-Arms 3rd Class Nakia Hanley receives the Junior Sailor of the Quarter award.

Sailor of the Quarter Boatswain's Mate 2nd Class Laquan Deen



Boatswain's Mate 2nd Class Laquan Deen receives the Sailor of the Quarter award.

Senior Sailor of the Quarter Personnel Specialist 1st Class Marcel McKenzie



Personnel Specialist 1st Class Marcel McKenzie receives the Senior Sailor of the Quarter award.

Master-at-Arms 3rd Class Jessica Merrywell



Security

Master-at-Arms 3rd Class Jessica Merrywell, originally from Denton, Texas, joined the Navy in 2016 as an undesignated airman with the dream of traveling the world and one day turning her experiences into a novel. While assigned to Helicopter Sea Combat Squadron Six, in San Diego, she directed aircraft and provided daily inspections before take-offs. She decided to choose the master-at-arms rate, and her first assignment in her new job field is NSA Souda Bay's Security department, where she works to keep the base safe.

What was it like being an undesignated airman compared to being an MA now?

As an airman we worked for 12 hours (a day) and (on) weekends when I was deployed for any of the squadrons. It was also higher paced. We would only get 30 minute (breaks), and sometimes no lunch, due to the long lines on the ship.

What does a typical day working in Security look like?

Usually for morning turnover I come in early to make any changes to the watch bill (schedule of who works and when), if necessary. Then (I) go arm up (receive weapons and equipment) for my shift. Usually we do guard mount (a meeting with the security team) where we go over general knowledge for security. Since COVID-19, we have had to limit it to just (reciting) the Sailor's Creed, deadly force (what use of force to use in a given situation) and deadly force justified for (the gate we are guarding). Then we get pass down (information) from the off-going section and take over the watch.

What is the best part of your job?

I love getting to help people and protect the base. A lot of people don't like MAs but whenever I saw an MA before I joined the rate I saw them as people who tried to help those who were suicidal or respond to people that needed help with things such as domestic

abuse. The fact that we actually do that (and help) military to military, it is kind of like we are a family.

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

I like to read self-improvement books, educational books and watch movies. I also enjoy developing story ideas.

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

I would like to accomplish traveling, such as going to other countries for more story ideas and for the experience and cheap travel before I head home.

How has your job changed since COVID-19?

The only thing that has changed is that we have to wear masks, we can't touch people's I.D.s and we use hand sanitizer constantly.

Yiannis Karabetsos



Criminal Investigator and Interpreter
Security

Yiannis Karabetsos, a native of Athens, Greece, moved to Crete with his family in 2002 for the beautiful island scenery and to be near his wife's family. Yiannis worked at the Navy Exchange and as an Emergency Dispatcher before becoming a Criminal Investigator in 2009, where he assists people who are victims of a crime.

Did you need any special training?

For this particular position, not initially. But after I got into that job, yes, I was sent to various courses. FBI interview and interrogation courses, to official training, to (the) Federal Law Enforcement Training Center and psychology seminars on body language, psychology of suspects, things like that.

What does a typical day look like for you?

Dealing with cases, incidents that are happening throughout the day, retrieving documents from the local police, making contacts for various issues, or meetings with the police chief or other officers. We assist the Naval Criminal Investigative Service in many cases. In

general, we're dealing with any criminal matters.

What's an example of a criminal case you would get called for?

We're getting called from traffic accidents with injuries, from larcenies, damage to personal or government properties. And we'll go to more serious (cases) in coordination with NCIS, like sexual assaults, assaults, aggravated (assaults), weapons, things like that.

Do you have any interesting stories of cases that you can share?

Yeah, there are many, many, many, many interesting cases. Unfortunately, I cannot share it because of the sensitivity, otherwise we would laugh, but you know, they have to be kept private.

What do you like to do outside the office?

Outside the office, I am going out with friends. I'm too social, you know, I'm going out, having coffee. And then as a hobby I have long-distance cycling. I like gymnastics, and all that. And actually going out with my family. Small trips over the island.

Have COVID-19 restrictions impacted your job?

Yes it did, actually. There were certain occasions that we had to do some interviews and we chose to do them over the Internet, over a video call, because of that. And to protect also the interviewers and the interviewees, to keep that distance was required.

What do you want Team Souda to know about CID?

Criminal investigations, although the title might be intimidating ... we're here to help. We can be used as a source of information for people if they want to ask something. Or they're dealing with something that they're afraid, (they can) come and see us and say 'Ok, we have this issue.' And another thing is, it's good to pay attention to the Indoc class that we are doing because there is (a lot of) information put out there. And have an eye also on The Beacon, there is a (Criminal Investigation) column where all the information is being put out.

Chris Channel



Logistics Management Specialist
NAVSUP FLCSI Souda Bay

Chris Channel served in the Navy as a Logistics Specialist for 20 years and continues that role for Team Souda as a logistics management specialist for Naval Supply Systems Command Fleet Logistics Center Sigonella Site Souda Bay. Chris supports the warfighter by coordinating the delivery of food, cargo and mail to the ships inbound to Souda Bay.

What does a typical day look like for you?

We coordinate the delivery of food, cargo and mail. So we would meet the ships and provide a port brief letting them know how much cargo they have, how much mail they have, coordinate when they want those deliveries, and if they have any offloads or outbound shipments we will take care of that as well. Our coordination with [the food] is reaching out to the customs rep down in Souda and ensuring that the trucks are en route for delivery. We would sometimes help offload those trucks

on the pier as well. And just keeping the SUPPOs abreast of the timeline of when their food is coming. Part of our job is to consolidate material, palletize, and load it as well, and make sure it gets down to the pier.

Do you have any favorite stories to tell from your time here?

I don't have a favorite story, I think all the teams we've had have been different but all of them have supported and done an amazing job with amazing teams. I'm pretty satisfied with how we do our jobs. So the job satisfaction is up there and we receive those kudos from the ships that they couldn't have done it without us; it's job satisfaction automatically.

Have COVID-19 restrictions impacted your job?

We've seen a lot less traffic as far as ships coming in, for obvious reasons. It's slowed down a bit. And obviously we've had to take

precautions when a ship comes in to keep our social distance and make sure that we're dividing up in teams so not to spread the virus.

What do you like to do outside the office?

I'm usually at the beach like everybody else – just relaxin'. I do a little plant and flower gardening – I spend a lot of time in the garden. And I collect watches, as well.

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

I think that we're unique in that everybody brings something different to the table to provide an outstanding service. From the supervisor on down I think we have one of the best teams, without a doubt.

Air Operations Keeps Passengers and Cargo Moving During COVID-19

Story and photos by MC2 Kelly Agee, Public Affairs

NSA Souda Bay continues to safely move passengers and cargo during the COVID-19 pandemic.

The Air Operations team supported a rotator flight May 9-10, helping passengers traveling to and from Norfolk, Va. They transported passengers and their luggage, and collected travel destination forms and self-quarantine documents. In addition, as part of

the COVID-19 protocol, medical personnel took passengers' temperatures before they boarded the plane or left the passenger terminal.

The rotator flight, which was a C-17 Globemaster III operated by the Air Mobility Command, brought 10 inbound Team Souda members May 10 and departed May 10 with 11 outboard passengers.



Top left: A C-17 Globemaster III lands at NSA Souda Bay May 9.

Top right: Air Operations transported arriving passengers and their luggage to and from the aircraft.

Bottom left: Hospital Corpsman 3rd Class Jordan Bethrop takes the temperature of an arriving Team Souda member in the air terminal.



Lt. Alicia McClintock places her luggage on the X-ray machine before departing May 10.



Logistics Specialist 2nd Class Angel Joseph Manlusoc drives the bus that transfers passengers from the terminal to the flight line.



Left: Departing passengers board the aircraft.

Bottom: The Globemaster III takes off from NSA Souda Bay.



How Can You Fight the Stigma Surrounding Mental Illness?

Story by Denise Prendergast LCSW
Fleet and Family Support Center Resiliency Counselor

Imagine waking up with a toothache; a terrible pain that keeps you from sleeping, concentrating or doing your job; a constant ache that holds your attention and doesn't allow you to enjoy the things you normally would.

Now imagine if you were afraid to tell anyone, if you thought the judgments from your boss, your coworkers and your family could be even worse than the toothache itself. What if you had heard other people make fun of coworkers who went to the dentist; called them weak (or other things far worse).

What if you judged yourself for having the toothache, thought there must be 'something wrong with you' because 'normal people' don't have to go to the dentist. So instead of getting it taken care of, you pretend it isn't there. Maybe you have a few extra drinks at night to numb it, or you start taking painkillers to disguise it. But all the while it keeps getting worse and now a simple toothache has become a much bigger problem.

This may seem crazy but it can be what people face every day when they are dealing with issues related to mental health. The stigma around admitting you need help and then getting the help you need prevents many from taking care of issues such as anxiety, depression, and work or relationship stress. A problem that may start as something simple can easily snowball and leave the person in a far more serious state, feeling hopeless and full of shame.

The truth is, everyone is affected by the stressors of life. Being separated by time and distance from family and friends can intensify these effects. Environmental factors such as quarantines and having a lack of control can test even the most resilient



people. Stigma creates a barrier to the diagnosis and treatment of these issues.

We can all work together to fight stigma by educating ourselves and those around us about the facts surrounding mental illness. We can create an environment that supports and encourages people to reach out for help. Be a positive resource; talking openly with compassion and without judgment about mental health issues goes a long way in changing perceptions. Be conscious of language used to describe mental health and be willing to correct those using stigmatizing language.

Here at NSA Souda Bay, the Fleet and Family Support Center offers short term counseling to service members, civilians and their families free of charge. We offer additional services to help people settle into life in Crete and transition to their next duty station or back to the States. Addressing issues that we all face every day creates a stronger team and enhances mission readiness.

Fight Stigma

encourage

help

educate yourself

be a positive resource

be resilient

enhances mission readiness

support
without judgment
stronger team
compassion
Reach out
change perception
Work together



Questions? Concerns? You can contact the
Fleet and Family Support Center at
+30 694-043-1174

Master-at-Arms 1st Class
Donald Jacobs
Security



“Hiking at Mt. Gigilos. It's an amazing view at the summit and along the way you have an opportunity to look over the Samaria Gorge.”

George Ksirakis
Morale, Welfare and Recreation



“There are many places that have a great combination of nature and beaches, Zaros, Matala Beach, Balos Beach, Anogia and Preveli Beach.”

Aviation Maintenance
Administrationman 2nd Class
Sonya Brown
Air Ops



“I really want to go to Elafonissi to see the pink sand beach.”

Utilitiesman 3rd Class
Jesus Cedillo
Public Works



“Preveli Beach, where the river runs into the ocean, it looks phenomenal.”

Virginia Tsagarakis
Air Terminal



“I don't have just one favorite place on Crete. Crete has many hidden treasures and the secret is you have to try a bit to find them. In Lasithi, there is a gorge with a waterfall, the gorge of Richtis. In Rethymno I like the beach of Triopetra and the beach of Agios Pavlos.”

What is your favorite summer destination on Crete?



Staff Sgt. Rhiannon Duncan
95th Reconnaissance Squadron



“I really want to visit the Shipwreck Island and the island that looks like a turtle.”

What is your favorite summer destination on Crete?



Eva Koumanraki
Morale, Welfare and Recreation



“There is not just a desination, there are so many! Elafonissi, Falasarna, and Loutro are some of my favorite destinations. Why? Because we live in paradise!”

**Chief Logisitcs Specialist
Christopher Saulsberry**
Naval Supply Systems Command



“Kountoura Beach. I took my daughter camping there last summer and we both had an absolute blast. Amazing people, great food and pristine beaches. If you enjoy camping I highly recommend you check out the Grammeno Campgrounds.”

**Air Traffic Controller 2nd Class
Angel Cortez**
Air Ops



“Stavros Beach. You can hike there and also go swimming.”

**Gunner's Mate 3rd Class
Zachary Burns**
Naval Munitions Command



“Malia, because of the good vibrations with a cool breeze and a good night life.”

Dr. Virginia LeBlanc
Human Resources



“My pool overlooking the Mediterranean Sea in Stavros has become my sanctuary and a home away from home.”

**Hospital Corpsman Seaman
Jesse Peterson**
Medical



“Elafonisi because of the pink sand and gorgeous sunset.”

How to Protect Yourself Against Auto and House Break-ins

Story by Ioannis Karabetsos, Criminal Investigator, Security

Auto Break-ins



Having the window of your vehicle smashed in because a criminal wants the property you've left in plain sight does not make for a happy ending to a beautiful summer day. No matter where you are traveling, here are some simple things you can do to keep from being a victim of a vehicle break-in:

- Lock the doors and close the windows and sunroof completely. Hide anything that you're going to leave in the car.
- Do not leave any coins visible inside your vehicle.
- Don't leave valuables, purses, bags or backpacks in your car.
- Place cords and cell phone adapters out of sight.
- Park in well-lit areas.

In case of a break-in, officially report the incident to CID to ask for guidance as this event has to be reported to local police.

House Break-ins

Although the crime rate in Chania area is very low, it's still possible you might experience a break-in of your residence. In this unfortunate event, remember:

- Check for any apparent signs of forced entry prior to entering your house.
- If any, do not enter your residence. Go to a safe location.
- Call Emergency Dispatch at 282-102-1911 and report it.
- Do not confront the perpetrator(s), if they are still on your premises.
- Do not touch any object(s), doors, handles, near or around the areas disturbed by the perpetrators.
- A Police Forensic Unit will respond to your residence to obtain potential latent fingerprints, upon request.

Criminal Investigation Division Contact Information
Building 58, 2nd Floor, DSN: 266-1386 or 1814. Commercial: 282-102-1386

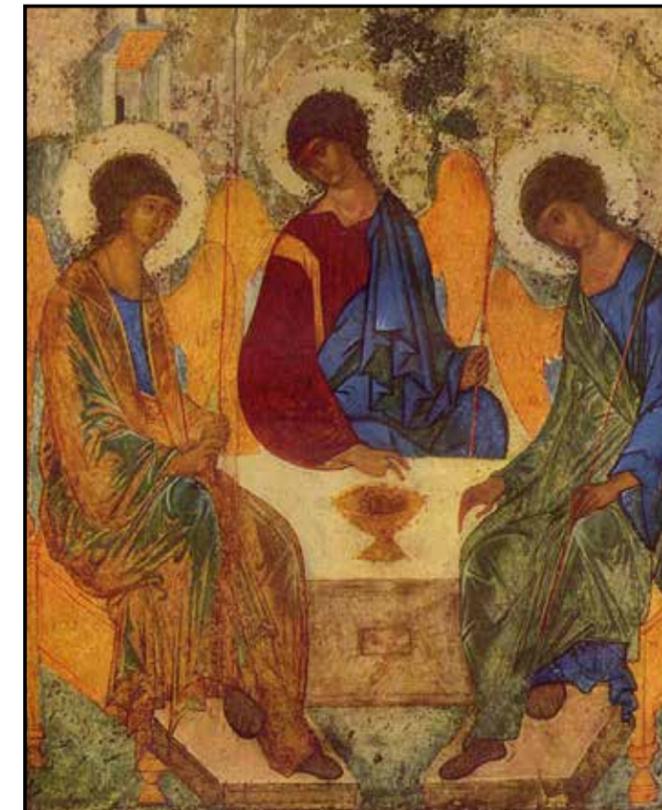
Whit Monday: A Spiritual Holiday in Greece

Story by Kostas Fantaousakis, Public Affairs.

Holy Spirit Day (“*Ἡμέρα του Αγίου Πνεύματος*” *Himera Aghiou Pnevmatos*), also known as Whit Monday, Pentecost Monday, or Monday of the Holy Spirit, is a Greek public holiday that will be celebrated this year on Monday, June 8. It celebrates Pentecost, the day the Holy Spirit (Aghio Pnevma) came upon the disciples of Jesus Christ on the 50th day after Jesus’ resurrection, according to the New Testament Bible.

The English word “Pentecost” derives from the Greek word “pentekoste,” which means “50th day.” It is celebrated on a different day each year because it always occurs 50 days after Greek Orthodox Easter, which moves annually with the lunar calendar. The day has been observed by Christians since the first century A.D.

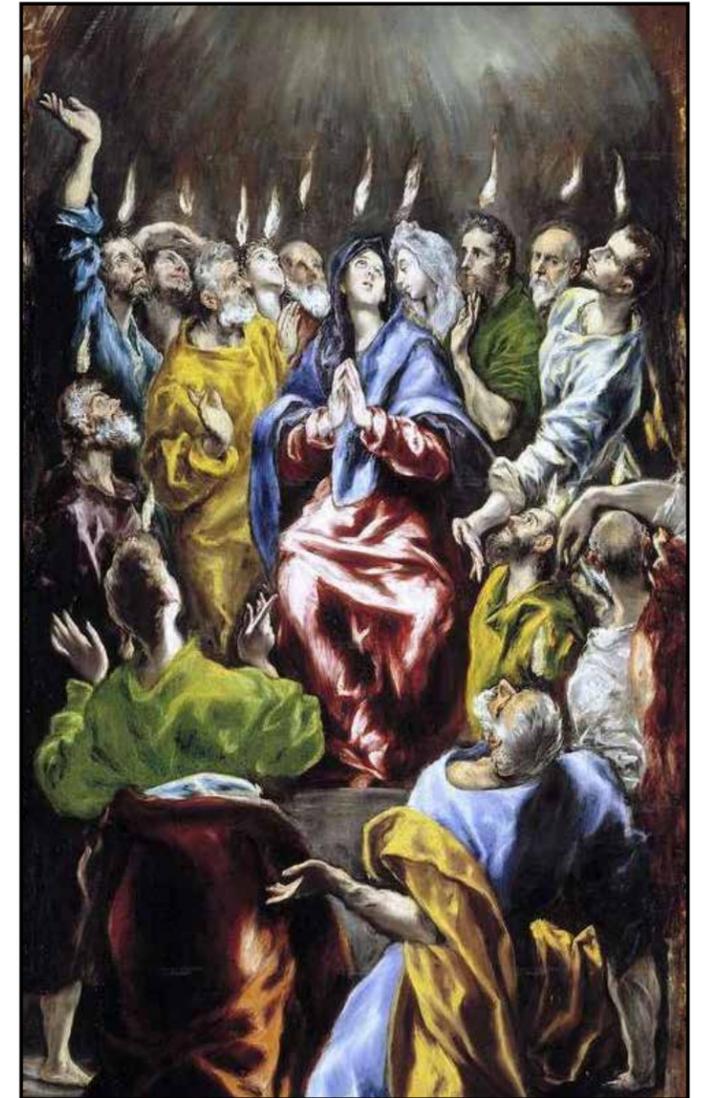
Greek Orthodox churches hold Holy Spirit Day services, which are like those held on Pentecost. The congregation sings the same hymns, and the Deacon sings the same introit, or hymn, during the Divine Liturgy, or Holy Communion.



Medieval icon of the Old Testament Trinity by Andrei Rublev, used as the icon of the feast for Whit Monday. (Source: Wikipedia.com)

The Greek Orthodox Church honors “Aghio Pnevma” as the all-Holy, good, and life-creating Spirit, who descended upon the Apostles at Pentecost. According to tradition, that same Holy Spirit remains within the Church throughout the ages, guiding it “into all truth.”

Christians see this event as the birth of the church.



One of the most famous works of Doménikos Theotokópoulos' paintings “The Descent of the Holy Spirit.” Doménikos Theotokópoulos (1541 – 1614), most widely known as El Greco, meaning “The Greek,” was a Cretan painter, sculptor and architect of the Spanish Renaissance. The nickname “El Greco” was a reference to his Greek origin. He often added the word Κρής or Krēs, meaning “the Cretan,” to his signature. In 1577, he moved to Toledo, Spain, where he lived and worked until his death. (Source: Wikipedia.com)

The Parting Shot...

