

THE BEACON

U.S. Naval Support Activity Souda Bay, Greece

August 2020





The Beacon

Warfighting First, Operate Forward, Be Ready

Commanding Officer, NSA Souda Bay

Capt. Rafael C. Facundo

Executive Officer

Cmdr. Werner Rauchenstein

Command Master Chief

CMDCM Brian McDonough

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

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



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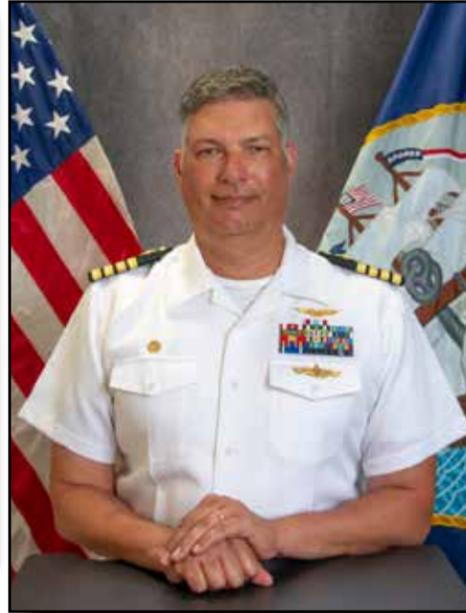
An AV-8B II Harrier assigned to Marine Attack Squadron 214 based out of Marine Corps Air Station Yuma, Ariz., taxis across the flight line July 16 at NSA Souda Bay. Photo by MC2 Kelly Agee, Public Affairs.

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Front Cover: Chief Boatswain's Mate Passion Richmond renders a salute as she blows the boatswain's pipe during the Naval Support Activity Souda Bay Change of Command Ceremony July 24. Richmond, a native of Chicago, has been in the Navy for 19 years and 8 months and has been a member of team Souda for 1 year. Photo by Joel Diller, Public Affairs.

The Parting Shot: Aviation Boatswain's Mate (Handling) 2nd Class Stephen Jones makes a new friend July 25 at the Souda Animal Shelter. Members of the Second Class Petty Officer Association at Naval Support Activity Souda Bay, Greece, participated in a command-sponsored community relations event. Jones, a native of Memphis, has been in the Navy for six years and at NSA Souda Bay for one year.

Triad Corner



Team Souda,

Greetings, Team Souda Bay.

As most of you are aware, we had a limited attendance, COVID-appropriate, Change of Command ceremony on July 24, where I had the privilege of relieving Capt. Tewell as your commanding officer. I would like to give my sincere thanks and gratitude to Capt. Tewell and his wife, Holly, for their warm welcome (both virtual and in person), as well as for their exceptional leadership guiding Team Souda.

In the two weeks or so before the change of command, I spent time with Capt. Tewell and the team here at Souda getting acclimated to what is in store for me in the years to come. I can say with great confidence that because of all of your daily actions, commitments and support, Capt. Tewell had a successful tour. I expect nothing less than your continued commitment to success.

A vivid example of this commitment is embodied by Mr. Michalis Chatzidakis. You may have read about him in a past Beacon Spotlight, or better yet, you may have had the privilege of working with him. Michalis has been an integral part of this team since 1980, longer than a lot of you have been alive! With a phenomenal attitude and professional expertise, over

the past 40 years he has seen this installation grow in size, capacity and strategic importance. To Michalis, who retires this month, I say: Thank you and farewell. It is now up to us to honor this exemplary career by fostering and maintaining that culture of excellence you have demonstrated.

As your new Skipper, my charge to you is to have a complete devotion to mission in serving our forward-operating units – our reason for being here. Also, to have selfless devotion to each other's well-being, with utmost respect to everyone's diverse backgrounds, beliefs and lifestyle.

There are two things that I ask of you each and every day: a positive attitude and the effort to do things right the first time. If you do those two things, good results will follow. An example of doing things right would be driving with care so you don't put yourself and others at unnecessary risk.

For the entire Souda team, your personal and professional growth are extremely important to me and I don't want to see anybody fall short of their potential. To my tenant commands here on base, I look forward to working with each of you in the coming

weeks and months, as we continue to seek enterprise solutions to service the warfighter. Our teamwork and alignment is an absolute must.

My wife, Sandy, and I thank the team for the warm welcome, and we look forward to a couple of rewarding years serving you.

With utmost respect,

~Skipper Facundo

Handwritten Customs Forms At Military Post Offices Discontinued in August

Beginning August 13 the military postal service will no longer accept mail and packages that bear a handwritten customs form to ANY address regardless of location. This change applies to FPO, APO and CONUS deliveries.

Read more about it at www.facebook.com/navsupflcsi or contact the NSA Souda Bay post office.

Customs declaration forms can be obtained online at:

USPS Click-N-Ship at:
<https://cns.usps.com>

USPS Customs Form
Online at:
<https://cfo.usps.com>

USPS partner systems
(i.e. www.Stamps.com)

PS Form 2976-R,
Customs Declaration
and Dispatch Note
<https://about.usps.com/forms.ps2976r.pdf>



Change of Command

Story and photos by Joel Diller, Public Affairs

Capt. Rafael C. Facundo is the new commanding officer of Naval Support Activity Souda Bay in Crete, Greece, assuming command from Capt. Ryan T. Tewell, during the Change of Command Ceremony July 24.

During his remarks, Facundo thanked Tewell for his leadership of the base and for setting him up for success with a solid team. He said that because COVID-19 required him to be in a Restriction of Movement status for 14 days, he had only been able to see NSA Souda Bay and Team Souda in action for five days.

"In those five days I've been impressed with the amazing job that you all do," he said.

"Team Souda, our goal is simple – it is to continue with the path of excellence," he said. "Capt. Tewell is a great captain, but he couldn't do it all; he depended on each and every one of you and so do I."

Facundo comes to Souda Bay from the U.S. Naval War College, where he served as a member of the military faculty.

Tewell assumed command of NSA Souda Bay in August of 2018 and now heads to the Houston Navy Reserve Officer Training Corps Consortium where he will be the commanding officer.

"I've had the honor to lead you at the most strategically important and operationally relevant base in the United States Navy," said Tewell. "You and your families have my deepest gratitude and admiration. May God continue to bless you and your families in your service to our Nation."





Captain Rafael C. Facundo, USN

Commanding Officer

Captain Rafael "Rafi" Facundo, native of San Juan, Puerto Rico, received his commission via Officer Candidate School in Pensacola, Fla. in 1997. After completion of Surface Officer School in Newport, R.I., he reported to his first assignment aboard the USS Oak Hill (LSD 51) where he served as the Weapons Division officer. During his tour on USS Oak Hill, he earned his designation as a Surface Warfare Officer and completed a Sixth Fleet deployment.

In 2000, he returned to Pensacola, Fla. for flight training. He completed his primary Naval Flight Officer training in Training Squadron FOUR (VT-4) and earned his wings from the 562nd Flying Training Squadron in San Antonio, Texas. After receiving his initial P-3 Orion training in VP-30, he reported to the "Mad Foxes" of VP-5, in Jacksonville, Fla., where he served as the Security Manager, line division officer, Schedules Officer and NFO Training officer. While with the "Mad Foxes", he completed deployments to Puerto Rico, Ecuador, El Salvador, Iceland, and Sigonella, Italy.

He subsequently reported to Patrol and Reconnaissance Wing Eleven (CPRW-11) in Jacksonville, FL., where he was assigned as Special Projects/AAI Officer and Orion Weapons Tactics Instructor. While with CPRW-11, he completed an Individual Augmentee (IA) tour with Combined Joint Task Force Horn of Africa (CJTF-HOA) in Djibouti.

His next assignment was his department head tour with the "Golden Swordsmen" of VP-47, Kaneohe Bay, Hawaii, where he served as the Maintenance, Assistant Operations and Tactics Officer. While serving in VP-47, he completed a deployment to the Seventh and Fifth Fleet AOR's.

In 2011, after completing his department head tour, he reported to U. S. Pacific Command, Camp H. M. Smith, Hawaii as the Strategy and Policy (J5) Directorate Australia country desk officer.

In 2013, CAPT Facundo reported to Training Squadron FOUR (VT-4) as Executive Officer. He assumed command of VT-4 in December 2014.



In 2016, after completing his Commanding Officer tour, he reported to USS AMERICA (LHA-6) as AIRBOSS (Air Officer) where he completed a deployment to the Seventh and Fifth Fleet AOR's.

In 2018, CAPT Facundo reported to the U. S. Naval War College as a Senior Level Course student where he earned the designation of Advanced Naval Strategist. He subsequently joined the USNWC as military faculty.

CAPT Facundo's personal decorations include the Defense Meritorious Service Medal, the Meritorious Service Medal (2), the Navy and Marine Corps Commendation Medal (2), the Joint Service Achievement Medal, the Navy and Marine Corps Achievement Medal (3) and various campaign and unit awards.

CAPT Facundo holds a bachelor's degree in Psychology from the Inter-American University of Puerto Rico and a master's degree in National Security and Strategy studies from the U. S. Naval War College.



Above: Capt. Rafael C. Facundo and his wife, Sandy, pose for a photo after the Change of Command Ceremony July 24.



Left: Sandy Facundo fastens the Command pin onto Capt. Rafael C. Facundo's uniform after the Change of Command Ceremony.

Around NSA Souda Bay

Reenlistments

Photos by MC2 Kelly Agee, Public Affairs



Legalman 1st Class C.B. Casey, from Hanford, Calif., receives her reenlistment plaque from Cmdr. Werner Rauchenstein, executive officer, during her reenlistment ceremony July 14 in front of Building 1. Casey has been in the Navy for 11 years and at NSA Souda Bay for two. She reenlisted in the Navy for four more years.

According to Casey it has been a tradition for her to reenlist wearing the dinner dress whites uniform. “I’ve always reenlisted in this uniform because I find it to be really fancy. When I first reenlisted we still had the Navy tiaras and I really wanted to wear it and it was only available with this uniform. Since then I’ve always wanted to maintain the custom.”

She put a spin on her uniform by wearing a white mask with a mustache. “I find it is better to have humor in unfortunate times. The Coronavirus has been very stressful and an isolating situation. So, adding a fake mustache was a nice humorous nod to be able to have some joy with this situation and having the face mask requirement.”

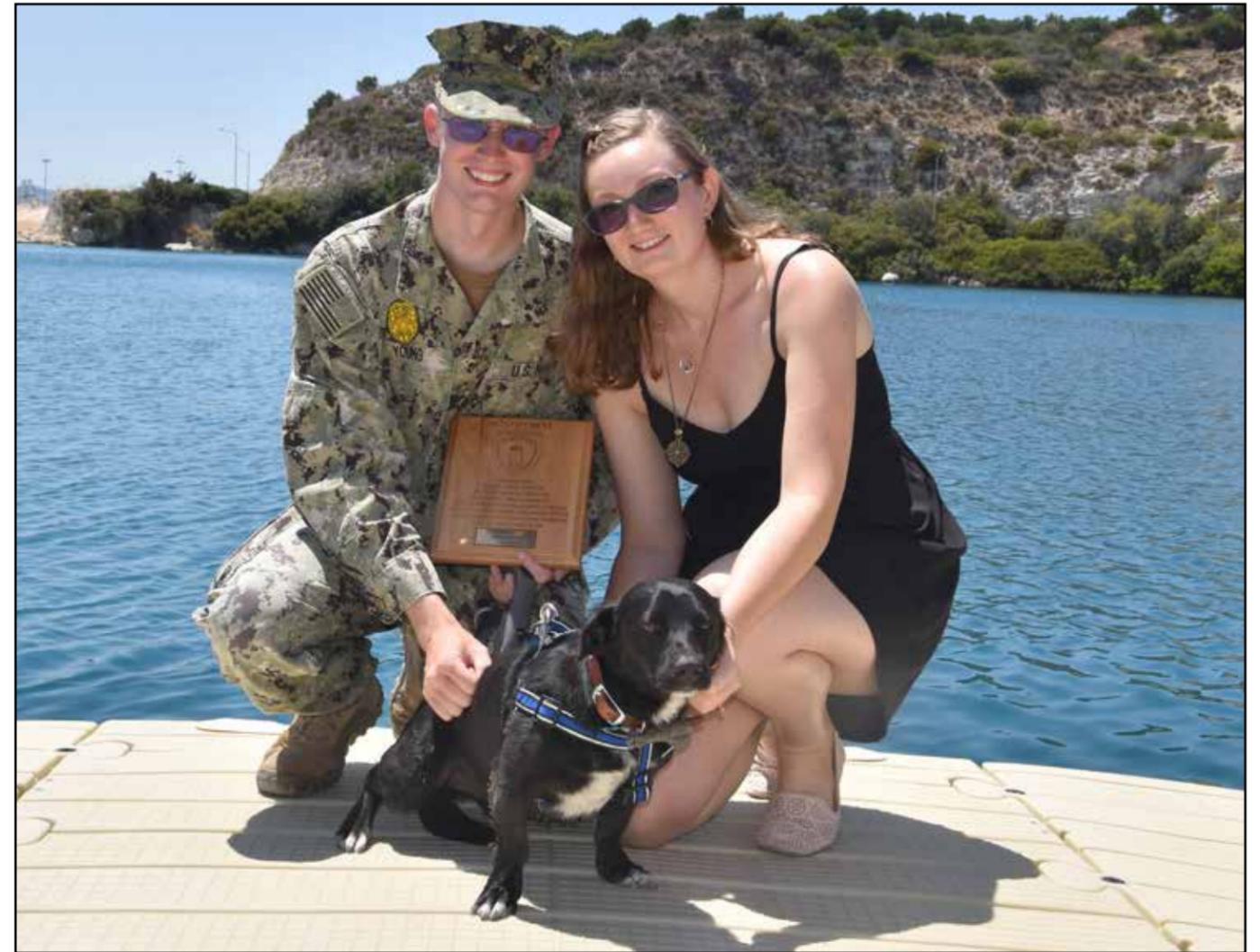


Master-at-Arms 2nd Class Anthony Davis, right, recites the Oath of Reenlistment given by Lt. Michael Spoke, NSA Souda Bay chaplain. Davis held his ceremony July 14 on a harbor security patrol boat. Davis has been in the Navy for 10 years and at NSA Souda Bay for 2 1/2 years. He reenlisted in the Navy for three more years.

Davis said he is excited about reenlisting because it comes with some perks. “There is a reenlistment bonus for my rate, which is extra money,” said Davis.

“Extra money is always great.” Davis is a level two coxswain with harbor patrol and spends many of his days driving the security harbor boat.

“I reenlisted on the boat because this is where I work,” said Davis. “Also, being on the boat is nice, especially with the weather in the summer time.”



Master-at-Arms 2nd Class Logan Young, his wife, Sara Brown, and their dog, Stubbs, pose with his reenlistment plaque after his reenlistment ceremony July 14 at the Marathi NATO pier facility. Young has been in the Navy for six and a half years and at NSA Souda Bay for three years.

Young is a level two coxswain with harbor patrol, which means he is the senior person assigned to the security harbor boat. The harbor boats are the primary line of manned defense for the protection of critical ships, boats and subs at U.S. Navy piers and controlled waterways.

Young has had his dog, Stubbs, for two year and shared this:

“Well, Stubbs was here roaming the piers when I got here and already had that name by everyone down here (at Marathi) and even answered to it as well. I came here as an E-3 and I kept saying that if I picked up (rank) and moved out in town that I would take him in as he was submissive, smart and easy to train. When I did end up picking up second class about seven months after getting here (and I) found a place, I kept a look out for him because he would travel from Marathi beach all the time. One day at the end of shift he showed up near our boats, so after I got off (work) I drove back and picked him up. Since then I have not regretted picking him up and will be taking him when I leave here.”

Air Ops

Photos by MC2 Kelly Agee, Public Affairs

The Air Operations Team recognized achievements and frocked five Sailors in a ceremony on the flight line July 30.

Frocking often precedes a formal promotion, granting an individual the authority and responsibility of a higher rank in anticipation of an advancement.

NSA SOUDA BAY SAILOR OF THE QUARTER



Aviation Boatswain's Mate (Handling) 3rd Class Christian Prior holds his Sailor of the Quarter Award for the 3rd Quarter. Prior, a native of Lawrenceville, Ga., has been in the Navy for 6 years and at NSA Souda Bay for 16 months.



Newly-frocked Aviation Boatswain's Mate (Handling) 1st Class Kevin Mitchell, a native of San Antonio, has been in the Navy for almost 15 years and at NSA Souda Bay for 9 months.



Newly-frocked Air Traffic Controller 3rd Class John Zaehringer, a native of Milton, Fla., has been in the Navy for 18 months and at NSA Souda Bay for 10 months.



Newly-frocked Aviation Support Equipment Technician 3rd Class Jordan Rivera, a native of Stratford, Conn., has been in the Navy for 1 year and 9 months and at NSA Souda Bay for 3 months.



Newly-frocked Aviation Boatswain's Mate (Handling) 1st Class Oluwabusuyi Ayeaye, a native of San Diego, has been in the Navy for 6 years and at NSA Souda Bay for 2 years.



Air Traffic Controller Airman Angel Cortez received a Letter of Commendation. Cortez, a native of San Diego, has been in the Navy for 1 year and 8 months and at NSA Souda Bay for just over 1 year.



Newly-frocked Air Traffic Controller 3rd Class Jared Harrison also received a Letter of Accommodation. Harrison, a native of Hawthorne, Fla., has been in the Navy for 2 years and at NSA Souda Bay for 15 months.

95th Reconnaissance Squadron, Det. 1, Gets New Commander



The U.S. Air Force 95th Reconnaissance Squadron, Det. 1, held its Change of Command ceremony July 7 at the NATO Missile Firing Installation Officers Club.

Lt. Col. David Gottlieb (right) assumed command from Lt. Col. Kevin D. Larson during the ceremony. Col. Eric C. Paulson, commander, 55th Wing, presided over the ceremony from Offutt Air Force Base, Neb.

“It feels great to take command at NSA Souda Bay,” said Gottlieb. “I’m excited to be a part of a unique community of Air Force, Navy, and Hellenic Air Force, Royal Air Force and Royal Navy cooperation.”

“It’s humbling to realize how unique this place is, with so many partners striving to achieve the same goals for their respective services and countries.”

The U.S. Air Force 95th Reconnaissance Squadron, Det. 1, a tenant command operating at NSA Souda Bay, provides operations, logistics, intelligence, and administrative support to the 55th Wing for the conduct of sensitive reconnaissance and contingency operations in the European Theater. Photo by MC2 Kelly Agee, Public Affairs.

Homeward-bound Harriers



NSA Souda Bay supported AV-8B II Harrier aircraft mid-July. The Harriers, assigned to Marine Attack Squadron 214, Marine Corps Air Station Yuma, Ariz., stopped at NSA Souda Bay on their way home from deployment. In preparation for their arrival, Team Souda conducted additional foreign object damage countermeasures at the airfield, ensuring it was free of debris and ready to safely receive the aircraft.

Community Outreach



Volunteers from NSA Souda Bay delivered clothing donated by Team Souda to the Mouzouras Cultural Association in Chania on July 20. The association supports local families and children in need. The Chaplain's office collects donations and organizes deliveries several times a year. Thank you Team Souda for caring and giving back to your local community. Photos by Kostas Fantaousakis, Public Affairs.



From left: Master-at-Arms 2nd Class Damion Childers, Aviation Boatswain's Mate (Handling) 2nd Class Stephen Jones and Aviation Boatswain's Mate (Handling) 1st Class Oluwabusuyi Ayeaye, members of the Second Class Petty Officer Association, participated in a Command-sponsored Community Relations event at the Souda Animal Shelter July 25. The Sailors volunteered their time to repair fences, do yardwork, and of course, play with the dogs. Photo by MC2 Kelly Agee, Public Affairs.

That's the Ticket! Greek Traffic Laws

Story by Yiannis Karabetos, Criminal Investigations Division/Security

As a guest in Greece, it is very important that you know and understand Greek traffic laws. Just like in the United States, not following these laws can lead to citations with penalties and fines.

Common violations include:

- Illegal parking, such as parking in a non-designated parking spot
- Parking in a Handicap Parking spot without proper identification
- Parking in a way that blocks a Handicap Access Ramp on a sidewalk
- Not obeying traffic signs such as Stop signs and Yield signs
- Not stopping at a red traffic light
- Speeding
- Passing when there is a double line
- Reckless or careless driving
- Not wearing a seatbelt
- Not wearing a helmet
- Not having/using proper safety car seats for children
- Not having license plates mounted on the front and rear bumper of the vehicle

Penalties for violating traffic laws include:

- Citation and corresponding fines
- Revoking driving privileges by suspending your driver's license
- Revoking ability to drive a specific vehicle by confiscating vehicle license plates
- Towing the vehicle if it is obstructing traffic
- Any combination of the above

Traffic citations can be issued by the following authorities:

- Hellenic Police
- Municipal Police

Chania Police Station:
Irakleiou Avenue 23, Chania
Highway Patrol Police:
Souda Avenue 16, Souda
Chania Port Authority:
Akti Tompazi 12-30, Chania
Chania City Hall:
Kidonias 29, Chania

- Highway Patrol, which enforces traffic safety on Crete's National Highway. There are traffic cameras which record traffic violations along Crete's National Highway.
- Port Authority within the boundaries of the Venetian Harbor of Chania.

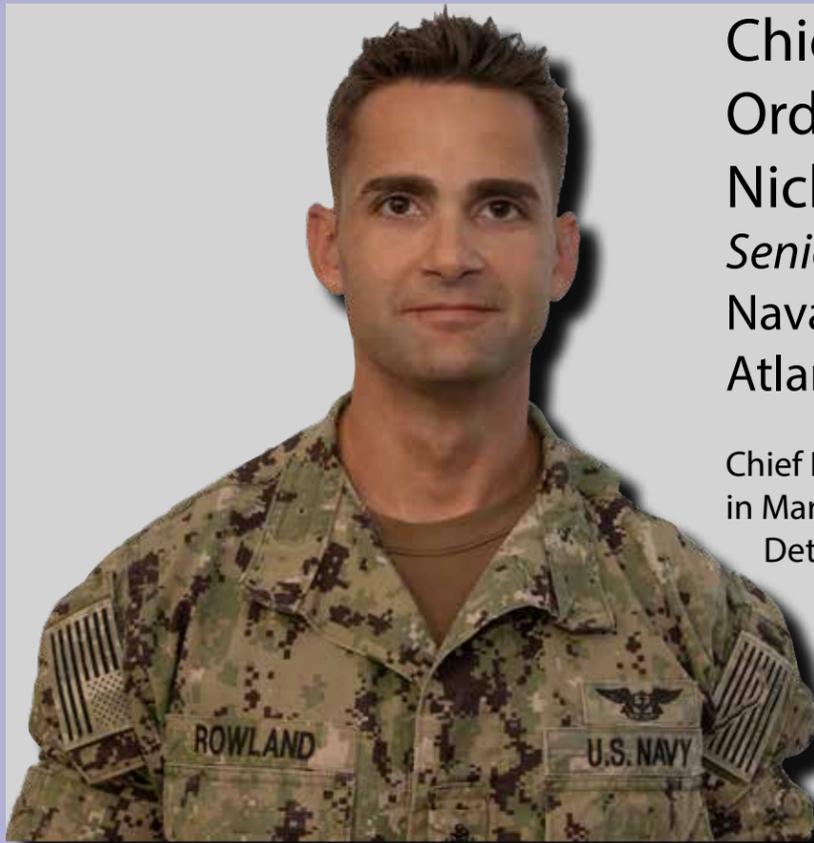
Citation fines are levied based on the type of offense and shall be paid within 60 days. Most tickets can be paid at the Chania Post Office and/or City Hall.

If you have questions, you can call the CID team at 266-1386 from a base phone or at 282-102-1386 from a civilian phone.

BASIC TRAFFIC FINES FOR CYCLISTS

<ul style="list-style-type: none"> ● Going through a red traffic light: 700 euro. 	01	
<ul style="list-style-type: none"> Not using the bike lane when one is available: 80 euro 	02	<p>Riding against traffic in a bike lane or a one-way street: 200 euro</p>
<ul style="list-style-type: none"> Riding under the influence of alcohol: 200-2000 euro 	03	
<ul style="list-style-type: none"> Riding a bicycle at night without using lights: 40 euro 	04	
<ul style="list-style-type: none"> Using a cell phone while riding: 150 euro 	05	
<ul style="list-style-type: none"> Riding a bicycle at night without using lights: 40 euro 	06	

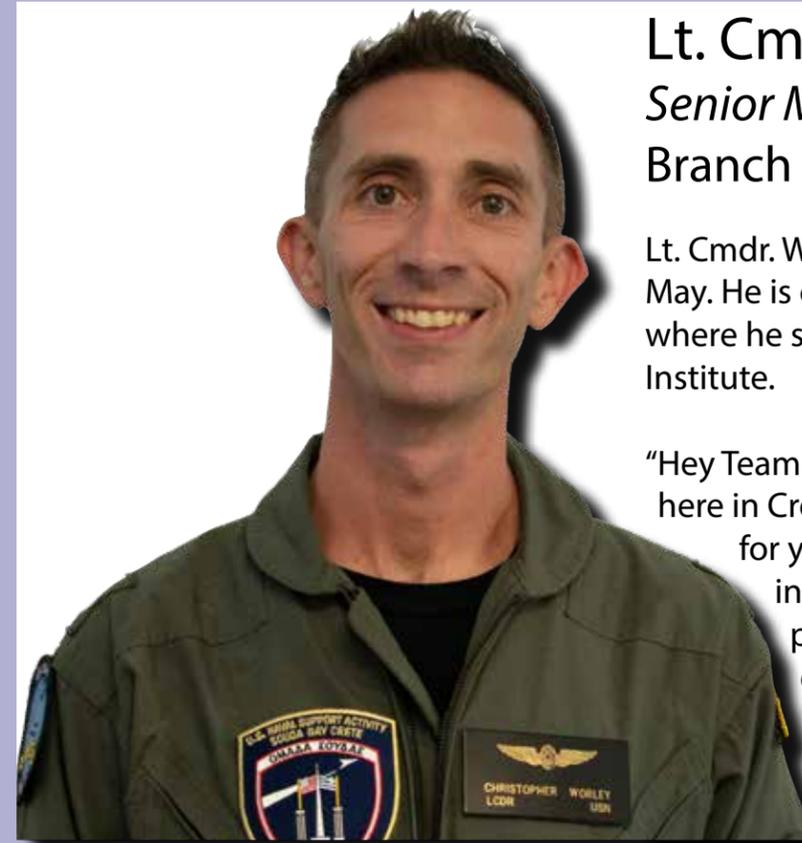
Meet the New Faces of Team Souda



Chief Aviation Ordnanceman
Nicholas Rowland
Senior Enlisted Leader
Naval Munitions Command
Atlantic Detachment Souda Bay

Chief Rowland reported to NSA Souda Bay in March from Naval Munitions Command Detachment Oceana, Va.

"I'm really glad to be here and look forward to the future working with Team Souda on accomplishing whatever needs to be done to support the Fleet."



Lt. Cmdr. Christopher Worley
Senior Medical Officer
Branch Health Clinic

Lt. Cmdr. Worley arrived at Souda Bay the end of May. He is coming from Naval Air Station Pensacola where he served at the Naval Aerospace Medical Institute.

"Hey Team Souda, I am personally excited to be here in Crete and look forward to serving with and for you. Our clinic staff is here to support you in maximizing force health protection while promoting health and providing high quality patient-centered care."



Christopher Williams
Airfield Manager
Air Operations

Christopher Williams comes to Souda Bay from Camp Lemonnier, Djibouti, where he served as the airfield manager there for five years.

"I am glad to be here. My position was vacant for a long time so I am excited to get back on track. First and foremost, I want everyone to be safe. Be prepared to go through some growing pains. Be flexible and we will get there together."



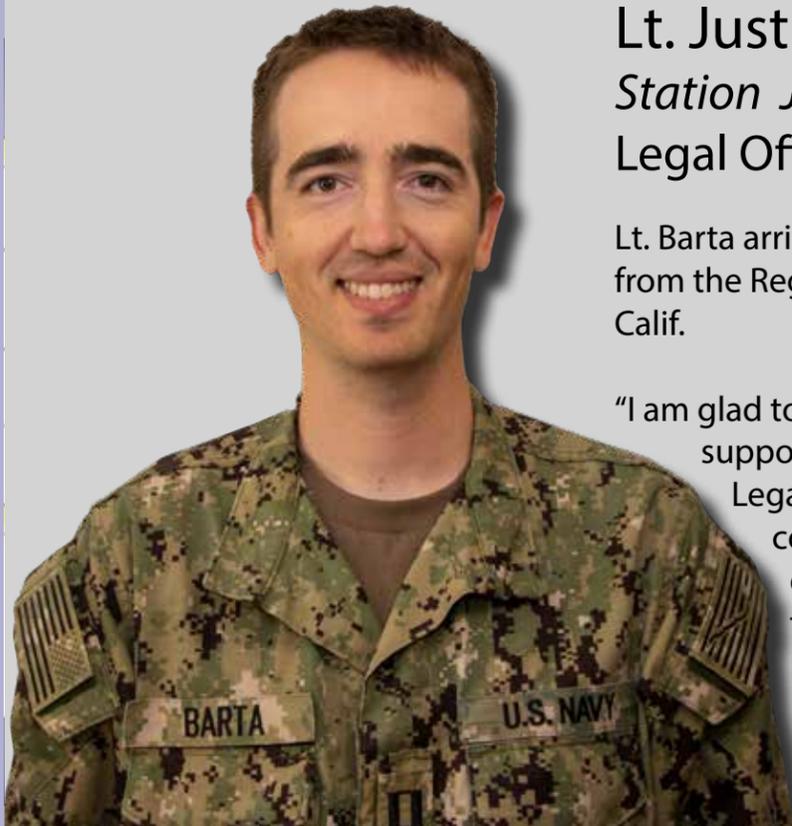
Lt. Cmdr. Dale Lessner
Supply Officer
Naval Supply Systems Command,
Fleet Logistics Center Sigonella, Site
Souda Bay

Lt. Cmdr. Lessner arrived at Souda Bay on June 12 after completing Navy post-graduate school in Monterey, Calif.

"We as a supply logistics-centric organization, our entire focus should be on making sure people that are considered to be operators and "warfighters" are able to do their missions ...and it's probably a good thing if along the way we have good customer service principles like keeping a smile on your face."

SOUDA SPOTLIGHT

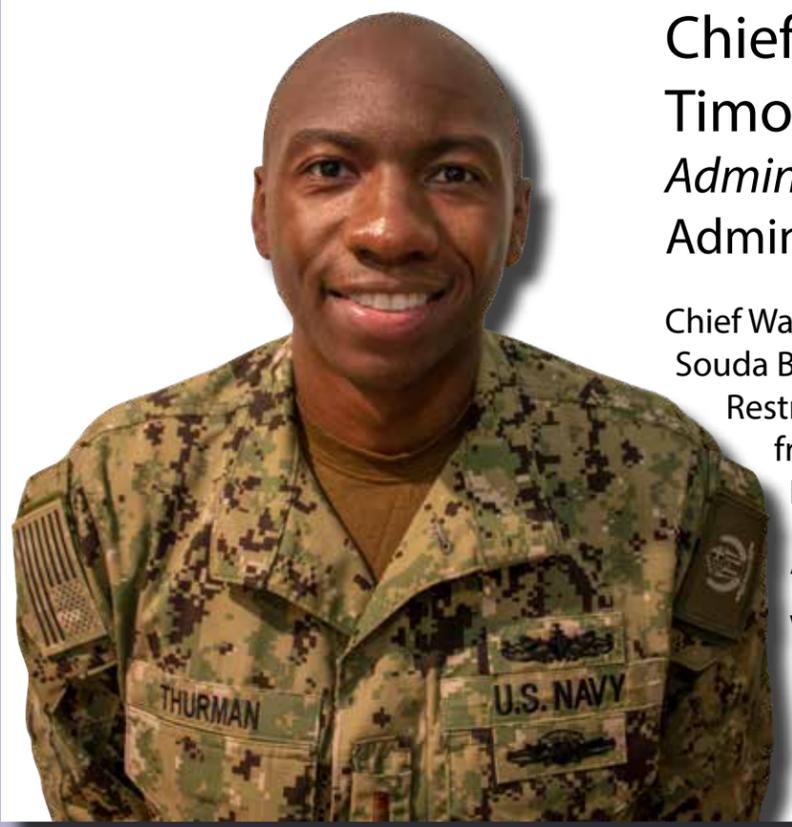
Meet the New Faces of Team Souda



Lt. Justin Barta
Station Judge Advocate
Legal Office

Lt. Barta arrived at Souda Bay on June 22 reporting from the Region Legal Services Office, San Diego, Calif.

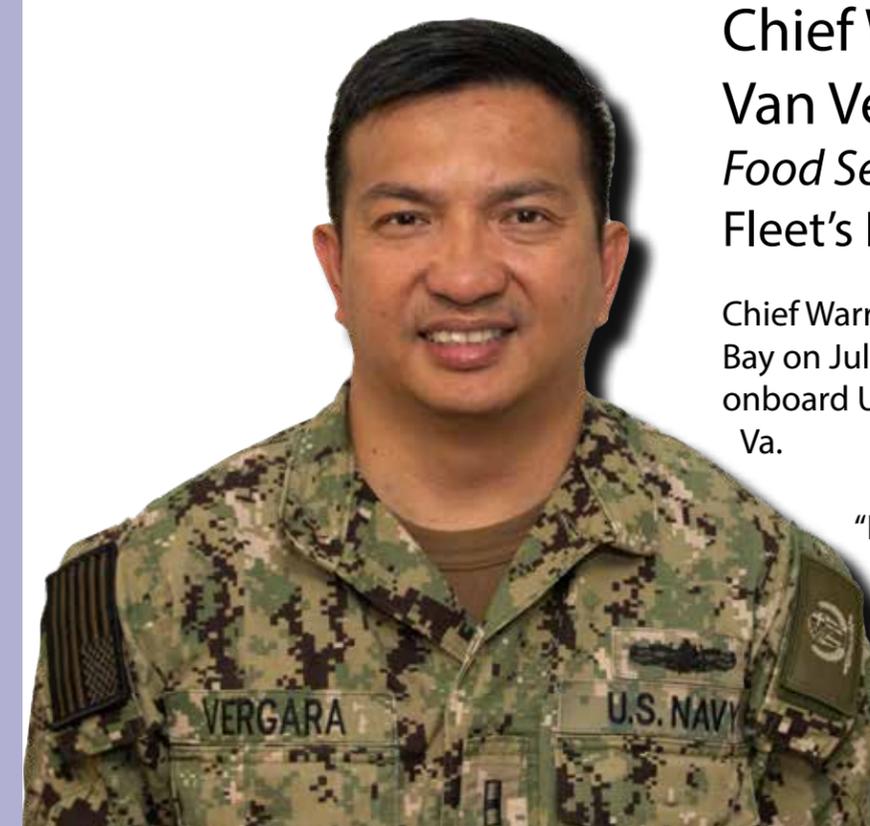
"I am glad to finally be here months after I was supposed to, [due to the] Coronavirus. If the Legal Office can provide you any assistance, come on by and we will do our best to either provide that assistance or send you to the right person."



**Chief Warrant Officer 2
Timothy Thurman**
Administrative Officer
Administration Office

Chief Warrant Officer 2 Thurman arrived at Souda Bay on July 3 and spent 14 days in Restriction of Movement status. He comes from Naval Special Warfare Unit 3, Bahrain.

"Team Souda, I am looking forward to working with each and every one of you, and 'Go Dawgs!'"



**Chief Warrant Officer 3
Van Vergara**
Food Services Officer
Fleet's Inn Galley

Chief Warrant Officer 3 Vergara arrived at Souda Bay on July 5. He was previously stationed onboard USS Dwight D. Eisenhower in Norfolk, Va.

"I am your new food services officer onboard NSA Souda Bay Fleet's Inn Galley and I'm so excited and I'm honored to be a player here on Team Souda."



Lt. Cmdr. Christopher Fairfield
Public Works Officer
Naval Facilities Engineering Command
Europe, Africa, Central Detachment
Souda Bay

Lt. Cmdr. Fairfield came to Souda Bay on July 6 from Naples, Italy, where he was a division director within the public works department.

"I am very excited to be here. This place is fantastic. I am looking forward to a very productive, very meaningful experience here at Souda Bay. As far as supporting the warfighter and as far as the N4 / public works department can do, I just look forward to championing our mission from a facilities and sustainment and products and delivery services standpoint."

Holidays in Greece: August 15

Story and photos by Kostas Fantaousakis, Public Affairs



A traditional Orthodox painting of the Assumption of Mary, as drawn on the exterior of a church in Aroni, Crete.

August 15 is one of the largest religious celebrations in Greece after Easter and Christmas. It is a national holiday dedicated to the Assumption of the Virgin Mary (in Greek: Koimisis tis Theotokou).

Churches throughout Greece celebrate the holiday with traditions which vary from place to place. The formal religious ceremony is held during the day, with mass and prayers in the morning and in the evening. Each town's icon of the Virgin is adorned with flowers and ribbons and carried around the streets, so that everyone can touch it.

Greeks of the Orthodox faith prepare themselves by fasting for 14 days, from August 1-14. The fast is joyfully broken on the 15th. The essence of the celebration is that everyone is welcome and treated like family, participating body and soul in the commemoration period.

The Sacred Church of the Megalohari, located on the island of Tinos, is a site of religious pilgrimage. It is dedicated to an icon discovered in 1823 after Sister Pelagia, a nun, had a vision: the Virgin Mary herself

appeared in a dream, showing her the icon's location.

This icon is renowned for its miraculous and curative virtues, and the church was built to honor it. The Holy Icon is considered older than the Byzantine period.



The Church of Panagia Evangelistria in Tinos where the Holy Icon is located, one of the most famous Orthodox Christian tourist destinations in the world. Pilgrims come here to crawl on their knees up the stairs to reach the Holy Icon. Image source: Archdiocese of Athens (religiousgreece.gr)



There are several churches that are dedicated to the Assumption of the Virgin Mary in Crete. The closest ones to NSA Souda Bay in the Akrotiri peninsula are located in Aroni (left) and Chorafakia (right).

Fleet and Family Support Center

Supporting the needs of Team Souda's active duty, family members, and DoD civilians

Here's How We Support Team Souda:

<p style="text-align: center; font-weight: bold; margin: 0;"><i>Clinical Counseling</i></p> <p style="font-size: 0.8em; margin: 0;">Confidential, short-term, individual, couple, family and group counseling and crisis intervention.</p>	<p style="text-align: center; font-weight: bold; margin: 0;"><i>Family Advocacy</i></p> <p style="font-size: 0.8em; margin: 0;">Prevent and address incidents of child and domestic abuse and neglect.</p>
<p style="text-align: center; font-weight: bold; margin: 0;"><i>Sexual Assault Prevention and Response</i></p> <p style="font-size: 0.8em; margin: 0;">Provide victims with information and emotional support through the medical, legal, and investigative processes. Education and training for SAPR Victim Advocates and the community.</p>	<p style="text-align: center; font-weight: bold; margin: 0;"><i>Relocation (Lending Locker)</i></p> <p style="font-size: 0.8em; margin: 0;">Online resources and a Loaner Locker with basic household items such as dishes, pots & pans, to help until household goods arrive.</p>
<p style="text-align: center; font-weight: bold; margin: 0;"><i>Relocation and Transition</i></p> <p style="font-size: 0.8em; margin: 0;">Resume writing, federal job searches, interviewing skills, and application assistance.</p>	<p style="text-align: center; font-weight: bold; margin: 0;"><i>Information and Referral</i></p> <p style="font-size: 0.8em; margin: 0;">Topics on the services available at the FFSC, online, and through our partnerships in the community.</p>
<p style="text-align: center; font-weight: bold; margin: 0;"><i>Workshops and Classes</i></p> <p style="font-size: 0.8em; margin: 0;">Stress management, anger management, team building and other topics (upon request).</p>	<p style="text-align: center; font-weight: bold; margin: 0;"><i>Ombudsman</i></p> <p style="font-size: 0.8em; margin: 0;">Provide information and answer questions to help service members and their families deal with the unique challenges of the military lifestyle.</p>

Online Resources:

<p style="font-size: 0.8em; margin: 0;">NSA Souda Bay FFSC</p>	<p style="font-size: 0.8em; margin: 0;">DoD Safe Helpline Sexual Assault Support for the DoD Community www.safehelpline.org</p>	<p style="font-size: 0.8em; margin: 0;">www.cnic.navy.mil/soudabay Fleet and Family Readiness > Support Services</p>
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Location: Bldg. 11 (Ground Floor of Barracks)

Hours of Operation: Mon – Thurs 7:30 a.m. to 5 p.m.; Fri 7:30 a.m. to 4 p.m.

DSN: 314-266-1689/1690 COMM: +30 282-102-1689/1690

24-hour SAPR Victim Hotline: +30 694-043-1130 | 24-hour SARC: +30 694-043-1129

Living in Greece: Basic Words and Phrases

by Kostas Fantaousakis, Public Affairs

Hi: Γειά (Yah). Very informal. Not to be used for higher ranking or officials or senior citizens.

Hello (single person/informal): Γειά σου (YAHsoo)

Hello (two or more/single formal): Γειά σας (YAHsas).

Ok: Εντάξει (ENTAxei). Don't overuse as it is similar to "whatever."

Nice to meet you: Χάρηκα πολύ (HAreeka poLEE)

How are you?: Τι κανείς (tee KAHnis)

Good morning: Καλημέρα (kahleeMERah)

Good afternoon/evening: Καλησπέρα (kahleeSPERah)

Goodnight: Καληνύχτα (kahleeNEEKHtah)

Thank you: Ευχαριστώ (effkhariSTOE)

Please / You're welcome: Παρακαλώ (parakahLOE)
The word for "please" and "you're welcome" is the same. It can even be used to mean "I beg your pardon?" when you want people to repeat what they just said.

My name is...: Με λένε (me LEHneh)

What is your name?: Πως σε λένε; (pos se LEHneh?)

Farewell/Goodbye: Αντίο (AnTio). The more informal way of saying bye would just be "Yah." Recall that this is the same as saying hello (similar to "ciao" in Italian). If addressing two or more individuals, say "YAHsas."

See you/Talk to you later: Τα λέμε (tah LEHmeh)
Another way to say goodbye.

Yes: Ναι (neh)

No: όχι (OHhee)

Excuse me/ Sorry: Συγγνώμη (SeeGHNOmee)

Do you speak English?: Μιλάτε αγγλικά (MeeLAHteh agleeKAH?)

Cheers: Στην υγεία μας! (Stin ehYAHmas). This literally means "To our health!" You can also say "STINEh YAHsas," which means "To your health!"

Help: Βοήθεια (vohEEtheeyah)

Many happy returns: Χρόνια πολλά (CHRONia PoLLA). Many happy returns "Chronia Polla" literally means "May you live for many years" and is the most common wish that fits almost all joyful events. You can use this wish for birthdays, name days, New Year, Christmas, etc..



The Venetian lighthouse located in Old Venetian Harbour of Chania originally built in the 16th century.

COMPASSION



AT

WORK



Story By Denise Prendergast, LCSW
Fleet and Family Support Center Resiliency Counselor

Usually when we are going through a stressful time, we have a support system of family and friends we can lean on. Right now, in the middle of the COVID-19 pandemic, our support system is also under stress.

So how do we take care of ourselves and each other?

Compassion is the one true way to improve our own outlook and that of the people around us. Being kind to ourselves, trying to empathize with the struggle of others, and leading with care and understanding are ways to show compassion and increase the well-being of the people in your organization.

Here are a few ideas to get you started:

- Self-compassion: You cannot be kind to others if you are not kind to yourself. Make allowances for the challenges you are facing, get support and ask for help. This is a time to indulge yourself a bit — eat the ice cream!
- Communication: Be willing to listen and willing to support others with your words and actions. If you don't know what to say, be honest. Being there for someone who is having a hard time is often just

as helpful as offering advice. Make sure to address issues within your workplace. Everyone can step up and make a difference in morale this way.

- Encouragement: Be a cheerleader at work for the accomplishments of others; congratulate your peers on a job well done or a promotion. Their win is not your loss.
- Thoughtfulness: Each person's challenges are unique to them. It is often tempting to judge or rate someone else's pain or suffering. But pain is relative to the person it affects. Resist the urge to compare your suffering to another's. Your challenges can serve as the basis of your compassion.

Building a positive morale goes a long way to increasing productivity and helping each person feel they are part of a team that respects and values them.

If you need help with this or any other issue, the team at the Fleet and Family Services Center is here for you. Stop by and see us in Building 11 or give us a call. You can reach us from a base phone at 266-1690 or at 282-102-1690 from a civilian phone.

Katerina Rousketou
Naval Supply
Systems Command



“Mousaka that has both vegetables and meat in it.”

Mass Communications Specialist
1st Class Mike Wright
American Forces Network



“I love seafood. Mussels are my favorite.”

Utilities Constructionman
Apprentice Eian West
Public Works



“I really like appetizers a lot; staka, bread with tzatziki and saganaki with apricot.”

Josh Spivey
Fire Department



“Briam, it has vegetables with feta and is baked in the oven.”

Staff Sergeant Sean Vojvodih
95th Reconnaissance Squadron, Det. 1



“Smoked pork belly from Meating Group. It is the thickest and most delicious bacon.”



Word on the Street

What is your favorite Greek dish?



Chief Boatswain's Mate
Passion Richmond
Port Operations



“Pork and chicken gyros and lamb chops.”



Word on the Street

What is your favorite Greek dish?



Maria Prassakis
Legal



“It is difficult because everything tastes great here. During the summer, I like boureki and stuffed zucchini flowers. In the winter time, pastichio and wild boar.”

Hospital Corpsman 3rd Class
Jordan Belthrop
Medical



“Chicken souvlaki with tzatziki.”

George Papantonakis
Morale, Welfare and Recreation



“Mousaka, it is the most delicious dish.”

Mass Communications Specialist
2nd Class Kelly Agee
Public Affairs



“Fava. It is easy to make yourself at home. Also, staka with eggs.”

Master-at-Arms 3rd Class
Royerick Dixie
Security



“Seafood spaghetti. It has shrimp, baby octopus, oysters and prawns.”

Misty Toennis
Command Support Staff
95th Reconnaissance Squadron, Det. 1



“Pastichio, which is a Greek lasagna. I like the cinnamon flavor that makes you always wanting more.”

Logistics Specialist 2nd Class
Ebenezer Crentsil
Air Operations



“Baklava and dolmadakia, which is stuffed grape leaves.”

The Parting Shot...

