

The Beacon

Produced by NSA Souda Bay Public Affairs

Holiday 2015



Warfighting First, Operate Forward, Be Ready



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

Articles for publication in The Beacon should be submitted to 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.

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Photo by Heather Judkins

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Front Cover: Naval Support Activity Souda Bay Commanding Officer, Michael R. Moore, stands ready to conduct the command Awards Ceremony in which 28 Sailors were frocked to the next higher pay grade and 15 Sailors received awards on 2 December. (Photo by Heather Judkins)

Feature Articles

Holiday 2015



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

Have a great photo you want to share? Send us your best "Urban Jungle" 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 24

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Bravo Zulu!

LS1 Altier, MA1 Clark, MA1 Lane, LS1 Qiu, MA1 Royer,

LS2 Aponte (FLC Sigonella Det Souda Bay), MA2 Baines, MA2 Beckman,

MA2 Davis, LS2 Guerrerocedano (FLC Sigonella Det Souda Bay), MA2 Harper,

MA2 Hoyt, MA2 Kirkwood, AS2 Perez (TAD from NAS Sigonella), ABH2 Smith,

MA2 Syas, MA2 Tetzlaff, MA3 Buehler, MA3 Hansen, MA3 Hollingsworth,

MA3 Holly, MA3 Tabitha Johnson, MA3 Kramerdiewold, MA3 Martinez,

AC3 McCartt, MA3 Myers, A3 Newsome, MA3 Quintana, MA3 Watkins and

MA3 Webb





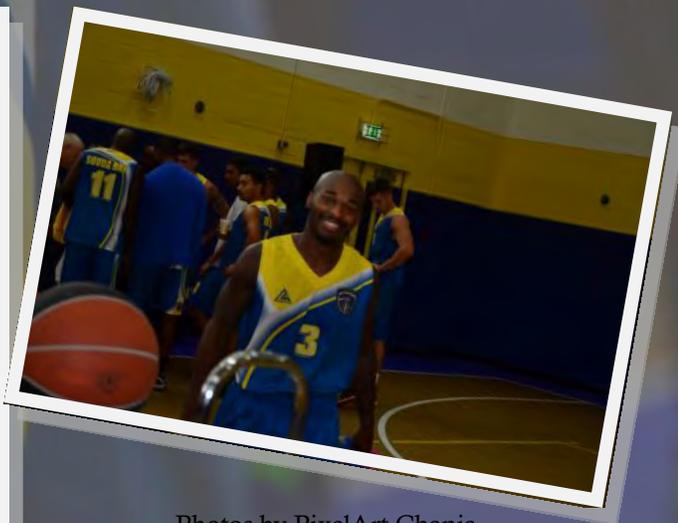
2015 COMMANDER'S CUP BASKETBALL TOURNAMENT

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

NSA Souda Bay – The 2nd Annual Commander's Cup Basketball Tournament took place at the MWR Fitness Center on 23-25 October. The teams that competed were: NSA Souda Bay, 115th Hellenic Air Force, Hellenic Navy, NAMFI, NMIOTC and the Hellenic Police.

Last year's champions, the Hellenic Navy made it to the final for a chance to repeat as champions but fell short to a very good NSA Souda Bay team. NSA Souda Bay led by Adrian Brown (Finals MVP) defeated the defending champions, the Hellenic Navy with the score of 60-41.

The tournament was a huge success and each team demonstrated textbook examples of sportsmanship both off and on the court. This tournament was a great opportunity to bolster morale, enrich camaraderie and strengthen relationships between the US and our Host Nation Greece.



Photos by PixelArt Chania





Photos by PixelArt Chania

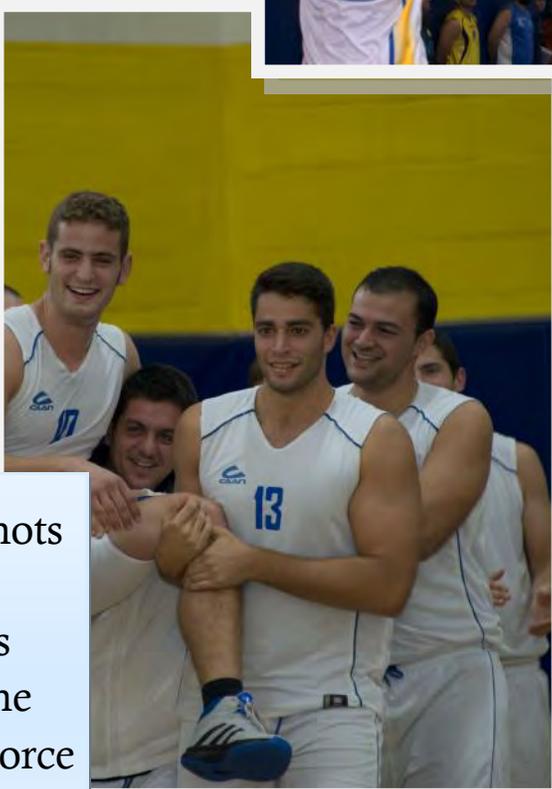


Adrian Brown (*pictured left*) was the overall leading scorer with a total of 46 points (averaging 15.3 per game). Brown was also voted MVP for the Commander's Cup Tournament.

2015 THREE POINT COMPETITION



Photos by Heather Judkins



Seventeen 3-point shots were made by Theodoros Lonas (pictured right) of the 115th Hellenic Air Force to win the three point competition.



Photos by Heather Judkins

Cheery Disposition Services

By MC2 Jeffrey M. Richardson, NSA Souda Bay Public Affairs

In every office setting, you will find a common theme in furniture. Desks, cabinets, chairs, computers and, depending on your department, even boat engines. When an office makes a transition to a different work space, decides to upgrade the furniture or go with a different model patrol boat, it is, as the saying goes, “out with the old and in with the new.” But the “old” has to go somewhere, doesn’t it? This is where Aviation Boatswain’s Mate Fuel 2nd Class Mathew Fuchs, Naval Support Activity Souda Bay’s Disposition Services Coordinator (DS), steps into the spotlight.

“I coordinate with Defense Logistics Agency (DLA) out of Kaiserslautern, Germany, who are in charge of the whole European region when it comes to disposition services,” said Fuchs.

Fuchs, a veteran of three successfully-coordinated DLA visits to Souda Bay, started in February 2014 and supports 24 base departments and tenant commands. This includes the coordination of all onsite scrap removal, as well as defense munition type equipment, which requires

demilitarization and special handling.

“Every time we have a DS run, there is always a new challenge. On the most recent run, our challenge was ISO boxes. ISO boxes are basically a pre-assembled building and we had a lot of projects this year which required new buildings to replace the old,” said Fuchs. “This year we had to process 40 of these ISO boxes, which presented a unique challenge as they were big and cumbersome to move.”

Fuchs and the DLA team had to process the boxes as four separate Contract Line Item Numbers (CLIN). “One for metal, wood, plastic and industrial rubbish.”

Consider that body builders train for extended periods of time in order to join the 1,000 pound club. This is nothing compared to the 535,626 pounds Fuchs and the DLA team have pushed out of Souda Bay since March 2014.

Fuchs also mentioned how DS actually impacts the logistic capability here and reduces base clutter by processing and removing the things no longer needed, clearing the way for more modern and

ABF2 Fuchs is credited for supervising 535,626 pounds of unwanted material off NSA Souda Bay since March 2014.

updated equipment. Fuchs and the DLA team ensured the materials were processed through the proper legal process.

“The rule of thumb is that anything which has been funded by the United States government (U.S. taxpayers) cannot simply be thrown away or given to the local economy,” said Fuchs. “Proper procedures include paperwork and utilizing the right channels for removal to avoid legal issues. People don’t think about it but when you throw away plastic or wood, it actually costs money to dispose of. It isn’t going to just sit in a landfill; it needs to be processed and screened for reutilization or destruction.”

As the broken, tired and worn out pieces of the past work their way towards processing, one may ask the question: What happens to the equipment and furnishings which may be brand new and just no longer needed or

the gently used equipment? After all, a desk or cabinet is still usable even if it is a couple years old. “We’re actually trying to set up dry storage so we can hold items. You’d be amazed at what people get rid of. Brand new items that have never been used or items that just have no further use. What we’re trying to do is create a suitable space for these items to where, before you order it on GSA, you come out and check with me first.”

With a potentially bright future of dry storage, customers who need a desk or cabinet would speak with the Dispositions Services Coordinator and may be able to receive what they need with almost zero wait time and at no cost, vice ordering through GSA. For his exceptional efforts, Fuchs was awarded the Navy Marine Corps Achievement Medal.



Photo by Mr. Kostas Fantaousakis

SEABEES SCARE Halloween Fans

Story by UTCN Andrew Palmer, Naval Facilities, NSA Souda Bay

It's not an understatement to say that the Navy loves its traditions and few traditions in Souda Bay are as eagerly awaited as the Annual Seabee Haunted House. Year after year, local nationals and Sailors flock to the Public Works building for a scary thrill. For Sailors it's a little taste of home. For the locals it's a new experience they wouldn't otherwise have. For Seabees it's an excuse to use our tools to create and build outside the box and unashamedly scare the daylights of patrons. Each year we doggedly try to outstrip the previous year and this year's Haunted House has unanimously been the best yet.

Everyone enjoyed the sights and scares but few people saw the work that went into transforming a modest government building into a house of frights. You might even be amazed to know that everything from our decorations to the freestanding structures were built and assembled in a week. Yes, with a little ingenuity and Seabee 'Can Do,' a week was all it took to create a haunted house on base while maintaining our regular duties.

This year's haunted house was as much fun to make as it was to experience. The Public Works Department (PWD) looks forward to the Halloween season because few events truly let Seabees showcase their skills and know how. In the week prior to opening, the PWD put in hundreds of man hours to erect our haunted house. Teams of Seabees stayed late every day and came in on the weekends to work our construction magic. While this may sound horrible, I assure you, we couldn't have enjoyed it more! Of course, we don't always do things alone. That is why we would like to thank Morale Welfare and Recreation department and the Medical staff for the use of props and costumes.

This year's haunted house has truly been a great experience. Attendance and donations were record breaking, as well as the number of patrons. That just couldn't beat the level of scares. The bar has been raised even higher and it begs the question: can the Seabee 2016 Haunted House get better? The only way to find out is to join us next year and see for yourself!



UTCN Andrew Palmer, Naval Facilities, Naval Support Activity Souda Bay. (Photo by Heather Judkins)





I You

... some facts about men's health

Story from CMDR John Taylor, Senior Medical Service Officer, NSA Souda Bay

What could be the purpose of so many mustaches appearing on so many faces? “Movember,” or “No-Shave November” has been touted as a way to grow awareness and raise funds for men’s health issues. But just what are these issues of which these mustaches should make us aware?

25

The average age for Sailors at Naval Support Activity Souda Bay.

GOAL

For the average 18 to 24 year old person, it is to develop more personal traits to make them productive members of society vice non-productive and sometimes, detrimental, traits as possible.

OFFENDED?

This may sound like a criticism of that age group. We all had to go through that ‘young adult’ phase and learn about life, sometimes the hard way. But there’s scientific fact to back this stance.

FACT

Our brains are still developing and are not fully matured until around age 25. This means that all those habits or ways of dealing with life's situations can be somewhat hard-wired prior to age 25 and after age 25, to modify some of those responses will require a more effort.

POINT

Some of those negative traits could include driving too fast, being impatient in traffic, becoming violent easily, smoking, risky sex, use of alcohol or drugs, etc. The latter can lead to many problems to include mental health issues and, for active duty military, dishonorable discharge.

So for the negative aspects that can be controlled, it's best to learn those traits 'sooner rather than later.' But some men's health issues, with education and proactive actions, can also be averted or successfully treated.

Testicular cancer in 18 to 24 year old males is an increased risk for that age group, but the risk is still lowered with self-exams, the best way to detect this cancer. Once diagnosed, testicular cancer is also one of the most curable form of cancer.

To help prevent the spread of human papillomavirus or HPV and the few cancers that can occur from HPV, young men are recommended to get the HPV vaccination.

Skin cancer is infrequent in this age group, but can occur. The bigger problem with sun exposure (which there is a lot of that on Crete!) is the effect on the skin and underlying collagen that causes people to look older than their actual age. The issue is greater if there is frequent and sustained sun exposure or if someone had sun burns at a young age.

Lung cancer is rare in this age group, but smoking significantly increases the chance of all forms of cancer and particularly lung, esophageal, and skin cancer later in life.



Souda Snapshots

Spotlight on Port Operations



Photo by Heather Judkins



Photo by Heather Judkins



Photo by MC2 Richardson



Photo by Heather Judkins



Photo by MC2 Richardson



Photo by Heather Judkins



Photo by Heather Judkins



Six volunteers from NSA Souda Bay delivered a significant amount of clothing donations to the St. Charalambos church located in Lentariana, Chania on 16 December. The volunteers were treated to loaves of traditional sweet bread called "artos." An artos (Greek: ἄρτος, "leavened loaf" or "bread") is a loaf of leavened bread that is blessed during services in the Eastern Orthodox church. The clothing donations were collected by NSA's Chapel for the fourth time this year.



Ten volunteers from NSA Souda Bay joined 44 boys and girls from the Agrokipion Elementary school in Chania, Crete for a presentation of baseball/softball and American football on 11 December. The event took place at the Nerokourou soccer field. It was a great opportunity for the children to practice American English and play three sports which are not easily accessible in Greece. Both the Sailors and the children had a great time thanks to the help of the accompanying school teachers who did a great job of translating the rules and terms used in these popular American sports. Softball gear was provided by MWR Gym Souda Bay.

Photos by Mr. Kostas Fantaousakis



To participate in any future events please e-mail our Community Relations Specialist, Kostas Fantaousakis at Konstantinos.Fant.gr@eu.navy.mil or call 266-1348.



Sixteen volunteers from NSA Souda Bay delivered holiday gifts to the children of the Chania Boys Center (Kentro Paidikis Merimnas) and the St. Nektarios Girls Care Center on 22 December. The volunteers were met with the smiling faces of the children and were treated to Greek holiday sweets 'melomakarona' and 'kourampiedes'. This holiday gift collection was a team effort by the 1st & 2nd Class Associations, NSA Souda Bay Chapel, Navy Federal Credit Union Souda Bay, AFN Detachment Souda Bay and the 95th Reconnaissance Squadron along with a large number of individuals from Team Souda.



CONGRATULATIONS

LTJG Chaturanga D. Abeywickrama
for the "Merry and Bright"
winning entry!



CONGRATULATIONS

to our "trick or treat"
photo competition
winner,
Mrs. Christina Walt!

**Your photo
could be next!**



Have a great photo you want to share?

Send us your best "*Urban Jungle*" 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: **January 22, 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 e-mail 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

BZ to the November Awardees!



ENS Fiaschi, MACM Necaie, AMCS Ramdeo, MA1 Benally, MA1 Clark, DC1 Kabba, MA1 Miller, MA1 Ramirez, MA1 Thoennes, MM2 Davis, MA2 Edmunds, MA2 Patton, MA2 Serra, ABH3 Jelks, MA3 Zelaya, MASN Cota, MASA Faulk, MASN Mowatt, MASN Myers and MASN Walker



BZ to the December Awardees!



MAC Cartwright

MM2 Davis

YN2 Wesley (2015 NSA Souda Bay Junior Sailor of the Year)

ABH2 Wright

ABHAN Mackins

MA3 Biuk

MA3 Vanessa Brown

MA3 Stanfield

ABHAN Buchner (2015 NSA Souda Bay Blue Jacket of the Year)

LS2 Mensah (2015 Fleet Logistics Center Sigonella Junior Sailor of the Year)

MA3 Myers (2015 NSA Souda Bay 4th Quarter Blue Jacket of the Quarter)