



Warfighting First, Operate Forward, Be Ready

FEBRUARY 2014

## Fast and Flexible, USNS Spearhead Leads The Way



(Feb. 06, 2014) The U.S. Navy’s joint, high-speed vessel USNS Spearhead (JHSV 1) departs Souda Bay after a scheduled port visit during its first operational deployment.

Story by Mass Communication Specialist 2nd Class Jeffrey M. Richardson

U.S. Navy joint, high-speed vessel USNS Spearhead (JHSV 1) arrived in Souda Bay, Greece during a scheduled port visit on its maiden deployment. Spearheads vision, to be the preeminent provider of cutting edge, commercial maritime solutions supporting future national security objectives, will also be supporting partnership-building and maritime security efforts.

When it comes to benefits of the ship, Master of the ship Capt. Douglas D. Casavant

remarks “Flexibility is the biggest one. We can take and reconfigure this ship by onloading and offloading rather quickly, and take a variety of different mission sets. It makes it very flexible for component commanders for whatever needs they have.”

The versatility of the ship is not its only advantage. Spearheads flexibility is also coupled with the ability to carry large amounts of cargo and move that cargo fast. “With a full mission load onboard, we can carry up to 600 tons of cargo and still have the speed up close to 35 knots. The catamaran design allows us greater speed. The

ship is all aluminum construction so it’s extremely light weight, so power to weight ratio: acceleration stopping and incredibly maneuverability on these ships.”

The U.S. Navy’s Military Sealift Command operates the JHSV with a crew of 22 civil service mariners who navigate and maintain the platform; the number of military personnel embarked will be based on mission requirements and can range up to 104 service members for extended periods. 312 riders can also be embarked for transits up to 96 hours.

### Quote of the Month

*“The Navy is much more than a job; much more than service to country. It is a way of life. It gets in your blood.”*

~ Albert Pratt, The Honorable Assistant Secretary of the Navy 1955

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Produced by NSA Souda Bay Public Affairs



# CAPSTONE 14-2 Visits Souda Bay



Hellenic Navy NATO Maritime Interdiction Operational Training Center (NMIOTC) Commandant, Commodore Ioannis G. Pavlopoulos briefs CAPSTONE participants on NMIOTC operations.



CAPSTONE participants are greeted by Hellenic Cmdr. Stelios Papadakis prior to a tour of Ammo Depot facilities.

Story and photos by Mass Communication Specialist 2nd Class Jeffrey Richardson

Participants in the U.S. military's CAPSTONE training course visited Souda Bay, February 17th, 2014, as part of their curriculum examining military strategy and joint/combined doctrine.

The CAPSTONE program, which was first created in 1982, is a mandatory course for newly selected general and flag officers, along with Senior Executive Service civilians, which

focuses on major issues affecting national security decision making. The course is based in Fort Lesley J. McNair, and is a rigorous five-week program comprised of lectures, case studies, informal discussions and visits to key U.S. military commands.

Participants were given a guided tour of Souda Bay on the water front from U.S. Naval Support Activity Commanding Officer Capt. James F. Gibson, afterwards touring NATO Munitions Command. NATO

Maritime Interdiction Operational Training Center Commandant Hellenic Navy, Commodore Ioannis G. Pavlopoulos also briefed CAPSTONE participants on NMIOTC operations.

The trip to Souda Bay was part of an overseas field study in which participants interact with senior officers of an allied nation and discuss joint doctrine, training and operational concept, focusing on multinational capabilities and how they could be best integrated to accomplish.



U.S. Naval Support Activity Souda Bay Commanding Officer, Capt. James F. Gibson (Middle), briefs CAPSTONE participants on support capabilities during a boat tour of Souda Bay.



Rear Adm. Bette Bolivar, a participant in CAPSTONE, takes a life jacket prior to a boat tour of Souda Bay.

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**SERVING THE FLEET / FLIGHTLINE ACTIVITY**

On any given day, at NSA Souda Bay, our team of more than 1000 professional Sailors, Airmen and Civilians are working together to perform our mission: To extend Joint and Fleet war fighting capability through operational support to U.S., Allied and Coalition Forces deployed within the EUCOM/CENTCOM/AFRICOM AOR by providing, operating and sustaining superior facilities and services dedicated to combat readiness and security of ships, aircraft, detachments and personnel. The imagery on these pages provides a glimpse of the recent activity both on the airfield and at the nearby Marathi NATO pier facility.



(Feb. 05, 2014) USNS Spearhead (JHSV 1) arrives in Souda Bay for a scheduled port visit .



(Feb. 05, 2014) USNS Spearhead (JHSV 1) arrives at Souda Bay for a scheduled port visit.



(Feb. 16, 2014) The Oliver Hazard Perry-class guided-missile frigate USS Elrod (FFG-55) arrives in Souda Bay for a scheduled port visit.



(Feb. 16, 2014) The guided-missile frigate USS Simpson (FFG 56) arrives in Souda Bay for a scheduled port visit.



(Feb. 10, 2014) The Military Sealift Command fleet replenishment oiler USNS John Lenthall (T-AO 189) arrives in Souda Bay.



(Feb. 21, 2014) A KC-130 tanker sits on the airfield at NSA Souda Bay.

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## In the Spotlight

### Souda Bay Utilitiesmen Epitomize “Can Do” Spirit.



Public Works Seabees gather in front of the shop for a group photo. Pictured from left to right: UT2 Heranio Wagayan, UT3 Elizabeth Daniels, Yiannis Valirakis, UT2 Jacob Phelps, BUCN Joshua Gray, UT3 Brynna Kos, UT2 Joshua Levesques and UTCN Brenden Lewis .

Story by Peggy Bebb  
NSA Souda Bay Public Affairs

Essential to the success of day to day operations on base, NSA Souda Bay’s Seabee Utilitiesmen (UT) work around the clock to maintain optimum operational efficiency on all boilers, HVAC systems, sewage treatment plants and the pump house. “Keeping utilities on base in working order allows for a more fluid working environment across the base,” stated Utilitiesman Constructionman (UTCN) Brenden Lewis, Sewage Treatment Plant Manager. “This also keeps morale high, which in turn, keeps production high.” One of the “crucial assets to NSA and Marathi is the sewage treatment plant (STP),” states Utilitiesman 2nd Class (UT2) Jacob Phelps, UT shop supervisor, “everyone expects their toilets to flush and showers to drain.” UTs must maintain proper balance from each sewage treatment tank to

ensure bacteria is sufficient and chemicals and smell stay to a minimum. “This process,” explained UT2 Phelps “requires a scientific mindset.”

The UT shop wears many hats; however, to the dismay of the Seabees, most people think all they do is clear clogged plumbing. “Our job is much more diversified than that,” noted UT3 Travis Rich, fuels supervisor. On any given day, they can be HVAC and boiler techs as well.

During the onset of the summer and winter seasons, HVAC techs are in high demand to ensure air conditioning and heating units are working properly. “Especially during summer, HVAC techs are the busiest on base,” mentioned UT2 Phelps.

Adding to the chemist mindset, UT3 Elizabeth Daniels, pump house manager, treats and tests all drinking water on base, testing for proper pH balance and chemical levels as well as the turbidity, or cloudiness, of the water. This is a crucial process, as demonstrated during the

October 2013 earthquake where the drinking water was contaminated. UTs were on the job to continually test the water to clear up the turbidity, in turn, returning the water to a safe drinking level.

As proven, Utilitiesmen are “essential to the success of the day to day operations on base,” remarked Builder Constructionman (BUCN) Joshua Gray, fuels assistant. If the base personnel are comfortable in their working environments then production goes up, which, in turn, helps ensure Souda Bay is “Mission Ready.”



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## In the Spotlight

### Emergency Dispatchers: “Always There, Always Ready.”



Emergency Dispatch Center: Sitting: Nick Papdakakis, dispatcher and MA2 Jalyn McMurray, camera and alarm monitor. Standing: Charlie Comer, Dispatch Manager, Dave Amorosi, Emergency Management Officer and Sam Kagadis, shift supervisor.

Story by: Peggy Bebb  
NSA Souda Bay Public Affairs

When time is of the essence and minutes may seem like hours to the person on the other end of the line, NSA Souda Bay's emergency dispatchers stand by, trained and prepared, to answer the call, whatever the emergency may be. As the “eyes and ears” of the base, Souda Bay's dispatchers “coordinate the emergency and non-emergency response for all calls of service to ensure the safety of all personnel onboard NSA Souda Bay” according to Master-at-arms 2nd Class Brent Bishop, dispatch's alarm and camera monitor. As part of the Emergency Operations department, MA2 Bishop went on to say that the dispatchers perform a “very critical and demanding job and are tested physically and mentally every day, “ Sotiris “Sam” Kagadis, Emergency Dispatch shift supervisor, states that every dispatcher is a dedicated and highly trained professional that can “relay life-saving medical instructions as well as provide public safety information” while dispatching appropriate responders to any incident or accident on or off base.

As part of the department's mission as being “the first of the first responders,” every emergency call-taker is bilingual, according to George Matzorakis, an NSA Souda Bay dispatcher, which allows them ease of communication between Souda Bay's first responders as well as local national responders off-base.

NSA dispatchers support the Souda Bay mission every day, 24 hours a day by standing by to route every emergent or non-emergent call that comes in to the center, in turn, dispatching out police, fire and medical officers to calls for services.

“It is our goal as professional emergency dispatchers to provide the public with an appropriate response to their calls for assistance” noted Antonis Michelakis, Souda Bay dispatcher. “We are dedicated to serving as the vital link between the public and public safety organizations (fire, police, EMS) through responsiveness, accuracy and technical excellence.”

As part of the dispatch center's responsibility, when large scale incidents happen and mass notification needs to be made, the biggest misconception is that

“Emergency Dispatch can notify everyone on or off base” when the need for recall arises, states Charlie Comer, Souda Bay Dispatch Manager. “We can only notify the personnel that have properly entered their information into the Purple Globe program.” The purple globe is part of the Navy's Wide Area Alert Network (WAAN) that is used to provide real-time alerts to the Navy community throughout the lifecycle of an incident or crisis via a Computer Desktop Notification System (CDNS) or through an Automated Telephone Notification System (ATNS) via email or text and voice messages through telephones or cell phones, according to the [www.ready.navy.mil](http://www.ready.navy.mil) website. NSA Souda Bay's Commanding Officer, CAPT James Gibson, proclaimed April 14-20, 2013 as National Public Safety Telecommunications Week to recognize the hard work and professionalism of our Emergency Dispatch Center. Thank you, Souda Bay dispatch team for always being there and always ready to field that call, no matter the emergency.

## Enlisted to Commissioned: A Sailor's Story



Chief Warrant Officer Two Alexi Roque receives his combination cover from Senior Chief Master-at-Arms (SW) Paul Parrish during a commissioning ceremony at Naval Support Activity, Souda Bay, Greece February 27, 2014. (Photo by MCI(SW) Ben Farone.)



Capt. James Gibson, Commanding Officer, Naval Support Activity, Souda Bay, Greece, delivers the Oath of Office to Chief Warrant Officer Two Alexi Roque during a commissioning ceremony February 27, 2014. (Photo by MCI(SW) Ben Farone.)

Story by: Peggy Bebb  
NSA Souda Bay Public Affairs

After being born and raised through early childhood in Havana, Cuba, Navy Counselor Chief (NCC) Alexi Roque immigrated to the United States. He began his U.S. Navy career at age 17 as an Airman Recruit at Recruit Training Command (RTC) Great Lakes, Ill. Upon graduation from boot camp, NCC Roque attended "A" school to learn the job of an Aviation Boatswain's Mate "Equipment" (ABE) before heading out to his first ship, the aircraft carrier USS John F. Kennedy (CV-67). Chief Roque realized his true calling, helping Sailors, during his recruiting tour at Navy Recruiting Station, Hialeah in Navy Recruiting District Miami. During this tour, then ABE1 Roque was selected for conversion into the Navy Counselor (NC) rating, a rating that is only open to 1st and 2nd class petty officers who have experienced the total Navy environment as well as proven knowledgeable of the varied aspects of Navy life and duties gained through experience. Once converted to NC, he

served onboard the USS Underwood (FFG 36) then as the installation counselor at Naval Submarine Base Kings Bay prior to landing at Naval Support Activity Souda Bay. "I would have never thought to be here at this point. I can't quite describe it yet," stated NCC Roque, in regards to his impending Commission. "I have been blessed to have had several mentors that guided me along the way and helped me realize my fullest potential. From my very first mentor in the Navy, ABE3 Christopher Boothe, now a Senior Chief Petty Officer, to Chief Master-at-Arms Greg Howard and Senior Chief Sonar Technician Erwin Griffin, "these Sailors "sincerely invested in my career and made it a point to make me a better leader. Master Chiefs Steve Roberts and Jimmy Schubert, along with CAPT Wesley Smith, CDR Jeff Pafford and CDR Ricky Gilbert all played pivotal roles in my achieving this career milestone." NCC Roque credits his wife, Alba, for being the main reason he applied for the Limited Duty Officer/ Chief Warrant Officer program. "She kept pushing me to go beyond my comfort

zone and to never settle. My family has been extremely supportive and understanding throughout my career, which has made it easier for me to perform at my best every day. They truly deserve all the credit." Once commissioned as a Chief Warrant Officer (CWO2) on Feb. 27, 2014, NCC Roque will assume the Admin Officer role for Strike Fighter Squadron (VFA) 131, "The Wildcats," out of NAS Oceana where he will be joined by his wife and three young daughters, Amanda, Ashley and Alexa. NCC Roque encourages his Shipmates to "care about your Sailors and invest in their future, I'm living proof of that theory and it's something that I constantly try to pay forward with the Sailors I lead." Chief Roque added "I would like to thank the NSA Souda Bay team for making this year one of the best years in my career thus far. The leadership, my fellow Chiefs, our Sailors and our civilian employees truly make up an incredible team. Thank you for making me a part of your family."

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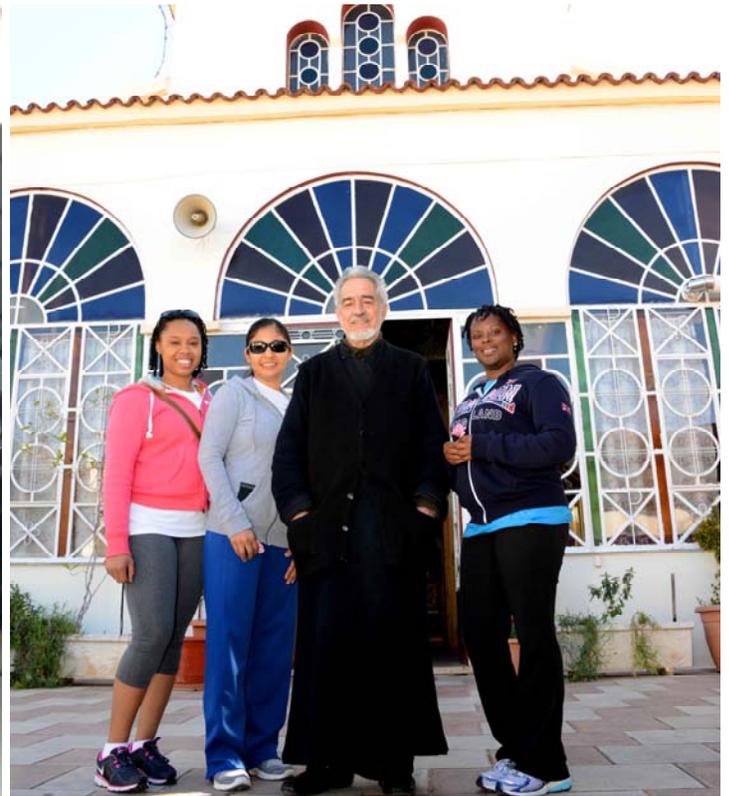
# Noteworthy Events

Congratulations to AC1 Julio Lamar from Air Operations, BM2 Kyle Burch from Port Operations and MASN Mitchell Neira from Security for being selected as NSA Souda Bay's Sailor of the Quarter, Junior Sailor of the Quarter and Blue Jacket of the Quarter, respectively. Bravo Zulu on a job well done.



(Feb. 21, 2014) Master-at-arms 2nd Class Nathan Cozart reenlists for six years. Reenlisting officer is NSA Security Officer, ENS Alexander Bates.

Navy Munitions Command and Air Force Det. 1, 21 ERS joined forces to deliver food goods to Father Kostandinos at the Soup Kitchen at Agios Charalambos in Chania.



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# Noteworthy Events

Fiscal Year '14, 1st Quarter U.S. Civilian of the Year  
Mr. Vinny Hall, Navy Gateway Inn and Suites

Fiscal Year '14, 1st Quarter LN Civilian of the Year  
Ms. Athina Chali, Security Department



NSA Souda Bay Executive Officer, CDR Demetries Grimes, congratulates Ms. Marina Baxevani on being selected as NAVSUP FLC Sigonella's 2013 Local National Employee of the Year.

NSA Souda Bay Executive Officer, CDR Demetries Grimes, congratulates Mr. Michael Taras on being selected as NAVSUP FLC Sigonella's 2013 Civilian Employee of the Year.



# Noteworthy Events

Shift Supervisor, Sam Kagadis, fields a call into the dispatch center while Nick Papadakis, monitors security cameras and MA2 Jalyn McMurray monitors building alarms.



MA2 Brent Bishop monitors building alarms in NSA Souda Bay's emergency dispatch center.



NSA Souda Bay Seabees hard at work. UT3 Stevens and BUCN Gray perform boiler maintenance.



Maria Kafkalaki, housing management assistant, assists MA1 Tony Cooper on housing issues.



(Feb. 07, 2014) Sailors from NSA Souda Bay's Navy Munitions Command (NMC) are pictured with Father Kostantinos from Saint Charalambos Church in Chania after assisting with yard work as part of a departmental community relations project.

# Noteworthy Events

(Feb. 24, 2014) Souda Bay Commanding Officer, CAPT James Gibson, assists NFCU Assistant Manager, Mrs. Julie Prayner by signing a proclamation kicking off the Military Saves Campaign.

MACS Paul Parrish picks a card during the Military Saves Campaign's poker walk. The poker walk is designed to allow Sailors to have a bit of friendly competition among their Shipmates while learning how to save money.



(Feb. 21, 2014) 63 volunteers from NSA Souda Bay's Security Department, Supply and Public Works Departments and members of the Air Force's Det 1, 21 ERS and 494th Fighter Squadron combined efforts to perform some extensive yard work and move some furniture at the Girl's Care Center of Chania's Summer Camp site in Korakies.



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# Noteworthy Events

(Feb. 20, 2014) NAVFAC EURAFSWA Executive Officer, CAPT Michael Oestereicher addresses the Seabees of Souda Bay's Public Works department during an early morning fog.

(Feb. 20, 2014) CAPT Michael Oestereicher, NAVFAC EURAFSWA XO and LCDR Greg Woods, Souda Bay PWO presents Tony Leite, Mary Harshberger and Kostandinos Kavasis the Gold Star Energy Award.



CAPT Michael Oestereicher presents a Certificate of Appreciation to Peter Matheos for his recent volunteer efforts.

CAPT Michael Oestereicher presents a Certificate of Appreciation to Chrysa Marmaritsaki for her recent volunteer efforts.



CAPT Michael Oestereicher presents a Certificate of Appreciation to Katerina Mania for her recent volunteer efforts.

CAPT Michael Oestereicher presents a Certificate of Appreciation to Antigoni Georgousaki for her recent volunteer efforts.



# Noteworthy Events

(Feb. 28, 2014) NSA Souda Bay's Fleet and Family Services Center (FFSC) hosted a "Victim's Advocate" course where six Souda Bay Sailors were trained to provide crisis intervention, tools to help focus on the concerns of the sexual assault victim and offer information on resources available to them. A victim advocate is a 24/7 job where the advocates devote numerous man hours to the victim to ensure they are well taken care of.



(Feb. 26, 2014) NSA Souda Bay's Multi-Cultural Committee celebrates 2014 African American/ Black History Month by hosting a special meal at the galley where committee members greeted and served their Shipmates their meals and bussed tables.



# February Awards Quarters



Row 1- left to right: BMC Alvin Vinarao, LS1 Yassin Mohamed, MA1 Kevin Paulson, LS2 Kevin Alveranga, NSA Souda Bay Command Master Chief, CMDCM Todd Prayner, MA2 Tristan Boris, MA3 Jeremy Hardison, MA3 Sandra Serrano and LS2 Rafael Orellana. Row 2 - left to right: MA2 Gregory Waymaster, AC1 Julio Lamar, MASN Mitchell Neira, NSA Souda Bay Commanding Officer, CAPT James Gibson, NSA Souda Bay Executive Officer, CDR Demetries Grimes, MA2 Brianna Perez, MA3 Kamytnn Robinson and ABE2 John Lowry. Congratulations on a job well done.

**Navy Commendation Medal (NCM)**

**BMC Alvin Vinarao  
LS1 Yassin Mohamed**

**Certificate of Recognition**

**LS1 Yassin Mohamed**

**Navy Achievement Medal (NAM)**

**MA1 Kevin Paulson  
LS2 Kevin Alveranga  
MA2 Tristan Boris  
ABE2 John Lowry  
LS2 Rafael Orellana  
MA2 Gregory Waymaster**

**Letter of Commendation (LOC)**

**MA2 Brianna Perez  
MA3 Jeremy Hardison  
MA3 Kamytnn Robinson  
MA3 Sandra Serrano**

**Sailors of the Quarter  
1st Quarter FY'14**

**Senior Sailor of the Quarter  
AC1 Julio Lamar**

**Junior Sailor of the Quarter  
BM2 Kyle Burch**

**Blue Jacket of the Quarter  
MASN Mitchell Neira**

NSA Souda Bay's Security Department held departmental quarters on 18 February. During quarters, Master-at-Arms 1st Class Raymond Turner, departmental Leading Petty Officer, addressed his Sailors and briefs them on the Plan of the Day.

NSA Souda Bay's Port Operations held departmental quarters on 10 February. During quarters, Machinist's Mate 3rd Class Deron Davis was advanced to the rank of 2nd class petty officer. Congratulations on your advancement MM2 .



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# Welcome Aboard

**Indoc class for the week of 10 February 2014**



**Indoc class for the week of 24 February 2014**



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## Souda Bay Housing Office Wins Prestigious 2013 PHMA Award



Maria Kafkalaki, Frini Katsouna, Sevi Zachariou, Despina Koutsoumani and Vinny Hall are pictured with the letter announcing their selection as the 2013 Professional Housing Management Association Outstanding Housing Installation Team - Traditional Location.

Story by Peggy Bebb  
NSA Souda Bay Public Affairs

Named as the 2013 Outstanding Housing Installation Team – Traditional Location winner by the Professional Housing Management Association (PHMA), NSA Souda Bay’s housing office has set a high standard by receiving top honors above all other Navy installations with winning this prestigious award.

According to Sevi Zachariou, housing management specialist, this award is “recognition for all the hard work by the Souda Bay housing department over the last few years and constitutes the ultimate honor and appreciation of our dedication to our mission: offering the best customer service in order to provide affordable and suitable housing to our customers, military and civilians alike.”

This award is issued to an installation team that provides housing to multiple federal groups that “demonstrates their collective achievements of an outstand-

ing living environment” for their customers, according to the PHMA website.

With only three counselors to assist their customers, the housing office has provided top-notch service in a demanding environment. While working with Sailors on one year orders or Civilians with two year tours, the ladies of housing draft over 170 leases per year while providing outstanding customer service to the 250 current tenants and still managed to save the government over 50K by reducing Temporary Living Allowance (TLA) costs.

Maria Kafkalaki, housing management assistant, stated they managed to “achieve a new sense of professionalism” after the office was reorganized. “This award helped define our department mission. It has further demonstrated that team work can do wonders. Organization in an office is very important and the best of all, again, is TEAM WORK.”

As an office that is purely customer service goal oriented, it can be trying at times to satisfy the needs of tenants,

landlords, utility companies and other local vendors while still maintaining that top level of customer service that they aim for. The ladies strive to do their best and the award is recognition to “show everyone that we actually work very hard to satisfy our clients” while providing the “best customer service and try to fulfill their housing requirements in an efficient and effective way” remarked Frini Katsouna, housing management assistant.

As a recent addition to the team, Nikos Valasis added that “I feel very proud of my colleagues. Sevi, Maria and Frini have worked tirelessly to make things happen around here. It feels good to work with the best because it makes my job easier and motivates me to improve along with them in the long run.”

Thank you Nikos, we couldn’t have said it better. Congratulations to NSA Souda Bay’s Housing Office on this prestigious honor. Keep up the hard work and dedication to your jobs and we are proud to have you as a part of ‘Team Souda.’

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# Happy 219th Birthday Supply Corps.



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# MWR Happenings

## Partnership: Striding Forward Together



Participants in the NMIOTC 7K run, pictured above, include military members from both the U.S. and Hellenic forces.

Story and photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson

Members of the American and Greek armed forces ran side by side in the first ever NATO Maritime Interdiction Operational Training Center (NMIOTC) seven kilometer fun run, building partnership one stride at a time.

Over sixty runners from all different branches of the armed forces participated in the event, hosted by the Hellenic Navy at the Mirathi NATO Pier Complex.

“It’s a great way to strengthen our bonds,” comments Executive Officer of U.S. Naval Support Activity Souda Bay, Cmdr. Demetries A. Grimes. “We have very few opportunities to engage

with each other professionally so here is another venue we can take the time in between stretching and running and cooling down to get to know our friends and allies and hosts here in Greece.”

Having a positive relationship can directly impact operational missions. Hellenic Navy NMIOTC Commandant, Commodore Ioannis G. Pavlopoulos, gives multiple reasons why it is important for these events to take place. “First of all, because we are all coming from the armed forces: the Navy, the Army, the Air Force, the Police force or the Coast Guard, so we have professional ties first of all.” Pavlopoulos said. “Secondly, it’s a mutual benefit working together, cooperating together, knowing each other better and understanding our

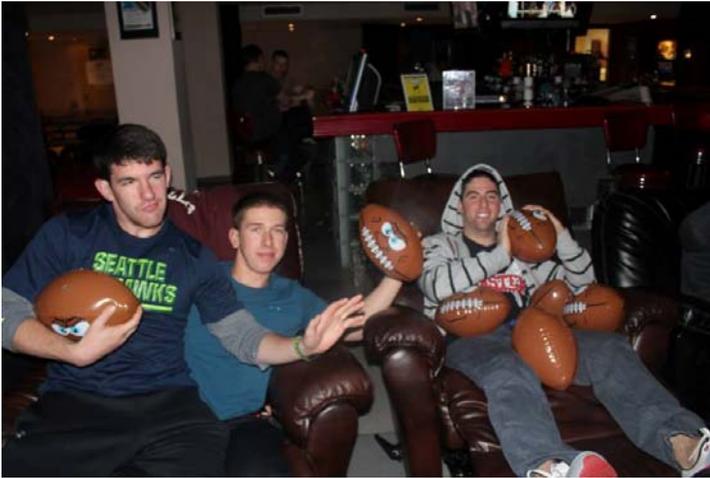
cultural differences, our different approaches so then we can better cooperate and forward the work that were doing down here in Crete.”

Despite different native languages, wearing different uniforms and being from separate parts of the world, NSA Souda Bay Commanding Officer Capt. James F. Gibson explains how many of the participants felt after having finished the run. “We are all happy to have done it,” Gibson said. “We’re all happy to have gone out this morning and enjoyed a beautiful sunny day in a beautiful harbor area and we look forward to the rest of the day having gotten up early and started the day in the right way.

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# MWR Happenings

## Super Bowl XLVIII Party (Feb. 02, 2014)



## Jeep Safari Tour (Feb 08., 2014)



## The Dating Game (Feb. 14, 2014)



## Valentine's Day 5K (Feb. 13, 2014)



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# MWR Happenings

**Omalos Overnight Trip** (Feb. 15, 2014)



**Bench Press Competition** (Feb. 22, 2014)



**Spinathon** (Feb. 22, 2014)



**Hot Chocolate 5K** (Feb. 27, 2014)



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