

THE BEACON

U.S. Naval Support Activity Souda Bay, Greece

September 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

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

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Contents



The Frank S. Besson-class logistics support vessel Maj. Gen. Charles P. Gross (LSV-5) is escorted by a NSA Souda Bay tug boat as it arrives at the Marathi NATO Pier Facility August 4. Photo by MC2 Kelly Agee, Public Affairs.

4

Triad Corner:
by
Commander Werner
Rauchenstein

6

Around NSA Souda Bay

14

Souda Spotlight

16

A Day in the Life: Medical

22

Chaplain's Corner
by
Lt. Michael Spoke

24

Word on the Street:
What is something you want to
improve about yourself?

Front Cover: Michalis Hatzidakis, a local national employee on the Port Operations team, prepares to catch a line from the Expeditionary Sea Base USS Hershel "Woody" Williams (ESB 4) as it moors pierside at the Marathi NATO Pier Facility on Aug. 18. Photo by MC2 Kelly Agee, Public Affairs

The Parting Shot: The lighthouse in Rethymno's Venetian Harbor is the second largest remaining Egyptian lighthouse in Crete; the lighthouse in Chania's harbor is the largest. The lighthouse we see today is 9 meters high and was built during the Egyptian Occupation of Crete in the 1830s. Photo by Kostas Fantaousakis, Public Affairs

Triad Corner



Team Souda,

Over the past six months, we have worked through one of the most challenging and heartbreaking periods in recent memory, and for many of us, in our lifetimes. We have pulled together to focus on our mission while our nation and the world are engaged in an historic struggle that affects each and every one of us. We are experiencing and witnessing tremendous changes, stress in our communities, and in some cases, tragic loss and the attendant grief. It is in our very nature as Sailors (and honorary Sailors) to weather storms and carry on. The strength and power of the United States is derived from this steadfast commitment to serve our nation with Honor, Courage and Commitment, and it is the foundation of our team's success. We must carry on. We can only do that together, in our parts and as a whole Team Souda – you all know this; I see it every day. As you look to the horizon:

- Take care of yourself. Get enough rest and eat your fruit and veggies, every day. And drink enough water. Everything else falls into place when you do these things. You will get out of bed with a smile on your face and the energy to conquer the day! Are you getting a little grouchy with your friends or shipmates? Take a break to reinforce your foundation. You are all heroes, but you're not superheroes; take time for yourself. Read the Chaplain's Corner on Page 22 – he has great advice on building a strong foundation so you can

handle the challenges that come your way.

- Look out for your shipmates. When you're good to go, you may notice someone who could use some help. You noticed because you care – ACT on that! – lend a hand, or an ear. Whatever it takes. September is Suicide Prevention Month; it's a good reminder that we can (and do) make a difference in others' lives. We can't always tell when something is wrong, so check in often with your teammates, family and friends – even those who seem to be doing just fine. If you think someone needs help, talk to them. And if YOU need help, please let ME know – every member of this Team is here for you, just as you are here for them.
- Accomplish the mission. The Fleet, the Navy and our nation depend on us for the operational support we provide. There's been a U.S. Navy presence in Souda Bay for more than 50 years, and we are getting better every day. Every one of us has a vital and necessary role in our mission accomplishment – from our team in the Visitor Control Center providing base access, to the Finance team helping you make those year-end purchases.
- Tell your leaders what you think. You are on the deckplates, "where the rubber meets the road." If it isn't right, do the team a solid and speak up. Creativity and a commitment to being better, faster, stronger,

and more fun keeps us engaged and focused. If your leadership can't make sense of it for you, we probably need to get to work fixing the issue. Just remember to be patient. The Anchor wasn't built in a day.

- Be safe, especially when driving. Safety must be a part of everything you do. The number of car and truck mishaps this summer is not acceptable. The most important piece of safety equipment on a vehicle is you – look out the window in the direction you are driving, and DO NOT HIT THOSE THINGS. You must drive defensively here – always assume there is a refrigerator or a goat in the road around the next blind corner. SLOW DOWN. Again: we need every one of you. And that goat.

- Enjoy this time. Team Souda demands that you show up ready and work hard. Put that same passion into your life while you are here! Get outside and explore our island home. Talk to your shipmates to get ideas – healthy and fun ideas – on how best to spend your

off-duty hours. I've said it before: Taking the time to learn our community here, and their culture, is a moving experience that gives us a deeper appreciation for them and our common values. I hope that all of you – especially those new to NSA Souda Bay and Sailors on their first tour – will join our community, build camaraderie, and (safely) create memories to last a lifetime.

Thank you for your time and attention. Thank you for taking to heart the messages of teamwork and service to others. You have given life to these principles, demonstrated a loyalty to your shipmates, and carried us all through a difficult time, all while exceeding every expectation for mission accomplishment this summer. ...The storm continues, and we will persevere and be better for it. Have a great month, Team Souda! – KALO MINA!

~XO



NSA Souda Bay Counseling Resources

Feeling overwhelmed and need someone to talk to?



Fleet and Family Support Center:
+30 694-043-1174

Chaplain:
+30 694-043-1151

Around NSA Souda Bay

Reenlistments

Photos by MC2 Kelly Agee, Public Affairs



Aviation Boatswain's Mate (Handling) 3rd Class Timothy Clark recites the Oath of Reenlistment given by Lt. Lucas Chatfield during his Aug. 3 reenlistment ceremony on the flight line. Clark, a native of Kingston N.Y., has been in the Navy for 6 years and at NSA Souda Bay for 1 year. He reenlisted in the Navy for 6 more years.

"Since I joined the Navy I knew I wanted to do 20 years, so (reenlisting) was an easy decision to make," he said.

Clark said he decided to have his reenlistment on the flight line because that is where he works. He is a handler and is in charge of directing the pilots to the correct parking spot as they arrive at NSA Souda Bay.



Master-at Arms 1st Class Joseph Harai, right, recites the Oath of Reenlistment given by Lt. Michael Spoke, command chaplain, during his reenlistment ceremony on Aug. 3 in front of Building 1. Harai, a native of Stockton, Calif., has been in the Navy for 7 years and at NSA Souda Bay for 8 months. He reenlisted in the Navy for 5 more years.

NSA Souda Bay is his first overseas command and he is a member of the security department.

"The Navy has great opportunities to provide for you to travel around the world and great career benefits and allows people to succeed and experience different leadership roles," said Harai about deciding to reenlist.



Master-at-Arms 3rd Class Abraham Andujar recites the Oath of Reenlistment given by Lt. Michael Spoke, command chaplain, during his Aug. 6 reenlistment ceremony on a harbor security patrol boat. Andujar has been in the Navy for 3 years and at NSA Souda Bay for 10 months. He reenlisted in the Navy for 3 more years.

As part of harbor security Andujar performs surveillance, making sure his teammates and the assets at Marathi are safe. He is a crewmember for the harbor security boats and is also proficient at driving the boats. If one of his coxswains becomes indisposed while underway, he could drive the boat back to safety.

Andujar takes pride in his job at Marathi and said, "I enjoy working at Marathi, it is a great group of people that I work with and I also like being on or near the water. I feel like Sailors are meant to be at sea or (at least) at the water."



Aviation Ordnanceman 2nd Class Shanice Winston, right, receives her Certificate of Reenlistment from Lt. Michael Spoke, command chaplain, during her reenlistment ceremony on Aug. 7 at the Marathi Nato Pier Facility. Winston, a native of Richmond, Va., has been in the Navy for 10 years and 2 months and at NSA Souda Bay for 16 months. She reenlisted in the Navy for 5 more years.

Winston is the Ordnance Information System Administrator for the Navy Munitions Command detachment at Souda Bay. She is in charge of maintaining records of their ammunition.

Winston choose Spoke to be her reenlisting officer and said, "I like his spirit. Our command worked with Fleet and Family and the chaplain because we needed a morale lifter. We did some resiliency training where we went on a hike and did some team building exercises on the beach in Stavros and it really did make a big impact. We really did have a good time."

Reenlistments

Photos by MC2 Kelly Agee, Public Affairs



Tech. Sgt. Juliette Howard is all smiles as she thanks team members for attending her reenlistment ceremony on Aug. 8. The ceremony was held on the wing of a Boeing RC-135. She has been in the Air Force for 10 years and 7 months and at NSA Souda Bay for 7 months. She reenlisted in the Air Force for 4 more years.

“Souda Bay is a small base but it is nice, it is definitely different from any other base I’ve been to before,” said Howard. “The mission is more unique so it is a great experience.”

Howard is an Air Force client systems technician and the systems administrator for the U.S. Air Force 95th Reconnaissance Squadron, Det. 1.



Air Traffic Controller 2nd Class Edward Watson, left, recites the Oath of Reenlistment given by Lt. Lucas Chatfield on the flight line on Aug. 25. Watson, a native of Brunswick, Ga., has been in the Navy for 4 years and 9 months and at NSA Souda Bay for a year. He reenlisted in the Navy for 5 more years.

Watson works in Air Operations and his duties include tracking incoming and outgoing flights, arranging fueling services and parking spots for aircraft, and assisting aircrew with base access forms.

“I like the work in Air Ops,” Watson said. “We work together with the Greeks well, we communicate with each other a lot and always get the job done.”

Welcoming “Woody”



The Expeditionary Sea Base USS Hershel “Woody” Williams (ESB 4) arrived in Souda Bay on Aug. 18. Williams made a routine logistics stop at the Marathi NATO Pier Facility while on a regularly scheduled deployment to the U.S. Naval Forces Africa area of responsibility.

Photo by MC2 Kelly Agee, Public Affairs.

Two-decade Deployment



The logistics support vessel MG Charles P. Gross (LSV-5) and the logistics support vessel SP/4 James A. Loux (LSV-6) arrive at the Marathi NATO Pier Facility on Aug. 4. NSA Souda Bay supported the Frank S. Besson-class vessels by providing contracting services and port facility support operations. The ships stopped in Souda Bay on their way to Kuwait in 2000, and are heading home after a 20-year deployment in the U.S. Central Command area of operations. Photo by MC2 Kelly Agee, Public Affairs.

Farewell Friend...



NSA Souda Bay team members gathered to bid farewell to Michalis Chatzidakis, Protocol Office VIP assistant and driver, and his wife, Toula, at the Hellenic Air Force 115th Combat Wing Summer Club on Aug. 12. Chatzidakis, Team Souda's longest-serving employee, started working at NSA Souda Bay in 1980 as a maintenance worker and electrician in the Public Works Department. He became a driver for Public Works in 1988 and Protocol Office's VIP driver in 1995. Photo by MC2 Kelly Agee, Public Affairs.

Kris Creates Creative Crafts for Kids

Kris Kelly, NSA library technician, poses with the ceramic elephant she painted during the Library's virtual weekly activity Aug. 25. Parents can pick up a Kid's Club Pack from the library and then follow along with a pre-recorded craft activity that is posted on MWR's Facebook page every Tuesday. These creative activities are continuing until Sept. 11.

For more information, please call 266-1491.

To view the activities check out MWR's Facebook Page at <https://www.facebook.com/cretemwr>

Photo provided by Kris Kelly.



Special Ops Leaders Visit



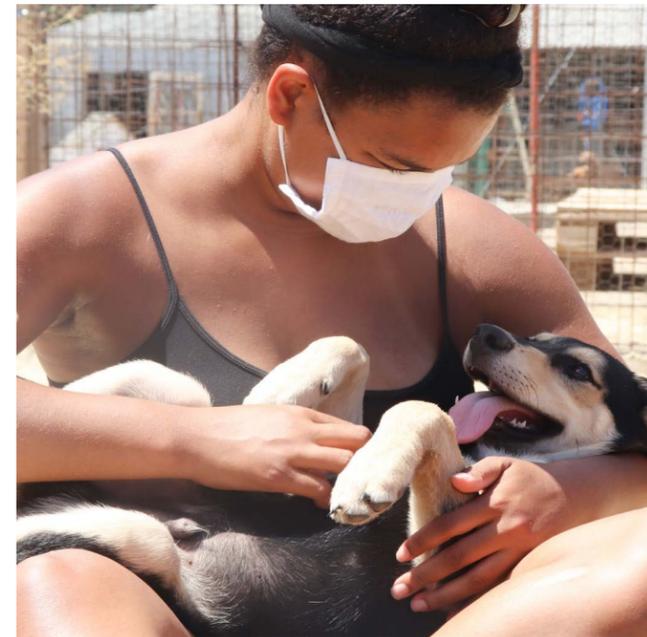
ABOVE: Capt. Rafael C. Facundo, commanding officer, NSA Souda Bay (right), discusses the installation's capabilities with Maj. Gen. David H. Tabor, commander, U.S. Special Operations Command Europe (left) and Maj. Gen. Dagvin R.M. Anderson, commander, U.S. Special Operations Command Africa, during their visit to Naval Support Activity Souda Bay on Aug. 29.

RIGHT: NSA Souda Bay's Command Master Chief Brian J. McDonough welcomes Army Command Sgt. Maj. Michael D. Albaugh, U.S. Special Operations Command Africa's senior enlisted leader, to NSA Souda Bay on Aug. 28.



Community Outreach

Photos by MC2 Kelly Agee, Public Affairs.



Volunteers from NSA Souda Bay participated in a command-sponsored Community Relations event at the Souda Animal Shelter on Aug. 8. The Sailors volunteered their time to perform yardwork and play with the dogs.

Intelligence Specialist 3rd Class Cheyenne Morgan recruited Sailors to participate in this event. Due to COVID-19 restrictions, shifts of 10 Sailors worked from 10 a.m. to 12 p.m. and from 12 to 2 p.m.

If you are interested in participating in a Community Relations event, contact the Public Affairs team at 266-1348 or 282-102-1348.



NSA Souda Bay Sailors pose for a photo on Aug. 15 before a command-sponsored community relations event to help clean up Kalathas Beach in Chania. Kalathas Beach is known for its shallow and clear water and beautiful golden sand, making it a very popular tourist destination.

National Preparedness Month: Disasters Don't Wait. Make Your Plan Today.

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for at least 72 hours. Are you ready?

Making a list of items to include in your emergency kits is a great place to start getting prepared for potential disasters. Be sure to consider your family's unique needs, such as medications or pet supplies. Your family's emergency kit should look a little different this year as a result of COVID-19. The Federal Emergency Management Agency recommends including gloves, hand sanitizer, hand soap and face mask in both your home and vehicle emergency kits.

Visit <https://www.ready.gov/kit> for more resources that will help you build your kit.



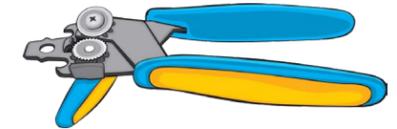
Water

At least one gallon per person per day for at least three days.



Food

Nonperishable food to support everyone in the household for at least three days. Include canned goods with low salt and high liquid content.



Can Opener

Make sure it is a manual just in case power is out.



First Aid Kit

One of the most important items that will come in handy in case you sustain an injury during a disaster.



Prescription medications

Enough for at least three days.



T-shirt and extra face masks.

Bring one for every member of the household.



Personal sanitation supplies

Items such as moist towelettes (one container for every two people in the household).



Flashlight

One flashlight for every two people in the household.



Money

At a minimum, \$100 in local currency.

Other items to consider: Infant formula, diapers, food and water for your pet, extra batteries, paper plates, matches in a waterproof container, whistle, sturdy shoes, hats and gloves, sleeping bag, weather appropriate clothing for each person, paper and pencil, books, games and toys.

**Boatswain's Mate 3rd Class
Jason Reese**



Port Operations

Originally from Chicago, Boatswain's Mate 3rd Class Jason Reese joined the Navy in 2014. His previous command was the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) based out of Rota, Spain. He arrived at NSA Souda Bay 18 months ago, and he works for the Port Operations Department helping ships at the NATO Marathi Pier Facility.

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

Our main job here is trying to contain a spill or a fuel spill if (there is one). When a ship arrives we put an oil boom around the ship. If an oil spill was to occur we would have to clean it up. I have other duties within my department/division. I am the training petty officer and currently taking over the CPPA (Command Pay/Personnel Administrator) position, the administrative stuff. I log all the ship's movements within a program on our computer and keep track of all the ships pulling in and out of the port.

What is the best part of your job?

Out here I am a qualified coxswain so I get to drive the boats all the time. Getting to drive out in Souda Bay on the beautiful water is the best thing about it here. When I was on a ship I always liked to do UNREPS (underway replenishment*). I enjoy being a BM because I've always liked working with my hands. On the ship we paint the inside and outside of the ship, take care of rust on the ship, set up rigging and also conduct a lot of maintenance on our equipment.

What is it like being a BM?

We do take a lot of pride in what we do because we are one of the oldest rates in the Navy. Also, a lot of stuff that we do is dangerous, which can build camaraderie, especially on board a ship. Some of the most dangerous evolutions are small boat operations. This is when we are in a small boat on board the ship and it gets lowered into the middle of the ocean.

What advice do you have for someone wanting to be become a boatswain's mate?

You have to have thick skin to be a boatswain's mate. You have to be able to take people screaming and yelling at you and still be able to perform your duties and to understand that the people yelling at you aren't doing it to be mean, they are trying to keep you safe. They don't want you accidentally stepping over a line during the mooring evolution or not paying attention, because you could get seriously injured or even worse.

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

I like going to the beach. I recently went to Elafonisi and that is probably my favorite beach. I like to take it easy and just relax.

*a method of transferring fuel, munitions, and equipment from one ship to another while underway.

Sasha Needham



**Asset Management
Branch Head & Real Property
Accountability Officer,
Public Works Department**

Sasha Needham came to NSA Souda Bay in August 2015 from the Architecture and Engineering Branch at Marine Corps Base Camp Pendleton in Oceanside, Calif. Over the past five years, her office has planned projects to improve the installation's facilities and expand its capability.

What is typical day like for you?

There is no typical day because in asset management we deal with a lot of things – it's not just project planning. We do all the management of the real property using different systems, but iNFADS (internet Navy Facilities Asset Data Store) is a big one. The last few years we have had the FIAR (Financial Improvement and Audit Readiness) audits, which has been a big effort in which we are constantly making sure the records we have on our real property have all the proper documentation and data for the current

rolls. We manage the property, we do the planning, we do space management, we do all the site approvals for the construction projects, we do host nation liaison stuff, and we do NATO project planning and coordination.

What are some of the projects you have worked on here at Souda Bay?

I have worked on the P-903 Joint Processing Facility (the new air terminal project), the P-144 (the warehouse that would go down at Marathi) and the P-131 (new comm center project), which is FY21 right now - it is submitted to be in the '21 budget.

Is there a certain project or favorite achievement you have accomplished over the five years?

In terms of professional achievements, I think that anytime we get a

[military construction project] to the point of getting funded, which we've had several since I've been here, it's just a huge amount of work so we take pride in that.

What do you like to do outside the office? Any hobbies?

Usually during the week I am useless in the evenings because I am just too tired, but yeah, I like to do what everyone likes to do when they come here: travel, go to the beach, I like to cook, and I've taken some cooking classes.

What is your favorite food to cook?

Well, I'm from New Mexico so I like to make New Mexican food because you can't get that here. When I crave it I have to make it myself and I enjoy that.

Nikos Zacharakis



**Cook
Morale, Welfare, and Recreation
Food and Beverage Division**

Nikos Zacharakis, MWR's professional cook, has been feeding Team Souda since 2003. Nikos is in the Souda Spotlight for his talent cooking at The Anchor and at MWR's special events on and off the installation.

What does your job entail as a cook for MWR?

I am basically cooking, but I also am assistant to my supervisor with whatever she wants: with beverages, with orders, with supplies that we deliver. We have many events that we go out to and I am one of the persons who concentrates on what we have to do for the kitchen - what equipment we have to carry. We have many events outside of the base like the Fourth of July party (not this year, of course). All the other years we are planning for all these situations because you have to work very professional to not forget anything, because you are going to work somewhere else and you must be successful.

How did you become a cook?

I started to be a cook when I was a soldier in the Greek military.

And then to tell you the truth I was lucky ... I was in a restaurant for the officers and we were making food for the families, for the officers. I liked it because I saw it as an art and not as a business, not as work at a facility or something. And after I finished my military (service), I went to a school and I finished the cooking school and I started cooking in hotels, restaurants and tavernas.

I used to work in a hotel as a sous chef. For the salads and things we had to do decorating with vegetables and with ice, so I learned to fix things with ice and with butter. I made the Chania port in butter, exactly the same as an artist or a painter, but I made it with butter. There is a special kind of butter that is very expensive but it can stay at room temperature without melting. It took me about two days.

Do you have a favorite cuisine to cook?

I like Chinese. I learned to make it here when we had a very good chef here who taught me how to cook Chinese. Of course, one of the things is to have good ingredients so if you have the good stuff you

can cook it the same way – the correct way.

If you cook for your job, do you also cook at home?

Not every day. Whatever it takes for celebrations or if friends are coming over – I like to barbeque.

What do you like to do outside the office?

My biggest hobby, that takes a lot of my energy, is spearfishing. I try to go at least one day a week. I love to eat them – to catch them and to eat them. And I like dancing, I used to go for dance school with Latin music. Now during this situation everything is out, so I stopped doing that for now. Of course, I spend some time with my kids – I have two kids. We do some walking or going to the beach, and playing racquetball or football.

A Day In The Life: Medical

Story and photos by Joel Diller, Public Affairs



At NSA Souda Bay, the Branch Health Clinic works hard to take care of Team Souda's medical needs. Through physical health assessments, dental and eye exams, lab tests, and immunizations, they ensure our service members are fully medically ready – able to deploy and accomplish their mission.

On this day, General Duty Corpsman Hospitalman Caleb Newbill and Hospital Corpsman 3rd Class Jordan Belthrop work the Clinic's front desk, greeting patients as they walk in and answering the main telephone line.

"Most of the day is answering phone calls, booking

appointments, checking (patient's) vital signs for providers, and (we) screen the patients coming in so we know which provider they should see and if the provider will need anything," said Newbill. "We'll do blood draws, tests, screen for strep throat, just small things like that."

Taking care of Team Souda's pharmaceutical needs is Hospital Corpsman 2nd Class Justin Preiser, a pharmacy technician who has been stationed at NSA Souda Bay for two years.

"For the most part, the pharmacy is my home," said Preiser. "That is what I have been doing the last eight years. I like it and I am one of one," he said, meaning

he is the only pharmacy technician serving the base. Preiser said he is also the clinic's supply petty officer and command pay and personnel administrator. He also gives on-the-job training to the other corpsman so they can fill in for him when he is not available, which is preparing him for his next duty station.

"I'm going to be a pharmacy instructor now," said Preiser. "So now I'll be teaching all the incoming technicians at the pharmacy school before they go out to the fleet. So I'm excited for that – it's different."

Hospital Corpsman 1st Class Nicole Matera, independent duty corpsman, said she conducts research to prepare for seeing scheduled patients

or contacting them to follow-up on their condition or a recent injury. Her research includes how certain conditions are presented, the various ways to treat and manage conditions, and how to educate patients on conditions that can be managed outside of a clinic setting.

"Usually when I'm anticipating someone with a particular condition or injury, I use my references, whether it be through books or even through other providers, especially the physicians here at the clinic," said Matera.

Matera, who graduated from the Navy's Independent Duty Corpsman school in San Diego in December



LEFT: Hospitalman Caleb Newbill take a temperature reading of Hospital Corpsman 3rd Class Jordan Belthrop.



RIGHT: Hospital Corpsman 2nd Class Justin Preiser, a pharmacy technician, places a label on a pill bottle.

2019, is also the senior enlisted leader for the clinic.

“I am also taking care of my Sailors here, whether it be for their career development, their personal goals, scheduling, education,” said Matera. “It changes every day but I always like to help benefit their own career, their own inspirations, in turn with my patient care.”

The three general duty corpsman who work the regular clinic hours on weekdays also alternate weeks being on duty during nights and weekends.

“So once every three weeks I’ll be on duty 24/7,” said Newbill. “So anything that happens after hours, any flights, any patients, I’ll be the one getting called to come in and handle that.”

During the COVID-19 pandemic, medical personnel are needed to screen passengers arriving and departing at the air terminal.

“I’m now screening the incoming and outgoing flights,” said Newbill. “So every time there is a flight, we have to go take temperatures and we screen those patients. Sometimes we’ll be doing 6 to 7 flights a day.”

The medical staff also are taking measures to protect themselves so that they stay mission ready through the pandemic. The number of patients coming to the building has been reduced by encouraging them to call before showing up and by conducting assessments over the phone if they are not required to be physically present.

“Anything administrative, we have been able to run that virtually or through the telephone rather than in person in order to help reduce the number of contacts between patients and providers here,” said Matera.

Uniqueness

NSA Souda Bay’s medical facility is a Branch Health Clinic of the Naval Hospital Sigonella, Italy.

“We’re like an arm off of the Naval Hospital in Sigonella,” said Lt. Cmdr. Jackie Kessler, nurse clinic manager. “We have [Sigonella] to provide administration support and they have subject matter experts there for certain services that we don’t have here.”

Dental and optometry are two services that Naval Hospital Sigonella provides to Team Souda on a periodic basis.

Lt. Cmdr. Christopher Worley, senior medical officer, said the medical care at NSA Souda Bay is unique compared to duty stations in the United States where services members are used to all the medical care being provided by the military.

“One of the nuances or the uniqueness of Souda Bay is that due to our current limitations, we have to partner with host nation facilities to be able to accomplish the mission,” said Worley.

Leading that partnership is Anna Farley, the medical liaison who facilitates and coordinates the care of active duty service members and their families, and other categories of beneficiaries as needed.

Farley said she works in concert with the medical officer on duty, especially after hours.

“I ensure we follow up with all cases, from the beginning of the episode of care to the onset of the episode of care and until the case is closed – either (the) patient (is) home safe or transferred to a higher

echelon facility.”

Whether it is a routine check-up or help during an emergency, the Branch Health Clinic staff are standing by to take care of all Team Souda’s medical needs.

If you would like to make an appointment at the clinic, call (DSN) 266-1590 or (Commercial) 282-102-1590. In the event of a medical emergency, call the emergency dispatch number (DSN) 9-1-1 or (Commercial) +30 282-102-1911.

Team Souda, this is what your medical clinic wants you to know:



"As a physician with a family physician background, I still really enjoy seeing family members as well as the active duty. I think that the goal is to provide patient-centered care to any and all who come in, but also being in a OCONUS environment [we have a] desire to keep operational forces forward deployed."

- Lt. Cmdr. Christopher Worley, Senior Medical Officer



"Take the Joint Outpatient Experience Survey (JOES) . It is the clinic's report card so please complete it. It is a random survey that is sent through the mail that you can fill out and send back or scan the QR code to fill out online."

- Lt. Cmdr. Jackie Kessler, Nurse Clinic Manager



"I think it is important to know that you don't have to wait to have a visible injury to be seen. If you have questions in regards to your health or hygiene, it could be the littlest thing, medication-wise or nutrition, by all means, you're more than welcome to come in. You don't have to wait until there is an obvious problem to be treated. We're here for you mentally, spiritually, physically, and most important for education."

- Hospital Corpsman 1st Class Nicole Matera



"You know you're neighbors with the people on base and you see them in the gym and the chow hall and they're, 'Hey, can you do me a favor?' or, 'Hey, can you hook me up with this?' You know, we can't really do that in Medical."

- Hospital Corpsman 2nd Class Justin Preiser



"We don't just give out Motrin and tell you to change your socks and drink water."

- Hospital Corpsman 3rd Class Jordan Belthrop



"That they should follow the protocol and call the emergency dispatch. Active duty service members, per TRICARE policy, they can never self-refer, unless it is a threat of loss of life, limb, or sight. Follow the protocol and Medical will be your guardian angel. We monitor (patients at host nation medical facilities) daily, we visit the patients, both myself and the duty medical officer. We take care of their needs, 24/7."

- Anna Farley, Medical Liaison



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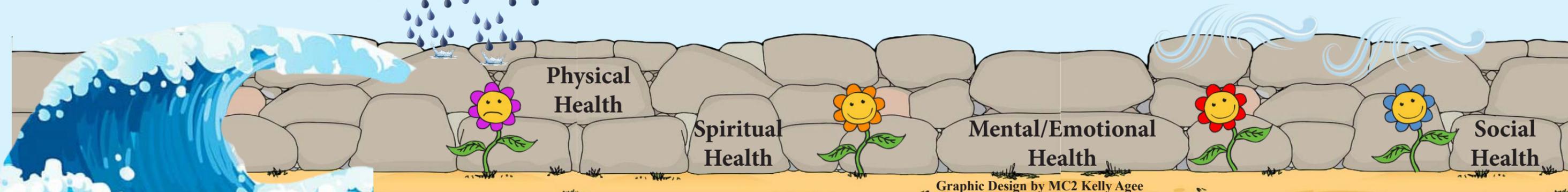
Take a few minutes to fill out the Joint Outpatient Experience Survey (JOES) when you get it either by email or mail. JOES is a survey that asks questions about your military health care experience. It's secure and we won't share your personal information. Your JOES responses tell us what we're doing right and what we can do better.



Chaplain's Corner: Building Your Life on a Solid Foundation



Lt. Michael Spoke



25 percent of 18 to 24-year-olds had thoughts of suicide.

That is an astounding number. The year 2020 has shaken many people to their foundation. Much like our story, when unexpected stress comes, our foundations are put to the test. I want to take a moment to talk about the role each of us has in building a strong foundation against not only suicide, but the many stressors of life. While it may not make us immune to thoughts of suicide, I believe that having a solid self-defense in place before the elements of life wear us down or take us by surprise is critical to guarding against them.

Here are four pillars of health necessary to support us during challenging times:

- **The first is your physical health.** Getting the right amount of sleep, eating the right kinds of food and exercising with regularity are essential in sustaining your strength and ability to enjoy life. If you feel good, you are more likely to have bandwidth to face greater challenges. Vince Lombardi once said, “fatigue makes cowards of us all.” If you aren’t prioritizing the kind of physical self-care your body needs to thrive, you are going to struggle to withstand continued stress over time. There is a limit to how much neglect and stress your body can handle.

- **The second is your mental/emotional health.** “Garbage in, garbage out” is a computer term which essentially describes how poor quality input produces faulty or poor quality output. Acknowledging, accepting and managing your feelings and emotions are a critical part of your ability to enjoy life. Maintaining healthy perspectives, finding healthy coping behaviors and making intentional choices about what you “input” into your mind and life are all essential parts of maintaining mental and emotional health.

- **The third is your social health.** “No man is an island.” Regardless of whether you are an introvert or extrovert, the ability to form and interact with meaningful relationships is an essential part of your ability to enjoy life and withstand stressors.

Understanding your family system, maintaining close relationships, having outlets for socialization, and having healthy boundaries in place are all components of social health. Having people in place who have your back is a strong foundation, especially when it comes to overcoming challenging times.

- **The final pillar is your spiritual health.** Spiritual health is not just about religion! Spiritual health is an internal experience of finding meaning and

connection. This means knowing and having a purpose in life, which is the way we anchor our decision-making processes. This can take the form of personal faith. It may mean naming foundational values. It also means living in such a way that we are not in tension with ourselves or our conscience.

This year has shown that many of us are reactive and unprepared to handle unexpected stress. My hope is that we will take the time to be proactive now. Like the first man in the story, chose to build your life on a solid foundation. Because the wind and waves will come. My hope is that we can build our strong foundations and be able to offer support to others when everything else seems to be collapsing.

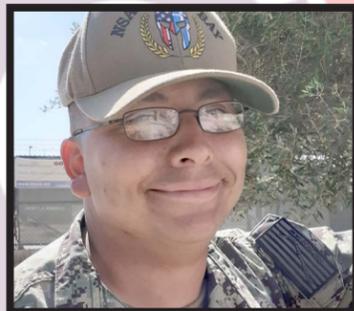
If you are having suicidal thoughts, or you know someone who is, help is available. The Chaplain Duty Number is +306940431151. Communications with Chaplains have absolute confidentiality per SECNAVIST 1730.9.

If you want to be trained in suicide prevention, contact the Chapel to sign up for SafeTALK at 266-1204 or 282-102-1204.

There is a story about two men who decided to build houses. As they prepared to build, one man decided that he would use a rock for his foundation. The other man decided he would build his home on the sand. Both men completed their projects and over time, the rain came, nearby streams rose and wind beat against the structures. The first man’s house, because it was built on a solid foundation, was able to withstand all these elements. The second person’s house, however, collapsed one day with a great crash. The foundation of his house could not support the added stress.

September is the Navy’s Suicide Awareness Month. Recently, the Centers for Disease Control and Prevention published a study revealing that over this past summer,

Master-at-Arms 2nd Class
Luis Reynosoluna
Security



"I'd like to learn more languages including Russian, Arabic and Mandarin."

Michele McLain
Public Works/Facilities Engineering
and Acquisition Division



"I'd like to improve my time management skills."

Chris Williams
Air Operations



"I would like to improve my fitness and professionally I would like to continue to improve the safety aspects on the airfield."

Hospital Corpsman 1st Class
Nicole Matera
Medical



"I would like to be prepared and become board eligible for chief. I also wish to get back into drawing."

Faidra Angelaki
Morale, Welfare and Recreation



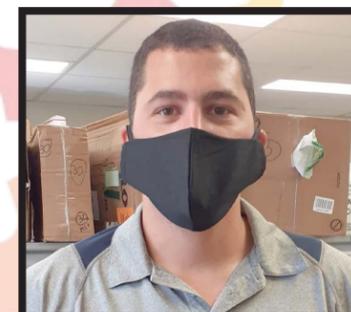
"Personally, I would love to travel more in Crete and get to know the places that I haven't seen, especially in the south part of the island."

Word on the Street

What is something you want to improve about yourself while at NSA Souda Bay?



Konstadinos Sfakiotakis
Naval Supply Systems Command



"I would like to spend more time at the gym and pool so I can improve my fitness."

Word on the Street

What is something you want to improve about yourself while at NSA Souda Bay?



Air Traffic Controller 2nd Class
Edward Watson
Air Operations



"I'd like to be able to manage my money better."

Scott Tucker
Emergency Operations Managemnet



"I'd like to improve on my proficiency in the Greek language."

Master-at-Arms 1st Class
Joseph Harai
Security



"I would like to continue to train and mentor junior Sailors to help develop their careers and reach their professional and personal goals."

Information Technician 2nd Class
Dixie Dominguez
Port Operations



"I'd like to get my security + certificate."

Ireni Hatzidaki
Navy Exchange



"In my personal life I'd like more exercise and outdoor activities. I'd also like to read more books, like I used to before the Internet took over. Job-wise I would like to be better at stress management."

Staff Sgt. Ashley Culp
95th Reconnaissance Squadron



"I would like to improve on my irrational fear of fish and the ocean."

Kevin Paggao
Fire Department



"I would like to improve my scuba diving skills so I can become certified."

Rethymno: A crossroad of civilizations

Sources: Wikipedia, www.greeka.com. Photos by Kostas Fantaousakis, Public Affairs



Rethymno old town

Rethymno (Greek: Ρέθυμνο) is a city on the island of Crete with approximately 30,000 people. It is about 90 minutes from NSA Souda Bay, and it is also the capital of the Rethymno regional unit, or prefecture.

Rethymno, like all Cretan cities, is a crossroads of different civilizations. You can see the influence of various cultures in its diverse architecture and rich cultural heritage.

One of the main features of the picturesque old town of Rethymno is the Venetian fortress, called Fortezza by the locals. It overlooks the sea and the very attractive old harbor and a beautiful lighthouse. This Venetian-era fortress is one of the best-preserved in Crete.

Today's old town (Greek: palia poli) was built almost entirely by the Republic of Venice. It is one of the best preserved old towns in Crete. The town was captured

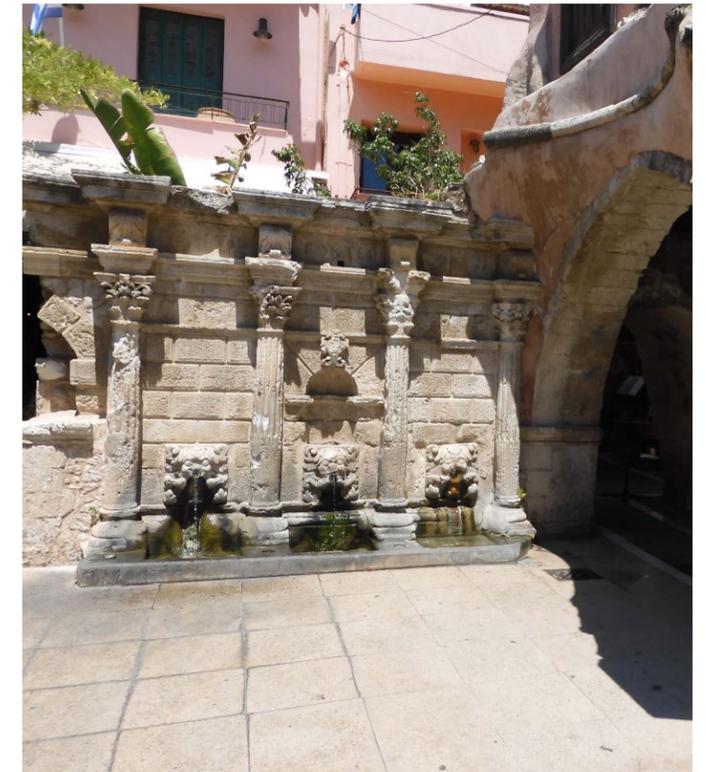
by the Ottoman Empire in 1646 during the Cretan War (1645–69) and they ruled it for almost three centuries. The old town still maintains its traditional appearance, with its buildings dating from the 16th century. It has arched doorways, stone staircases, Byzantine and Hellenic-Roman remains, the small Venetian harbor and narrow streets filled with rare shops and a variety of local and ethnic foods.

The modern town of Rethymno offers a vast range of tourist facilities including a beach, seaside taverns and restaurants on the busy waterfront, as well as all types of accommodations and local shops.

In the heart of the town lies the picturesque Venetian port, the most romantic spot in Rethymno. Ferries depart here for the harbor of Piraeus on the mainland. It is home to several monuments including the Neratze mosque, the Great Gate (Μεγάλη Πύρτα or "Porta Guora"), the Piazza Rimondi, and the Loggia.



The Neratze Mosque in Rethymno Crete: The Neratze Mosque in Rethymno, also known as the Gazi Hussein Mosque, is found close to Petichaki square. Initially it was a Venetian church dedicated to Santa Maria and later on, it became an Augustinian Monastery. However, when the Ottomans dominated the town in 1657, their leader, Gazi Hussein Pasha, turned it into a mosque.



The Rimondi Fountain in Rethymno: A small but elegantly classical structure stands at Petichaki square, in the heart of the old town of Rethymno. It was built in 1626 during the Venetian rule. Named after the Venetian governor of the period, A. Rimondi, it continually threw water from three springs that had the form of lion heads and provided an important water source for the inhabitants of the Old Town.



The Venetian Harbor of Rethymno

The Parting Shot...

