

The Beacon

Produced by NSA Souda Bay Public Affairs

October — November 2015



Warfighting First, Operate Forward, Be Ready



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The Beacon is the professional online magazine 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 via email to: Heather.Judkins@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.

The Beacon
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Photo by Heather Judkins

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Front Cover: Newly pinned Chiefs, BMC (EXW/SW) Robert R. Roy and MAC (EXW) Veronica D. Cartwright. BMC Roy was pinned by his wife and daughter while MAC Cartwright was pinned by her mother and SWC Michael Ramey. See “Hail to the Chiefs” on page 4. (Cover photos by MC2 Richardson)



Tweet us! We may feature your tweet in an upcoming edition!

Feature Articles

October-November 2015

**Have a great photo you want to share?
Send us your best “Trick or Treat” themed
photo and you could win a prize
courtesy of MWR!***

Photo submissions must be at least 300 dpi and in JPEG format only. No photo illustrations or other significant alterations may be made to any photographs as per DoDInst 5040.02.

Remember!

Photography is prohibited on base!

Send photos to: Heather.Judkins@eu.navy.mil

* *Details on page 19*

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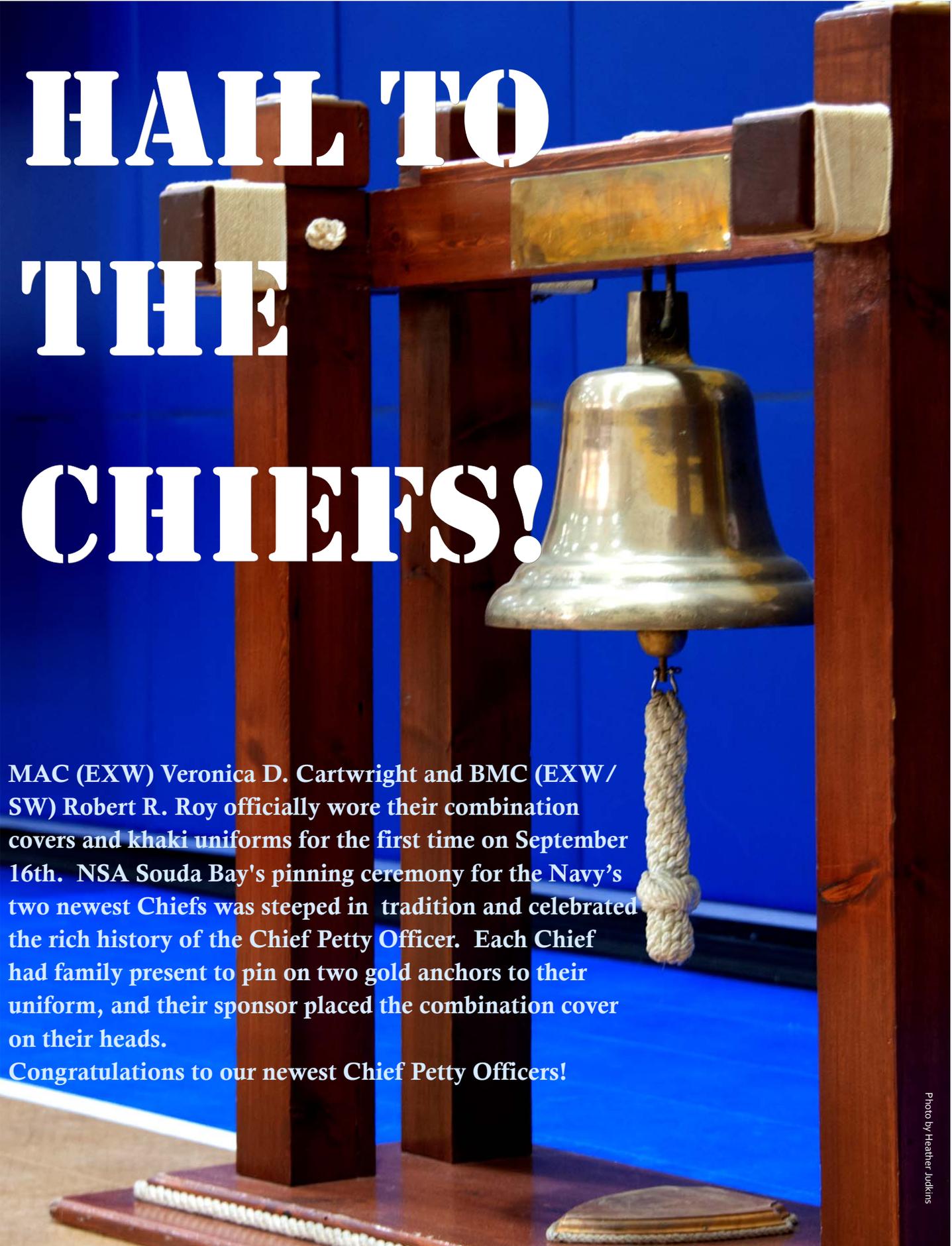


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HAIL TO THE CHIEFS!

A large, polished brass bell is suspended from a dark wooden frame. The bell has a thick rope tassel hanging from its base. The frame is made of thick wooden posts and beams. The background is a solid, vibrant blue. The overall scene suggests a formal or ceremonial setting, likely related to the Navy's pinning ceremony mentioned in the text.

MAC (EXW) Veronica D. Cartwright and BMC (EXW/SW) Robert R. Roy officially wore their combination covers and khaki uniforms for the first time on September 16th. NSA Souda Bay's pinning ceremony for the Navy's two newest Chiefs was steeped in tradition and celebrated the rich history of the Chief Petty Officer. Each Chief had family present to pin on two gold anchors to their uniform, and their sponsor placed the combination cover on their heads.

Congratulations to our newest Chief Petty Officers!

Congratulations to NSA Souda Bay's newest Chiefs!



Photo by Heather Judkins



Photo by MCA Richardson



Photo by Heather Judkins



Photo by Heather Judkins

Eco-Challenge 2015

Write-up Courtesy of Byron P. Gale II, MWR Athletic Director

11 Contending Teams. 5 Events. 1 Champion! NMIOTC takes Eco-Challenge 2015 Honors

The NSA Souda Bay Eco-Challenge (EC) 2015, an annual off-base event, was a huge success. Relay teams competed in five timed sporting events: 16 kilometer (K) run, 10K hike, 40K bike race, 6K kayak race and a 2,000 meter swim. It is a grueling event intended for "highly fit" individuals that tests both mind and body. Teams compete for the honor of being crowned with a golden laurel much like what Greek Olympians were crowned with at the end of the ancient Olympic Games.

This year 11 teams entered the event - eight from NSA Souda Bay, two from our Host Nation Military and one from England. Participating teams were: Command Admin Droopy's Dogs, The Chiefs Nautical Nonsense, Supply Last Minute Entry, Security, Public Works Department (PWD) 1 Buzzkills, PWD 2 The Bees Knees, PWD 3 The Swarm, Air Operations, NATO Maritime Interdiction Operational Training Center (NMIOTC) Sea Trainers, the 115th Hellenic Air Force Combat Wing, and the U.S. Air Force Geeps from Royal Air Force (RAF) Lakenheath, UK.

The event kicked off at 0730 at the Agia Triada Monastery. Here, hikers carrying 15 percent of their body weight, stepped off for the 10K hike. The hikers made a loop past ruins located 5K away and then back. Shortly after, runners got on their marks for the 16K run. The runner's endpoint was Loutraki Beach where bikers were lining up for their leg of the Challenge, a 40K bike race. Meanwhile, at Marathi Piers, kayakers were already in the water paddling in circles warming up for a 6K race that almost didn't happen due to high winds and rough seas. It was a tough course, but they were granted the green light and raced to Marathi Beach. As the kayakers glided across their finish line the aquanauts at Marathi Beach took the plunge for a 2,000 meter swim ending their leg of the Challenge at Loutraki Beach. Bicyclists closed the loop and crossed the finish line where the Eco-Challenge started, at the Agia Triada Monastery.

This well-orchestrated event concluded at 1430 with an Award Ceremony at Marathi Beach where the Champions were crowned. NMIOTC Sea Trainers took home top honors over the 11 competing teams and was crowned EC2015 Champs with an impressive completion score of 5 hours and 25 minutes. For the Captain's Cup Honors, for the top U.S. teams, Security took 1st place with a completion score of 5 hours and 33 minutes. The winning wreaths were awarded at a picnic luncheon as family, friends and co-workers looked on. This family-oriented event was a morale booster that brought the entire NSA Souda Bay community together and most importantly built camaraderie and enriched relations between the Hellenic and U.S. members.

Congratulations to all the participating teams and the Morale Welfare & Recreation (MWR) Fitness Center Personnel who worked hand-in-hand with the Hellenic Police Department providing escorts for athletes taking to the road on foot or on wheels. Special thanks to the 115th Hellenic Air Force and Hellenic Navy for providing corpsmen and ambulances standing by to ensure EC2015 was as safe as it was fun. The bar was set high this year. It will be interesting to see if it can be surpassed next year at EC2016!

OVERALL AWARDS PLACING

- 1st: NMITOC Sea Trainers - 5 hours, 25 minutes
- 2nd: 115th Hellenic Air Force Combat Wing - 5 hours, 29 minutes
- 3rd: NSA Souda Bay Security - 5 hours, 33 minutes
- 4th: NSA Souda Bay Supply Last Minute Entry - 5 hours, 57 minutes
- 5th: NSA Souda Bay Command Admin Droopy's Dogs - 6 hours, 3 minutes
- 6th: NSA Souda Bay PWD 1 Buzzkills - 6 hours, 10 minutes
- 7th: NSA Souda Bay Air OPS - 6 hours, 12 minutes
- 8th: RAF Lakenheath US Air Force Geep - 6 hours, 17 minutes
- 9th: PWD 2 The Bees Knees – 6 hours, 30 minutes ... and 23 seconds
- 10th: PWD 3- The Swarm - 6 hours, 30 minutes ... and 34 seconds
- 11th: NSA Souda Bay Chiefs Nautical Nonsense - 7 hours, 40 minutes

CAPTAIN'S CUP PLACING

- 1st: NSA Souda Bay Security - 5 hours, 33 minutes
- 2nd: NSA Souda Bay Supply Last Minute Entry - 5 hours, 57 minutes
- 3rd: NSA Souda Bay Command Admin Droopy's Dogs - 6 hours, 3 minutes

FASTEST 16K RUN TIME

Antonis Gampas (115th Hellenic Air Force Combat Wing) - 1 hour, 9 minutes

FASTEST 10K HIKE TIME

Manuel Roa Ovalles (NSA Souda Bay Supply Last Minute Entry) - 1 hour, 13 minutes

FASTEST 40K BIKE TIME

Christophoros Psarakis (115th Hellenic Air Force Combat Wing) - 1 hour, 20 minutes

FASTEST 6K KAYAK TIME

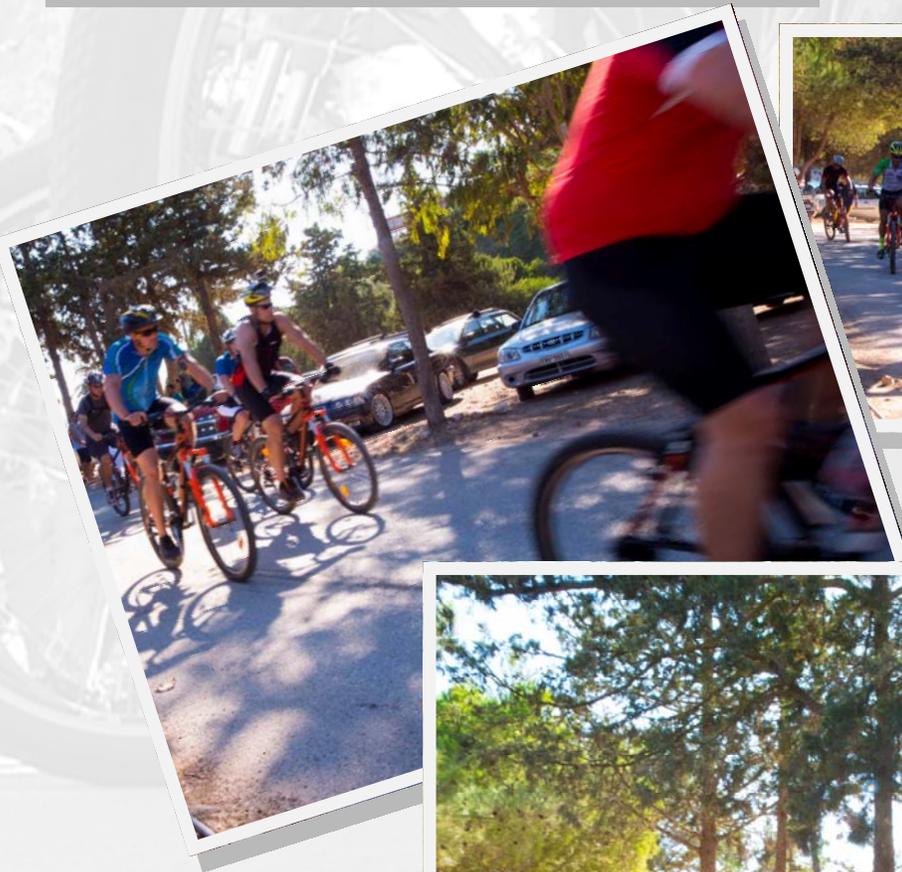
Alex Tsaltas (NMITOC Sea Trainers) - 27 minutes, 57 seconds

FASTEST 2,000 METER SWIM TIME

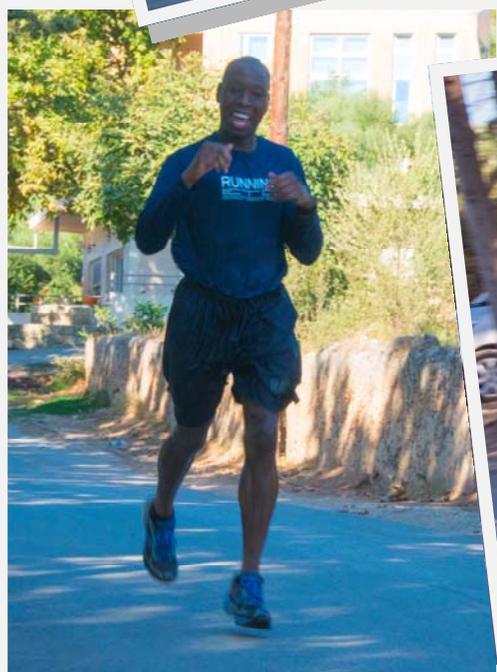
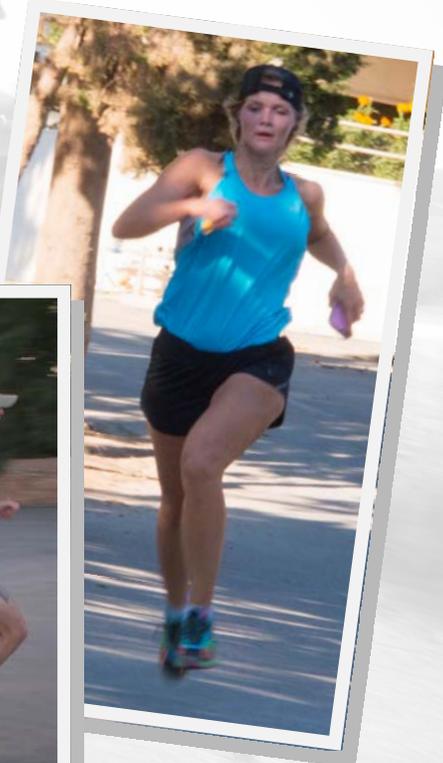
Andres Quintana (NSA Souda Bay Security) - 36 minutes, 5 seconds



Photo by Heather Jenkins



Photos by Jacky Fisher



Photos by Jacky Fisher

Eco Challenge 2015





Photos by Jacky Fisher

Eco Challenge 2015



Photo courtesy of AFN Souda Bay



Photo by Jacky Fisher



Photo by Jacky Fisher



Photo by Jacky Fisher

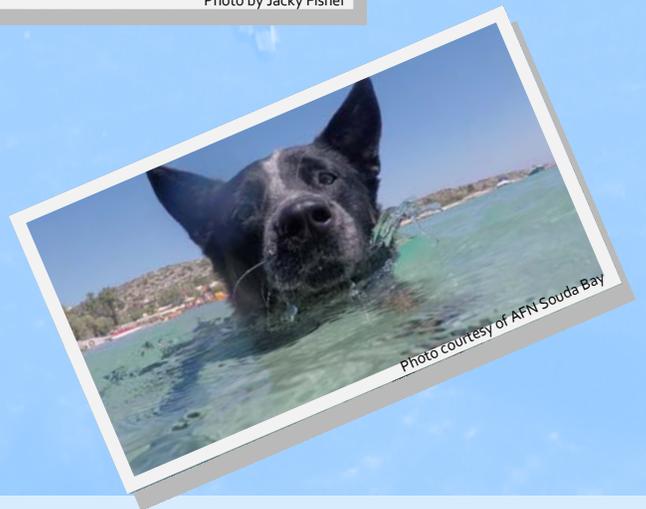


Photo courtesy of AFN Souda Bay

Adventures in **Pink** Hiking Boots



Photos and story by Heather Judkins



I suppose I should start with this caveat: “I am not an outdoorsman.” I am quite the opposite, in fact. I like cute shoes and quite frequently make poor choices based on how they look versus the purpose for which I am wearing them. With that said, I prepared for the Aradena gorge hike the best way I knew how; I bought pink hiking boots.

In my defense, I did read the email sent about the Aradena gorge from the Outdoor Adventure Center (OAC). The gorge itself is amazingly beautiful and, according to the information sent by OAC prior to our trip, just one of many gorges the island of Crete has to offer.

According to OAC, “some of the most spectacular features of Crete are the more than 250 gorges. The province of Sfakia has 12 of the best known gorges to include Samaria, Imbros, Irimi, and Aradena. The gorge of Aradena lies in the beautiful and wild region of Sfakia on the southern coast of Crete. The gorge begins inland in the abandoned village of Aradena (close to Anopolis) and ends some 5.5 km (two hours) later at Marmara beach. Marmara beach has many beautiful caves of smooth, white, marble like limestone that reflects the turquoise colored waters of the Libyan sea in which you can swim.



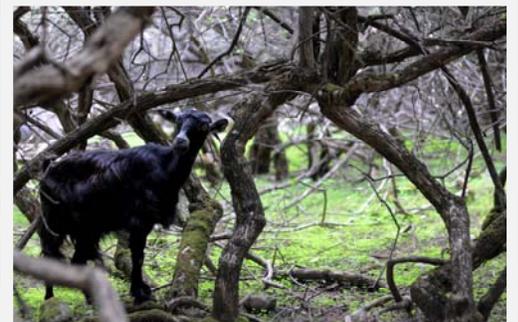
“Some of the most spectacular features of Crete are the more than 250 gorges.”

- Outdoor Adventure Center

From Marmara, our path heads east on a trail above the cliffs through the village of Likos, past the ancient site of Finikas, to the beautiful seaside village of Loutro.”

The total hike is around 8.5 km in distance. The terrain covered is not overly challenging, but takes a little patience and attention in some places. If you do decide to go on a hike with the OAC, make sure to check out the list of suggested items to pack (shoe types are, indeed, one of those items). Also, be sure to take advantage of the wealth of knowledge about our area offered by the staff. Part of the joy of going on a tour is the wealth of “insider information” provided. Think ‘the inside scoop on great scenery, great history and awesome food’!

As Sailors, you have the unique opportunity to be stationed in some amazing places, so make the most of each duty station to which you transfer. It's too easy to become complacent in the day to day routines. The Liberty Center, MWR, Kriti Info and the Outdoor Adventure Center give you an “easy button” to get out and do something fun while stationed here at Souda Bay.



Community Outreach



Sailors from NSA Souda Bay provided volunteer work at the Municipal Senior Citizens Home of Chania on 2 October. The facility is situated on a beautiful location near the sea and NSA Souda Bay volunteers were more than happy to contribute to the hard work being done by the Home's personnel. Thank you, Municipal Senior Citizens Home of Chania, for opening your doors to us.

To participate in a community relations event, e-mail Community Relations Specialist, Kostas Fantaousakis, at Konstantinos.Fant.gr@eu.navy.mil, or call 266-1348. All community relations projects must be coordinated and staffed by Public Affairs.

Volunteers from the U.S. Air Force 95th Reconnaissance Squadron, onboard NSA Souda Bay, took some time off from their busy schedule for a beach clean-up at beautiful Marathi Beach in Chania, Crete.

According to the Hellenic Society for the Protection of Nature (EPPF), 395 Greek beaches and nine marinas won the international quality Blue Flag award for 2015, putting Greece in third place worldwide among 50 countries.

(Info via <http://greece.greekreporter.com>)

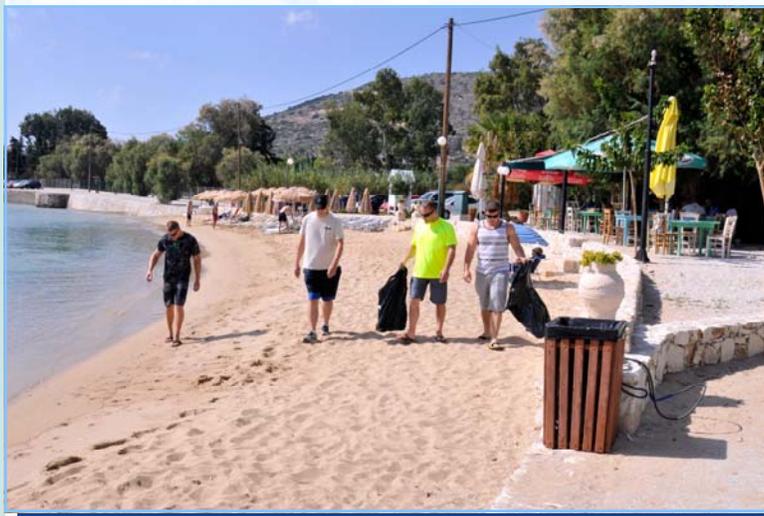




Photo and write up courtesy of Byron P. Gale II, MWR Fitness Director

The Command Fitness Leader (CFL) Course was a success. This course was designed due to the new instruction (NAVADMIN 178/15) that outlines changes for body composition assessment. We had 15 Sailors attend the class to include three Sailors from other commands in London, Germany and NAS Rota, Spain. NSA Souda Bay is the only base in the region to date to hold this course. BZ!

Got Suggestions?
 about the MWR Fitness Center
Your opinion matters!

You are invited to attend a Focus Group on Thursday 12 November 2015 starting at 1100 in Graffiti's Movie Room

Don't miss this opportunity to tell us how we can make the MWR Fitness Center facility and programs better **for YOU!**

FREE Pizza will be provided!

MWR FITNESS CENTER

- Incentive Programs
- Intramural Sports
- Fun Runs
- Personal Training
- Group Exercise Classes

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www.facebook.com/tramson

MWR Liberty Center

Hours of Operation

Starting November 1st, 2015

The MWR Liberty Center will now be open **EVERY DAY OF THE WEEK, including Sundays:**

Monday:	1100 - 2100
Tuesday:	1100 - 2100
Wednesday:	1100 - 2100
Thursday:	1100 - 2100
Friday:	1100 - 2100
Saturday:	1330 - 2100
Sunday:	1130 - 1900
US Holidays	1130 - 1900

Because YOU asked for it!

MWR

Like us on **facebook**
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Scan this code with your smartphone and let us know what you think!

Have a great photo you want to share?

Send us your best "*Trick or Treat*" themed photo and you could win a prize courtesy of MWR!

We will feature the winning photo in our upcoming edition as well as on our social media pages!

Deadline for this month's submission: November 15, 2015 by noon

Please read these rules before entering our competition. By submitting an entry, you agree that you will be bound by these Official Rules and you acknowledge that you satisfy all sweepstakes eligibility requirements. Public Affairs reserves the right to use all photo submissions in this or other PA products, with proper photo credit, of course.

How to Enter

Photo submissions must be shot with a resolution larger than 3 Megapixels (3MP = 2048 x 1536 pixels) and compressed in high quality JPEG format only. Most cameras will give you a quality option to set varying levels of compression. Higher quality means larger files, more compression means smaller files. File size per photo should be larger than one megabyte but the overall e-mail size should not exceed five megabytes. No photo illustrations or other significant alterations may be made to any photographs as per DODINST 5040.02.

Please include a brief caption with each photo submission. The description should be short, but complete and accurate.

Eligibility and Judging Rules

Public Affairs employees and our immediate family members are not eligible to enter the competition. Everybody else... Game on! Photos will be judged by Public Affairs and one other "outside" judge.

Entry Period

Send your photos no later than noon (EET) November 15 to Heather.Judkins@eu.navy.mil.

Remember,
PHOTOGRAPHY IS PROHIBITED ON BASE



Fire Prevention Week October 5 – 9



For fire prevention week, base firefighters set up an informative display at the NEX to demonstrate fire safety techniques.



Photos by Kostas Fantaousakis

Fire Prevention Week

October 5 – 9

NSA Fire Department in coordination with Theodoropoulos School located in Korakies, Chania organized a fire safety education event at NSA Souda Bay on 22 October. The highlight of this event is providing education for local school-age children, culminating in various facets of daily duties and fire safety.

Chief James Scribner, Acting Fire Chief said, "This event is an opportunity for children to attain fire safety education, familiarize with life-saving equipment and emergency calling procedures."

The children enjoyed the event, especially when they timed Firefighter Yannis, as he dressed in his full firefighting gear. At the end of the event the children were presented with a firefighter 'swag bag' complete with a red plastic fire helmet and other firefighting educational materials.

A special note from Chief Scribner: "Protocol and PAO: thanks for stopping by and highlighting the daily duties of NSA Souda Bay Fire Department. Additionally, kudos to Chief Alam for reinvigorating a defunct process into a future endeavor. Salutations Souda Bay Fire personnel by delivering exemplary pre and post-performance, and proactive education to the host nation community."



CAPT Michael P. Oestereicher, commanding officer, NAVFAC EURAFSWA, and LCDR Gregory J. Woods greet Konstantinos Kavis, CEM Installation Energy Manager at his Energy Awareness educational booth. October has been designated as Energy Action Month. Check out the CNO's Energy Action Month Message at: <https://www.facebook.com/video.php?v=10153092704737823>



Photos by MC2 Richardson

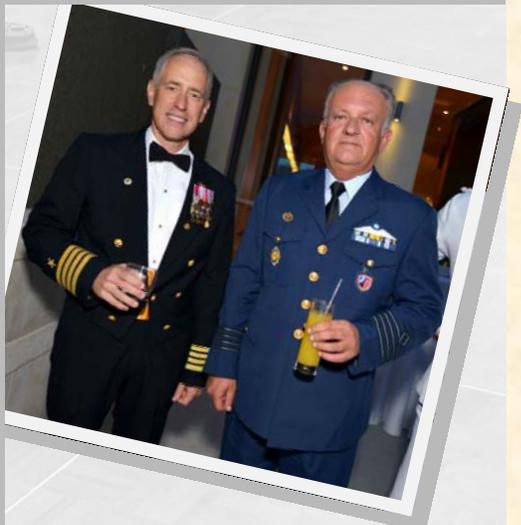


Navy Ball





2015



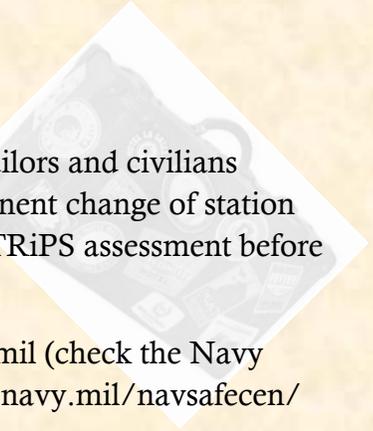
Are You Tripping?

By Jerry Hollenbeck, NSA Souda Bay, Safety Officer

TRiPS (Travel Risk Planning System) is an automated tool for travel plans. Sailors and civilians planning to drive a privately owned vehicle on leave, temporary duty or permanent change of station travel orders outside their immediate local area are encouraged to complete a TRiPS assessment before their departure date.

Sailors and civilians can do the assessment online at <https://trips.safety.army.mil> (check the Navy option), or they can go to the Navy Safety Center website (<http://www.public.navy.mil/navsafecen/navsafenvtracen/>) and fill out TriPS manually.

The program takes about 15 minutes, and allows supervisors to review an individual's travel plans for potential safety issues and opens dialogue on how to further mitigate risk, especially off duty. The holiday travel season is approaching, and TriPS provides extra insurance to help make sure your time is spent with loved ones, and not from some hospital bed miles from home.



Sailor Snapshots

**Spotlight on
Air Operations**





Photo by Heather Judkins

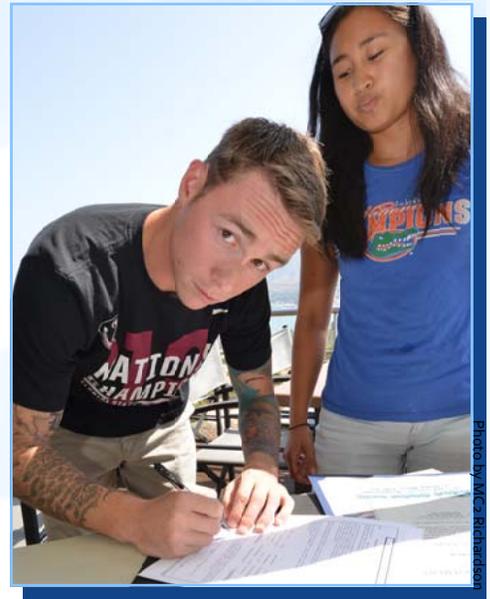


Photo by Mica Richardson



Photo by Kostas Fantaousakis



Photo by Mica Richardson

Congratulations on your reenlistment
MACM Paula M. Necaise,
BM2 Kyle R. Burch
and MAC Veronica D. Cartwright!



Photo by Kostas Fantaousakis

BZ to the October Awards Recipients!



Navy-Marine Corps Achievement Medal Recipients: MA1 Abano, MA1 Gillette, MA1 Moment, AZ2 Hernandez, MA2 Herrera, MA3 Posadas

Military Outstanding Volunteer Service Medal Recipients: MA1 Miller, YN2 Wesley, MA1 Gillette

Flag Letter of Commendation Recipient: MA3 Smith

Letter of Commendation Recipients: MA3 Thomas, MASN Shorter



CAPT Michael R. Moore, Naval Support Activity command officer, signed the Domestic Violence Awareness and Prevention Month Proclamation during the October All Hands, alongside Blanche Douglas, LPC/PhD, Clinical Site Director at Fleet and Family Services, NSA Souda Bay.