

# The Beacon

Produced by NSA Souda Bay Public Affairs

February 2016



Warfighting First, Operate Forward, Be Ready



**Commanding Officer, NSA Souda Bay**

CAPT Michael R. Moore

**Executive Officer**

CDR James R. Bird

**Command Master Chief**

CMDCM(SW/AW) Kurtis J. Szyszka

**Beacon Staff**

**Jacky Fisher**

Jacky.Fisher@eu.navy.mil

**Public Affairs Officer**

266-1244

**Heather Judkins**

Heather.Judkins@eu.navy.mil

**Deputy Public Affairs**

266-1348

**Kostas Fantaousakis**

Konstantinos.Fant.gr@eu.navy.mil

**Community Relations/Public Affairs Specialist**

266-1348

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 Heather Judkins at 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

*Warfighting First, Operate Forward, Be Ready*

February 2016



Photo by Heather Judkins

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**Front Cover:** SOUDA BAY, Greece (Nov 23, 2015) - Sailors assigned to U.S. Naval Support Activity Souda Bay prepare to receive the first aircraft on the newly constructed Combat Aircraft Loading Area. NSA Souda Bay's mission is to provide support and security to U.S. and allied ships as well as aircraft transiting or operating in the eastern Mediterranean region. (U.S. Navy photo by Heather Judkins/Released)

# Feature Articles

February 2016



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

Have a great photo you want to share?

Send us your best "Whatever the Weather" 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 entry.

**Remember!**

**Photography is PROHIBITED on base!**

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

*\* Details on page 9*

## NSA Souda Bay Social Media



Like us on Facebook!

<https://www.facebook.com/NSASoudaBay>

Follow us on Twitter!

@NSA\_SoudaBay



Follow us on Instagram!

@nsa\_soudabay

# *Why* Do We Speed?

Article provided by Jerry Hollenback, Safety Officer,  
NSA Souda Bay

**“Speed, it seems to me, provides the one genuinely modern pleasure.”**  
—Aldous Huxley (author *Brave New World*)

**M**an enjoys the sensation of speed. Very few of us can claim that we have never exceeded a posted speed limit. There is something about acceleration that naturally tempts us to go a little faster than we can safely travel.

The data from the National Highway Traffic Safety Administration (NHTSA) shows drivers aged 16 to 24 drive the fastest, and then 25 to 45 year olds, with males driving faster than females. The groups most likely to speed excessively are those driving in a work-related capacity, members of high-income households and young males. Most of these same people do not comprehend how much a problem speeding is; yet between 2009 and 2012, more than 120,000 persons in the United States lost their lives in motor vehicle crashes. Speeding is most often cited as the cause of the crash, and motor vehicle crashes are the number one cause of death in the U.S. Navy.

**Speed:** For emergency vehicles, speed while driving is essential. **For example:** an ambulance speeding to get a victim of a high-speed car crash to the hospital ... every second counts.

However, excessive speed often kills and doesn't save that much time. If you think otherwise, check out these calculations:

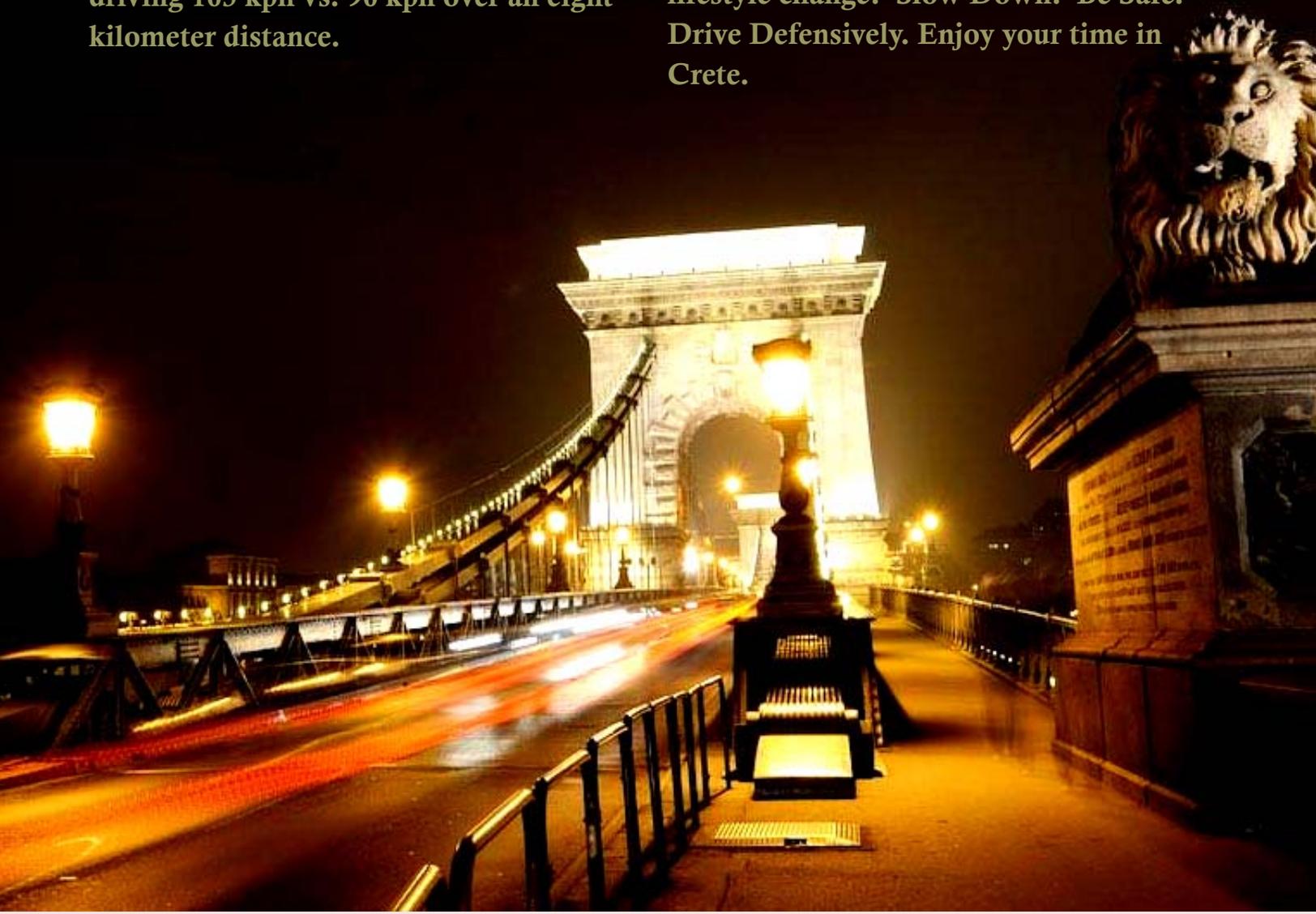
DISTANCE	KPH	KPH	KPH
	70 vs. 55	90 vs. 70	105 vs. 90
8 KM	1 min 54 sec	1 min 13 sec	50 seconds

**Example:** You save only 50 seconds driving 105 kph vs. 90 kph over an eight kilometer distance.

Driving in Crete provides additional challenges like narrow twisting roads that provide poor visibility, little room for evasive maneuvers and pedestrians wearing dark clothing at night. If you haven't already noticed, the road surface in Crete is even slicker in winter due to frequent rainstorms, as well as olive residue from the recent olive harvest.

We see a sign for 30 KPH (Mouzouras road) and we may not realize that 30 KPH is only 18 MPH. The speed limit is low because of the real hazards – big trucks, narrow slick roads, pedestrians and a history of mishaps in that area.

Make 2016 the year for a life-saving lifestyle change: Slow Down. Be Safe. Drive Defensively. Enjoy your time in Crete.





< Sailors assigned to Naval Support Activity Souda Bay Harbor Security, perform a routine patrol of Souda Bay aboard a 36-foot patrol boat.

(U.S. Navy photos by Heather Judkins/released)

Controlled aggression training with Military Working Dog (MWD) Gerry. >



(U.S. Navy photos by Heather Judkins/released)



< Military Sealift Command's fleet replenishment oiler USNS Kanawha (T-AO-196) arrives in Souda Bay.

(U.S. Navy photos by Heather Judkins/released)

**BZ to all of our Air Operations Awardees! >**



(U.S. Navy photos by Heather Judkins/released)

Fleet replenishment  
oiler USNS Patuxent  
(T-AO-201) arrives in  
Souda Bay for a  
scheduled port visit.



(U.S. Navy photos by Heather Judkins/released)



Have you seen our base  
improvements? Which is  
your favorite?



(Photo by MC3 Anaid Banuelos Rodriguez)



(Photo by MC1 Ashley Berumen)



(Photo by MC3 Anaid Banuelos Rodriguez)



(Photo by Heather Judkins)

Are you getting out there  
to see what all is on the  
island of Crete?



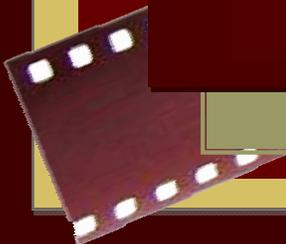
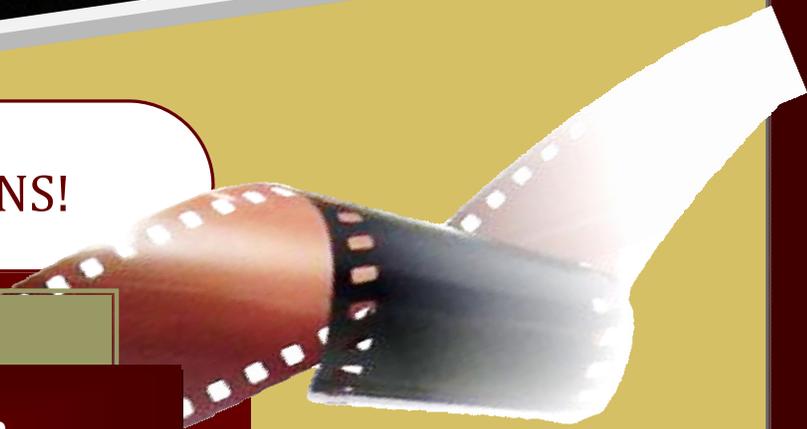
(Photo by Heather Judkins)

**Your photo  
could be next!**



**CONGRATULATIONS!**

**MC1 Ashley Berumen  
for the "Urban Jungle"  
winning entry!**





## Have a great photo you want to share?

Send us your best "*Whatever the Weather*" 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: **March 18, 2016 by noon (EET) to Heather.Judkins@eu.navy.mil**

*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.*

### 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 offer a quality option to set varying levels of compression.

Higher quality = larger files. More compression = smaller files. File size per photo should be larger than one megabyte but the overall email size should not exceed five megabytes. To be considered a 'photograph,' no photo illustrations or other significant alterations may be made to any photographs per DODINST 5040.02.

Include a caption: the description should be short, but complete and accurate.

### Eligibility.

Anyone with base access except Public Affairs employees and their immediate family members.

Remember,

**Photography is *PROHIBITED* on base**

IT ISN'T ALWAYS TO  
FINISH FIRST. FOR  
SOME, IT'S FOR THE  
LOVE OF RUNNING.  
FOR OTHERS, IT'S TO  
TOUCH HISTORY.  
PERHAPS, RUNNING  
THE **ATHENS**  
**MARATHON** CAN  
BEST BE DEFINED AS  
RUNNING FOR BOTH.

I saw an Internet meme the other day that read, "I don't run. And if you ever see me running, you should run, too, because something is probably chasing me." If you were to add, 'something with large and sharp teeth' as the description of just what is chasing me, you would have summed up my relationship with running perfectly.

Don't get me wrong, I have run in the past. I'm not sure basic training counts, but, as most company commanders do seem as if they might bite you, there is plenty of motivation for running. Furthermore, since moving to NSA Souda Bay, I have found myself with a few MWR fun run t-shirts (although, I'm not sure these 5k fun runs count as I have had someone point out to me that I 'prance' instead of run).

Let's jump ahead to the point I am trying to make, I am a runner of neither short nor long distances. I do, however, have an open mind and will try new things.

What can be inspiring in Greece that may make you want to try new things? Other than food, amazing beaches, culture, that is. There is always history. Take the history of the Battle of Marathon. It is said that in this battle between the Greeks and the Persians, Greek victory was announced by a Soldier named Pheidippides. According to legend, he ran 40 kilometers to Athens to proclaim, "We won!" and

then fell down dead. Considering the ending, this venture has not been added to my bucket list. It has, however, inspired others to run that fabled route.

For marathon newcomers Marinna Marsh and IC1 Sean Gehrold, Athens was their first full marathon. Marsh was motivated, she says, "solely because I wanted to take advantage of the opportunity of living in Greece."

Lt Robert Gilliam, a seasoned marathon runner also stationed at NSA Souda Bay, spoke of his participation. "It felt great to run the original, authentic marathon: ...the Athens Marathon is special and historic."

But does this history have any effect on all levels of runners? Gehrold states that knowing he was running "the Original" marathon made him nervous. He adds that the nerves weren't due to it being the authentic marathon, but "because I never really realized how long a marathon was...." He continues that he had been in New York City the week prior and "they had the map of the NYC Marathon course. It's long."

Distance and Pheidippides' demise aside, there are other reactions to running the 40 kilometers. Marsh states, "I couldn't stop thinking how fortunate and blessed I was for being able to participate in something so amazing."

"Nothing compares to Athens" says

veteran marathon runner Hellenic Air Force Cpt Andonis Renieris , a Greek Representative at NSA Souda Bay. “The spirit, the history of this race... it’s something you can feel,” he continued.

Prior to the actual running of the race, Renieris says that others had told him how amazing it was, but, when he ran, he thought, “now I feel it. The people were so helpful and spirited. There were high-fives along the way and it isn’t like that anywhere else I have run.”

Marsh experienced that same spirit. Children along the route would “cheer you on throughout the race and would hold out their hands to give you a high-five and yell ‘BRAVO! BRAVO!!’” She continues that this was “something pretty simple, but the smiles that the kids had on their faces when you gave them a high-five was priceless.”

Gehrold reflects on that same sort of camaraderie. “Running 28 kilometers with a woman that I never met or even talked to,” he says is his best moment from the Athens Marathon. He says the pace she kept was easy to follow and kept him from exhaustion. “It would have been nice to get her name, but I think it just made the experience and made me appreciate how

**“You have to build.  
Stone by stone,  
brick by brick.”**  
*- HAF CPT Antonis Renieris*

friendly Greeks are toward Americans.”

Running because of inspiration, a love of the history and a feeling of camaraderie. Was it all positive? The simple answer is no. Our NSA Souda Bay participants encountered some challenges. Gehrold twisted his ankle around the 17 kilometer mark and “was really starting to feel it as I got to the top of the hill.” He voices that, “I had to slow down my pace to, essentially, a walk” for the remainder of the marathon.

Marsh met her biggest challenge at the 16 mile mark when she says it was like she “hit a wall,” continuing, “my legs were on fire....”

But, challenges are not only for the novice marathon runner as veteran marathoners experience difficulties, too.

Gilliam states that his most challenging moment was getting past kilometers 18 through 31. “This span of the race was a tough uphill battle,” he adds wryly, “getting to the finish line was also a challenge.”

Renieris had a different trial during the Athens marathon, as he was trying to finish despite the fact that he was sick. As he was running, he expresses passionately that “I fought with myself.

Not to beat my own time, but just to finish. After 30 kilometers, I lost my hearing.”

As he was already sick, it seems that the toll on his body was a bit more than he expected. Fortunately, his hearing loss was temporary and, although he was unable to hear the cheers of encouragement, he still feels an emotional pride when recounting the poignant last moments of his run.

Given that the opportunity to run a marathon of this stature comes once in a lifetime for many and, providing another of our Team Souda decides they want to run, what advice should they follow? Gilliam believes that training with uphill runs is paramount, a suggestion that is echoed by both Marsh and Renieris . Marsh suggests training around the island of Crete as it “has many hills and inclines that helped prepare me better for the race.”

A marathon, according to Renieris , is not something one simply decides to do in one day. He places emphasis on building endurance as a runner. “You have to build. Stone by stone, brick by brick,” he continues, “first you have to run 5 and 10k [races] then you can try half marathons.”

His experience and training has been quite involved and requires a lot of patience and commitment, which has led to a greater respect for what issues

can be involved in running marathons. Renieris includes that a visit to your doctor to assess your readiness for such an event is not out of order. Gilliam adds, “a runner should know their limitations.”

All of our marathon runners place emphasis on the overall preparation of future participants in endurance, training and situational awareness when it comes to other participants. Gehrold maintains that “some runners don’t realize how long 26 miles are and will bump and almost shove if you are in a crowd.” Both Gehrold and Gilliam remind runners to conserve their energy and not to start at a fast pace.

“If you are looking to improve your running time, then Athens is not the race for you. Unless,” Gilliam adds, “you are a professional or an Olympic runner.”

Our runners encourage participation in the Athens marathon. There is also a half-marathon, a 10k and 5k offered for those that are unsure of commitment to the full marathon. Marsh states that there are eight hours allowed for finishing the Athens marathon, so “ even if you have to walk the whole thing, I would recommend everybody try it for the experience.” Gilliam reiterates this idea, but adds that “once again, [a runner should] know your body and your limitations.”

Given the amazing experiences our Team Souda participants had in running the

Athens Marathon, I want to claim that 2016 is my year and I will be there, with my special running stride that resembles a prance.

However, in reality, I'm sure there isn't a toothy beast that will chase me for the 40 kilometers. If it does, I can only hope it suffers the same fate as Pheidippides before I do.



Written by Heather Judkins,  
Deputy Public Affairs, NSA Souda Bay,  
Crete, Greece.

*CAPT Andonis Renieris would like to dedicate his run to his father, gone but not forgotten. He further wished to send a special thanks to his wife and two sons for their patience and support during his training for the Athens Marathon, his coach, Mr. George Ellinikakis, for all of his help during this process and to Hellenic Navy LCDR Kyriakos Kakoulis., his family friend, for his support.*



# Inspired to run?

## MWR can get you to Athens!

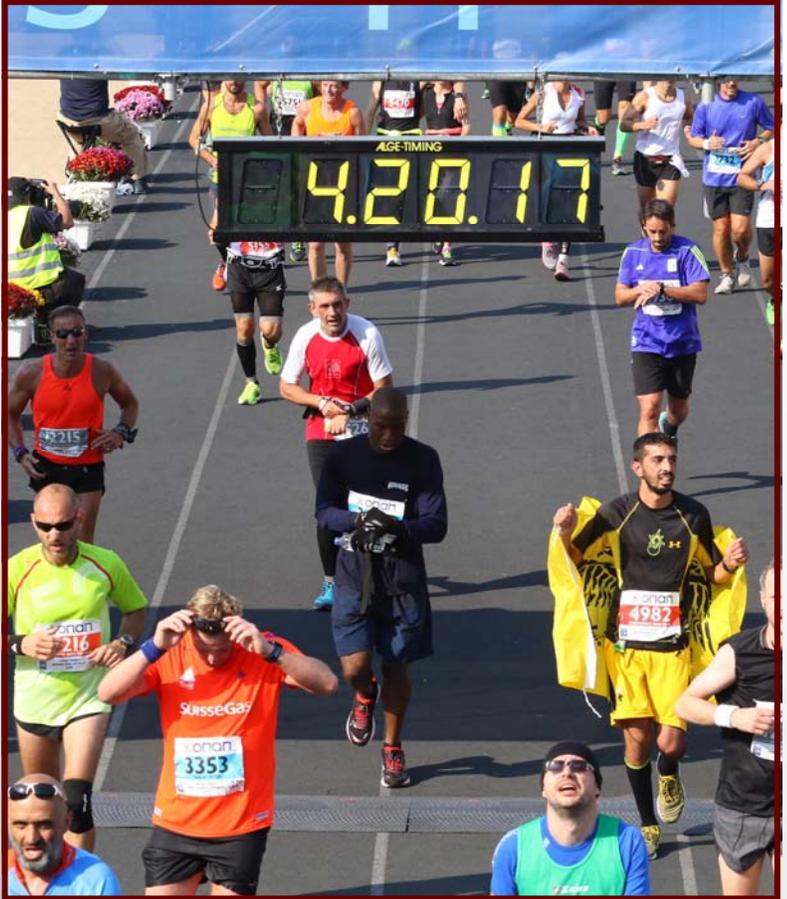
**November 13<sup>th</sup>, 2016**

# Athens Classic Marathon Trip

**MWR will be doing a trip to Athens for the original Athens Classic Marathon and the associated 5K & 10K races!**

**Start training NOW for this once in a lifetime opportunity to run (or watch) the authentic ~40K race or either of the associated ones!**

**More information and reservations at the Community Recreation Office (Kriti Info)**



Top Left & Bottom Center: Marinna Marsh finishes her first Marathon in Athens, Greece.

Top Right & Bottom Right: LT Robert Gilliam finishes the Athens Marathon, his third full marathon.

Left: CPT Andonis Renieris, of the Hellenic Air Force, running the Athens Marathon.



# What a great turn out for our MWR Souda Bay Gym Valentine's Day Run!



Thursday 25 February @ 0700

## Hot Chocolate 5K RUN

Participate and enjoy a cup of hot chocolate at the end!

Medals will be awarded to the 1st & 2nd in both male & female categories!

Sign up at the Fitness Center, call 266-1443 for more information.

# STAR WARS Tribute

Friday 26 February @ 1700  
Star Wars Episode I: The Phantom Menace

Saturday 27 February @ 1300  
Star Wars Episode II: Attack Of The Clones

Saturday 27 February @ 1700  
Star Wars Episode III: Revenge Of The Sith

Sunday 28 February @ 1300  
Star Wars Episode IV: A New Hope

Sunday 28 February @ 1700  
Star Wars Episode V: The Empire Strikes Back

Monday 29 February @ 1700  
Star Wars Episode VI: Return Of The Jedi

Tuesday 1 March @ 1700  
**Star Wars Episode VII: The Force Awakens**  
Come in costume for this amazing premiere!

Scheduled showings are at the MWR Movie Room in the Club (Bldg. 96)

For more information please call 266-1354  
cretemwr

**Active? MWR has something for you! Not so active? They have you covered, too!**

# Souda Snapshots

*Spotlight on Security  
- MWD Kennels*



# Naval Supply Awardees



CAPT Christopher D. Parker, commanding officer, Naval Supply Fleet Logistics Center Sigonella (NAVSUP FLCSI) addressed NAVSUP FLCSI Site Souda Bay personnel during a regional site visit. Parker was accompanied by Mr. Gerard R. Harms, Executive Director, NAVSUP FLCSI and NAVSUP FLCSI Command Master Chief, CMDCM Tony Bernard. Parker also presented awards to NAVSUP FLCSI Site Souda Bay personnel. Congratulations to Mary Alber for receiving the Meritorious Civilian Service Medal, to LS1 Wright for receiving NAVSUP GLS Senior Sailor of the Year and LS2 Mensah for NAVSUP GLS Sailor of the Year.

*Note: NAVSUP Senior SOY LS1 Wright will move to the next level of competition; Navy-wide Senior Sailor of the Year. Good luck, LS1 Wright!*



Photos by Kostas Fantaousakis

# Our Most Recent Reenlistments!



Congratulations to  
MA1 Moment and LS2 Aponte  
on their reenlistments!



# BZ to the February 2016 Awardees!



**CONGRATULATIONS AWARDEES (from left to right) :**

**MA1 JOHN Day - Navy Achievement Medal**

**MA2 Lawrence Green - Navy Achievement Medal**

**MA3 Andreas Quintana - Letter of Commendation**

**MA1 Kenneth Smith - Letter of Commendation**

**Far left: CAPT Michael R. Moore, NSA Souda Bay Commanding Officer**

**Far right: CMDCM(SW/AW) Kurtis Szyszka and NSA Souda Bay Executive Officer  
CMDR James R. Bird**