



Team Souda Connection Family-Gram

Uniting The Families of NSA Souda Bay

Produced by NSA Souda Bay
Public Affairs

SUMMER 2008

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Accomplishing important missions everyday



A Souda Bay harbor security team escorts the attack submarine USS Norfolk out of Souda harbor on 7 June 2008

Souda Bay Sailors Advance!

Souda Bay's newest first, second and third class petty officers received the right to wear their new rank in a frocking ceremony held on 29 May. You can be very proud of your Souda Bay Sailors who were recently frocked as a result of their success on the March 2008 Navy-wide exams. We certainly are!



Our recently frocked personnel:

- MA2 Christopher S. Benner
- SK1 (SW) Bienvenido M. Cabornay
- UT1 Luis A. Capuchina
- EA3 Abigail L. Crawford
- SK1(SW) Geordane Deleon
- AC3 Brooklyn J. Dietzel
- UT1 Gregory A. Garrison
- MA2 Quentin P. Goss
- IT3 Anthony A. Hightower
- AC2 Christopher J. Hogan

- MA1 (SW) Dwayne T. Jones
- ABH2 Matthew M. Khessali
- MA2 Dennis M. Long, Jr.
- BU1 Russell D. Lauver, Jr.
- MA1 Howard D. Long
- MA3 Sean R. Mackenzie
- MA3 Thomas W. Marvin
- ABH2 Mark A. Milbrett
- MA2 Jeanette J. Money
- ABH2 Felix Opoku
- YN1(SW) Glice A. Planas

- UT3 Travis F. Quilling
- MA2(SW) Maria D. Sherwood
- MA2 Cynthia C. Slinkosky
- MA3 Brandon L. Spears
- MA3 Shawn S. Stuart
- MA2 Angela M. Vandenbrande
- HN2(FMF) Dustin D. Pooch
- MC2 Samantha R. Stark
- CE1 Justin Moore
- MA3 Denise Aiello
- MC3 John Levite

Terminology note: The Navy's frocking practice can be traced back to the early 1800s. The wearing of a higher rank before receiving the pay was necessary at times, especially during war, to swell the ranks. The term frock originally related to a monk's cloak, and meant 'to invest with priestly office or privilege.'

Commanding Officer's Notes



Mid summer is upon us in beautiful Crete and it is great to see all the visiting family members and friends who have made the trip to Greece to see their loved ones. Each year, the summer months in Chania attract millions of tourists from around the world and we're happy to see our military and civilian members take full advantage of this truly unique and memorable assignment.

As you saw on page one, the hard work and professionalism of many of our Sailors paid off during the March Navy-wide exams, resulting in 32 promotions. This significant milestone places greater leadership and responsibility on these Sailors as they assume positions of greater authority here at Souda Bay and in subsequent assignments.

Congratulations go out to our Fire Department, recognized by Commander, Navy Region Europe as the U.S. Navy's Small Fire Department of the Year for 2007, and also to Lead Firefighter Scott Carlton, who received the Region's U.S. Navy Civilian Firefighter of the Year Award. Additionally, our Navy Federal Credit Union Branch received the 2007 Richard Cobb Award for Excellence in Member Service, an award presented annually to the branch demonstrating the highest level of dedication to member service during the previous year.

We continue to make great strides in quality of life improvements for our assigned personnel to include new Navy Exchange facilities and the renovation and expansion of our gymnasium and fitness center. This summer we also divested 36 bachelor quarters units which will be renovated into a new coffee shop, library, conference/learning center, NFCU branch, and Education Services and Housing offices. We also received initial shipments of new furniture to replace existing furniture in all bachelor quarters units.

I want to thank you for your commitment and the support you provide to your Sailor or Airman assigned here at Souda Bay. As a family member of the military community, you are vital to our success.

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

The Phaistos Disc

Contributed by Ms. Perri Yeager, Newsletter Volunteer

AN ARCHAEOLOGICAL MYSTERY OF CRETE

The Phaistos Disc was discovered in 1908 in the basement of the Minoan Palace of Phaistos, on the southern coast of Crete. It is a round clay disc approximately 15 cm in diameter; both sides are inscribed with 241 symbols of 45 unique characters. Historians date it from 1850 BC to 1400 BC. It seems to have been made by pressing seals into soft clay before being fired; historians consider it the first documentation of using movable type printing. The meaning of the disc has yet to be deciphered. Linear A, Anatolian hieroglyphs and Egyptian hieroglyphs are thought to be related to the disc's symbols, however Linear A (used in ancient Crete) has itself, never been completely deciphered. There are no other examples of the disc's symbols and without external confirmation no translation can be considered conclusive, which also raises many questions about the disc's origins.

The Phaistos Disc is one of the most famous archaeological mysteries and is on display at the Archaeological Museum of Heraklion, Crete.





CMC Corner



Command Master Chief Don Famellos

Summer greetings families and friends of Team Souda. Here are some notes that I want to pass on to you so that you are all aware of this information.

Anheuser-Busch has announced that they are extending their **"Here's to the Heroes"** program through 2008.

Here's to the Heroes provides a single-day free admission to any Sea World, Busch Gardens, Sesame Place, Adventure Island or Water Country USA for the service member and up to three immediate family members. Family members may take advantage of the offer without their service member, though an adult must accompany minors. Dependents over the age of ten must present a valid dependent ID card.

Any active duty, active reserve, ready reserve, or national guardsman is entitled to free admission under the **Here's to the Heroes** program. Registration may be done online at <http://www.herosalute.com> or at the entrance to any participating park, by showing an appropriate military ID card.

Are you looking for something fun to do this summer? There are hundreds of companies who

want to say **"thank you"** for serving our country. To see a listing of **over 700 companies offering military discounts** go to <http://www.military.com>. Look under features on the left side and click on discounts. You are able to view discounts nationwide or select individual states.

Last but not least, the **American Red Cross Armed Forces Emergency Services** helps community-based military members and their families cope with separation and other special needs related to service in the armed forces. The Red Cross collaborates with military aid societies in providing financial assistance when an urgent personal or family crisis arises, such as emergency travel. In addition to having Red Cross workers available to you for confidential problem solving, as a community-based military member, you are also entitled to various health and supportive services. Get to know the Red Cross before you really need them by contacting your local Red Cross chapter.

For more information about the Red Cross, visit <http://www.redcross.org>.

I hope you all enjoy a great summer!

CMC Don Famellos
Command Master Chief

Success in Education



Steelworker Chief David Eisman is congratulated by NSA Commanding Officer Captain Thomas J. McDonough during a June command awards ceremony for his success in obtaining a dual Associate's Degree in Construction Technology and Vocational Education from Coastline Community College.

Linking Together Families and NSA Souda Bay

Primary Ombudsman:
Cortney Schwalbe

Alternate Ombudsman:
Kristie Hansen
Melissa Edmondson



Hello Families! Summer is here...we hope you are enjoying it! If you were able to "stash some cash" during 'Military Saves Week' back in the spring, maybe you're planning a trip to Crete to see your loved one? Let us know...we can provide information about the island to make your stay even more enjoyable!

E-Mail:
soudaombudsman@hotmail.com

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011-30-698-165-0536

The Souda Bay Ombudsman team continues to grow! Cortney and Kristie are still on board and now we've expanded our team...(drum roll please)...Melissa Edmondson will be serving as Alternate Civilian Ombudsman. Melissa has been married 17 years, has 7 children, and was prior Navy active duty. Melissa and her family have been stationed in Souda for 15 months and she is a wonderful addition to our team. Please join me in welcoming her on board!

New to the Souda Family? Never heard of an Ombudsman? We serve as a confidential resource between command leadership and Navy families. We also provide appropriate referral resources and act as an advocate for families. However, you should know we are required to report the following information to the commanding officer immediately: 1) Potential suicide situations, suspected and known; 2) Child abuse or neglect, known incidents of; 3) Spousal abuse; 4) Drug or alcohol abuse; and 5) Potential homicide, violence, or life-endangering situations.

*We would greatly appreciate you emailing your **name, phone number, and email address** to soudaombudsman@hotmail.com. It is important to have accurate contact information for family members should we need to get in touch with you in case of an emergency or to pass vital information.*

Last week I was giving an INDOC brief to our new arrivals here in Souda Bay. I asked how many people had not heard of **Military OneSource** and half of the room raised their hands. We wanted to make sure all of our families have the Military OneSource website and phone number. We highly encourage you to check it out. Military OneSource is a free service with a wealth of information including job-searching tools, counseling, relocation, financial calculators and a childcare locator, just to name a few. The best part is, you can contact them 24/7!

www.militaryonesource.com (800) 342-9647

Have little ones at home? Military OneSource is giving away free **Sesame Street Kits – Talk, Listen & Connect: Deployments, Homecoming, Changes** to support military families with young children experiencing deployment and/or separation from their parent(s). The kit includes two Sesame Street DVDs, a parent/caregiver magazine, children's activity poster and Muppet post-cards. Call today for your free kit!



FamilyLine Publications are now available for free download. Go to <http://www.lifelines.navy.mil/FamilyLine/GetOurPublications/index.htm>

You can download the guide, *Are you Ready? Guidelines for Navy Family Emergency Preparedness*, and the **Emergency Contact Card**. You can never be too prepared and you certainly do not want to be caught by surprise with no emergency plan. With wildfire, tornado and hurricane season upon us, it is imperative Navy families are ready for anything.

You can also request free copies of any publication FamilyLine produces including, *Social Customs & Tradition of the Sea Services*, *Sea Legs* and *Be Money Wise*.

Check out the **National Military Family Association** website at <http://www.nmfa.org>.

This is also a great source of information for military news, tips, financial advice, deployments, job searching and much more.

Please let us know if you have any questions or concerns. Email us and let us know what information **YOU** want to see in our next quarterly newsletter.

Have a fun and safe summer!



Cortney, Kristie & Melissa

Handbook Now Available: Guidelines for Navy Family Emergency Preparedness



Naval service family members may now obtain a handbook to prepare for a variety of natural or man-made disasters. This handbook, entitled "Are You Ready? Guidelines for Navy Family Emergency Preparedness" is being published and distributed by Naval Services Family Line.

"In this day and age it's important for families to be prepared for a variety of emergency situations," said Josi Hunt, chairman of Naval Services Family Line. "It is the service member's duty to be informed, to have a disaster plan and have resources available to them, and this book covers those things."

This handbook was compiled to offer family members an enhanced, printed version of the Operation Prepare program material that was initiated last April by Commander, Navy Installations Command. Vital information is included to ensure families are prepared as their own first responders. The key elements of this self-preparedness include creating a family emergency plan, completing emergency contact cards and compiling an emergency supplies kit.

"Each different disaster is covered, and what types of things you need to do. It's a guideline. It's steps for the family members," said Hunt.

The handbook also includes critical information on actions to take immediately following a disaster. Resource charts with websites and telephone numbers offer guidance to family members during the difficult aftermath of a disaster.

Due to overwhelming demand for the hardcopy version, this handbook is **currently only available on line**. Visit the following link to read and/or download to print http://www.lifelines.navy.mil/lifelines/MilitaryLife/EmergenciesTraumaTerrorism/Preparations/LIFE_005186, or e-mail Family Line at nsfamline@aol.com. You can also call Family Line at 1-877-673-7773.

Naval Services Family Line is a volunteer, non-profit organization of Naval service spouses who are dedicated to providing educational material and other resources to families of our active duty men and women. Each year, Family Line edits, publishes and ships their guideline series of publications to families, commands, ombudsmen and FFSC's around the world.

AWARDS AND RECOGNITION

Navy Commendation Medal

LCDR Katie Doxakis
CSC Lane Jones
LTJG Kimberly Williamson
LT Song Hwang
LT Cory Maccumbee
BMC Donald Murray
ITC Willie Ard
AOC Terry Van Kampen
YN1 Glice Planas
LN1 Kimberly Roan

Navy Achievement Medal

AC1 Bruce James
CE2 Saxony Delosreyes
MA2 Danielle Kubit
AZ2 Ana Agront-villafane
MA1 Denise Brown
GM1 Rachel Silversmith
MM2 Andre Clark
BM2 Ian Cochran
MM2 Joseph Gutierrez
MA2 Cleavon Mclendon
CE2 Adam Moore
CM2 Jimmy Robles
YN2 Benny Zenno

Flag Letter of Commendation

MA3 Mallory Deltenre

Senior Sailor of the Quarter

SK1 Lamar Simon

Junior Sailor of the Quarter

MA2 Lorna Blackburn

Bluejacket of the Quarter

AC3 Sean Kirkpatrick

CIVILIAN OF THE QUARTER- AWARDS

MR. Haralambos Anetakis(LN)

MS. Ellen Arkalakis (U.S.)

Congratulations to each and every one for their noteworthy accomplishments!

Out in the Community

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Souda Bay, Crete, Greece (May 24, 2008) – Captain Thomas J. McDonough, Commanding Officer, U.S. Naval Support Activity Souda Bay lays a wreath at the Allied War Cemetery of Souda during a ceremony commemorating the 67th anniversary of the Battle of Crete. A total of 23 events including memorial services, wreath laying ceremonies, and cultural events took place in this year's program to mark the anniversary of the battle in the Chania area. The battle began on the morning of May 20, 1941, when Nazi Germany launched an airborne invasion of Crete under the code-name Unternehmen Merkur (Operation Mercury). Local Cretans along with the Allied forces of Great Britain, Australia, New Zealand and Greece defended the island until surrendering on June 01, 1941. (Photo by Paul Farley)

Chief Petty Officer Association at work in the local community!



Chief Petty Officers Juan Campos (left) and Russell Shields ready materials for the day's work.

Souda Bay Chiefs visit local Daily Care Center for Children with Special Needs



Command Master Chief Don Famellos lends a hand to paint the fence around the center's playground .

U.S. Navy photos by Paul Farley



Gunners Mate Second Class Christopher Mason of Springfield, AL fires an M60E3 7.62 mm machine gun from a harbor patrol boat during a familiarization firing training session.

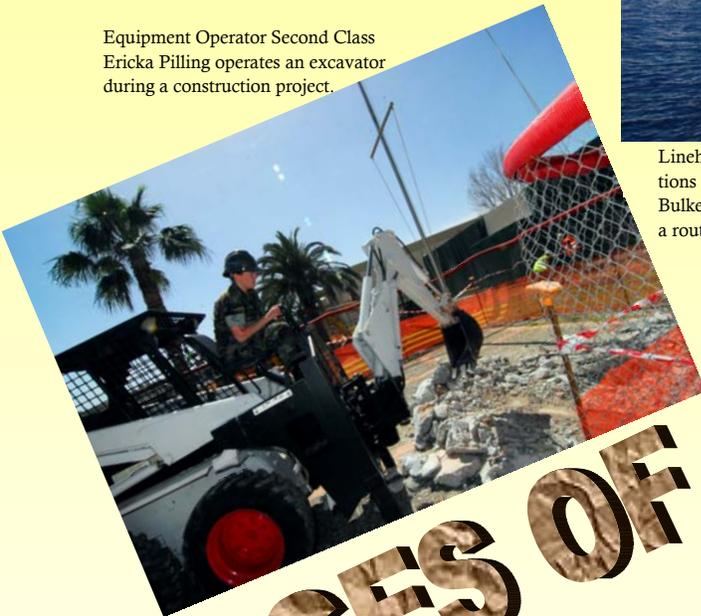


Linehandlers assist with mooring operations as the guided missile destroyer USS Bulkeley (DDG 84) arrives in Souda for a routine port visit.



Master at Arms Third Class Jason Stroud operates a harbor security boat and scans the surrounding harbor as the attack submarine, USS Norfolk (SSN 714) departs the harbor.

Equipment Operator Second Class Ericka Pilling operates an excavator during a construction project.



IMAGES OF SOUDA BAY



Gunners Mate First Class Rachel Silversmith counts rounds of 7.62 mm ammunition in preparation for a familiarization firing (FAM fire) training session aboard a harbor security patrol boat.



The Los Angeles-class fast attack submarine, USS Norfolk (SSN 714), departs Souda harbor.



A C-2A Greyhound Carrier Onboard (COD) transport aircraft, assigned to Fleet Logistics Support Squadron FOUR ZERO (VRC-40) prepares for departure.



The guided missile destroyer USS Gonzalez (DDG 66) arrives in Souda harbor for a routine port visit.



Master at Arms Third Class Timothy Lutz mans an M60 light machine gun on a harbor security boat as the attack submarine, USS Norfolk (SSN 714) departs Souda Bay.

**Commanding Officer
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PAY AND BENEFITS: Information for Sailors and Families

(The information provided here appeared in the June 27, 2008 edition of Rhumb Lines as product of the Navy Office of Information www.navy.mil)

Often we aren't aware of our own benefits in the Navy. When you add retirement, free education and healthcare to a competitive base pay – the Navy is comparable to any Top 50 company in the nation.

Knowledge is Power

- Navy tax free allowances adds a considerable amount to our annual take-home pay; for example, an E5 will add an average of \$7,000 a year to actual E5 pay.
- To give you an idea of the tax advantages of the Thrift Savings Plan (TSP), if you are in the 15% tax bracket and contribute just 5% each month (about \$208/month or \$2,500/year), you will save \$375 in Federal taxes (15% x \$2,500 = \$375). Your tax savings will be even greater if you pay state taxes. In addition, that \$2,500 will be earning tax-free interest! For more information on investing in TSP, visit www.tsp.gov.

The Grass Is Not Always Greener

- According to the Dept of Labor, civilian contributions for medical care premiums averaged \$313/month for family coverage.

PAY AND BENEFITS: Information for Sailors and Families (cont'd)

This is free for the military, saving a married Sailor and family \$3,750 dollars a year. Know your benefits: www.npc.navy.mil/CareerInfo/PayAndBenefits/

- Nearly half of all Americans who work in the private sector – including more than 75% of low-wage workers – do not get a single paid sick day.
- According to a 2006 Bureau of Labor Statistics and Department of Labor report on employee benefits, 76% of America's workers received paid leave or vacation, 71% of workers in the private sector had medical care plans available (at an average cost of \$300/month for families) and 61% of employees had a retirement plans.

Support is available

- Your local Fleet and family Support Center offers a huge range of support services and their website includes information about fi-

nances, deployments, teens and children, moving, special needs and more. More information is available at www.nffsp.org/skins/nffsp/home.aspx.

- Military OneSource provides a wide array of resources and is available 24/7. Call CONUS: 1-800-342-9647, En español llame al: 1-877-888-0727 or online at www.militaryonesource.com/skins/MOS/home.aspx.
- The Naval Personnel Command customer service desk can answer any personnel questions weekdays from 0800-2000 EST at 866-U-ASK-NPC or email cscmail-box@navy.mil for a response within one business day.

Family, housing and employment info can be found at Navy Lifelines at www.lifelines.navy.mil/lifelines/index.htm.

**Consider your family
when making career
choices.**

Facts and Figures

If you joined the Navy at age 18 and retire at age 38 as an E7, you will earn \$3 million in retirement pay by the time you reach age 80. Calculate what you will earn at: <https://staynavytools.bol.navy.mil/RetCalc/Default.aspx>

- To equal a Navy retirement, a Sailor would have to save about \$19,000 of his own money every year for 20 years, starting at age 18.
- The new Montgomery GI Bill is worth an average of \$80,000 to you and your family.