



Team Souda Connection Family Gram

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Memorial Day at Souda Bay

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From the Commanding Officer



**Thomas J. McDonough, Jr
Captain, U.S. Navy**

Hello again from the command building of NSA Souda Bay. Summer is now in full swing here in Crete, the temperatures are high, and the island has been inundated with millions of visiting tourists.

In this issue of our family-gram, I want to share with you a few notes about Crete and Greece to help familiarize you with our

location here at Souda Bay.

Greece is situated at the crossroads of three continents in the southern part of the Balkan peninsula in the Eastern Mediterranean. It is a beautiful country.

Greece has a total area in excess of 130,000 square kilometers and consists of mainland and islands, which occupy approximately 20 percent of the total area and contribute to Greece's severely indented coastline of over 15,000 kilometers. Greece borders on the north with Albania, the former Yugoslav Republic of Macedonia, Bulgaria and on the north east with Turkey. It is Europe's closest link to the Middle East. With the European Union operating as a single market, Greece is ideally situated as an entry port to the EU from the Middle East, North Africa and most of the north-east Balkan countries. Greece is surrounded on three sides by sea: the Aegean in the east, the Ionian in the west and the sea of Crete in the south.

Because Crete is the largest of the Greek islands, it offers both de-

veloped tourist areas with resort hotels and also quiet coves, hidden beaches and invigorating mountain villages and plateaus.

Tourists come to Crete year-round to enjoy what we, the men and women of Souda Bay, have at our fingertips. Our assignment here in Greece and Crete specifically, offers us numerous opportunities to explore beautiful beaches, great food, and the wonderful hospitality that the Cretan people are world renowned for.

Here at Souda Bay, we continue to accomplish our mission of providing vital logistical support to ships and aircraft operating in the eastern Mediterranean

I thank you for your continued support of our Sailors, Airmen and civilians who make up this great team.



**Thomas J. McDonough, Jr
Captain, U.S. Navy**

CMC Corner



**Command Master Chief
Christopher K. Engles**

Souda Bay Families,

First let me say that your Sailors are doing GREAT things here at Souda Bay! The mission and logistics that our Sailors en-

sure here are challenging to say the least. Our main focus here is the mission at hand combined with a full regiment of physical activity and continuing education. The summer months are upon us and I know some of you will be coming to Crete to see your Sailor, I recommend that if you have the means to please come and give your Sailor a chance to show you what they do and to show you the island.

One of the challenges your Sailors face here is the lack of family in the immediate area, this is where you can help. Telephone calls, e-mails and care packages are always great ways to remind your Sailor that you are thinking of them but the most personal thing you can send is a hand written letter. That's right, an "old fash-

ioned" letter written in your hand and sent "snail mail" to your Sailor. When I would receive a letter from my wife on the ship it meant a lot because she put her thoughts to paper and I could always pull it out of my rack and reread it. Please take the time and write your Sailor a letter, remember to get 'em, you got to write 'em!

Finally, the Navy is stronger today than ever before due to the efforts of your Sailors; they are the true strength of the Navy. Ships, planes and equipment cannot operate without dedicated men and women. YOUR Sailor is among the best our nation has to offer and you should be extremely proud of them, I am.

CMDCM(AW/SW) ENGLS



CHAPLAIN'S CORNER

*By Father Reardon,
Command Chaplain*

SOUDA BAY: YOUR UNACCOMPANIED TOUR CAN BE A CHALLENGE.

It can be a real challenge to be separated from our families. We miss our wife, husband, children, dog, and even the golf course down the street. We accept our orders in service to our country with honor courage and commitment. However, it can be painful and we do suffer. All of us make sacrifices during our life on earth and an unaccompanied tour can be one of them. But, with God's help and the support and care we receive at NSA SOUDA BAY we will persevere and successfully complete our duties and mission.

The first step for success is realizing the effects of separation and properly dealing with them. There is no denying that the military lifestyle and separation can disrupt the family unit. Feelings associated with separation commonly come in stages. As sailors and airmen leave, military families may experience denial, shock, anger, or frustration. Sometimes guilt sets in for not saying or doing more before leaving.

Acceptance is the key, realizing and accepting the situation, resolving to continue on positively, confidence in handling day-to-day living, awareness of increased self-esteem and personal abilities. Knowing and accepting these

feelings is normal and can help us cope. I recommend the following for us, as well as for our loved ones back home, take good care of yourself, make sure you eat right and get enough rest. We have a great gym at SOUDA, make time for physical exercise. Run daily, work out or join an aerobics class. Treat yourself to a special outing, but stay within your budget. See the countryside and by all means take advantage of all the military support and programs offered at SOUDA. MWR is always offering something interesting. Participate in programs at our chapel, have hobbies, and help the base with community relations projects.

Remember; hang in there when the going gets rough. You are not alone. If you feel overwhelmed by your emotions or if you suspect that someone in your family is having emotional problems back home. You have support and people to talk to, just like you, serving here at NSA SOUDA BAY. Remember, we are here to serve you and we will support each other no matter what challenges come our way. May God bless you and know that I pray for all at SOUDA everyday. I look forward to meeting you.

**Chaplain Dan Reardon, LCDR, CHC, USN
Command Chaplain**

EDUCATIONAL OPPORTUNITIES AT NSA SOUDA BAY

We have many ways for your family member to take college classes while stationed at Souda Bay. We are very fortunate to have two colleges that offer traditional (in the classroom) courses every 8-9 weeks.

University of Maryland University College (Europe) offers the general education requirements needed for an Associates Degree. Currently UMUC is offering English Composition and Biology with a lab. Over the next few semesters we are planning to offer Math, History and Modern Greek Life and Culture. Students who put their mind to it can leave Souda Bay with an Associates Degree! Central Texas College also offers classes on our base: your family member here at Souda Bay can take Microsoft Certification classes using an IPOD or Criminology courses in a classroom environment. We are currently working with the Fire Department to begin offering the EMT certification classes.

Mary Frisina, our Education Services Officer, came to us from the world's largest base, Norfolk, VA. She currently has over 30 individuals who have registered with schools to receive their degrees while they are at Souda Bay. Mary is very happy to answer any questions about educational opportunities that are available here. Contact her at Mary.Frisina@eu.navy.mil.

Don't forget that family members are entitled to use the Navy Knowledge Online website at <https://www.nko.navy.mil>. Another great website is <http://www.petersons.com/dod/>. This site has many useful tools from résumé writing to job search techniques.

Congratulations SEABEES!

(MAC Matthew Malin, Associates of Science, Excelsior College—no picture available)



UTC Gabriel Vasquez
Bachelor of General Studies
Fort Hays State University



CE1 Alan Ogle
Associate of Science
Excelsior College



EA3 Abigail Crawford
Associate of Art
University of Maryland
University College



SK2 Gordon Rudolph
Associates of Science
Excelsior College

TRADITIONAL GREEK RECIPES



INGREDIENTS

- 8 medium tomatoes**
- 8 medium peppers**
- 4 medium potatoes**
- 2 cups rice, 3 onions, spearmint**
- Spoon of sugar, salt, pepper**
- 1 1/2 cup olive oil, parsley**

STUFFED TOMATOES AND PEPPERS

Serves / Yields: 6 - 8 persons

METHOD

Slice-off the top of the tomatoes and the peppers. Use a spoon to remove the inside part of the tomatoes and the peppers. Try to leave the empty tomatoes as thin as possible but be careful not to score their skin. Save the inner part of the tomatoes you have removed. It will be used for the stuffing. Mash the inner tomato parts with a blender and mix half of the tomato mash with the rice the onions (chopped), the spearmint, the sugar and the parsley. Pour olive oil and boil the rice mixture. Add salt and pepper as desired. Do not overcook the stuffing. The rice should not be soft. It

will soften later during baking time. Stuff the tomatoes and the peppers and lid them with their tops. Place them in a pan, surround them with the potatoes (sliced) and pour the rest of the tomato mash. Add olive oil and bake for about 1 1/2 hour in a medium oven. Add water if required during baking. *Optionally:* You can add raisins in the stuffing if you desire. Also, alternatively you can stuff tomatoes and peppers with some minced meat. Try to experiment and create stuffing, one with rice and one with minced meat and fill half of the tomatoes and peppers with each stuffing. For the alternative stuffing just replace rice with minced meat or use both in equal portions.

Greek History



THE BATTLE OF CRETE

The **Battle of Crete** was a battle during World War II on the Greek island of Crete. The battle began on the morning of 20 May, 1941, when Nazi Germany launched an airborne invasion of Crete under the code-name **Unternehmen Merkur** ("Operation Mercury"). Greek and Allied forces along with Cretan civilians defended the island.

The Germans underestimated the strength of the defenders, and their casualties mounted quickly. Many paratroopers died before they could reach the ground; others, their equipment tangled in trees, were mown down as they struggled to release themselves. In one German battalion alone, about two-thirds of the men were dead before the day was over. Everywhere on the island, Cretan civilians, armed and otherwise, joined the battle with whatever weapons were at hand. In some cases, local civilians went into action armed only with what they could gather from their kitchens or barns. The Cretans soon supplemented their makeshift weapons with captured German small arms. The civil population also played a significant role in the Greek counter-attacks at Kastelli Hill and Paleochora. Civilian action also checked the Germans to the north and west of Heraklion, and in the town centre itself.

By the end of the first day, the Germans had a foothold near Maleme. It was decided to throw everything into the attack on Maleme the next day because reinforcements could not be sent in without control of the airfield. The German decision to concentrate on Maleme bore fruit. On 21 May it became clear that the New Zealand infantry battalions defend-

ing the airfield and the key high ground overlooking it had withdrawn. The airfield was virtually in German hands even though it was still under artillery fire. The German transport planes could begin landing troops. They did so from late in the day on 21 May - mountain troops who went straight into battle and tipped the balance the German way.

civilians took huge risks feeding and helping these men.

The U.S. Army Center of Military History, citing a report of the Historical Branch of the British Cabinet Office, concludes military historians largely accept estimates of between 6,000 and 7,000 German casualties as correct. The Allies lost 3,500 soldiers: 1,751 dead,

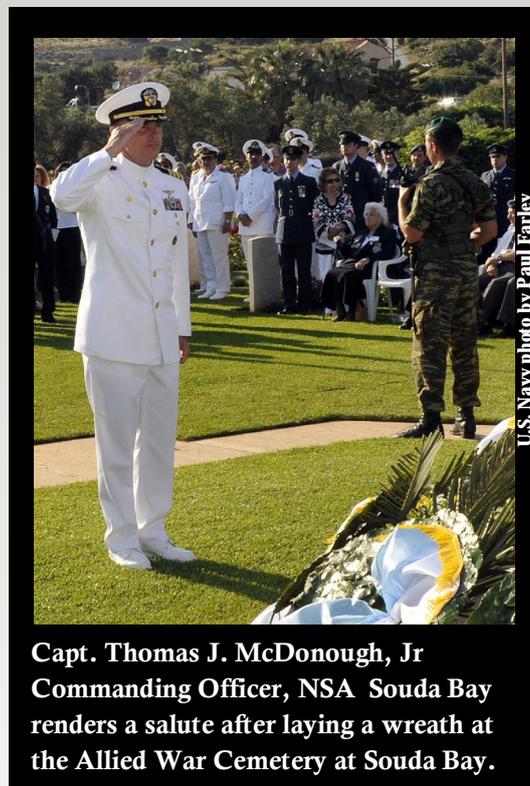
with an equal number wounded, as well as 12,254 Commonwealth and 5,255 Greek captured. After the war, the Allied graves from the four burial grounds that had been established by the German forces were moved to Souda Bay War Cemetery.

A large number of civilians were killed in the crossfire or died fighting as partisans. One Cretan source puts the number of Cretans killed by German action during the war at 6,593 men, 1,113 women and 869 children. German records put the number of Cretans executed by firing squad as 3,474, and at least a further 1,000 civilians were killed in massacres late in 1944.

The anniversary of the Battle of Crete is commemorated in Chania and various villages every year on May 20th. Ceremonies include parades, floral offerings at memorials, and paratrooper re-enactments. During this week, many people will also visit the cemeteries at Maleme near Chania, which contains the remains of many of the paratroopers, and at Souda Bay, where defending British and Commonwealth troops are buried.

Sources: *Wikipedia, Nzhistory.net.*

Photos by the *Alexander Turnbull Library.*



Capt. Thomas J. McDonough, Jr
Commanding Officer, NSA Souda Bay
renders a salute after laying a wreath at
the Allied War Cemetery at Souda Bay.

German dominance in the air left the defenders facing impossible odds. After six days of hard fighting the Allies had little choice but to evacuate. Parts of the defending forces pulled back to Sfakia on the south coast, and from here about 16,000 troops left the island over four nights. Those who remained were taken prisoner and would spend the rest of the war in camps. Some escaped from captivity, taking to the hills and eluding capture for the rest of the war. Cretan



AWARDS AND RECOGNITION

Congratulations to each and every one for their noteworthy accomplishments

NAVY AND MARINE CORPS
COMMENDATION MEDAL
MACS KATHERINE KNIGHT
(SEC)

NAVY AND MARINE CORPS
ACHIEVEMENT MEDAL
ABE2 SAMUEL LOPEZ (OPS)

U.S. CIVILIAN OF THE 1ST
QUARTER
MR. JEFFREY RITENOUR
(COMPTROLLER)

IN CIVILIAN OF THE 1ST
QUARTER
MR. GEORGE SGOUROMALIS
(FIRE)

EXCELSIOR COLLEGE ASSOCI-
ATES OF SCIENCE DEGREE
SK2 GORDON RUDOLPH (OPS)

NAVY AND MARINE CORPS
COMMENDATION MEDAL
MACS EDWIN MARTINEZ (SEC)

NAVY AND MARINE CORPS
ACHIEVEMENT MEDAL
MA1 HOWARD LONG (SEC)
MA1 TIMOTHY CORMIER (SEC)
AZ2 ANA AGRONTVILLAFANE
(OPS)

AO2 TYREL BRANSOM (OPS)
ABH2 YURIY DYSHKANT (OPS)
RP2 CODY MITTS (CHAP)

LETTER OF COMMENDATION
AC3 WILLIAM JOSEPH (OPS)

PETTY OFFICER FIRST CLASS
FROCKING
MA1 TAYLOR
EO1 HERRING
CE1 STEPHENSON

PETTY OFFICER SECOND
CLASS FROCKING
AC2 HYATT
MA2 COSMETORRES
MA2 GONZALEZ
MA2 JASSO
MA2 MENDEZDELACRUZ
MA2 SHARPE
MA2 SHELLEY
MA2 VILLARREAL
HM2 EVANS
AS2 TOMS

PETTY OFFICER THIRD CLASS
FROCKING
MA3 ASHBY
MA3 BARKER
MA3 CATHERMAN
MA3 IPPOLITO
MA3 RADER
MA3 STAUBLE
MA3 TOLEDO
MA3 YOUNG
MC3 MARTINEZ
BU3 REGIER

NAVY AND MARINE CORPS
COMMENDATION MEDAL
LT JOHNNY QUEZADA
(ADMIN)
MAC ALICE OWENS (SEC)
AO1 JEREMY ZULZ (OPS)

NAVY AND MARINE CORPS
ACHIEVEMENT MEDAL
IC2 ERIC KING (MEDIA)
AC2 ALEXANDER QUINTON
(OPS)

NAVY MARINE CORPS RELIEF
SOCIETY
CERTIFICATES OF APPRECI-
ATION

IT1 TODD BRUNNER (NCTAMS)
IT1 KENNETH KURZ (NCTAMS)
MA2 CYNTHIA SLINKOSKY
(SEC)
AO2 JAMES VUU (OPS)
MM2 JOSEPH GUTIERREZ
(ADMIN)
YN2 DARRELL RATLIFF
(ADMIN)
MA2 KIMBERLEE ASIAM (SEC)
UT2 GERALD RIDLEY (PW)
MA3 BRANDON SPEARS (SEC)

EXCELSIOR COLLEGE
ASSOCIATES OF SCIENCE IN
ADMINISTRATIVE MANAGE-
MENT DEGREE
LT QUEZADA

SSOQ
MA1 DWAYNE JONES

JSOQ
AO2 JAMES VUU

BJOQ
MASA ALEXANDER HUMU-
LOCK

NAVY FITNESS CERTIFICATES
MR. DIMITRIOS DIAMAN-
TAKIS (MWR)
MR. EMMANUEL FLYTZANIS
(MWR)
MR. ANGELO LIAPAKIS (MWR)
MS. SOPHIA HATZIDAKIS
(MWR)
MR. GEORGE KSIRAKIS (MWR)
MR. HARALAMBOS PAPA-
GRIGORAKIS (MWR)
MS. MARIA PETAKAKIS (MWR)
MR. ARISTOMENIS
TSAGRAKIS (MWR)

Military Spouse Appreciation Day

A MESSAGE FROM
THE MASTER CHIEF PETTY OFFICER OF THE NAVY

May 6, 2009

To our Navy Spouses and Families,

When I took this job in December, I made a promise to every one of you that I would do everything in my power to ensure you are supported, that you have the quality of life you deserve and when your loved ones are deployed, our Navy will take care of you when you need it.

These were not just words, and I will say the same thing to every family member or Sailor I meet. This is very important to me because I know of the sacrifices our families make so that our Sailors can defend this nation.

The life of a Navy spouse is unlike any other. We ask that you give us your husbands and wives for months at a time. We ask you to support them because nothing is more important to their peace of mind. We ask you to understand the weekend watches, the deployments, the missed holidays and birthdays. You continue to give and ask for very little in return.

We are grateful for that, but we owe you a huge debt. We owe you an equal amount of understanding for the sacrifices you make, and I can promise that you have that from Navy leadership.

May 8 is Military Spouse Appreciation Day and, we will pause a moment that day to thank you appropriately. Please take my word on this when I tell you the appreciation we have for what you do goes far beyond one day per year.

Thank you for your continued support of your Sailor, our Navy and our nation.

HOOYAH!

R. D. WEST
MCPON #12

Post 9/11 GI Bill
For those who serve
AND
their families, too!

For more information visit <http://www.gibill.va.gov>

FIRE DEPARTMENT

"Chili Cook-Off"



▶ Tim Dias, Fire Chief

▶ Robert Mancini, Fire Inspector



▶ Cortney Schwalbe, Librarian & Ombudsman

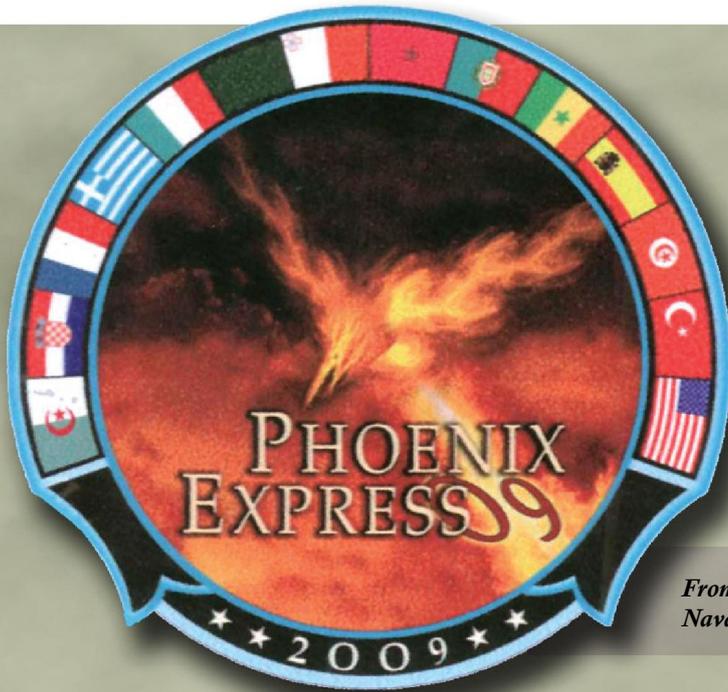


▶ Lt Joe Zukowski, USN



▶ Lt Nick Leshock, USN

The Fire Department at NSA Souda Bay held a "Chili Cook-Off" on 16 April 2009. The base was invited to sample and vote on who would win the cook-off. First place went to Robert Mancini, Fire Inspector and Vincent Morris, Fire Fighter. However, it was tied for second place with the winners being Dave Goeking, Lt Joe Zukowski, Lt Nick Leshock and Robert Zappia, Fire Fighter.



OPERATION PHOENIX EXPRESS

Maritime and land forces from 14 countries kicked off Exercise Phoenix Express (PE09) in Souda Bay, Greece April 22.

From Commander, U.S. Naval Forces Europe-Commander, U.S. Naval Forces Africa / Commander, U.S. 6th Fleet Public Affairs

NAPLES, Italy (NNS) -- Maritime and land forces from 14 countries kicked off Exercise Phoenix Express (PE09) in Souda Bay, Greece April 22.

PE09, a two-week exercise designed to strengthen regional maritime partnerships, is part of the overall U.S. Africa Command and Commander, U.S. Naval Forces Europe – Commander, U.S. Naval Forces Africa - Commander, U.S. 6th Fleet theater security cooperation (TSC) strategy to enhance regional stability in the region through increased interoperability and cooperation among regional allies from the United States, Africa, and Europe.

"Phoenix Express demonstrates U.S. and partner nation commitment to regional stability and maritime security," said U.S. Navy Capt. Red Smith, Commander, Task Force 68. "During this exercise, Sailors will get underway and become familiar with the other navies' operating procedures and practices. When they meet in the future to conduct combined peacekeeping or humanitarian operations, or to counter trafficking in drugs, weapons, or persons in this region,

they will be better able to work together."

U.S. units participating in the exercise include members of the U.S. 6th Fleet staff, the 6th Fleet Command ship, USS Mount Whitney (LCC 20) homeported in Gaeta, Italy, and USS Robert G. Bradley, homeported in Mayport, Fla.

"Phoenix Express offers a phenomenal opportunity to hone fundamental naval skills and improve the interoperability in the interest of maritime safety and security," said Robert G. Bradley

Commanding Officer Cmdr. Clinton A. Carroll.

Participating countries include Algeria, Croatia, France, Greece, Italy, Libya, Malta, Morocco, Portugal, Senegal, Spain, Turkey, Tunisia and the United States.

For more news from Commander, U.S. Naval Forces Europe -U.S. Naval Forces Africa/U.S. 6th Fleet, visit www.navy.mil/local/naveur/.



U.S. Navy photo by Mass Communications Specialist Third Class John Martinez

One of many mail deliveries to ships participating in Operation Phoenix Express.

Commanding Officer
NSA Souda Bay
PSC 814 Box 1
FPO, AE 09865

WE WANT YOUR FEEDBACK!

Tell us how we can improve our family gram!
Mail your comments to the return address above or e-mail: Paul.Farley@eu.navy.mil

Memorial Day at Souda Bay

May 2009

SAILORS PREPARE FOR A MEMORIAL DAY CEREMONY AT U.S. NAVAL SUPPORT ACTIVITY SOUDA BAY, CRETE, UNFURLING A FLAG MEASURING 60 FEET BY 40 FEET.



U.S. Navy photo by Paul Farley