

# EURAFSWA READER



## 239 YEARS





EURAFSWA READER VOLUME 1 ISSUE No. 05 - OCTOBER 2014

239 Years

**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. Michael S. Newman  
Cmdr. James Miller  
CMDCM Keith Rousseve  
Lt. Seamus Nelson  
MC1 Julia Casper

Capt. Christopher J. Dennis  
Cmdr. Charles G. McKinney II  
CMCCM David Lee Graham  
Lt. Paul Newell  
MC1 Tony D. Curtis  
MC3 Cameron Bramham  
Mr. Alberto Lunetta

Capt. David J. Meron  
Cmdr. Leif Hammersmark  
CMDCM Steve Timmons  
Ms. Jennifer Stride  
MC1 Steve Smith  
MC2 Derric Cushman

Capt. Michael R. Moore  
Cmdr. Demetries Grimes  
MCCM Kurtis Szyszka  
MC2 Jeffrey Richardson

Capt. Greg Pekari  
Cmdr. Tim McGarvey  
CMDCM Delbert Terrell Jr.  
Lt. j.g. David Carter  
MCC William Clark  
MC3 Grant Wamack

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

# Contents

04 REGION COMMANDER'S PERSPECTIVE  
Rear Adm. John Scorby

06 HUMBLE BEGINNINGS  
MC2 Luke Meineke

12 ECOC-CHALLENGE  
MC2 Jeffrey M. Richardson

20 ENTERING THE GOAT LOCKER  
CLDJ Public Affairs Staff Writer

24 REGION READIES FOR NAVY BALL  
Various

44 THE ROLE OF CITIZENS  
Lt. Cmdr. Robert Johnson

64 SIX OF THE WORLD'S MOST TERRIFYING FOODS  
Lt. Cmdr. Robert Johnson

78 THE TELL-TALE HEART  
Edgar Allen Poe

80 REGION SPOTLIGHT  
Lt. j.g. Alexander Perrien

82 REGION VOICES

# REGION COMMANDER'S PERSPECTIVE



This is a historic time for our Region and our Navy. Looking back 239 years, on October 13th, 1775, the Continental Congress authorized arming two vessels to interrupt British ships supplying munitions to the British Army in America during the War for Independence. After the war was won, the newly ratified Constitution empowered Congress to “provide and maintain a navy.” Please join me in celebrating the U.S. Navy’s birthday on October 13th, honoring a force of 321,053 active duty sailors, 107,832 reservists, 203,609 civilians, and a fleet of 287 warships and 3,700 aircraft.

Turning our attention to the near future, we look forward to the establishment of the Navy’s newest shore installation on October 10th. On that day we will commission Naval Support Facility Deveselu, Romania; a key element in the President’s strategy to provide ballistic missile defense for Europe. NSF Deveselu is expected to become fully operational in late 2015 with the second missile defense site in Poland scheduled for completion in late 2017.

These accomplishments would not be possible without the extraordinary team we have assembled. Ensuring we take care of each other is a key element our continued success. Preventing sexual assaults and suicides is critical to the welfare of our workforce; and while it can be difficult to talk about these topics, it is important to understand what we can do to help each other.

Sexual assault hurts all of us, not just the victim. We can all help prevent these terrible events by being active bystanders and standing up for what is right even if it is difficult; don’t just stand by and let your shipmates down, be part of the solution. Equally damaging to the force are suicides, which in many cases can be prevented if we can recognize warning signs and intervene early. When Shipmates talk about suicide, abuse drug or alcohol, reveal serious financial difficulty, or act in a reckless manner, they may be at risk of suicide. Please learn to recognize the potential warning signs, ask how they are doing and help them contact the care they need. As an organization we can find the help and provide the treatment needed by our Shipmates in need.

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

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



# HUMBLE BEGINNINGS

By MC2 Luke Meineke, CNREURAFSWA Public Affairs



Monday, October 13, 2014 will mark the 239th anniversary of the birth of the United States Navy. One of the most profound episodes, in a rich and storied history, is the initial legislature that created our then Continental Navy, and what we consider to be the birth certificate of the navy.

On Friday, October 13, 1775, while the colonial states were in open rebellion against British sovereignty, the Continental Congress voted to purchase and fit out two vessels, later named USS Andrew Doria and USS Cabot and thus marking what is recognized as the Birth of the Navy of the United States.

These two ships, fitted out with ten carriage guns and a pair of swivel guns apiece, and each crewed by 80 souls were the first two ships of our navy. Their orders, to harry and harass and, hopefully, interrupt the flow of munitions and supplies pouring unchecked to the British army ensconced on American soil via the myriad transports of the world's largest and most dominate navy.

Despite overwhelming odds against them, the men of the Continental Navy grew into an important force. Over the course of the War of Independence, the Continental Navy took nearly 200 British vessels as prizes. They seized enemy supplies, returned from Europe with much-needed munitions, and caused diplomatic crises that helped bring France into the war with Great Britain. However, the more than 50 ships sent to sea by the United States during the war were unable to check the British Navy's overall operations.

It did teach the United States one very valuable lesson; one that would contribute to the state of our Navy today: the vast importance of sea power.

Even with that lesson made apparent,

Congress sold off the last ship of the Continental Navy, the frigate USS Alliance, in 1785. The reasons were straightforward and circumstantial. From the mid-1780s until the early 1790s, America's threats were found in the Northwest – the British and Native American tribes – and the southern boundary – the Spanish. A small American Navy could do little if nothing to combat these forces. Also, navies are expensive to crew, equip and maintain, and the Continental Congress was a fiscally-poor entity.

With the outbreak of the War of the First Coalition in 1793, in which the major dynastic powers in Europe tried to reverse the outcome of the French Revolution and restore the French monarchy, the United States was granted opportunities to transform their own fortunes. Both the British and French began to rely heavily on U.S. shipping, allowing it to expand greatly. With such reliance upon American shipping, the British and French began to lift many of the restrictions that had once hindered the recovery of U.S. commerce which led to economic strengthening.

With so many more ships on the seas, American merchant ships opened themselves up to new hazards. In this case, it was the corsairs of the Barbary Coast who began to prey on the increased number of American ships in the Mediterranean.

Once again, Congress was faced with the decision to either purchase protection for their merchant ships or establish their own Navy to fulfill that safeguarding role. In March 1794 Congress passed the Naval Act which called for the construction of six frigates: USS United States, President, Constellation, Chesapeake, Congress and Constitution. It was with the Naval Act and the construction of the six frigates that the



establishment of a permanent United States Navy transpired.

Since that time the U.S. Navy has taken that preeminent lesson learned at its conception to heart. Through its initial growth and construction during the early-to mid-19th century, notably during the Barbary Wars and the War of 1812, to the industrialization and innovation of the Civil War; through the mechanization and rapid growth spurred by both World Wars, during which time it became by far the world's largest navy, the United States Navy has honored the vast importance of sea power.

Yet the U.S. Navy has not limited itself to mere size or number. It has long understood that to claim ownership of global sea power, a navy must also possess more advanced resources. Illustrated during the arms race of the Cold War, where fear of nuclear capabilities propelled new, farther-reaching capacities, through the rest of the 20th century up until today, where the Navy continues to look forward with the development of more effective warships like the Zumwalt-class destroyers or the Gerald Ford-class aircraft carrier, the United States Navy has strived to become the most technologically advanced naval force on the planet.

It's amazing to think that a navy whose genesis came in the form of the consignment of a pair of ten-gun ships tasked with harrying the single-most dominate naval force in the world now stands as the penultimate example of a global force whose three-pronged self-assigned task ensures the world's sea lanes remain open, our nation's power is projected both symbolically and literally throughout the world, and that there exists a comprehensive strategic nuclear defense.

# Eco-Challenges Puts Souda Bay Teams to the Test

By Mass Communication Specialist 2nd Class Jeffrey M. Richardson,  
Naval Support Activity Souda Bay Public Affairs



Participants in the Morale Welfare and Recreation Center's 12th annual Eco-Challenge compete in a 10 mile hiking race. The Eco-Challenge tested the endurance of each team with a four mile kayak race, a 2,000 meter swim, 25 mile bike course, a 10 mile hiking course and a 10 mile run. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)



Participants in the Morale, Welfare and Recreation Center's 12th annual Eco-Challenge push off in the four-mile kayak race from the Minoan Basin at Marathi's NATO pier complex September 13, 2014.

Five teams competed head-to-head in U.S. Naval Support Activity (NSA) Souda Bay's Eco-Challenge, around the Akrotiri peninsula, November 13, 2014.

The challenge, put together by NSA Souda Bay's Morale, Welfare and Recreation (MWR) department, is in its 12th iteration with teams consisting of U.S. and Hellenic armed forces. The events tested the endurance of each participant with a four mile kayak race, a 2,000 meter swim, 25 mile bike course, a 10 mile hiking course and a 10 mile run.

"They're really tough events," said Byron Gale, MWR's Athletic Director and Event Coordinator. "The distances are hard and also, in certain events, the terrain is hard and it makes it really, really challenging. The people that are competing, I take my hat off to them because it is something not that many people can accomplish. They should be proud of themselves."

Once the last runner crossed the finish line, MWR hosted a barbecue and award ceremony for all participants and supporters. Trophies were awarded to all



Swimmers participating in the 2014 Morale, Welfare and Recreation Center's 12th annual Eco-Challenge make a splash as they enter the waters at Loutraki beach on their way to a 2,000 meter swim September 13, 2014.

participants though silver olive wreaths were laid on the heads of the second place team and gold olive wreaths for first place.

"The purpose of the Eco-Challenge is to build a team building atmosphere, a sportsmanship atmosphere, each team to support the other team, which that did happen today, whether a person finishes an event or not" said Gale. "When the run is at one o'clock, for example, the runner could have easily slept until one o'clock but the runner is up a seven o'clock in the morning with their team and that is what this event is about, to unite people together, have fun, be safe and have a successful desired outcome."

The Eco-Challenge is a tough event for even the fittest of competitors, but when you hot weather into the equation, it becomes much more challenging.

"The hike, the bike and the run... all those were at the end of the day when the heat was high and there really wasn't any wind for them or anything," said Petty Officer Matt Hurley, the SeaBee team's swimmer. "They were on that hot asphalt I mean, I think those



NSA Souda Bay Commanding Officer, Capt. Michael R. Moore, far right, and Command Master Chief, CMDCM Kurtis J. Szyszka, far left, congratulate the 2014 Eco-Challenge gold medal winning team from NATO Maritime Interdiction Operations Center (NMIOTC), the only Host Nation team of five in the event. The Eco-Challenge tested the endurance of each team with a four-mile kayak race, a 2,000 meter swim, 25-mile bike course, a 10-mile hiking course and a 10-mile run.

were the toughest events, it was a tossup. This was a tough event, and when they say grueling, they mean it."

One of the main goals of this event is to create fellowship among competitors and the five competing teams did just that. One of the competing groups, and overall winner of the event, was the Hellenic team from NATO Maritime Interdiction Operations Training Center.

"I participated in the hike event," said Capt. Nikos Kapokakis, The Hellenic team's hiker. "It was a bit difficult due to high temperatures. I didn't expect it to be so difficult, but during the hike you could enjoy the scenery and compete with very good quality athletes."

With all of the races completed and awards presented by NSA Souda Bay's Commanding Officer, Capt. Mike Moore, MWR's 12th annual Eco-Challenge came to a close, leaving plenty of time for athletes to train for next year.

# ENTERING THE GOAT LOCKER

---



---

Thirteen Sailors and one Air Force Master Sgt. from various commands at Camp Lemonnier donned service uniforms and combination covers for the first time during a chief petty officer pinning ceremony Sept. 16.

*"This is one of the most memorable days of my life," said newly pinned Chief Yeoman Lisa Rowe. "To see all your friends there surrounding you, and you're with your new family, it's beyond words."*

This year's chief's pinning ceremony was a little different. The Navy reinstated allowing E-7s and above from other branches of service and other nations to participate. They must participate in CPO 365, with the requirement that they have the necessary involvement in the entire Phase I and Phase II training cycles.

The chiefs' pinning ceremony is a tradition, exclusive to the Navy, dating back to 1893 when the chief petty officer pay grade was conceived. The ceremony represents a new position of leadership and duty for the Navy and sister services.

*"I am exceptionally proud of the performance by the fiscal year selects. Having an Air Force Master Sergeant participate, demonstrates the Navy's*

commitment to fully integrating in the joint environment," said Command Master Chief Keith Rousseve, Camp Lemonnier. "The six weeks of Phase II are important to the process of transitioning to khaki. Being deployed enhanced the training and afforded the new Chiefs the opportunity to interact with many different communities such as, EOD, Air, Surface, and Seabee."

During the ceremony, fellow service members pinned on two gold anchors to each newly appointed service member's uniform, and their sponsor placed a combination cover on their heads. "For the past 17 years, I have had some amazing chiefs who have mentored me," said Chief Utilitiesman Dustin Wooden. "Being a chief now is life changing, and I have always been about leading my junior Sailors and now with my fellow chiefs it will allow me to lead with diverse perspective on a different level."

After the ceremony, friends, sponsors and shipmates congratulated the newly appointed chiefs on the accomplishment.

"This memory will last a lifetime. I am truly privileged and honored to be a part of this ceremony today," said Rowe.

---



# REGION PREPARES TO CELEBRATE 239 YEARS OF SERVICE



Chief of Naval Operations (CNO) Adm. Jonathan Greenert makes brief closing remarks at the U.S. Navy Birthday Ball in Washington, D.C. celebrating the Navy's legacy of defending America with pride since 1775. The ball was in celebration of Navy's 238th birthday Oct. 13, 2013. (U.S. Navy photo by Chief Mass Communication Specialist Peter D. Lawlor/Released)

**The Naval Air Station (NAS) Sigonella Navy Ball** is happening October 17th at the Sheraton in Catania. Sailors stationed aboard NAS Sigonella will be celebrating the Navy's 239th birthday. Lt. Jonah Petrinovic is the coordinator for this year's Navy Ball.

**"The biggest challenge was coordinating the efforts of all of the Sigonella Navy Ball Committee members,"** said Petrinovic. **Right now we have representation from over 22 Commands. Coordinating meetings, events, and so on is a major challenge across so many entities."**

The Navy Ball Committee has held fundraisers in the months leading up to the Navy Ball in an effort to make the annual event more enjoyable and to subsidize the cost for Sailors wanting to attend. Events included car washes, BBQs and bake sales.

**"There has been a lot that has gone into planning this year's navy ball. The Sigonella Navy Ball Committee wanted to get the ticket prices as low as possible to ensure that everyone could more easily afford tickets,"** said Petrinovic. **"The committee was very aggressive with its fundraising and donation request efforts."**

Consul General Colombia Barrosse was chosen at this year's Guest Speaker. She is a Career Member of the Senior Foreign Service and friend to Capt. Christopher Dennis, NAS Sigonella's Commanding Officer. But the real reason the community's getting together, is to celebrate the Navy's rich history and heritage.

**"It's always a wonderful and heartwarming experience to celebrate the birth of such a great and important organization such as the United States Navy,"** said Petrinovic. **"Not only do we look back with pride on the accomplishments of the past year, but we look forward with determination on all of the great things that we will continue to do. It is a great honor to be the one who gets to organize such a time-honored tradition."**



From left to right, retired Navy SEAL Lt. Jason Redman, country music singer Mark Wills, Chief of Naval Operations (CNO) Adm. Jonathan Greenert, the two youngest sailors in attendance and Master Chief Petty Officer of the Navy Mike Stevens cut a birthday cake together at the U.S. Navy Birthday Ball in Washington, D.C. The ball was in celebration of Navy's 238th birthday Oct. 13, 2013. (U.S. Navy photo by Chief Mass Communication Specialist Peter D. Lawlor/Released)



A color guard parades the colors during the Navy ball on Camp Lemonnier. The ball was held to celebrate the Navy's 238th birthday. (U.S. Navy photo by Mass Communication Specialist 1st Class Eric Dietrich/Released)



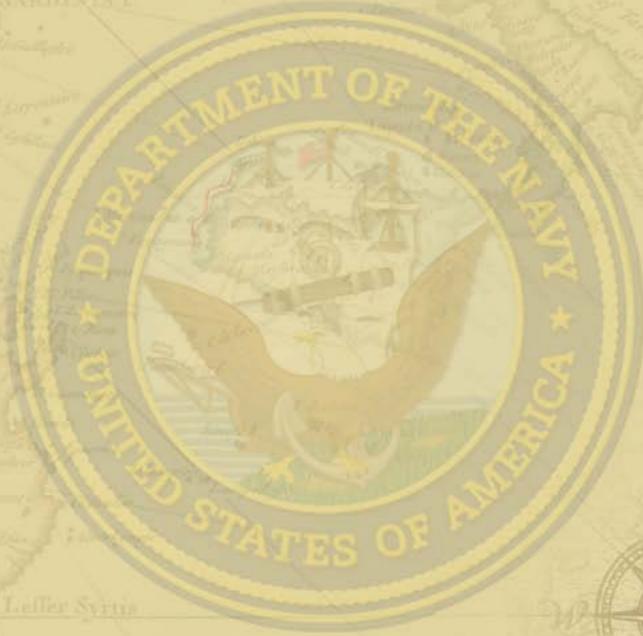
Guests eat dinner during the Navy Ball on Camp Lemonnier. The ball was held to celebrate the Navy's 238th birthday. (U.S. Navy photo by Mass Communication Specialist 1st Class Eric Dietrich/Released)



Navy Capt. Peter Van Stee, Camp Lemonnier commanding officer, makes remarks during the Navy ball on Camp Lemonnier. The ball was held to celebrate the Navy's 238th birthday. (U.S. Navy photo by Mass Communication Specialist 1st Class Eric Dietrich/Released)

*U.S. Naval Support Activity  
Souda Bay, Crete*

# *Navy Ball*



*Year Of The Sailor*



1775 - 2014

*Life, Liberty and the pursuit of all who threaten it.*



*"Year of the Sailor"*



*U.S. Naval Support Activity Souda Bay  
Two Hundred Thirty Ninth  
Navy Ball*

*October 3, 2014*

*Social Hour: 6 p.m. - 7 p.m. / Ceremony: 7:15 p.m.  
Arra Imperial Beach Resort & Spa, Kalymbari*

001



# BALL AT THE BODEGA

**N**avy Ball is the one night a year when we can get together, reflect on our service's heritage, and celebrate the pride that comes along with serving the greatest country in the world. The sights and sounds of the night are often ingrained into our memories for years. For those serving overseas, Navy Ball can be unlike anything they'll experience back in the states. This year's worldwide Navy Ball theme is "Thanking those who support us," and here at Naval Station Rota we'll have the opportunity to do just that as many of our Spanish friends will take part in the night's festivities.

As we're marking the Navy's 239th year and sharing some of our traditions with our Spanish hosts, this year's ball will equally immerse our military members directly into the heart of the local Andalusian culture.

The ball will be held at the Bodega Osborne in El Puerto de Santa Maria; a venue that dates back more than 240 years to one of the oldest family-owned companies of its kind. Located in a picturesque setting with beautifully landscaped walkways, overarching trees and the highly-recognizable Osborne bull, the bodega is a signature part of the Spanish experience.

From the moment you step in the door, the intriguing aroma of sherry hits your senses and the historic nature of the building fascinates with its authenticity.





The Bodega Osborne dates back more than 240 years and will serve as the location for this year's Navy Ball for Naval Station Rota, Spain.

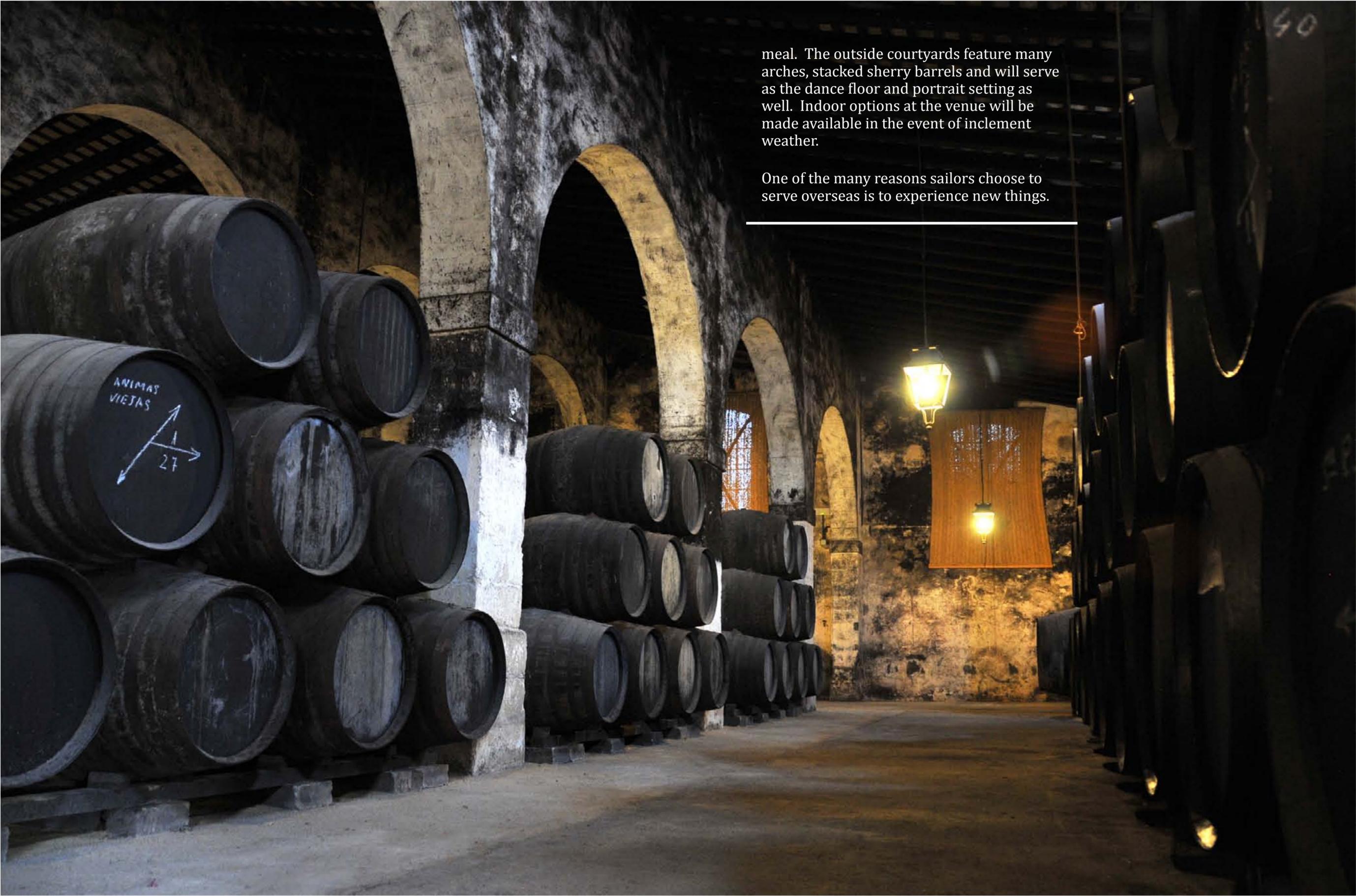


It's that authenticity that may surprise you a bit come Ball night. The first thing that may catch you off guard, if not prepared, is that part of the floors you'll be walking on throughout the night are made of dirt. The walls lining the storing rooms are black with age, and the dimly-lit corridors are lined with thousands of barrels containing sherry at various stages of its life. The genuineness of the location may be a bit unexpected, but this once-in-a-lifetime experience will make the night one to remember.

The unique features of the bodega are not without reason. The on-site tour guides can tell you, without all the aforementioned elements, 'making sherry wouldn't be possible.' The walls are a result of the high humidity required to age and produce sherry, which is maintained between 70 and 90 percent. The dirt on the ground allows the floors to be wet down to sustain a 14 to 25 degree Celsius temperature year round. And the smell; that's just a bonus.

The barrels have a story of their own as well. At 635 liters each, the 100 percent American oak barrels have a life expectancy of 100 years and are chosen because of their breathability, hence the smell of sherry throughout the building. Many of them will go on to store whiskey in Ireland or bourbon in the United States later in their life.

This year's dinner, however, will be set in a completely renovated area of the bodega, so while the architecture and overall feel remain consistent with the rest of the compound, the fresh paint, plants and art-lined walls provide a more accommodating setting to enjoy your



meal. The outside courtyards feature many arches, stacked sherry barrels and will serve as the dance floor and portrait setting as well. Indoor options at the venue will be made available in the event of inclement weather.

One of the many reasons sailors choose to serve overseas is to experience new things.



The military community in Naples will gather in Castel Volturno, Oct. 18, for a night of tradition, food and dancing aimed at celebrating the U.S. Navy's 239th birthday.

This year's theme for the Navy birthday is "Thanking Those Who Support Us" and it couldn't be more appropriate for the event. Guests from the Naples area have been invited to take part in the memorable event. Community members will gather in their Dinner Dress Blues or black tie formal dress wear to celebrate the U.S. Navy's birthday.

The guest speaker for this year's special occasion is Adm. Mark Ferguson, Commander, U.S. Naval Forces Europe-Africa, Commander, Allied Joint Force Command Naples.

The ball will highlight many traditions, including a formal colors presentation and a Prisoner of War/Missing in Action (POW/MIA) remembrance ceremony.

In keeping with tradition, the oldest and youngest active-duty Sailors in attendance will cut the ceremonial birthday cake.

The Naples Area Navy Ball committee has been actively fundraising throughout the year so that ticket prices could be affordable for guests.

In addition to celebrating the U.S. Navy's birthday, the Navy Ball committee has set a theme to commemorate the 150th anniversary of the Battle of Mobile Bay, which was fought Aug. 5, 1864, during the American Civil War.

Tickets and coins have graphic representations of significant events of the battle.

During the Battle of Mobile Bay, Rear Adm. David G. Farragut was etched deeper into Navy history as the commander of the Federal fleet with his effective run through a minefield that enabled his fleet to get out of range from Confederate guns ashore. The fleet then defeated the last Confederate vessel, ironclad USS Tennessee, causing the three nearby forts to soon surrender to Union forces.

The closure of the port of Mobile was the final step in completing the blockade in that region.

Farragut being tied to the rigging of his mainmast and the famous order of "Damn the torpedoes, full speed ahead!" show the absolute resolve of the admiral during the historic battle.

The Oct. 18 celebration will unite more than 400 guests to remember Navy history, celebrate its founding and thank those in our community who support us.





# The Role of Citizens

By Lt. Cmdr Robert Johnson,  
CNREURAFSWA Public Affairs

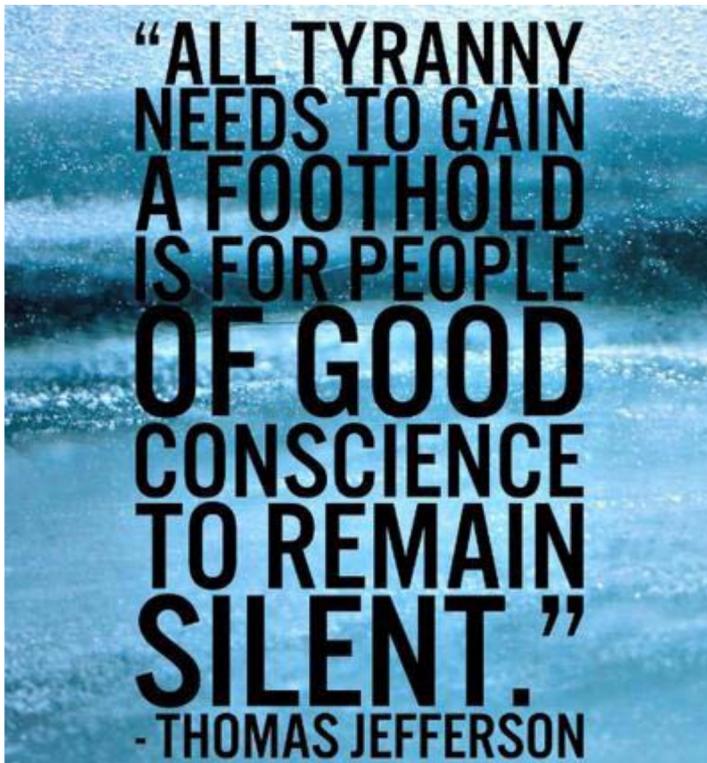
The stirring opening words of the Constitution proclaim that it is the work of “We the People.” In the Declaration of Independence, the American people had announced to the world that they were sovereign and free. In the Constitution, they sought to defend this freedom by creating a unique government for an exceptional nation, a government that derived its just powers from the consent of its people. In this American republic, what is the role of citizens?

The United States is exceptional because of its universal founding principles. At the heart of these principles is the belief that people are free by nature and possess inherent rights. The use each of us makes of these rights will naturally be different, and the outcomes of those choices will naturally differ too. But the choice remains ours. Freedom is tied to living our lives as we see fit. This is self-government in the truest sense of the term. American citizens do not need not to slavishly defer to

experts. We can be trusted to govern ourselves.

Citizens give defined powers to the government, as described in the Constitution. When governments have more power than its citizens, it renders their choices meaningless and liberty is not present. At worst, unlimited government is tyrannical; at best, it imposes a dull uniformity that crushes true diversity and saps the independent spirit of its citizens. This is the situation our Constitution endeavors to prevent.

The Founders believed that a crucial problem was to avoid creating a government that could be dominated by a single faction. That faction might be a minority, or it might even be a majority. But no matter its size, it would inevitably seek to promote its own narrow interests at the expense of the liberties of citizens. One purpose of the Constitution’s checks and balances, one reason why it divides and limits power, is to restrain the ambition of the powerful, and—in the words of the Constitution—to ensure that government genuinely promotes “the general



**“ALL TYRANNY  
NEEDS TO GAIN  
A FOOTHOLD  
IS FOR PEOPLE  
OF GOOD  
CONSCIENCE  
TO REMAIN  
SILENT.”  
- THOMAS JEFFERSON**

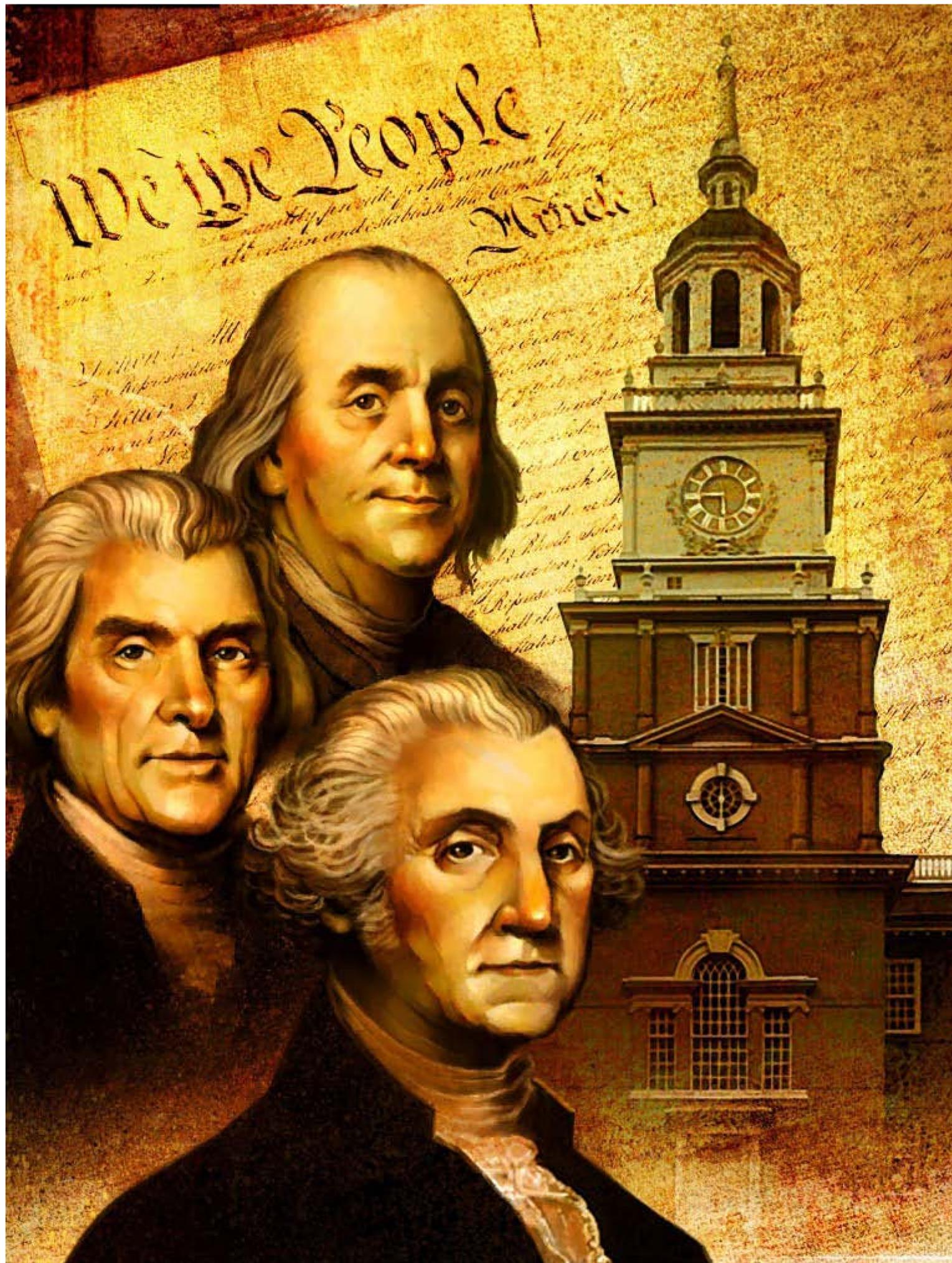
Welfare.”

The federal government is not supposed to be the most important institution in America. In securing the general welfare, it is supposed to do only those things that are provided for in the Constitution. It must, for example, provide for the common defense and regulate our relations with foreign nations. It must respect our right to enjoy the fruits of our labor, and defend the freedom of the marketplace by ensuring the rule of law. And it must remember that the family and community are where we learn our values, and that without values, government cannot be both limited and free.

As John Adams stated: “Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other.” In the United States, government requires not merely the consent of the governed. It rests ultimately on the ability of the people to govern themselves. The first role—the first duty—of the people is to ensure that they remain virtuous and free. That is why the American

system is based on the rights of the individual, but not on individualism. When Thomas Jefferson wrote in his Notes on the State of Virginia that “it is the manners and spirit of a people which preserve a republic in vigor,” he captured a vital truth of American freedom. The Founders placed great hopes in the Constitution, but they knew that no paper constraints could preserve liberty. That duty rested ultimately with the American Citizen. The role of the Constitution was to restrain and to check, and—as Washington wrote—to “raise a standard to which the wise and honest can repair.” The words of the Declaration, the lives of the Founders, and the design of the Constitution can inspire, but on their own they cannot preserve the American republic.

The wish of the Founders was not for us to live as isolated individuals. Nor was it to insulate government from civil society. On the contrary, it was to insulate civil society from the government, to prevent government from weakening and corrupting it. The Founders believed that, if the sources of civic



virtue remained free and strong, the American people would remain capable of self-government. There is no magic in the American people that can save them if they do not save themselves. That is why Ronald Reagan said, in his famous speech on the Evil Empire of the Soviet Union, that "Freedom is never more than one generation away from extinction." As Americans, we have always an obligation to pass the inheritance of freedom on, unimpaired, to the next generation. That is the second duty of the people.

The United States is an island of stability in a world of turmoil. We have the same Constitution today that we had over two hundred years ago. Our concern to protect America from its enemies abroad, and to promote American leadership in the world, must never cause us to forget that our power to lead flows from our unique combination of a powerful but limited government with a dynamic and self-reliant society. When we see others abroad who share that vision, and who are struggling against tyranny, we should give them our friendship. When we see a tyranny fall, we should applaud cautiously, knowing that democracy is created from the bottom up, not the top down. Our role in the world flows from what makes us exceptional: to defend and promote the universal principles on which the American people founded their government.

That is why the true role of citizens is to ensure that both they and their government

stay faithful to those principles. This is partly a job for the free press and the ballot box. But we will not be able to speak and vote in support of America's founding principles if we forget what those principles are.

In his farewell address Ronald Reagan called on citizens to foster "informed patriotism." Reagan believed that, after the end of the Cold War, the spirit of patriotism was in the air, but he thought that was not good enough. Patriotism has to be "well-grounded" in popular culture, and to recognize always that "America is freedom . . . and freedom is special and rare." American freedom began with the American memory, and if that not preserved the ultimate result will be the erosion of the American spirit.

All great societal traits begin at home and are passed down American values if parents and caregivers haven't been teaching what it means to be an American then they need to start. That would be a very American thing to do. We must understand our Constitution if we are to defend what we have achieved under it, and we must know our history if we are to value the ordered liberty the Founders bequeathed to us. We must be free by governing ourselves, preserve our freedom for the next generation, and stand for freedom at home and abroad. We the people created this republic, and informed active citizens must preserve it.

---



KEEP  
CALM  
AND  
WE THE  
PEOPLE



Capt. David J. Meron, commanding officer of NSA Bahrain, presented certificates to the latest Naval Security Force (NSF) Academy graduates, Sept. 18. Meron also presented his personal coin to Bahrain Coastgaurdsman Mohamed Shamsuddin Redha Ranjoor, Top Performer of the NSF Academy's Harbor Patrol Coxwain Course. (U.S. Navy photo by Mass Communication Specialist 1st Class Steve Smith/Released)



Capt. David J. Meron, commanding officer of NSA Bahrain, presented certificates to the latest Naval Security Force (NSF) Academy graduates, Sept. 18. Meron also presented his personal coin to Bahrain Coastgaurdsman Mohamed Shamsuddin Redha Ranjoor, Top Performer of the NSF Academy's Harbor Patrol Coxwain Course. (U.S. Navy photo by Mass Communication Specialist 1st Class Steve Smith/Released)



The guided-missile destroyer USS Mahan (DDG 72) departs Bahrain after a scheduled port visit. Mahan is conducting maritime security operations in the U.S. Fifth Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 1st Class Steve Smith/Released)



Naval Security Force (NSF) Bahrain Harbor Patrol Unit (HPU), patrols the waterways near Naval Support Activity (NSA) Bahrain. NSF Bahrain HPU is the largest patrol unit in the Navy, which provides security to NSA Bahrain, U.S. Navy and coalition ships operating in coastal waters around Bahrain. (U.S. Navy photo by Mass Communication Specialist 1st Class Steve Smith/Released)



Boatswain's Mate 2nd Class Ulyses Marero, assigned to Naval Security Force (NSF) Bahrain's Harbor Patrol Unit (HPU), escorts the guided-missile destroyer USS Mahan (DDG 72). NSF Bahrain's HPU is the largest patrol unit in the Navy, which provides security to NSA Bahrain, U.S. Navy and coalition ships operating in coastal waters around Bahrain. (U.S. Navy photo by Mass Communication Specialist 1st Class Steve Smith/Released)



Staff Sgt. Madison A. Robbins salutes the Missing In Action (MIA) Prisoner Of War (POW) flag after ceremoniously setting a table in honor of missing U.S. soldiers Sept. 19, 2014 at NSA Naples' Capodichino. (U.S. Navy Photo by MC3 Robert S. Price/Released)



Capt. Doug Carpenter, Commanding Officer of NSA Naples', speaks at a table setting ceremony for U.S. Soldiers Missing In Action (MIA) or Prisoners Of War (POW) Sept. 19, 2014. (U.S. Navy Photo by MC3 Robert S. Price/Released)



Sailors attached to U.S. Naval Support Activity Souda Bay participate in the Morale, Welfare and Recreation's (MWR) "Exams Are Over" beach party, at Stavros beach. The event included activities boat rides, a water trampoline, volley ball and corn toss, to help Sailors ease the stress of taking the advancement exams. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)



USS Samuel B. Roberts (FFG-58) sits pier side during a scheduled port visit to the Marathi NATO Pier Complex. Samuel B. Roberts is conducting naval operations in the U.S. 6th Fleet area of responsibility in support of U.S. national security interests in Europe and Africa. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)

# 6 OF THE WORLD'S MOST **TERRIFYING** FOODS



As we all know the month of October ends with Halloween Day. For the most part Halloween is about fun, candy and scariness. So, I wanted to share with you all one of my stories about supernatural, other worldly horrors that would have you jumping a shadows. While these stories would be bone chilling freighting and I have a lot of them. I have decided to share something that is scary and verifiable.

On earth there are many places that will make your skin crawl, old abandoned houses, condemned insane asylums, graveyards and the worst of all fabric stores. Scary places can also sneak up on you such as the supermarkets, eating establishments and street venders of the world. So, steel your guts as I go through six of the most terrifying foods in the world.

# 6 BABY MICE WINE



What better way to wash down some spicy Chinese food then with a nice chilled glass of dead mice babies? Hey, make mine a double.

Baby mice wine is a traditional Chinese and Korean "health tonic," which tastes like raw gasoline. Little mice, eyes still closed, are plucked from the embrace of the loving mother and stuffed into a bottle of rice wine. The poor baby mice are left to ferment while their parents wring their tiny mouse paws in despair, tears dropping sadly from the tips of their whiskers. Bottoms up everybody!

# 5 CASU MARZU



Casu Marzu is an Italian dish originated in Sardinia. This is a medium-size lump of sheep's milk cheese that has been deliberately infested by a *Piophilidae* casei, commonly known as the cheese fly. The result is a maggot-ridden, weeping stink bomb in an advanced state of decomposition.

The cheese fly's translucent larvae are able to jump about six inches into the air, making this the only cheese that requires you wear eye protection while eating it. The taste is strong enough to burn the tongue and, presumably, to melt the inside of a toilet bowl later. Here is the best part the larvae themselves pass through your stomach undigested, sometimes living long enough to breed in the intestine, where they bore through the walls, causing vomiting and bloody diarrhea.

To be fully honest you will not find this product in supermarkets because it is illegal in many places, including Sardinia, the city of its birth. But you can find it.

# 4 ESCAMOLES

Escamoles are the eggs of a very large black ant (*Liometopum apiculatum*) that makes its home in the root systems of maguey and agave plants. Collecting the eggs is a uniquely unpleasant job, since the ants are highly venomous and hates humans. I cannot confirm the hating human part but I have seen videos of people harvesting these eggs and we hate humans is the impression I am left with. The eggs have the consistency of cottage cheese and are mostly eaten on taco. Escamoles have a pleasant taste which buttery and slightly nutty. If you have eaten in Mexico you might have eaten them without knowing it. Viva la Mexico.

# 3 LUTEFISK



To all my friends of Norwegian heritage this one is for you. Lutfisk is a traditional dish from Norway featuring cod that has been steeped for many days in a solution of lye, until its flesh is caustic enough to dissolve your knife and fork. As a reminder lye is a chemical used for cleaning drains, killing plant, debudding cow horns, and by the mob to dissolve bodies. Contact with lye can cause chemical burns, permanent scarring, blindness, or for my Norwegian friends totally delicious. Pretty hardcore.



Before Pacha was a series of hot night clubs located around the world it was the center dish in an Indian Jones movie. Pacha is sheep's head, boiled. The more you eat of this animal's face the more the bone is revealed, the real prize is that after you are done with the meal you have a shiny, grinning sheep skull. You can never have too many of those.

# 1 BALUT

To me this journey of horror has reached its destination. Balut are duck eggs that have been incubated, often until the fetus is all feathery and beaky, and then boiled alive. The bones give the eggs a uniquely crunchy texture.

Balut is claimed to be enjoyed in Cambodia and the Philippines. I was in the Philippines and I did not enjoy it, at all. I have nightmares every time I crack an egg that I will find balut.

Balut will scar you on many levels. Look, I know that my delicious plate of meat used to be cute and fluffy and was at some point frolicking in the sun. This has no effect on me. But when you are biting into something that has not had a chance to see its mother's face, it's...different, it changes you. Balut broke me.

I look forward to this Halloween Day. I will be handing out 4 of the 6 items on this list to the children who come to my house. So if you are in the neighborhood please knock on my door. Have a happy and safe Halloween.



# The Tell-Tale Heart

Click the Heart

Heart

*By Edgar Allan Poe*

# REGION SPOTLIGHT

---

By Lt. j.g. Alexander Perrien, CNREURAFSWA

**Have you ever wondered how an idea or general direction becomes a fully-funded active program or mission in the Navy? Your Region PAO shop found the answer with Paula Monachelli of N-5.**

**N-5's official job description includes two major focus areas known as strategy and future requirements. This means that the office must identify, and validate future requirements and help plan to make sure they can be fulfilled.**

**The coordination N-5 is responsible for spans across combatant commanders, other services, the North Atlantic Treaty Organization and sometimes even other nations.**

**"We coordinate with Navy components, with other services, with NATO, and others who are looking to use any of our bases," said Monachelli. "We work with them to ensure their existing missions, that may be changing, or new missions that will be coming to our installations are properly supported."**

**This year the EURAFSWA N-5 shop has been very active.**

**"A lot of our engagement comes from new mission sets being added to EURAFSWA. For example we have 4 DDGs coming to Rota. Two are already here and two will come next year. We also have the new ashore installations opening in Romania and Poland," said Monachelli. "We have to determine how these changes will impact the bases and how the base programs will need to change to support the new mission sets."**

**The new push in EURAFSWA for the missile defense systems in Romania, Poland, and the Forward Deployed Naval Forces in Rota provides a good example of exactly what the Region Level N-5 does.**

**"When President George W. Bush Jr. announced the US was going to create a US missile defense barrier in Europe, as it worked its way through DOD, it eventually was given to Navy because of our Aegis capabilities," said Monachelli. "It went to CNIC from an installation perspective and then eventually to EURAFSWA because they determined Rota was going to get the DDGs. We had to find a solution to taking a base that has no home ported ships, to a base that has 4 home ported ships. We had to answer a lot of questions. What does that mean for pier space? What does that mean for family support? What does that mean for utilities? What does that mean for host nation**

**engagement? What does that mean for embassy engagement? What does that mean for other tenants that want to come to Rota in support of the 4 DDGs?"**

**Whenever big initiatives like the missile defense barrier take place, many factors have to be taken into account. EURAFSWA has responsibility over a very large geographic area adding a level of difficulty.**

**"The hardest parts of working in N-5 are the conflicts that arise from being an OCONUS command. Oconus we have to support 3 AORs, multiple COCOMS, and multiple services. We have to ask ourselves what we need to do to ensure they are able to carry out their everyday operations," said Monachelli. "There are a lot of issues we deal with when approaching a new task. It's really like trying to eat an elephant and deciding where to take the first bite."**

**Another major part of what N-5 does is in business management for the region.**

**"Business management includes annual business plans with all the programs, and the performance management piece as well, making sure we get reports in on time and ensuring all of regions customers are satisfied with the facilities and services provided," said Monachelli. "We also run the contract acquisition management office."**

**The highly professional working environment in N-5, required for such large amounts of responsibility, also comes with a great deal of rewards and camaraderie.**

**"The best part of working in N-5, in terms of the work is the wide variety of challenges we face. It keeps the work interesting. We are a small program so we work well together and have fun together. We can laugh at ourselves and each other. For instance in order to decide who got to go to lunch with the admiral this week, we had a cut throat rock, paper, scissors competition.**

**Next time you hear a speech from policy makers promising new military initiatives in far off lands, remember that if those far off lands are under the EURAFSWA domain, N-5 has already started planning.**

# REGION VOICES

*What is your fondest memory of the Navy Ball?*



**CMDCM Keith Rousseve**  
CLDJ Command Master Chief

It was 2002, my first Navy Ball, after 9/11, my first time going as a Chief at Pearl Harbor. This year to be deployed and still represent the Navy in front of sister services, is an honor that I am looking forward to.



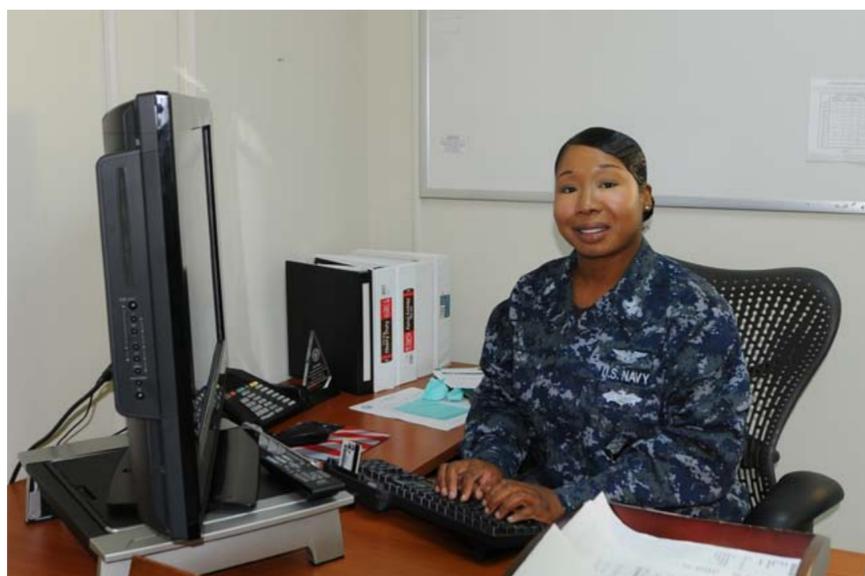
**HM3 Eric King**  
NSA Rota Pediatric Dentristry Dental Technician

My most memorable moment at a Navy Ball took place while I was stationed in Norfolk, Virginia. The ball was open to everyone and a number of civilians bought tickets so they can come and show their support to service members. Civilians also donated a large amount of money towards awards for the ball. I didn't realize how much civilians supported and appreciated Sailors until that day.



**AZC Stephanie Holzhauser**  
NAS Sigonella VP-4

The best Navy Ball I've been to was in Oklahoma City. It was at the Cowboy Western Museum and it was HUGE! The lighting, the ceremony and the people were all amazing. I hope to make it back to OKC for another Navy Ball in the future. The guest speaker was a three-star admiral, but don't ask me his name!



**YN1 Ladunn M. Monday**  
U.S. Naval Support Activity Administrative Department LPO

My favorite memory of the Navy Ball is the camaraderie and tradition that was shown. Everyone who attended had a great respect for the Navy and our traditions.



**PS1 Diego Zambrano**  
NSA Naples

My most memorable experience of the Hampton Roads Navy Ball was the location. The hotel was great and the food was too amazing. My wife was impressed on how all Sailors took pride in their uniform and everyone looked sharp with medals.