

EURAFSWA READER



WE ARE SAILORS

24/7

DIGNITY AND RESPECT:

A culture change where all Sailors are treated professionally and with dignity and respect means sexual assault must not happen. The goal of eliminating sexual assault within our ranks must be achieved through ownership, courage, education and respect.

ELIMINATE SEXUAL ASSAULT:

Every Service member, at every level in our military, must know, understand, and adhere to Service values and standards of behavior in order to eliminate sexual assault, and other inappropriate behavior.

DO YOUR PART:

We have to act. If we see a crime or inappropriate behavior unfolding, we need to step in to prevent it. We each need to add our voice to the call to end this crime.

KNOW YOUR PART:

Each member of our DoD community has a unique role in preventing and responding to sexual assault. We must recognize our part in stopping this crime starting with our own awareness and knowing when and where to intervene.



EURAFSWA READER VOLUME 4 ISSUE No. 01 - APRIL 2015
 "ELIMINATE SEXUAL ASSAULT: KNOW YOUR PART. DO YOUR PART."

EDITOR and DESIGNER

Lt. Cmdr. Robert Johnson

CONTRIBUTORS

Rear Adml. John Scorby
 Capt. Kevin Bertelsen
 CMDCM Gregory Vidaurri
 Lt. Cmdr. Robert Johnson
 Lt j.g. Alexander Perrien
 MC2 Luke Meineke

Capt. Christopher J. Dennis
 Cmdr. Charles G. McKinney II
 CMDCM Michael Kaszubowski
 Lt. Paul Newell
 MC1 Tony D. Curtis
 MC3 Ramon Go
 Mr. Alberto Lunetta

Capt. Greg Pekari
 Cmdr. Tim McGarvey
 CMDCM Delbert Terrell Jr.
 Lt. David Carter
 Morgan Over
 MC2 Grant Wamack

Capt. Matt O'Keefe
 Cmdr. James Miller
 CMDCM Keith Rousseve
 Lt. Cmdr. Erik Wells
 MC1 Julia Casper

Capt. David J. Meron
 Cmdr. Leif Hammersmark
 CMDCM Steve Timmons
 MC1 Steve Smith
 MC2 John Benson

Capt. Douglas Carpenter
 Cmdr. Jay Driskell
 CMDCM Ashley R. Drake
 MCC Travis Simmons

Capt. Michael R. Moore
 Cmdr. James R. Bird
 MCCM Kurtis Szyszka
 MC2 Jeffrey Richardson

Capt. William A. Garren
 Cmdr. Rod Tribble
 Lt. Cmdr. Juli Strieter
 Lt. Cmdr. Mike Billips

Contents

04 REGION COMMANDER'S PERSPECTIVE Rear Adm. John Scorby	56 CARRYING ON THE FAMILY TORCH Lt. j.g. Nick McDonald
06 PROMOTING PREVENTION AND AWARENESS Rear Adm. John Scorby	58 NSA BAHRAIN'S XO DEPARTS MC1 Steve Smith
12 SIGONELLA SUPPORTS SAAPM Xiomara Bowds	64 THE DELIBERATE VOICE OF THE PEOPLE Lt. Cmdr. Robert Johnson
26 PROJECTED TO SAVE MILLIONS MC2 Jeffrey M. Richardson	70 MAN'S BEST FRIEND Lt. Seamus R. Nelson
36 YOUTH OF THE YEAR MC1 Brian Dietrick	84 EARNING DISTINCTION MC2 Luke B. Meineke
44 10 WAYS TO EAT HEALTHIER Diane Norwood	90 REGION VOICES

REGION COMMANDER'S PERSPECTIVE



I remain extremely proud of all the things we have accomplished as a team, especially as we continue to set the standard for professionalism, dedication to mission and commitment to our Shipmates, both uniformed and civilian. The first three months of 2015 have been particularly productive and have set the pace for the rest of the year.

NSA Naples and Region successfully completed their Navy Inspector General Area Visit and received very positive feedback from the inspection team on the quality-of-life and work programs and support services offered to the large military community working and residing in the Naples area.

In March Souda Bay Air Operations Department safely delivered 1092 passengers and 118,500 pounds of air and ground cargo and supported 331 Aircraft Operations. Combined with the Port Operations Department support for several US ship visits, NSA Souda Bay continues to impress with the excellent service they provide to the fleet.

NSA Naples, NS Rota, and NAS Sigonella had a very busy month hosting visits from the USO, Vice Chairman of the Joint Chiefs of Staff Admiral James Winnefeld Jr., Vice Chief of Naval Operations Admiral Michelle Howard and the Master Chief Petty Officer of the Navy, Mike Stevens. All three bases received well deserved praise for their care of our Fleet, Fighter and Family.

April is Sexual Assault Awareness and Prevention Month (SAAPM). The 2015 theme is "Eliminate Sexual Assault: Know your part. Do your part." This is an opportunity to build on existing momentum to eliminate sexual assault and ensure all service members are committed to creating command climates of professionalism, dignity and respect. Every level of leadership sustains and expands this campaign to identify situations that pose a risk for sexual harassment, sexual assault, and other unacceptable behavior. The courage to correct destructive behavior is in all of us. You can find additional information, references and resources at www.sapr.navy.mil.

One of the undeniable roles we have here at the Region is to be effective resource managers. Given the current DOD budget climate, it's critical that all EURAFSWA team members consider the most effective and efficient use of our limited resources to accomplish our missions. Our missions and our installations are in fact growing in number, complexity and scope, but the resources necessary to accomplish those missions are not always keeping pace. I ask you all to be good stewards of the resources we are entrusted with, and ensure that each installation can provide the highest quality service to the Fleet, Fighter and Family. As we move forward, please continue your focus on ensuring our Region is ready, relevant and capable and we remain brilliant on the basics. This is the key to enabling and supporting our Sailors, Navy civilians and their families; our most important resources!

As always, take care of yourself, take care of your Shipmates and take care of your family!

RADM Jack Scorby
Commander, Navy Region Europe, Africa, Southwest Asia

PROMOTING PREVENTION AND AWARENESS

Story by Lt. Cmdr. Robert Johnson, CNREURAFSWA Public Affairs

Commands throughout Navy Region Europe Africa Southwest Asia (EURAFSWA) are observing Sexual Assault Awareness and Prevention Month (SAAPM) with events to educate personnel on how to prevent sexual assault and help victims of it. The Department of Defense's (DOD) theme for this year is "Eliminate sexual assault. Know your part. Do your part."

"Every April, our Nation comes together to renew our stand against a crime that affronts our basic decency and humanity," said President Barack Obama in his National Sexual Assault Awareness and Prevention Month, 2014 presidential proclamation. "Sexual assault threatens every community in America, and we all have a role to play in protecting those we love most -- our mothers and fathers, our husbands and wives, our daughters and sons. During National Sexual Assault Awareness and Prevention Month, we recommit to ending the outrage of sexual assault,



giving survivors the support they need to heal, and building a culture that never tolerates sexual violence.”

Since 2001, SAAPM has been observed nationwide and provides commands and installations, as well as civilian organizations, an annual opportunity to highlight DOD and service policies addressing sexual assault prevention and response.

“Sexual Assault undermines core values, degrades military readiness, and may forever change the life of victims and their families,” said Lt. Cmdr. Daniel Cortes EURAFSWA Sexual Assault Prevention and Response Officer. “Sexual Assault Awareness and Prevention Month is an annual campaign to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence.”

Commands throughout EURAFSWA have SAAPM events planned during April. Naval Support Activity Naples, among their many events, will set-up information booths, that will remain up all month long, to provide military and civilian members a full range of SAAPM resources. Naval Air Station Sigonella, among their many events, will have a dedicate SAPR radio program every Monday for the month of April. Naval Station Rota, among their many events, will increase aware with SAAPM themed receipts with every purchase at the Base Club “Champions.” Naval Support Activity Souda Bay, among their many events, will hold a “Teal Ribbon Walk” as part of their effort to raise awareness. Naval Support Activity Bahrain, among their many events, will hold a “Denim Day” which will culminate in a meeting focused on preventing sexual violence through education and public awareness. Naval Support Faculty Deveselu, among their many events, will hold an all hands call to for the members of the base.

Service members and their families can learn more about the resources available



Cmdr. Leif Hammersmark, executive officer of NSA Bahrain, speaks to Bahrain's Sexual Assault Prevention and Response (SAPR) Victim Advocates (VA) during an appreciation lunch.

to them at 1-877-995-5247 and www.SafeHelpline.org. Additional information is available at the DOD Sexual Assault Prevention and Response website at www.sapr.mil.

“Sexual assault is a crime, and it has no place in the U.S. Armed Forces,” said Yeoman 3rd Class (AW) Denesha Smith, EURAFSWA Command SAPR Advocate. “Sexual assault is not limited to any one rank in the military, and it can happen to anyone, male or female. Additionally, for every reported assault, three to five more assaults or harassments go unreported. That’s a lot of Sailors suffering in silence.” She goes on to talk about how sexual assault is not a problem that big-Navy, or even EURAFSWA leadership, can solve alone.

“It takes each of us taking responsibility for our own actions and stepping in when we see something wrong to end this type of behavior, to help stop sexual assault,” Smith said. “Everyone must form the first line of defense.”

“The SAPR program also emphasizes the importance of bystander intervention; a strategy the Department of Defense initiated to encourage service members to prevent sexual assault,” said Cortes. “Active bystanders [should] take the initiative to help those who may be targeted for sexual assault, possibly due to alcohol or any other reason, from becoming victims of this crime. Know your part. Do your part.”

Sexual Assault Prevention and Response is an important effort in the 21st Century Sailor Office which consolidates programs and policies, new and existing, to maximize Sailor personal and family readiness and build resilience, enhancing the asymmetric advantage Sailors bring to the force.

Help raise awareness by joining the conversation on social media using (#SAAPM)! #AprilisSAAPM.

Sexual Assault Awareness and Prevention Month

ELIMINATE

SEXUAL ASSAULT

KNOW YOUR PART
DO YOUR PART

For additional information:
sapr.mil safehelpline.org



April 2015

Sigonella Supports

SAAPM

By Xiomara Bowds, NAS Sigonella Fleet and Family Service Center

Naval Air Station (NAS) Sigonella Commanding Officer Capt. Chris Dennis (right) and Sexual Assault Prevention and Response Coordinator Xiomara Bowds lead a group of NAS Sigonella community members during the 9th annual Sexual Assault Prevention and Response (SAPR) Walk, April 30, 2014. (U.S. Navy photo by Mass Communication Specialist 3rd Class Cameron Bramham/Released)

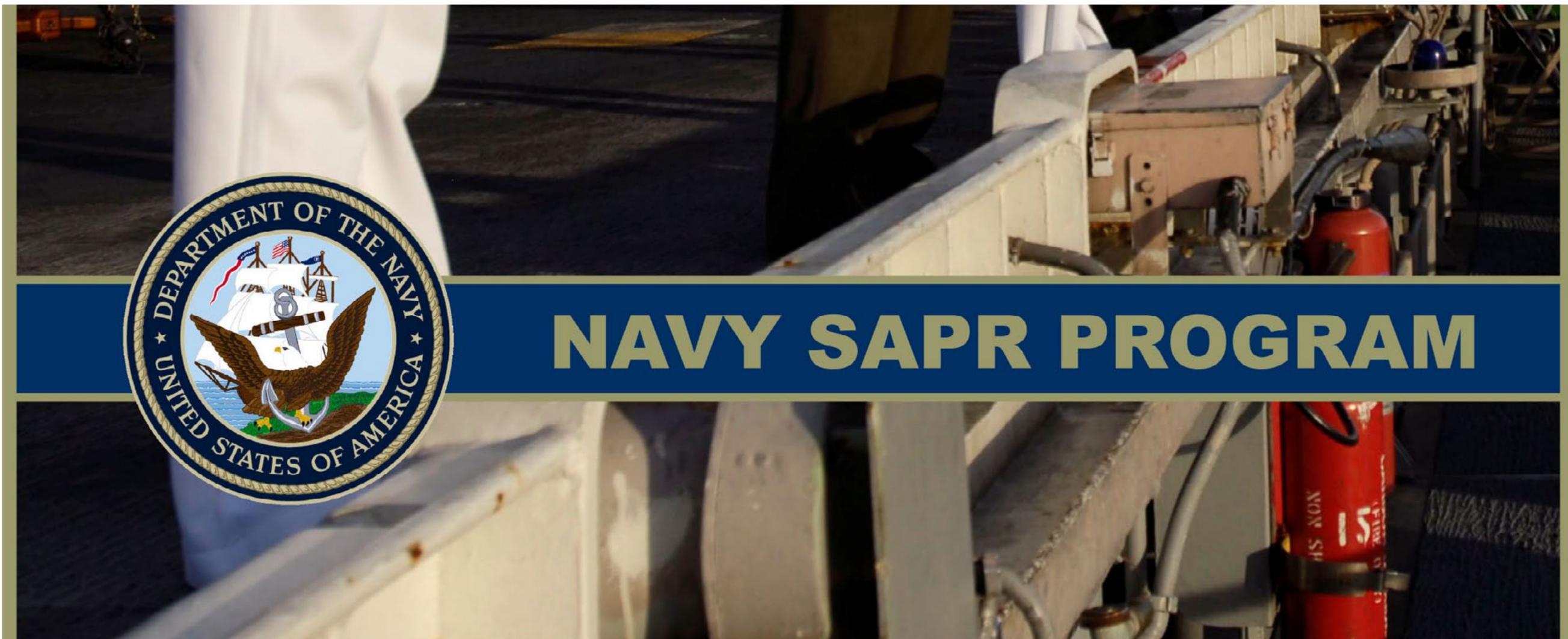


The Sexual Assault Prevention and Response Program (SAPR) at Naval Air Station (NAS) Sigonella creates and sustains an environment and community intolerant of sexual assault. The program's focus is on the victim's recovery that ultimately influences and maintains mission readiness. Along with recovery-oriented victim response, the program also ensures offender accountability. Installation leadership plays an important role in this objective by creating an environment that discourages sexual assault, endorses a high standard of personal behavior and interaction, and acts swiftly against offenders in our community.

Over the last year, our community responded to 16 reports of sexual assault, an increase from the previous year's 11 cases. We attribute the increase in reports partly to a growing confidence that the command will respond and support the victim. The increase also includes latent reports – meaning the incident occurred at another installation or prior to military service. Latent reports are important because they provide much needed services to members who otherwise would not have avenues in which to regain what they have lost. The rest we attribute to incidents that occurred in that year. These are significant to the community because although we are making great strides in awareness and prevention education - sexual assaults continue in our community. NAS Sigonella stands by the aforementioned role of the program and continues to implement and



Naval Air Station (NAS) Sigonella Commanding Officer Capt. Chris Dennis (right) and Sexual Assault Prevention and Response Coordinator Xiomara Bowes lead a group of NAS Sigonella community members during the 9th annual Sexual Assault Prevention and Response (SAPR) Walk, April 30, 2014. (U.S. Navy photo by Mass Communication Specialist 3rd Class Cameron Bramham/Released)



revise programming aimed at these communities' challenges.

Last year, we hosted effective performances addressing sexual assault and bystander intervention. An increase in awareness and bystander intervention education has contributed to some of the increased reporting we see in the overall DOD sexual assault numbers. Obviously, we have more work to do but positive responses to the revised training show great promise in effectively educating the audience that is most at risk (Sailors between the ages of 18 and 24). This targeted training provides real world scenarios with options and resources embedded in the message. We also have peer-facilitated Bystander Intervention to the Fleet (BI2F) training that links facilitators and participants with common challenges when addressing sexual assault. The approach is unique and allows for open discussion surrounding the peer group. This year the edutainment shows will augment and refresh tired required annual training while continuing the message of intolerance in our navy.

Another factor in the reported increase is the command response to reports of sexual assault. A command climate that creates an environment where sexual assault is not tolerated, condoned, or ignored makes a safe place for victims who want to report and seek accountability. The DOD initiative

to investigate every allegation of sexual assault permits installation leaders to act accordingly to secure the safety of its community members. Bystander intervention campaigns call to all of us who witness risky behavior to step in before it harms another service member and charts the understanding that it is one fight battled by all in the community. Most importantly, both initiatives support an environment that positively affects victim services, prevention education and legal responses to allegations.

April is Sexual Assault Awareness and Prevention Month (SAAPM). The FFSC, MWR, CPOA and other key organizations in the community have collaborated to provide different events throughout the month of April. On April 1st, Capt. Christopher Dennis, NAS Sigonella commanding officer, will sign the SAAPM Proclamation and then lead community members on the 6th Annual SAPR Walk through NAS 2. Every Friday, information tables will be manned by SAPR personnel to answer questions and provide information and resources. Community members will be greeted by teal flags at each gate honoring the 16 courageous victims that came forward and reported their sexual assault. Finally, command members will hang T-shirts at NAS I with individual messages that support victims and speak out against sexual assault in our community. NAS Sigonella invites all community members to participate in the month's events and show your support for the SAPR program.



U.S. service members from NAS Sigonella discuss their experience and thoughts in relation to International Women's Day. Eleven women from throughout the Sigonella community participated in Sunday's event in Nissoria after being nominated by their chains of command for excellent professionalism and outstanding character. (U.S. Navy photo by Mass Communication Specialist 3rd Class Ramon Go/Released)



Naval Air Station (NAS) Sigonella Commanding Officer Capt. Chris Dennis signs a proclamation at Take 5 on April 1, 2014 declaring the month of April as Sexual Assault Awareness Month (SAAM). Other events Fleet & Family Support Center had planned for SAAM included information tables set-up around base throughout the month of April and the 9th annual Sexual Assault Awareness Walk which took place April 30, 2014. (U.S. Navy photo by Mass Communication Specialist 3rd Class Cameron Bramham/Released)



NAS Sigonella hosted the 34th meeting of the Joint Military Commission (JMC) on March 10-11. The JMC is a forum between senior Italian and U.S. military representatives to discuss issues related to the permanent and temporary basing of U.S. forces within Italy. (U.S. Navy photo by Mass Communication Specialist 3rd Class Ramon Go)

Navy Exchange employees Concetto Rigaglia, left, and Alfredo Sapia, prepare merchandise to be moved from the Navy Exchange main store to the NEX Depot, March 16. The small appliances, housewares, and domestics departments are being moved to the Depot in preparation of the upcoming remodel of the main store. (U.S. Navy photo by Mass Communication Specialist 2nd Class Donovan K. Patubo/Released)





IF I SEE A
SITUATION
WHERE THERE'S A
POTENTIAL FOR
SEXUAL
ASSAULT,
I WILL DO
SOMETHING TO
PREVENT IT.

I AM AN
ACTIVE
BYSTANDER.
ARE YOU?

To learn more about how you can be an active bystander, go to utb.edu/activebystander.

Projected to save **MILLIONS**

By Mass Communication Specialist 2nd Class Jeffrey M. Richardson



A line handler inspects the brow of Military Sealift Command joint high-speed vessel USNS Spearhead (JHSV 1) as it moors in Souda Bay during a scheduled port visit. The U.S. Navy's first-in-class joint high-speed vessel is on its first operational deployment supporting theater security cooperation efforts and the international collaborative capacity-building program Africa Partnership Station in the U.S. 6th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)



Logistics Specialist 2nd Class Zachary D. Devinney (left) ensures supply paperwork is properly filled out by Sailors assigned to Ohio-class guided-missile submarine USS Florida (SSGN-728) during a scheduled port visit. Florida, homeported in Kings Bay, Ga., is conducting naval operations with allies in the U.S. 6th Fleet area of responsibility to advance security and stability in Europe. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)

Starting April 7, 2015, U.S. Naval Support Activity (NSA) Souda Bay's Fleet Logistics Center (FLC) detachment will be taking over as the service provider for all U.S. assets, replacing the role of the husbanding agents, potentially save the Navy millions of dollars.

In the past, U.S. assets would coordinate all services, such as transportation, barges, and pilots for ships, through a husbanding service provider agent.

"For cargo and mail and stuff, that was what the fleet logistics center would provide in the past. Now however, we are switching to everything. Everything is turning over to FLC, the Fleet Logistics Center," said Logistics Specialist 1st Class Justin Wright, the leading petty officer and contracting officer representative of FLC Detachment Souda Bay. "There will be no more husbanding agents in Souda Bay."

The expiration of the husbanding agent contract is the reason for the changeover and will have NSA Souda Bay seeing quite a few changes, though most personnel may not even notice the transition.

"The husbanding agent contract expiration is going to several changes. First, fleet logistics center will be coordinating directly with ships to provide all services. This will include cargo, mail, CHT, transportation, like vehicles and buses, cell phones, barges, tugs, pilots, you name it. Everything the ship needs, FLC will now be providing without a husbanding service agent," said Wright. The effects of these changes will not be felt by NSA Souda Bay personnel. The weight of these changes are going to be shouldered by Fleet Logistics Center. Port Operations will have a few small, minor changes, but the majority of it will be felt by the fleet logistics center. Most people on NSA won't know that there is anything different going on."

With the absence of the husbanding service agents, Logistics Specialist Senior Chief Lakesha L. Jobe explains how FLC will carry out its mission.

"We will utilize U.S. Naval Personnel, civilians and local nationals as well as organic resources and IDIQ contracts to accomplish this herculean task," said Jobe. "A lot of work, preparation, and interdepartmental collaboration has gone into the research, development and establishment of this new process."

With the monumental task of U.S. personnel taking

over the role of providing everything a ship needs to pull into port and resupply, Sailors have been taking the necessary steps to ensure the turnover process will go smoothly.

“We have been doing a lot to prepare. Nobody has ever done this quite the way we are doing it. Rota and Gaeta have similar models, but nobody is doing it specifically the way we’re doing it. For the last six months or so, we’ve been coordinating with other sites to figure out how they run their operations and pull pieces that suit the way we do business,” said Wright. “We’ve been doing contracting, soliciting, technical evaluations. We’ve been doing historical data research, as well as running through tabletop exercises, being trained on how to read “log reqs”, how to read contracts, how to coordinate with ship SUPPOs (Ship Supply Officers). You name it; we have been doing a lot of training.”

With the old husbanding service provider agent contract, there was no ability to monitor services or audit the contractor but this is about to change.

“This new program really helps enable forward presence because it saves us a lot of money. In the past, the husbanding service agent had control of how much they were charging, what services they were providing, we even found cases where we’re not even sure what it is they were providing but they were charging us a lot of money for it,” said Wright. “So, now with our model, we’ve created a competitive, customized, auditable service environment. Our hope is that after a year of data collection with this new model, other ports are going to adopt it.”

With this new model of service, FLC anticipates savings in the millions for SUBLANT, SURFLANT and Military Sealift Command.

“Some of our projections were upwards of 80-85% savings over previous fiscal years,” said Wright. This translates to a savings of around seven million dollars per year. “So, now we are getting the lowest possible, technically acceptable price for each service and it also allows the Navy to audit, because we couldn’t audit the contractor in the past. Now, because we are maximizing our organic resources and using individual contracts, we know exactly how much we’re spending and we know exactly how much service we are actually receiving.”

With this innovative approach, FLC Souda Bay will institute cost reduction for not only NSA Souda Bay, but entire region as well.



Civil service mariner Kimberly Clement, assigned to the Military Sealift Command fleet replenishment oiler USNS John Lenthall (T-AO 189), directs cargo during resupply operations as part of a scheduled port visit. John Lenthall is able to provide up to 31,200 tons of cargo to U.S. Navy assets during resupply operations. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)



U.S. Naval Support Activity (NSA) Souda Bay Commanding Officer, Capt. Mike R. Moore (second from the left) attends the Greek Independence Day parade in Chania. After over 11 years of revolution, Greece gained their independence from the Ottoman Empire was recognized as an independent nation in 1832. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)



U.S. Naval Support Activity (NSA) Souda Bay Commanding Officer, Capt. Mike R. Moore (third from the right) attends the Greek Independence Day ceremony in Chania. Also in attendance was Greece's minister of finance, Yanis Varoufakis. After over 11 years of revolution, Greece gained their independence from the Ottoman Empire was recognized as an independent nation in 1832. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)



The Military Sealift Command fleet replenishment oiler USNS John Lenthall (T-AO 189) arrives in Souda Bay for a scheduled port visit. USNS John Lenthall, a Henry J. Kaiser-class fleet replenishment oiler, is able to provide up to 31,200 tons of cargo to Navy assets during resupply operations. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)

Youth of the YEAR



Story By Mass Communications Specialist 1st Class Brian Dietrick
Naval Station Rota, Spain Public Affairs

Selected from among several outstanding local youth, Leif Gruetter was named recipient of the 2015 Rota Youth of the Year, Feb. 19. As the new Youth of the Year for Naval Station Rota, the 16-year old high school junior is a true example of an extraordinary young man who was recognized by the Boys and Girls Clubs of America (BGCA) for his sound character, leadership skills, and willingness to give back to the community.

Leif had just returned from an academic bowl and initially thought the classroom was so crowded because people wanted to welcome him back. "I was shocked at first," he said. Students and faculty wanted to welcome him back but they also wanted to see his reaction once he was told the big news. "When I came into school the next day, I saw Miss Kaylee [Malone] and thought to myself, 'Why is Miss Kaylee here? Did I win?' Then I saw a congratulatory sign on the board because I won the Youth of the Year Award," said Leif.

Earning this honor was the culmination of a yearlong effort. Eligible nominees had to previously win the Youth of the Month Award before the 12 candidates could submit applications

Naval Station Rota, Spain Commanding Officer, Capt. Greg Pekari, right, gives a command coin to Leif Gruetter after it was announced that Gruetter won the 2015 Rota Youth of the Year award, Feb. 5. The Youth of the Year program celebrates youth who demonstrate exceptional character and go above and beyond in areas including scholastic achievement, community service, and leadership ability. (U.S. Navy photo by Mass Communication Specialist 2nd Class Grant Wamack)

for the yearly award. Applications included an interview, four written essays on separate topics, and a three-minute videotaped speech. The award applications were sent to judges in Naples, Italy who ultimately chose Leif as the best youth to represent Rota at the next level.

The Youth of the Year program celebrates youth who demonstrate exceptional character and go above and beyond in areas including scholastic achievement, community service, and leadership ability.

Among his many contributions to the Rota Youth Center, Leif is president of the 4-H Club and an integral member of the Keystone Club. He also runs a science club where the kids get together and do fun science experiments and he encourages them to ask questions.

“I really love introducing new ideas to kids,” said Leif. “Some kids are hesitant to try new things and I like to let them know its okay.”

The Keystone Club started a few ago and Leif was a major contributor to getting it started. It is a form of student counsel that meets weekly to discuss ideas that can make the center better and acts as a larger voice for the children who attend the center. Leif believes the Youth Center has really been growing recently and expects it to continue in the future.

Leif’s mom is a David Glasgow Farragut



Regional Youth of the Year contestants Hannah Donovan, left, Rota’s Leif Gruetter, center, and RianSimone Harris during the Youth of the Year event. (Photo by KayLee Malone)



Leif Gruetter, standing right, 2015 Rota Youth of the Year, discusses the findings of a science experiment to members of the science club at the Rota Youth Center. Leif runs the weekly science club where children at the youth center get together and conduct science experiments. The Youth of the Year program celebrates youth who demonstrate exceptional character and go above and beyond in areas including scholastic achievement, community service, and leadership ability. (Photo courtesy of Dana Dufka)

(DGF) Middle School and his dad is a University of Maryland University College teacher; however, despite not being in the military, they face similar hardships and must overcome the same obstacles that a military family would. Leif knows that it can be hard for a military child to feel at home due to the constant moving around and does his best to ease that challenging transition. "This is my 12th year here so I like perpetuating a sense of community," said Leif. "I like helping kids get along and making it easier for them to meet new friends. I feel like that's one of the things that the Youth Center is about. When you see new faces here, you go over and introduce yourself and sometimes it can grow to become a lifelong friendship."

Leif is also active in his giving back to his community, both overseas and stateside. While in Rota, he volunteers numerous hours at the Rota Animal Welfare League shelter. During summer vacation for the last five years, Leif and his family return to Oregon to visit. Leif enjoys volunteering his time working in the reptile house at the Clatsop County Fair.

"It's really cool to see some of the young kids that come in and see that spark of interest that they have," said Leif. "If my parents didn't introduce that stuff to me when I was young, I wouldn't have grown to become as nearly fanatic as I am about it now, and I would have

missed out on so much.”

When Leif isn't volunteering his time to the community or helping at the Rota Youth Center, he likes to play the piano and enjoys reading and drawing.

With only one more year of high school left until graduation, Leif must start thinking about what comes next. He ultimately doesn't know what he wants to do but he is going to apply for a college in the States.

“Right now, I'm definitely thinking about the different sciences, like chemical engineering or particle physics,” said Leif. “I feel like there are a lot of opportunities that I can explore to find out what I want to do with my life.”

Leif credits a lot of people for being a role model and inspiring him to want to do great things. There is his mom and dad, but there are a few others that he wanted to name; Kaylee Malone, teen coordinator for the Rota Youth Center, and Kathleen Tierney, science teacher for the DGF Middle School.

“Miss Kaylee is an incredible role model,” said Leif. “She does so much around the Youth Center and has helped me with so much. There is no way I would have gotten where I am without her help. There is also Mrs. Tierney. She got me started on this path of doing a lot of extracurricular stuff and finding the joy in it. I'm really thankful that she took the extra time and effort to do that for me.”



Leif Gruetter, left, stands with Amber Rodin before the Youth of the Year luncheon. (Photo by KayLee Malone)



Leif Gruetter, 2015 Rota Youth of the Year, plays drums during a pep rally prior to a David Glasgow Farragut High School football game. Leif has many contributions to the youth center including, president of the 4-H Club, a member of the Keystone Club, and organizing the science club. The Youth of the Year program celebrates youth who demonstrate exceptional character and go above and beyond in areas including scholastic achievement, community service, and leadership ability. (Photo courtesy of Dana Dufka)



10 Ways to Eat Healthier

By Diane Norwood
NSA Naples Public Affairs Contributing Writer

March was National Nutrition Month and got a lot of people got to thinking about the importance of their diet. The Navy promotes nutrition as a key component to their efforts of maintaining a fit and ready force. Here are 10 ways to eat for better health.

1. Eat less sugar, fewer refined carbohydrates.

If you do nothing else- eat less sugar. Sugar is bad for the body and Americans eat too much of it. Obviously, eating fewer sweets is an easy way to avoid sugar, but also try to eat fewer products with white flour, a common refined carbohydrate that acts like sugar once in the body. Both trigger higher levels of hormones that make it easier for you to gain weight and harder to lose it. Technically, even whole wheat flour is a processed food, so try to limit all processed carbohydrate foods such as bread, cereal, pasta, crackers, chips- even if they claim to have whole grains.

What's left to eat?

You can choose to get your carbohydrates from vegetables (sweet potatoes, potatoes, beets, corn or peas, etc.) fruits (apples, oranges, kiwi, pineapple, melon, etc.) and beans (lima, pinto, kidney, etc.). Choose a variety of nuts to satisfy a craving for salty, crunchy foods.

If the idea of eating fewer processed carbohydrates is overwhelming, start with your dinner meal and let your family adapt slowly to eating real foods. If you have kids, may even learn to like, or at least accept Brussels sprouts, and any other colorful foods you present in a pleasing way and consider delicious yourself. It may take time, but it's worth it to eat healthy for a healthier lifetime.

2. Eat real foods. You can call it "clean" eating, but it's really just eating foods from nature, with the least amount of processing possible. Yes, even cooking is processing, but the line has to be drawn somewhere! You generally find real foods around the perimeter of the grocery store: the fruit and vegetable aisle, the meat and fish aisle and the dairy aisle. Real food doesn't have added ingredients, such as sugar or preservatives. When you must buy prepared foods, look for foods with fewer than five ingredients listed on the label as an arbitrary way of gauging how processed a food is.

3. Eat real foods until you are full and then stop. Don't worry about counting calories. While it sometimes helps you gain control of your eating, it's impossible to be precise enough to meet your exact needs. Animals in the wild don't count calories to keep their weight in check. They simply choose the right foods and stop when they are full. Choosing to eat and prepare real foods will make this easier by keeping cravings for sugar in check.

Amount Per Serving	
Calories 210	Calories from Fat 100
	% Daily Values*
Total Fat 11g	17%
Saturated Fat 6g	30%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber Less than 1g	
Sugars 10g	



4. Don't worry about salt. Add it to your real foods, such as meat or vegetables to make them taste good. Add it to your homemade soup, quiche or other recipes. Studies have long been conflicting about whether salt contributes to high blood pressure. And recent studies suggest sugar is more to blame for high blood pressure than salt is. So, let salt add flavor, and bring out other flavors in your real foods, to really satisfy you.

5. Drink only water, sparkling water, unsweetened coffee or tea, and dry wine, if you choose, in moderation. There's nothing you need more than water. Anything else you drink usually contains refined carbohydrates. Add a slice of lemon or lime to your water for more flavor, or add a few berries and mint for a fancy, natural fruit water. Stick with unsweetened coffee or tea if you want caffeine. Dry wine can have some redeeming qualities in a healthy diet, if you choose to drink it, and if you know your limits (a glass a day for women, two glasses a day for men).

6. Eat eggs for breakfast, every day if you want to. You can even add bacon. Don't worry about saturated fat or cholesterol in natural foods, such as meat, eggs and dairy products. Research suggests eating refined carbohydrates, not dietary fat, affects your circulating levels of fat (triglycerides) the most.

7. Plan your meals before you shop. Make a list of four or five meals for the week before you grocery shop.

8. Avoid artificial sweeteners.

9. Don't buy into special (usually expensive) products, however natural they may claim to be.

10. Sign up for the ReNuLife program: Rethinking Nutrition for Life at U.S. Naval Hospital Naples. It's a 12-week weight-loss program with ongoing enrollment, meaning it starts when you are ready. Simply go to the Public Health desk on the first floor of the hospital to enroll.

Think about your meal planning and see how you can incorporate some of these tips into your every day life. Good nutrition helps the body stay energized, so start today.



Master Chief Petty Officer of the Navy (MCPON) Mike Stevens conducts an all-hands call with Sailors on Naval Support Activity Naples, Capodichino, March 20, 2015. Stevens is conducting a tour of the European theater of operations to discuss fleet readiness with Sailors. (U.S. Navy photo by Mass Communication Specialist 2nd Class John Herman/Released)



More than 120 Sailors from Naples-area commands take the E-4 Navywide advancement exam in the Child and Youth Programs Gym on Naval Support Activity Naples. (U.S. Navy photo by Chief Mass Communication Specialist Travis Simmons/Released)

Carrying on the Family Torch for MPRA

By Lt. j.g. Nick McDonald
NSA Bahrain



The VP-26 Tridents are saying farewell to Lt. Troy “Cowboy” Balding as he completes his first sea tour in the Navy. Balding will be leaving the Trident family in March to check in to Patrol Squadron 30 (VP-30) for duty as an Instructor Naval Flight Officer (NFO) at the Fleet Replacement Squadron (FRS) in Jacksonville, FL.

Balding is continuing a family legacy in the Maritime Patrol and Reconnaissance Aviation (MPRA) community. His connection to VP-26 goes back to his father Chief Aviation Electronics Technician (AT) Loy Balding, retired, who joined the Navy in 1964 with a hometown friend, William Ferris. In 1965, Aviation Antisubmarine Warfare Technician (AX) 3rd Class William Ferris checked into VP-26 while AT3 Loy Balding checked into VP-7 as an Acoustic Operator on the P-2V Neptune. Unfortunately, in April of 1968, AX3 Ferris’s P-3B was shot down by enemy artillery in Vietnam with no survivors. This was the second P-3B shot down in VP-26 during Operation Market Time where P-3s would fly low-level missions searching for suspected enemy vessels. These VP-26 Sailors who were lost in combat are honored today among those known as the “Tridents on Eternal Patrol.”

ATC Balding, would later transition to the P-3 Orion in 1970 and then retired in 1984. He passed away in 2010, but not before proudly witnessing the commissioning of his son. Lt. Balding now carries on the MPRA torch for his family and will continue the legacy of excellence as an NFO Instructor at VP-30. Balding and his wife Chrissy will be missed at VP-26 and we wish them fair tailwinds and following seas in life and career.

Cdr. Leif E. Hammersmark, executive officer of Naval Support Activity (NSA) Bahrain is departing after nearly three years onboard NSA Bahrain. Hammersmark turned over his duties to Cdr. David F. LaSpisa on March 12.

During his time as executive officer, Hammersmark has seen the base grow tremendously in population, area and capability.

“I have seen a lot of change,” Hammersmark said. “In my time here, I’ve seen the base grow to over 8,000 personnel and annex NSA II bringing our total land footprint to 186 acres from just 68. We have expanded services for the families, such as, expanding Child Development Center (CDC) twice. Our base will continue to expand and bring new challenges.”

Hammersmark said one of the biggest challenges is trying to meet everyone’s needs by managing a dynamic balance of security of the installation, safety and convenience. As executive officer, Hammersmark said he was not alone when it came to making things happen for NSA Bahrain.

“My successes are built on the successes of everyone on the NSA Bahrain team,” Hammersmark said. “All the Sailors and all the departments, from Naval Security Force to Morale, Welfare and Recreation, have excelled and exceed our expectations. I am very proud to have served with everyone.”

Being stationed at NSA Bahrain is more than just working at one of the Navy’s most operational bases; it’s about living overseas and interacting in that unique environment.

“I’ve been able to experience much of the island,” Hammersmark said. “Bahrain has a lot to offer, from great restaurants, interesting sites, such as, the camel farm, race way and cultural sites. I encourage everyone to explore the island and experience the culture. Don’t be afraid to meet the locals - they are happy we are here and happy to help us. So go out and take advantage of it.”

As Hammersmark begins a new chapter in his life and career, he has some insight on being a part of the NSA Bahrain team.

“NSA Bahrain is a sprint,” Hammersmark said. “ We are very operational, however every command is what you make of it. If you come to Bahrain and expect it to be hard, then it will be hard for you. If you come to make the most of your time and develop professionally, then NSA Bahrain, and the team here, will provide you with every opportunity to make it happen.”

NSA Bahrain's XO Departs

By Mass Communication Specialist 1st Class Steve Smith,
Naval Support Activity Bahrain Public Affairs



Country band "Parmalee" performs for Sailors assigned to Naval Security Force (NSF) Bahrain during guardmount. Parmalee also visited the NSF Military Working Dog Unit before performing on stage for service members and families onboard Naval Support Activity Bahrain. (U.S. Navy photo by Mass Communication Specialist 2nd Class John Benson/Released)

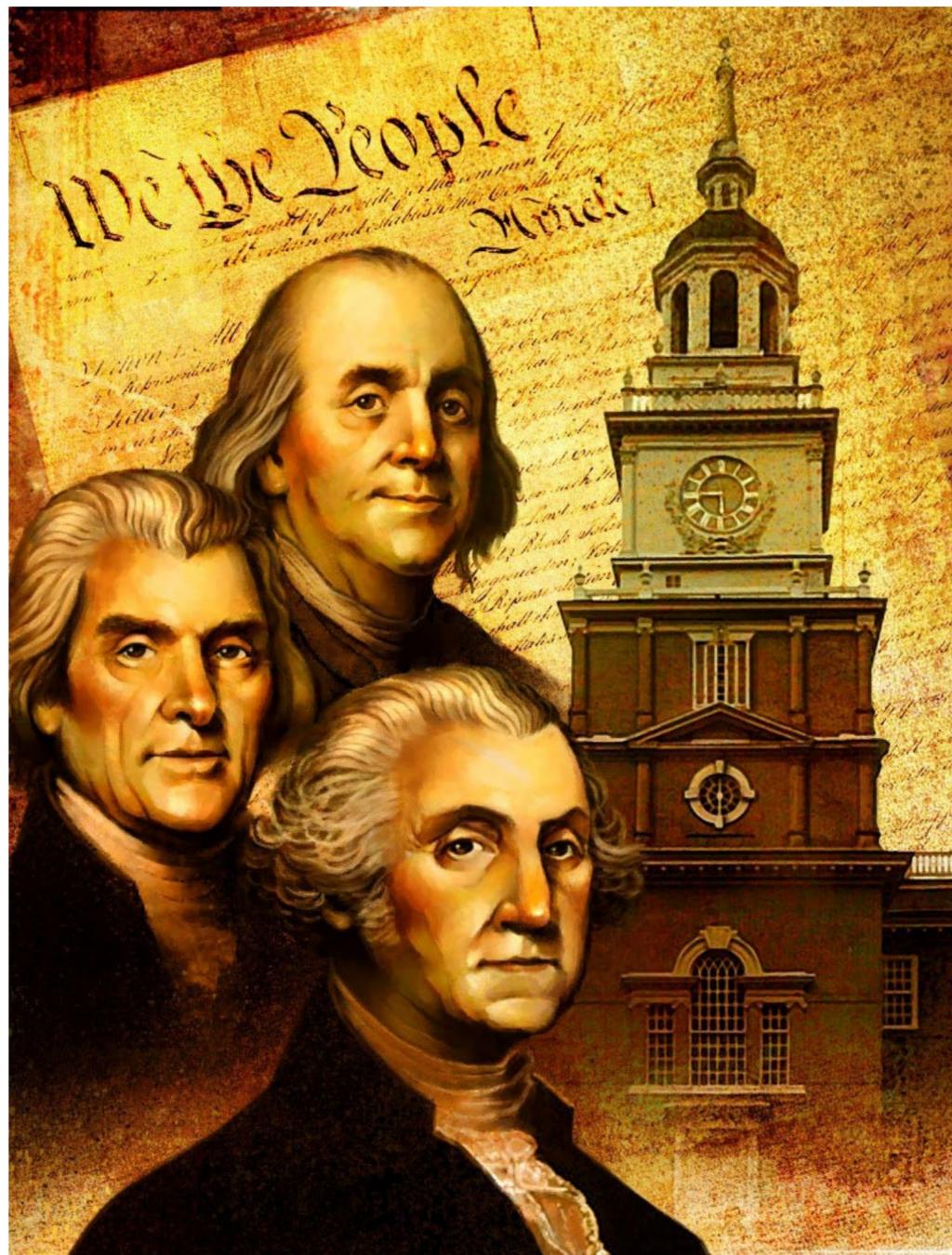


Naval Support Activity Bahrain welcomes the latest graduates of the Navy's Sexual Assault Prevention and Response Victim Advocate (SAPRVA) Program. (U.S. Navy photo by Hanar Al Balooshi/Released)



Master-at-Arms 3rd Class David Fuller, military working dog (MWD) handler, and MWD Biko, assigned to Naval Security Force Bahrain, investigate an unattended bag during training exercise Reliant Blast 2015. Reliant Blast 2015 was designed to improve coordination between security personnel, first responders and the explosive ordnance disposal unit stationed onboard Naval Support Activity (NSA) Bahrain. (U.S. Navy photo by Mass Communication Specialist 1st Class Steve Smith/Released)

The U.S. Constitution: The Deliberate Voice of the People



By Lt. Cmdr Robert Johnson, CNREURAFSWA Public Affairs

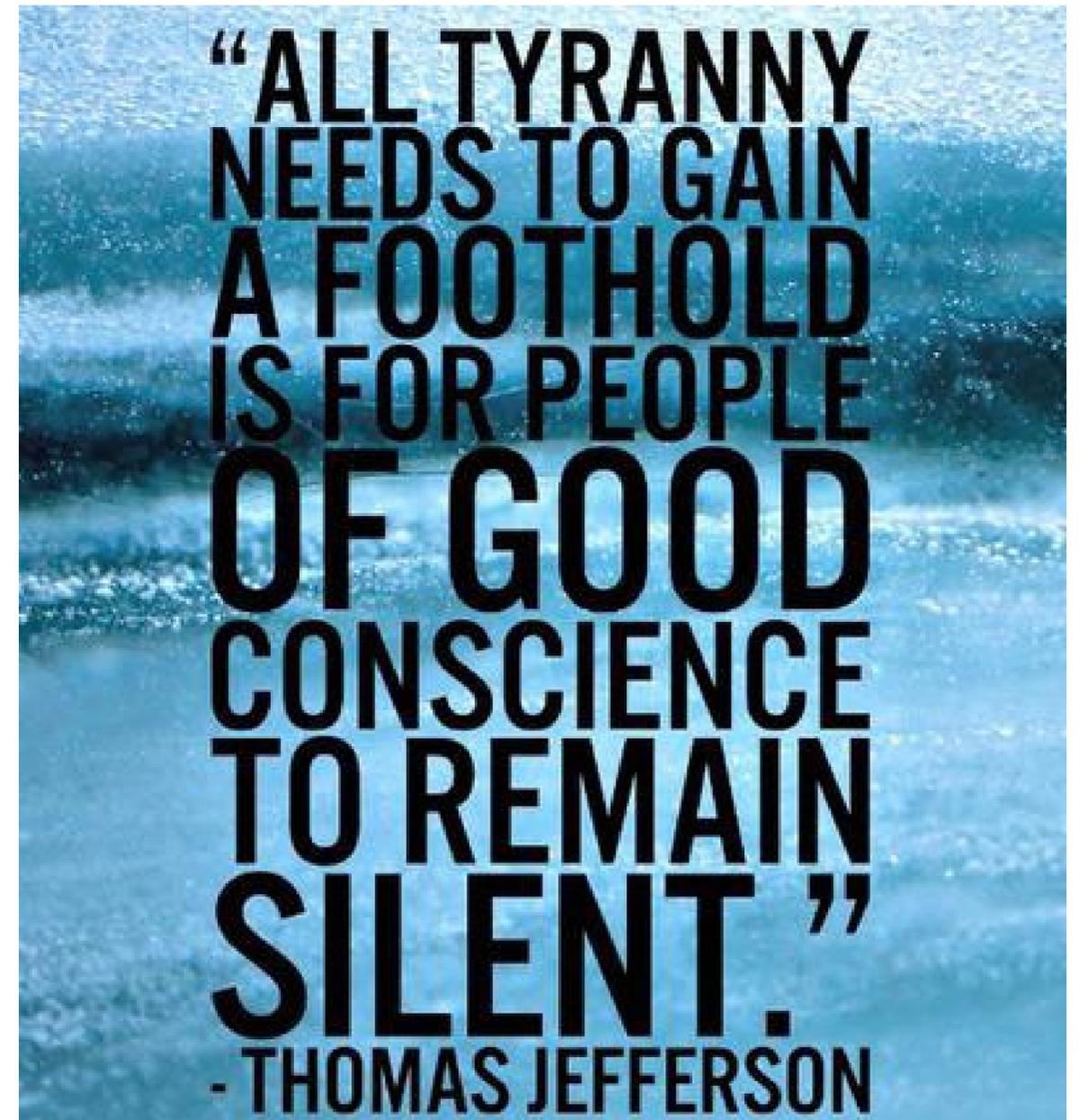
The British constitution, though unwritten, was to serve as the fundamental law of Britain but did so largely in a political rather than a judicial sense. In order to realize the fundamental law as a judicially enforceable instrument to restrain the legislature, the unwritten principles behind government had to be fixed in writing. As a fixed and written text, the supreme law of the U.S. Constitution can be self-consciously considered and properly ratified and can have the specificity to provide judicial instruction.

A judge who strikes down a law as unconstitutional does so not on his own personal authority, but on the authority of the Constitution. He speaks authoritatively not for himself, but for the law—not as a constitutional actor, but as a constitutional interpreter. The text of the Constitution, in turn, has authority only as a consequence of its popular attribution. If not for its origins in popular assemblies democratically authorized to draft and ratify the Constitution, the text would have no authority at all, and judges would have no basis on which to set aside the policy judgments of legislators elected to make just such judgments.

In Virginia's equivalent to *Marbury v. Madison*, Judge St. George Tucker pointed out that in Britain, "the judiciary, having no written constitution to refer to, were obliged to receive whatever exposition of it the legislature may think proper to make." By contrast, a written constitution was not an "ideal thing, but a real existence." In order to activate the courts, constitutional principles must be "produced in visible form" so that they "can be ascertained from the living letter, not from obscure reasoning or deduction only."

Alexander Hamilton in *The Federalist Papers* relied on similar reasoning in contending that where meaning is

uncertain and subject to continued dispute, the judiciary cannot reasonably act, for a court's only claim to authority is the force of its reason and the clear accuracy of its decision. If the court were "to have neither force nor will but merely judgment," the judges must appear to have no will of their own but must merely make explicit what is already known. Without the fixed standard of the text, constitutional law would appear as the assertion of "will" and would therefore have to be left as a matter for legislatures and elections. If the fact that the Constitution is fixed in a written text means that judges can and must take it into account when resolving cases, there is still the question of why the Constitution is fundamental law against which a "statute can be tested" and found wanting. The answer should be as obvious to us as it was to the founding generation and the early judges. The Constitution is supreme law because it was ratified by the sovereign people in convention, and it alone authorizes and limits governmental action. As the Constitution is legislated by the most authoritative body within the political system, all other legislation is inferior to that law and void if





contradictory to it.

But if the Constitution is the fundamental law because it is “the deliberate voice of the people,” and if it is “unalterable, but by the same high power which established it,” then a jurisprudence of originalism is required. The Supreme Court has recently drawn the obvious conclusion:

If Congress could define its own powers by altering the Fourteenth Amendment’s meaning, no longer would the Constitution be “superior paramount law, unchangeable by ordinary means.” It would be “on a level with ordinary legislative acts, and, like other acts...alterable when the legislature shall please to alter it.”

The Constitution is fixed and performs its function of limiting the government within the scope of its legitimate power only if the meaning of the Constitution, as well as its language, is “unchangeable by ordinary means.” Of course, there can be reasonable disagreement as to what the Constitution’s meaning might be relative to a particular issue, and judges must be careful not to assume that a good-faith legislative effort to interpret the Constitution is in fact an “alteration” of the Constitution just because the judges would read the text differently. It is the problem for another article as to how much deference the courts should give to the legislature when the two branches have competing interpretations of the Constitution. Whatever standard of review the Court employs, however, the substantive evaluation of submitted interpretations of the Constitution should turn on how well they capture the original meaning of the Constitution.



Man's
Best
Friend

Canines Receive Medical Care in Human Facilities

By Lieutenant Seamus R. Nelson, Camp Lemonnier Public Affairs

Military working dogs (MWDs) are a vital part of operations at Camp Lemonnier, Djibouti (CLDJ) - the largest U.S. military installation in Africa. Like any other dog, the MWDs deployed to camp require medical attention to prevent and treat illness. Sometimes the command's veterinarian has to get creative when a case challenges the available resources at the veterinary office.

The MWDs at CLDJ assist with security through a variety of means including explosive and narcotic detection.

Just like humans, dogs can have a wide range of injuries. The MWDs here at camp have been seen for anything from a strained muscle to dental surgery to skin disease. The two toughest cases were eyelid surgery and sudden neurologic disease.

U.S. Army Capt. Jessica Dowling, is CLDJ's veterinarian and is responsible for the medical care and treatment of the MWDs.

Though charged with the medical care of the working dogs, Dowling has limitations with her veterinary facility, which often times leaves her needing to use the installation's Expeditionary Medical Facility (EMF) to return the dog to work and avoid MEDEVAC or redeployment.

"The CLDJ [veterinary] clinic is small, with one room for physical exams and triage only. I can fill basic prescriptions, do wellness exams, and provide some simple wound care. This requires that I use the EMF for other services," explains Dowling.

While many would not think of providing veterinary care in a medical facility designed for people, it is not uncommon in the military. Dowling has the full support of EMF leadership.

"Keeping the MWDs healthy and in the fight is critically important for security, explosive ordinance disposal, search and rescue, and other areas of military operations," says U.S. Navy Cmdr. Steven Kriss, officer in charge of Camp Lemonnier's EMF.

Capt. Dowling was not alone when performing



United States Army Capt. Jessica Dowling, Camp Lemonnier, veterinarian (left), Lt. Cmdr. Tamara Worlton, Camp Lemonnier, Expeditionary Medical Facility Surgeon (center), and Hospital Corpsman 2nd Class Lesly Palencia, remove an abscess from Bery, a military working dog during surgery, November 15, 2014. The surgery was performed to remove a thick abscess from a severe insect sting that was not responsive to medication. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)



Master-at-Arms 3rd Class Vince Nicholford, a military working dog handler assigned to Camp Lemonnier, Djibouti, security forces (center), places ice on Bery, his military working dog face after surgery, November 15, 2014. The surgery was performed to remove a thick abscess from a severe insect sting that was not responsive to medication. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)

procedures on the canines. She relies on the expertise of other medical professionals working at the EMF. She has received assistance from EMF's trauma surgeon, nurse anesthetist, and even dentists.

Some may find it odd that a medical professional trained in human medicine would participate in any procedure on a dog, but the skills do overlap. Many human health care providers on Camp Lemonnier have deployed to Iraq or Afghanistan and already have experience treating MWDs.

"When people think of veterinary care, even surgery, I don't think they realize how many similarities there are between humans and dogs from a biological, anatomical and even physiological standpoint," said Dowling.

Despite the similarities, there are also differences that require medical professionals to receive training from Dowling. Many procedures on canines require anesthesia, for patient and provider safety, even for a basic teeth cleaning procedure. The process is not as simple as telling the dog to sit still and open wide. To protect the medical team, all providers receive the rabies vaccination prior to deploying.

"Surgical teams should be familiar with MWD anatomy, safe handling procedures, and treatment for medical emergencies. Nurse anesthetists should be familiar with commonly used drugs, IV access techniques, airway, and breathing management for MWDs," explains U.S. Navy Cmdr. Chawn Brown, certified nurse anesthetist at CLDJ's EMF.

While some preparatory work may be necessary to assist with a MWD procedure, there are many advantages in bringing in personnel from the human side of the medical team. With their specialized training, they have more experience in particular procedures than a veterinarian.

"The dentist has done more root canals in a year than I may do in my entire career," Dowling said.

Many people only think of veterinarians as animal doctors, but they also have other jobs in the military. The veterinary team is also responsible for overseeing food safety for the installation's 4,600 personnel. Juggling the two roles makes the support of the other medical professionals even more critical.

"I am thankful for the support and respect that we receive for our mission here. It is not easy to do all that we have to do for both the food inspection and veterinary care missions without people being willing and able to help us out," says U.S. Army Sgt. 1st Class Kimberly Vaughan.

In recent months, five dogs have undergone procedures that have involved human clinicians. The dogs have undergone MRIs, tooth removal, general surgery and more. All procedures have been successful allowing the dogs to continue their mission instead of redeploying earlier than expected. These efforts not only keep the dogs healthy, but keep them in the fight. Military working dogs are a critical piece in Camp Lemonnier's mission to contribute to regional stability in the Horn of Africa.



Bery, a military working dog assigned to Camp Lemonnier, Djibouti, security forces, lies on a recovery table post surgery, November 15, 2014. Bery had surgery to remove a thick abscess from a severe insect sting that was not responsive to medication. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)



Hand carved African art for sale during Camp Lemonnier's quarterly bazaar. The bazaar provides an opportunity for local merchants to sell directly to service members stationed at Camp Lemonnier, the only U.S. facility on the African continent. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)

Service members deployed to Camp Lemonnier, attended a ceremony by the CLDJ Diversity Committee. The ceremony was held to honor Woman's History Month, that is recognized every March throughout the Department of Defense. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)



The TACP 24 Hour Challenge is a run in which at least one person must be running for an entire 24 hour period. Every TACP unit in the world does this event annually to remember and honor our fallen Air Force TACP (Tactical Air Control Party) brothers, and it is a worldwide fundraiser for the TACP Association. The TACP Association's mission is to remember our fallen, honor the living, and to aid brothers in need. They promote the brotherhood and camaraderie amongst the TACP community by sponsoring, coordinating, and assembling members to celebrate as fellow warriors, and serve as an informational conduit to the community. The unit hosting the event here on CLDJ was Det 1, 82 ERQS. 66 runners (from all branches of the U.S. military) ran a total of 493.65 miles. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)





Local Djiboutian women perform a cultural dance during Camp Lemonnier's bazaar. The bazaar is held quarterly and allows local merchants to sell their merchandise to camp personnel. This quarter's bazaar brought in more than \$51,000. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)

EARNING DISTINCTION

By MC2 Luke B. Meineke
CNREURAFSWA Public Affairs



Naval Support Facility (NSF) Deveselu Commanding Officer Capt. William Garren receives the Logistics Emblem of Honor from Romania Chief of General Staff Lt. Gen. Nicolae Ciuca at the Palace of the National Military Circle in Bucharest, Romania March 25, honoring the partnership between the U.S. and Romania that led to the construction of NSF Deveselu. (U.S. Navy photo by Mass Communication Specialist 2nd Class Eva-Marie Ramsaran/Released)

On March 25, surrounded by the opulence of the Palace of the National Military Circle in Bucharest, Romania, Naval Support Facility (NSF) Commanding Officer Capt. Bill Garren was awarded the Emblema de Onoare a Logisticii, or the Logistics Emblem of Honor for his leadership and operation of NSF Deveselu's construction.

The Logistics Emblem of Honor is awarded by order of the Chief of General Staff, the highest-ranking military officer in the Romanian Armed Forces (equivalent of the Chairman of the Joint Chiefs of Staff), as a sign of appreciation for exemplary efforts, commitment to excellence and technical expertise in the support of achieving missions by the Romanian Logistics military structures, particularly by the Romanian 99th Military Base.

"The award was given for all the cooperation and all that we've accomplished from the time when we established the base on 10 October, 2014," said Garren. "It was a great honor to receive. To have been here less than six months and already have received this medal from the Romanians is truly special."

When initially told that he was to receive this distinction, Garren doubted whether he had really earned the award. However, he began thinking about all the different facets and personnel that were currently working to build NSF Deveselu.

"That's really what it came down to – all the different parts," Garren explained. "It's the Masters-at-Arms personnel, the Admin personnel, the Seabees, the Global Deployment Office, the Aegis Ballistic Missile Defense Agency, the N-codes, and the Army Corps of Engineers. At first, it was difficult to get everyone on the same team, because they all have their different agendas, different contracts, to get everyone on the same team, because they all have their different agendas, different contracts, different



Leaders from the Romanian military and Navy Region Europe Africa Southwest Asia pose together at the Palace of the National Military Circle in Bucharest, after a ceremony honoring the partnership between the U.S. and Romania that led to the construction of Naval Support Facility (NSF) Deveselu. (U.S. Navy photo by Mass Communication Specialist 2nd Class Eva-Marie Ramsaran/Released)



and different interests. However, once we gelled together, and really understood how we could all help each other, we became this team. I accepted the award for everyone that has worked on this base.”

Garren said he took something else along with honor from this accolade. He was once again reminded of the strong relationship between the U.S. and Romania. It also helped him look back at all the two countries had done together since he assumed command.

“We really have done a lot,” Garren said. “Mutual firefighting support and training, security procedure training, and all the events we do out in town that are coordinated through the 99th. We’ve performed two wreath-laying ceremonies, I was a guest speaker for the 25th anniversary for the National Association of Retreat Reserve Military Forces, I was a guest at the birthday of the 22nd Regiment of Caracal and the Romanian Police Force’s birthday, and we continue to give support to the orphanages and to the schools. In only six months we’ve accomplished major milestones.”

Garren said that the achievements they have been able to make in Romania is due to both parties being committed to the idea of finding ways to help each other, and that the Romanians have made that very, very easy. He said that the things that were difficult in October don’t even exist as problems any more. That has allowed them to tackle more demanding challenges, to work on much more important issues and to continue to press forward together.

“Romania is so glad that the U.S. is here, and that just makes the whole thing that much easier,” Garren said. “For everything we need, I know that the Romanian people will always be there for us.”

REGION VOICES

What does environmental stewardship look like in your everyday life?



LS3 Dmarcus Lawrence
Camp Lemonnier, Djibouti

Not just cleaning the earth for me, but leaving it clean for my children and grandchildren as well.



LS1 (EXW/SW) Marquiez Derrick
NSA Protocol NSA Naples

My environmental stewardship for starts at home. I am very careful to recycle properly and I don't pour used cooking oil down the kitchen sink. I have a container that I fill with the used oil and dispose of it properly as requested by the city.



HM1 (FMF) Jorge Castilleja
Navy Environmental Preventive Medicine Unit (NEPMU) 7 NAVSTA Rota

At work we do our very best to try to apply the statement of reduce, reuse, recycle by ensuring we properly dispose of different types of waste. We also assist units with uniform treatments for deployment and in doing so we must strictly ensure that we abide by all local and Spanish laws to do our best to protect the environment. At home we simply ensure that we limit our use of water and teach our children about recycling and picking up litter around them to reduce the environmental impact.



LS2 Amanda Wilson
NSA Souda Bay

To me, environmental stewardship means having situational awareness of how you may impact the environment and establishing processes to reduce any negative impact you may have. Recycling and community cleanups are a good example of this.



YN1 (SW/SCW/AW) Desiree Wade
NSF Deveselu

I feel environmental stewardship means we should all be ambassadors of the United States in that regard and keep this place clean.



ET3 Castro Ventura
Naval Security Force NSA Bahrain

For me, it's about helping to ensure a sustainable environment is available for future generations.