



EURAFSWA

Reader

JUNE 2015 VOLUME 5 ISSUE 2

(101) critical
DAYS
of SUMMER

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EURAFSWA READER VOLUME 5 ISSUE No. 02 - JUNE 2015
“(101) CRITICAL DAYS OF SUMMER”

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*BACKGROUND PHOTO: CHARLESTOWN, Mass. (June 17, 2013)
A double rainbow forms over USS Constitution after an evening
thunderstorm. (U.S. Navy photo by Mass Communication Specialist
2nd Class Peter D. Melkus/Released)*

REGION COMMANDER'S PERSPECTIVE



Dear Families and Friends of EURAFSWA,

I want to thank you for your hard work and dedication this past month. Every day you are counted on to help maintain the freedom and liberty we all hold dear and there is certainly a lot going on throughout our installations.

Naval Support Activity Souda Bay personnel, along with dignitaries from Greece, Germany, and the United Kingdom, participated in two wreath laying ceremonies over the Memorial Day weekend, remembering veterans from the allied forces that fought in the Battle of Crete.

Last month, every installation held multiple events honoring our brothers and sisters-in-arms who made the ultimate sacrifice our country. Memorial Day events included wreath layings, 5k runs, picnics, and motorcycle rides.

This month, installations around the region will hold Battle of Midway commemoration ceremonies saluting one of the most important battles in naval history. Although this historic sea battle took place far away from the shores of our region's installations, it occurred as the Japanese fleet was at its high-water mark of World War II, and it had a profound and unmistakable impact on the course of the entire war. We owe a large debt to those who fought and died during this watershed event in world history.

June 6, marks the anniversary of the amphibious assault on Normandy during World War II. "D-Day" as we know it, began the reclamation of German occupied Western Europe and was the critical event that contributed to the allied victory in Europe. Uncommon Valor was common that day, and like Midway, positively shaped the course of human history.

We are part of a team consisting of dedicated service members, local nationals, government civilians, and contractors whose job is to deliver shore capability to sustain the fleet, enable the fighter, and support our families. We all work together and learn from one another, and at the end of the day, each of us lives the culture of pride and professionalism of EURAFSWA. As we do, the spirit that has driven our proud history to greater accomplishments will continue.

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

Rear Adm. Jack Scorby

Commander, Navy Region Europe, Africa, Southwest Asia

US 101 CRITICAL DAYS

Motorcycle Safety

Story by
MC2 (SW/AW) W. Foster Bamford
CNREURAFSWA Public Affairs



NAPLES, Italy -- As the days warm up and the rains move on, the winter clothes are coming off, sunglasses are going on and people are getting out, taking trips and tours, and enjoying outdoor activities all over Europe. May 25, Memorial Day, was the unofficial start of summer and the official kick off of the 101 Critical Days of Summer campaign.

The 101 Critical Days of Summer is the time between Memorial Day and Labor Day when Sailors and their families encounter potential hazards while participating in leisurely activities such as boating, camping, hiking, and motorcycle riding.

David Peters, Naval Support Activity (NSA) Naples traffic safety manager, leads the motorcycle safety program at Naples. Like other programs throughout Europe,



BACKGROUND PHOTO: SAN DIEGO (Sept. 5, 2013) Chief Culinary Specialist Luis Siguenza, assigned to the Los Angeles-class attack submarine USS San Francisco (SSN-711), participates in a cornering exercise during the Military Sport Bike Rider Course at Naval Air Station North Island. (U.S. Navy photo by Mass Communication Specialist 3rd Class Bradley J. Gee/Released)



NAVAL SUPPORT ACTIVITY, Bahrain (May 23, 2015) The Harley Owners Group (HOG) of Bahrain in association with Morale Welfare Recreation (MWR) Bahrain present the 2015 Memorial Day Harley Ride! (U.S. Navy photo by Mass Communication Specialist 2nd Class John Benson/Released)



PEARL HARBOR (Feb. 10, 2014) A Sailor rides a motorcycle at Joint Base Pearl Harbor-Hickam while following Navy safety procedures and protocols. Safety is an important element of the 21st Century Sailor and Marine initiative, which consolidates a set of objectives and policies to maximize personal readiness, build resiliency and hone the most combat-effective force. (U.S. Navy photo by Mass Communication Specialist 3rd Class Johans Chavarro/Released)

the Naples program focuses on the various differences between riding in the U.S. and riding in Europe. Peters always tells riders that there are a couple of rules one can follow to be safe on the roads. Rule number one: believe that you are completely invisible to other drivers; rule number two: think everyone on the road is “trying to run you over.”

Keeping those rules in mind in mind, Peters advises to let other drivers know you are there by using your lights and horn and staying in a safe position on the road.

“Wear high visibility clothing and personal protective equipment but never rely on it,” says Peters, “As rule number one always applies,” said Peters.

According to Peters, the American driving experience is different from the European one as the biggest safety problem for American riders is adjusting to the roads here. Motorcycle and scooter riders need to stay alert and be aware of the differences between the roads here and the ones they’re used to. “Europe in general, and especially in the Naples area, (has) road surface conditions (that) make cornering even more challenging,” said Peters. “The highway off ramps are much shorter than we are used to, they curve very quickly, and the road surface changes abruptly as you exit. You have to control your speed before you enter the exit lane.”

The highways are not the only difference American riders face, throughout Europe there are far more cobblestone roads than you will find in the U.S. “Riding

on them requires very judicious use of your brakes and throttle,” said Peters.

Riding a motorcycle in this region can be highly rewarding, but can never be taken lightly. Peters states that it’s a unique experience riding in Europe, but riding here requires enhanced maturity and a clear mind. Of course, never drink and ride.

“You do not get a second chance on a motorcycle or a scooter,” said Peters. “You have to stay focused and alert. Even if you had the right of way or were not at fault, you still lose in an accident. We [riders] do not have the crumple zones, airbags, and seat belts that are in cars to keep us safe.”

Peters adds that car drivers can also add to the safety of motorcycle riders by keeping a lookout on the road. “Most of us did not grow up riding on a scooter or motorcycle. When we look down the road we are thinking we need to look for cars,” said Peters. “Motorists need to think to look for motorcycles and scooters.”

If you are interested in riding your motorcycle while stationed overseas, you’ll need to obtain a license. All Navy bases prepare riders for the challenges of driving in Europe by offering safety courses. Before signing up the safety course, you’ll need to register with the Enterprise Safety Applications Management System (ESAMS). Your local safety office can help you with ESAMS, sign up for courses, and give you a lot of other information about riding in Europe.



NAVAL SUPPORT ACTIVITY, Bahrain (May 27, 2015) More than 70 volunteers helped beautify the area outside of Naval Support Activity (NSA) Bahrain known as American Alley, May 14. (U.S. Navy photo by Mass Communication Specialist 2nd Class John Benton/Released)



NAVAL SUPPORT ACTIVITY, Bahrain (May 21, 2015) - Naval Support Activity Bahrain's Morale Welfare Recreation hosts the Memorial Day 5K run. Special thanks to all the volunteers and staff for their efforts with the event. (U.S. Navy photo by Mass Communication Specialist 2nd Class John Benton/Released)

American Alley CLEANUP

Story and photos by
MC2 John Benton
Naval Support Activity Bahrain Public Affairs

NAVAL SUPPORT ACTIVITY, Bahrain (May 27, 2015) — More than 70 volunteers helped beautify the area outside of Naval Support Activity (NSA) Bahrain known as American Alley, May 14.

The First Class Petty Officers Association (FCPOA) Bahrain teamed up with the Coalition of Sailors Against Destructive Decisions (CSADD) and the Chief Petty Officers Association (CPOA) for the first “American Alley Cleanup” event of 2015.

The event was an effort to show locals that service members stationed aboard NSA Bahrain care about the base as well as the surrounding neighborhoods.

“We wanted to do something that would help create a strong bond between the American service members and the locals here in Bahrain,” said Master-at-Arms 1st Class Charles Figueroa, vice president of the FCPOA. “We figured why

not clean up an area that is used by both people on base as well as the locals? There’s no better place than American Alley!”

The FCPOA started planning the event back in March.

“First, we had to get permission from the commanding officer and local authorities to do an event like this,” said Master-at-Arms 1st Class Carlos Slade, secretary of the FCPOA. “After we were granted permission, it was an easy process.”

The FCPOA also reached out to other base organizations, such as CSADD, for additional volunteers.

“Master-at-Arms 1st Class Melissa Sheek asked us if we could help,” said Hospital Corpsman 3rd Class Marie Casado, president of CSADD. “We’re always happy to help out with these events so I encouraged all of our members to volunteer.”

CSADD was able to contribute more than 10

volunteers to help.

Participants were issued gloves and garbage bags, and then began the slow walk down American Alley picking up numerous pieces of trash along the way.

“I believe we collected more than 15 bags of trash during this event,” said Figueroa. “We received a lot of praise and gratitude from the locals who were appreciative of our efforts.”

The effort made a noticeable difference. Volunteers not only picked up trash on American Alley, but also around the walk-in gate at NSA Bahrain.

“The goal was to give back to Bahrain and build a strong relationship with the local community,” said Slade. “I believe we accomplished this goal and we will definitely do another event like this if we’re given the opportunity.”

Service members aboard NSA can expect another cleanup event for later in 2015.



NAVAL SUPPORT ACTIVITY, Bahrain (May 23, 2015) Commanding Officer Naval Support Activity (NSA) Bahrain, Capt. David J. Meron, welcomes country singer Danika Portz and her band to NSA!. The concert held at Mario's Courtyard was presented by Morale Welfare and Recreation Bahrain in association with Navy Entertainment. (U.S. Navy photo by Mass Communication Specialist 2nd Class John Benton/Released)

WE ARE SAILORS

24/7

ELIMINATE SEXUAL ASSAULT:

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

KNOW YOUR PART:

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

DIGNITY AND RESPECT:

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

DO YOUR PART:

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



U.S. Naval Support Activity Naples, Italy
May 6, 2015



SUMMER SAFETY

KNOW YOUR LIMITS

WE ARE SAILORS
#SAILORS

Remembering Carl:

A World War II Remembrance of a Fallen Soldier

Story by
Cathy Caldwell

Chaplain Dirk Caldwell had no idea the adventure he was about to embark upon when his duty phone rang one evening in September 2014.

On the other end was Rose Marie Elsner, who was on a quest to find the place where her brother Staff Sergeant Charles “Carl” Ross, had died along with 10 other soldiers in a B-24 plane crash near the San Giovanni airfield on Aug. 15, 1944.

“I wanted to make sure he was not forgotten and to keep his legacy alive,” Elsner said.

With that phone call, the journey Elsner had started many years earlier to honor her brother, would soon be nearing the end.

Elsner was born the youngest of six children. Two of her older brothers were serving in World War II; John Ross was in the Navy and Carl was an Army Air Corps radio operator and tail gunner.

“Carl was kind,” Elsner said. “He could play the piano, he loved my Mother’s cabbage rolls, he was engaged to a lovely girl, and he was funny.”

His death changed her family forever.

Elsner’s earliest memories are of asking her mother what the gold star on the front window of their home was for and taking weekly trips to tend her brother’s grave site. Later she would learn, that grave was the resting site of an empty casket.

That story touched Caldwell, and started him on his own quest to help her find answers to the questions that had haunted Elsner her entire life.

Elsner had spent years researching, planning, and dreaming for this one journey.

When Elsner and her husband, Fred, arrived in Naples Oct. 16, 2014, Caldwell greeted them at the airport. Meanwhile, he had done some digging into the circumstances surrounding the death of her older brother and his fellow airmen who had perished 70 years earlier.

Caldwell had learned that Foggia Airfield Complex, all located within a 25-mile radius of the Italian town of Foggia, was a series of World War II military airfields, including the San Giovanni Airfield where Ross’s plane took off. The airfields were built in late 1943, opened in January 1944, and closed in October 1945.

Three days later, the small group headed east from Naples to the fields near the San Giovanni Airfield.

Elsner was armed with photos and GPS coordinates. She also had the support of her husband and Caldwell to finish her journey.

They soon arrived at a nearby farm, where they were met by some barking dogs and an apprehensive farmer and his wife.

After explaining their purpose in journeying to their farm, the farmers, Luca and Angela Avella, welcomed the group like old friends. Angela Avella also had a collection of articles, photos, and cards she had collected from other travelers who had made their way to the couple’s farm in search of their own answers.

Carl’s flight had left the airfield at 3:30 a.m. on a mission to bomb oil fields in Romania. His plane crashed moments after takeoff, about a mile-and-a-half south of the airfield.

The group turned down a gravel road lined with fields, olive groves, persimmon trees, and an apparently abandoned house, which was likely the final resting place of Carl and his fellow Soldiers.

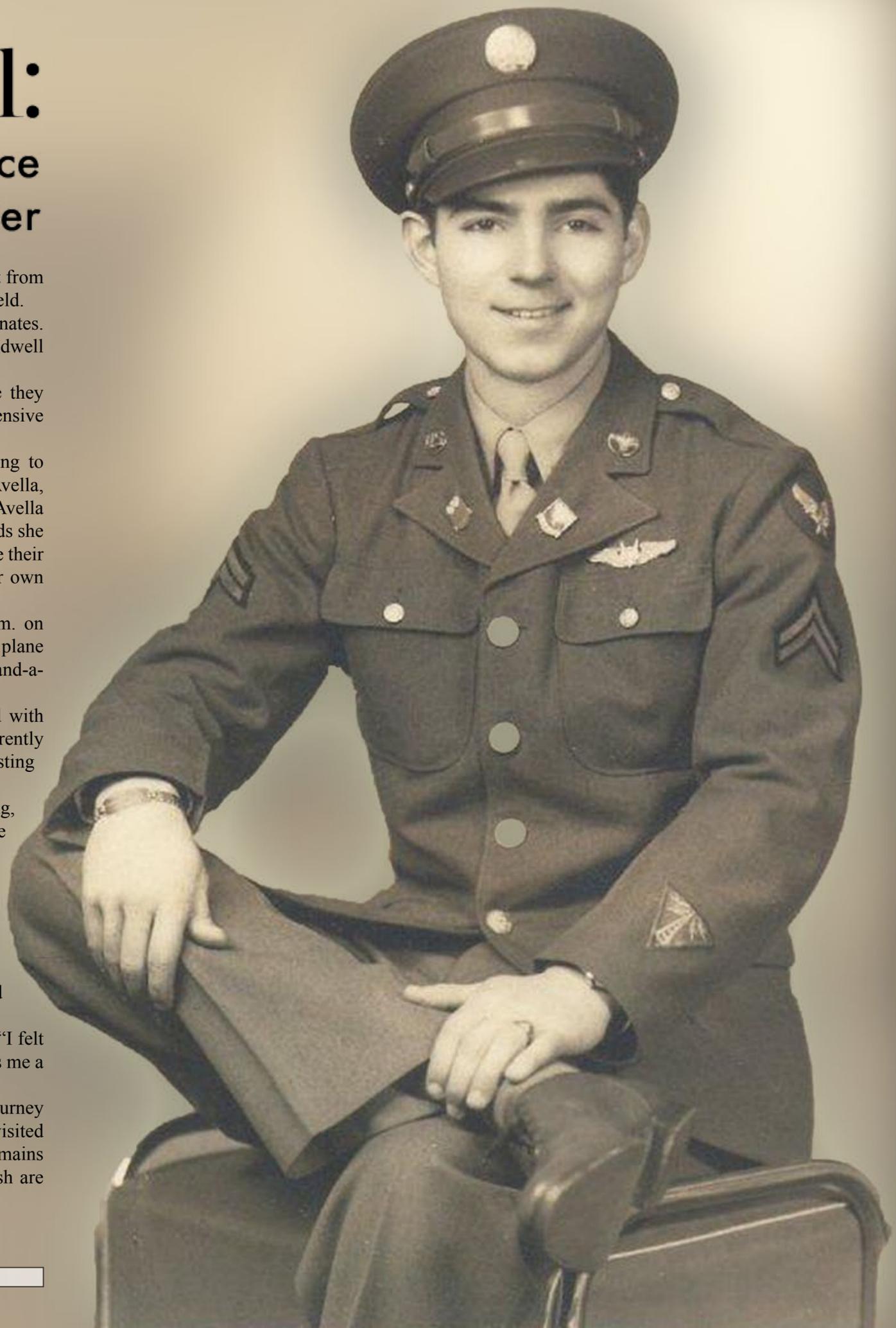
Even though the air was hot, and bugs annoying, the atmosphere was quiet and reverent as the group gathered round.

Flowers were placed on the ground and Caldwell began “a very special memorial service” to honor Carl and his fellow Soldiers who had perished on this now-hallowed ground.

“This was one of the most memorable memorial services I have ever given,” said Caldwell.

“For me, this is sacred ground,” said Elsner. “I felt somehow like he knew I was there, and it brings me a sense of closure.”

Caldwell and the Elsners continued their journey of remembrance the following day when they visited the Sicily-Rome American Cemetery where remains of four of the 11 Soldiers who died in the crash are interred.



Army Staff Sergeant Charles “Carl” Ross (pictured right)

BACKGROUND - HISTORICAL PHOTO. CRETE (May 20, 1941) A German troop-carrying aircraft (JU-52) shot down by anti-aircraft gunfire near Heraklion, Crete. Smoke and flames pour from the German plane as it loses altitude. On that morning 3,000 German paratroops landed at Maleme, Rethymno, Chania and Heraklion.

THE BATTLE OF CRETE

Story by
NSA Souda Bay Public Affairs

The Battle of Crete was a battle fought during World War II on the Greek island of Crete. 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). Greek and Allied forces along with Cretan civilians defended the island.

The Germans underestimated the strength of the defenders, and their casualties mounted quickly. Many paratroopers died before they could reach the ground; others, their equipment tangled in trees, were mowed down as they struggled to release themselves. In one German battalion alone, about two-thirds of the men were dead before the day was over.

Everywhere on the island, Cretan civilians, armed and otherwise, joined the battle with whatever weapons were at hand. In some cases, local civilians went into action armed only with what they could gather from their kitchens or barns. The Cretans soon supplemented their makeshift weapons with captured German small arms.

The civilian population played a significant role in the Greek counter-attacks at Kastelli Hill and Paleochora. Civilian action also fought back the Germans to the north and west of Heraklion as well as in the town center itself.

By the end of the first day, the Germans had a foothold near Maleme and decided to throw everything into that attack the next day, as reinforcements could not be sent in without control of the airfield. The German decision to concentrate on Maleme bore fruit. On May 21, it became clear that the New Zealand infantry battalions defending the airfield, and the key high ground overlooking it, had withdrawn. The airfield was virtually in German hands, even though it was still under artillery fire. The German transport planes began landing troops. They did so until late into the day - mountain troops who went straight into battle and tipped the balance the German way.

German dominance in the air left the defenders facing impossible odds. After six days of hard fighting, the Allies had little choice but to evacuate. Parts of the defending forces pulled back to Sfakia on

the southern coast, and from there about 16,000 troops left the island the next four nights. Those who remained were taken prisoner and would spend the rest of the war in camps. Some escaped from captivity, taking to the hills and eluding capture for the rest of the war. Cretan civilians took huge risks feeding and helping these men. The U.S. Army Center of Military History, citing a report of the Historical Branch of the British Cabinet Office, concludes military historians largely accept estimates of between 6,000 and 7,000 German casualties as correct. The Allies lost 3,500 Soldiers; 1,751 dead, with an equal number wounded, as well as 12,254 Commonwealth and 5,255 Greeks captured. After the war, the Allied graves from the four burial grounds that had been established by the German forces were moved to the Souda Bay War Cemetery.

A large number of civilians were killed in the crossfire or died fighting as partisans. One Cretan source puts the number of Cretans killed by German action during the war at 6,593 men, 1,113 women and 869 children. German records site 3,474 Cretans were executed by firing squad and at least another 1,000 civilians were killed in massacres, late in 1944.

The anniversary of the Battle of Crete is commemorated in Chania and various villages every year on May 20. Ceremonies include parades, floral offerings at memorials and paratrooper reenactments. During this week, many people will visit the cemeteries at Maleme near Chania, which contains the remains of many of the paratroopers, and at Souda Bay, where defending British and Commonwealth troops are buried.

The Souda Bay Cemetery - the last resting place for those servicemen who died in the Battle for Crete - is about 5 kilometers east of Chania on the west of the Island of Crete. It's in a beautiful, quiet location overlooking the sea and is the last resting place of the British Commonwealth war dead who lost their lives between May 20 and 31, 1941, during the Battle of Crete.

There you'll find rows and rows of white headstones set in well cared for

lawns and decorated with borders of flowers. Little pomegranate trees - the fruit of the underworld - are laid amongst the flowers and shrubs along each row. At the seaward border of the Souda Bay Cemetery there are large bushes of rosemary - the herb of remembrance.

These are significant symbols for the last resting place of so many who died in the Battle of Crete.

There are 1,527 graves, mostly British, but also 447 New Zealanders, 197 Australians, and other countries that were represented. Not all those buried here are identified, and some headstones bear the legend, "Known only to God". Visitors can sign a book with comments and perceptions on the cemetery, and the entries are testament to the effects this site has on people who visit from all over the world. The visitor's book is housed in an enclosure near the entrance gate.

The war memorial in Sfakia, a small town on the south coast of Crete, is a famous war memorial dedicated to the Battle of Crete. The engraved sign at the memorial reads: "From this bay between 28th May and 1st June 1941 the last Australian, British, and New Zealand forces, which fought alongside the Greek forces in the fierce struggles of the Battle of Crete against the Germans, were evacuated by British and Australian warships."

This information in this article was compiled from various online sources including the following:

Wikipedia

<http://www.explorecrete.com/preveli/battle-of-crete.html>

http://www.historylearningsite.co.uk/fall_of_crete.htm

Capt. Michael R. Moore, commanding officer, Naval Support Activity Souda Bay, participated in two wreath laying ceremonies on behalf of the U.S. Navy over Memorial Day weekend. The first was held at Souda Bay Allied War Cemetery, May 23; the second ceremony was the next day in Maleme, Greece at the German War Cemetery. This year marked the 74th anniversary of the Battle of Crete that began the morning of May 20, 1941, when Nazi Germany launched an airborne invasion of Crete under the code-name Unternehmen Merker (Operation Mercury). The Allied forces were comprised of service members from Britain, New Zealand, and Australia and were joined by local villagers, most armed with farm tools or kitchen items, to resist the invasion. A long hard battle was fought for almost a week, but eventually the Allied Forces had no choice but to evacuate. Cretan civilians took great risk to offer aid and shelter to those who remained and wanted to avoid capture by Nazi troops. In addition to the wreath laying ceremonies, Moore attended events held at Souda Bay - the opening Flag Raising ceremony held at Firka Fortress in Chania, May 22, and the closing ceremony that was held at the Maleme Airport, May 24. Also attending these events were dignitaries from Greece, Germany, and the United Kingdom as well as veterans from the allied forces who fought in the Battle of Crete. A mainstay of these events was the Hellenic armed forces and military musicians from both the Hellenic and German militaries.



SOUDA BAY, Greece (May 24, 2015) Capt. Michael R. Moore (right), commanding officer, Naval Support Activity Souda Bay, renders honors on behalf of the U.S. Navy at a commemoration ceremony held in Maleme, Greece at the German War Cemetery 24 May. This year marked the 74th anniversary of the Battle of Crete that began the morning of May 20, 1941, when Nazi Germany launched an airborne invasion of Crete under the code-name Unternehmen Merker (Operation Mercury). (U.S. Navy photo by Jacky Fisher/Released)



SOUDA BAY, Greece (May 23, 2015) Capt. Michael R. Moore, commanding officer, Naval Support Activity Souda Bay, lays a wreath on behalf of the U.S. Navy at a commemoration ceremony held at the Souda Bay Allied War Cemetery, 23 May. Moore attended the opening flag raising ceremony held at Firka Fortress in Chania, 22 May; a wreath laying ceremony at the Souda Bay Allied War Cemetery, 23 May and another at the German War Cemetery in Maleme, 24 May; and the closing ceremony that was held at the Maleme Airport, 24 May. (U.S. Navy photo by Jacky Fisher/Released)

BE SAFE during the 101 critical Days of Summer

Story by
Patrick Bolton
NAS Sigonella Safety Dept.

Memorial Day marks not only a day of reflection and honoring the country's fallen service members, but also the beginning of the "101 Critical Days of Summer," lasting from Memorial Day until Labor Day. Kids are out of school, families are out on the road for vacation, and the weather supports a variety of outdoor sports. The same mix of ingredients that can lead to great memories can often lead to a significant injury if we don't appropriately manage the risks involved. Please take a step back and look at your summer plans.

Are you ready for some fun... ?

As warmer weather approaches, our outdoorsy personas begin to wake from their long winter's hibernation. In the process of reacquainting ourselves with our more adventurous open-air characters, the nearly irresistible temptation to launch into those summer activities from where we left off so many months ago is, to say the least, very alluring. But before you are enticed into believing that you and your equipment are just as they were the day you parted ways for the winter, do the risk management.

Your equipment may need servicing to ensure it is operationally ready, and it is possible that your level of proficiency has somewhat dwindled since the last time you and your equipment were acquainted. If personal protective equipment (PPE) is required for the activity, is it still in good shape? If physical exertion is required by you, are you still in good shape? Is your equipment equipped with safeties and are those safeties still effective? Are you still 20 years of age or have you found yourself to be closer to 40? Injuring yourself for any reason is a very costly venture from a plethora of angles. There are the medical costs, time away from work, pain and recovery, unnecessary stress, guilt if your actions or lack of actions resulted in the injury of someone else, property damage...the list goes on. Take the time to assess the risks associated with your activities, no matter what they are, and implement the necessary measures to mitigate them. When driving long distances, take a 20-minute break every couple of hours and don't drive more than 10 hours to include break time; and, that's how you have a great summer! Do not drink & drive!

SUMMER SAFETY TIPS

WHAT KIDS ON WHEELS NEED TO STAY SAFE:

BICYCLE:

- Your child is wearing a bike helmet.
- The bike is not too big. Adjust seat until toes touch the ground.
- The bike's brakes are working and the tires have air the bike has a bell or horn and reflectors.

Scooter:

- Your child is wearing a helmet, elbow pads, and knee pads.
- The handlebars are the right height. They should be able to hold them without leaning forward.

In-line skates:

- Your child is wearing a helmet, wrist pads, elbow pads, and knee pads.
- The skate size is the same as your child's shoe size.

SKATEBOARD:

- Your child is wearing a helmet, wrist pads, elbow pads, and knee pads.
- If they are just learning to ride, choose a small board with small wheels.

Overall, no matter where you are in the region, we want you to come back to work every day this summer with all the limbs you started with. Be safe shipmates!

WATER SPORTS SAFETY

Water sports are particularly appealing when temperatures rise. However, as enjoyable as swimming, surfing, scuba diving, fishing and boating are, people still need personal risk management to keep these activities safe. There are a few crucial things to consider when being around water, so let's explore them:

- Learn to swim.
- Always wear a life jacket when in a boat and/or water skiing.
- Be careful when entering or exiting the water from a boat.
- Learn CPR and First Aid.
- Know which local water animals may be dangerous.
- When diving or snorkeling, look; but, don't touch!
- Wear sunscreen
- Go with a buddy!

Whether you are whitewater rafting, swimming, or snorkeling, it's important to prepare for the sport before diving in. Many sports require certification; and even if your chosen activity doesn't, it's still a good idea to find out more about safety before going.

Overexposure to harmful UV rays over time may also cause premature skin wrinkling and aging, age spots and an increased risk of skin cancer. To prevent injury, experts advise avoiding going outdoors during midday if the sun is too intense. For those who work outside during summer months, apply sunscreen with a sun protection factor (SPF) of at least 15 at least every two hours, and never use sunscreen that is more than one year old.

Live to play & Play to Live

Head injuries are the #1 cause of serious injury and death to kids on wheels.

LIVE2PLAY PLAY2LIVE

Head injuries are the #1 cause of serious injury and death to kids on wheels.

BBQ SAFETY TIPS

It's the weekend, and you're basking in the sun on your patio. In one hand, you're holding a cool drink; and, in the other a spatula. A couple of juicy steaks are sizzling on the grill, and you're savoring the smell of the flavorful smoke as it drifts past your nose. The last thing on your mind is safety right? According to the U.S. Consumer Product Safety Commission, warm-weather activities such as hosting a barbecue led to product-related injuries for more than 3.7 million people in a year's time.

Keep the following four safety tips in mind when using your charcoal grills:

1. Operate charcoal grills only outdoors, never inside an enclosed area. Even if you've grilling, and you assume all the coals are extinguished, they're still producing carbon monoxide, so keep your charcoal grills outside at all times.
2. Don't wear loose clothing, especially long sleeves, while grilling.
3. Charcoal grills tend to flare up, so keep a fire extinguisher handy.
4. Use charcoal lighter fluid to light new coals only; don't use it on coals that are already lit.

Openly, Proudly Serving in America's Navy

Story by
MCI Brian Dietrick
NSA Rota Public Affairs

LESBIAN GAY BISEXUAL TRANSGENDER
PRIDE MONTH



CELEBRATING
Victories
THAT HAVE
Affirmed
FREEDOM AND
Fairness
President Barack Obama



JUNE 2015



NAVAL STATION ROTA, Spain (May 19, 2015) – It was not long ago when a service member who was lesbian, gay, or bisexual, had to keep their personal life a secret in fear of administrative separation from the military. Those days of unequal treatment in the military based on a member's sexual preference are long gone.

The month of June was chosen for Lesbian, Gay, Bisexual, and Transgender (LGBT) Pride Month to commemorate the Stonewall Riots. On June 28, 1969, in a New York City gay bar called the Stonewall Inn, a police raid sparked rioting, in what became the genesis of the pride movement today.

This is the fourth year that Pride Month is an official Department of Defense (DoD) sanctioned event, which was started by former Secretary of Defense Leon Panetta. The theme for this year's pride month is leadership.

Yeoman 1st Class Quinston Barfield, NAVSTA Rota operational support officer, assistant security manager, and proud supporter of the LGBT community, believes celebrating LGBT Pride Month every year is a remarkable step forward and should be rejoiced by all who support equal opportunity.

"The LGBT community has been resilient overcoming many obstacles for fair treatment and equal opportunity, and by their selfless acts creating a vast change in our society," said Barfield. "Their power is being restored."

Last year NAVSTA Rota recognized pride month by coordinating the first-ever pride run and organizing a support group called OutServe Spain. OutServe Spain is an organization that provides legal services to service members and veterans affected by "Don't Ask, Don't Tell" before the repeal as well as those currently serving who may experience harassment or discrimination.

In December 1993, former president Bill Clinton enacted the "don't ask, don't tell" (DADT) policy, the byname for the former official U.S. policy regarding the service of homosexuals in the military. The policy prohibited military personnel from discriminating against or harassing gay and lesbian service members, but also prohibited openly gay people from joining the military. Service members who disclosed they were homosexual or engaged in homosexual conduct were separated from service. Eventually, the DADT policy would force more than 13,500 service members out of the military, according to the Service Members Legal Defense Network.

On Dec. 14, 2010, the House of Representatives introduced the DADT Repeal Act of 2010. Once President Barack Obama, then-Secretary of Defense Leon Panetta, and then-Chairman of the Joint Chiefs of Staff, Adm. Mike Mullen, provided a comprehensive review to Congress on how the repeal would be implemented, the policy that discriminated against gays and lesbians and made them keep their sexual orientation a secret was no longer policy.

"I was relieved that equal opportunity was extended to all serving and that discrimination toward any member of the LGBT community is not to be tolerated or allowed," said Barfield. "No one should have to hide who they are or feel ashamed about how they love and what sex they choose to love. We all belong and deserve to live life enjoyably."

June 2013 was another memorable moment in LGBT rights as the Supreme Court struck down the Defense of Marriage Act (DOMA). DOMA banned federal benefits for same-sex marriages, so even though members were now being able to serve openly, their domestic partners were ineligible for many of the benefits the military provides families.

In August 2014, the DoD announced its plan to extend benefits to same-sex spouses of uniformed service members and DoD civilian employees. The benefits included TRICARE enrollment, basic allowance for housing (BAH), and family separation allowance.

Another obstacle the LGBT community faces is some overseas duty assignments do not allow command sponsorship for same-sex spouses due to concerns that they are not covered under the current Status of Forces Agreement (SOFA) with the host nation as military dependents. Fortunately, the list where a same-sex military spouse can be sponsored has grown to 40 countries, with Spain allowing it in February 2014.

Barfield believes that accepting and respecting differences is key to growth and becoming a better human being.

"When we treat a situation with respect and not with fear, we spiritually and mentally evolve," said Barfield. "Not all situations can be handled that way, but if we acted or responded out of fear to every problem we faced, we would never understand what power is."

For more news from Naval Station Rota, Spain, visit <http://www.navy.mil/local/rota/>.



Short and Sweet: Our Constitution and Some Translation Service

Story by
Lt. Cmdr. Rob Johnson
CNREURAFSWA Public Affairs

Part I

The U.S. Constitution is only four pages long, serving as testament to the brains, clarity and talent for brevity that the Founding Fathers possessed. An entire government, one that would eventually become a superpower no less, was created with a document shorter than a possible prenuptial agreement between Tiger Woods and who ever his next wife will be.

It created the House of Representatives, the Senate, Supreme Court and the office of the president. It provides for the defense of the member states and in general lives up to what it set out to do in the preamble:

“We the people of the United States, in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defense, promote the Blessing of Liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America...” I will stop because I am tearing up, but you get the point. No pandering to lobbyist or special interest groups, no confusing legalese, no pseudo-intellectual jargon, no asterisks directing you to enormous blocks of legally required disclaimers. Four pages and done. What is even better - just in case they missed something - they detailed the process for amending the document later. A process that’s no walk in the park, for certain, yet still seems easier that amending a PDF.

The Constitution can be amended, but doing so takes two-thirds of each house of Congress and then ratification by 3/4 of the states (right now that is 38). Getting that kind of cooperation in a nasty, partisan atmosphere is as difficult as coaxing a sincere smile out of Batman. That kind of difficulty is completely, utterly, totally intentional as the Founding Fathers in all their eighteenth century wisdom knew that left to their own devices, someone in the future would come along and likely mess it up.

There were some concerns when the Constitution was written that it was not clear enough on how it empowered the people. Three years after the Constitution was ratified came the first ten amendments. The intention was to clarify what powers the government did not have. These amendments together are what we call the Bill of rights. They are the most misquoted, misunderstood and to some the most confusing. So I will translate the bill of rights for you:

The First Amendment

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

Passing over the religion part, which is also pretty straight forward, I will go directly to speech. Freedom of speech, which the First Amendment was so nice to provide us, is often misunderstood by people as the freedom to say and do things as long as they do not hurt my feelings. Unfortunately for people with that mind-set, and fortunately for liberty as a whole, there is nothing

that protects you from free speech that you find offensive. People cannot pick and choose the opinions to tolerate and the ones they want shushed. As members of the military, however, we are held to a higher standard of conduct when it comes to free speech and speech done in uniform. Nevertheless, in a culture used to getting its way all the time, that can be a hard pill to swallow. Stories of this tug-of-war between people speaking freely and people who mistakenly believe they have the freedom to not be offended can be found all too often in the news or social media. So, the Constitution gives you the right to freedom of speech and expression, and those are the same rights that are extended to people who you whole heartedly disagree with and find reprehensible, I am looking at you Dr. Kanye West Ph.D, but he and his wife are protected so, hooray freedom.

The Second Amendment

A well-regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed.

I think the Constitution is almost perfectly self-evident. However, if there was one amendment that many people would like the Founding Fathers to go back and reword for clarification, this would have to be it. Depending on where you stand, the Second Amendment allows for all of us to carry handguns, fully automatic assault rifles, bazookas and hellfire missiles. Or it requires you to join a militia, march and start doing push-ups. It’s clunky and worded in an archaic style with commas in weird places, a real problem with “old English.” So the end result is a battle of ideologies that has made it one of those big issues that will likely never be resolved until the leaders of both sides agree to a Zoolander style Walk Off.

The Third Amendment

No Soldier shall, in time of peace be quartered in any house, without the consent of the Owner, nor in time of war, but in a manner to be prescribed by law.

Basically in peacetime the military cannot use your house as a barracks. Additionally, in wartime we would need the backing of a law and would ask nicely. Some people might be more than happy to allow service members to stay in their home; we tend to be pretty handy around the house. Regardless, if the domestic situation is so bad that the government is passing laws saying service members can stay at your place, well that’s probably the least of our troubles; its either zombie apocalypse or the machines are taking over. Either way, I hope the right person won the Second Amendment Walk Off.

The Constitution and the government it establishes “has a just claim to [our] confidence and respect,” George Washington wrote in his Farewell Address (1796), because it is “the offspring of our choice, uninfluenced and unawed, adopted upon full investigation and mature deliberation, completely free in its principles, in the distribution of its powers uniting security with energy, and containing, within itself, a provision for its own amendment.”

Today we are indebted to our children and grandchildren the requirement to pass on them the value of the gift of liberty to ensure the light human freedom does not disappear from the earth, like the group LMFAO. More Amendment translation in July.

The Constitution of the United States

The preamble of the Constitution proclaims “We the People” to be the fundamental authority that establishes the Constitution. It states the government’s goals:

- Safety and security;
- Rule of law, which fosters domestic prosperity;
- Establishment of justice, promotion of the general welfare;
- Formation of a more perfect Union — all for the sake of securing liberty.
- The Founders carefully limited the established government, because they recognized that both too much and too little government threatens liberty.
- After the preamble, the Constitution describes the powers and institutions of government. It is divided into seven articles, which are further divided into sections and clauses. The first three articles create three distinct branches of government:

• Legislative;

• Executive;

• Judicial.

The Constitution establishes three coequal branches of government and creates a government of delegated and enumerated powers. That is, the government has only the powers the people give it. The purpose of a constitution is to specify which powers the people grant to the branches of government and what limitations exist upon the exercise and scope of those powers. The Constitution does not grant the federal government unlimited power, rather, it grants particular branches of government a limited set of powers.



NSF DEVESELU OPENS NEX[®]

Navy Exchange

Story and photo by
MC2 (SW/AW) Luke B. Meineke
CNREURAFSWA Public Affairs

NAVAL SUPPORT FACILITY DEVESELU, Romania -- Naval Support Facility (NSF) Deveselu and the Navy Exchange (NEX) Service Command officially opened a branch NEX at the Aegis

Ashore base in Deveselu, Romania in early May.

The NEX will primarily offer consumables such as prepared meals, snacks, and beverages, but will also offer uniform items, toiletries, and health supplements.

Commanding Officer Capt. William Garren and Branch Exchange Manager Victoria Wilson held a ribbon cutting ceremony on Friday, May 8, 2015, followed by an immediate surge of customers.

"We've had a say in what will be stocked, and that has allowed us to tailor the items toward the people who are stationed here," Garren said. "This is big. It's one more of those things in an austere environment to make things more comfortable."

Garren said providing goods on base is very important as transportation from the base is inconvenient and can be especially difficult in the winter weather.

The store will stock familiar American brands that aren't easily obtained in Romania. "We wanted to provide goods to our people serving us here in Romania with convenience items that hopefully help them feel like they are at home," Wilson added.

Both Sailors and civilian contractors were excited to see the NEX open, Garren said. "We do a lot of team building here, and this is just one more example of that team building. This is just going to bring our team closer."

The current NEX, like so many of the facilities on base, is temporary. However, there will be a permanent location in the future at the site. The permanent NEX will contain four chill doors that will provide the ability to stock cold items and will resemble a typical mini-mart found on other bases.

The NEX isn't the only service the command is providing to its Sailors to improve living conditions. A barbershop officially opened May 13, and a drop-off tailoring service has been established. A robust MWR program provides trips to entertainment around the country, as well as on-base recreation from cookouts to poker nights.

And further improvements are constantly in the works.

"We are going to have a notebook at the register, so if there is something we don't have that the Sailors need, we can do our best to get it here," Wilson said. "If there is something they want, we will special order as best we can."

NSF Deveselu is home to an Aegis Ashore Missile Defense System tenant command, which is scheduled to become operational in 2015 as part of the European Phased Adaptive Approach to ballistic missile defense. It will be home to about 200 U.S. military personnel, government civilians and support contractors.

REGION VOICES

What do you order at your favorite restaurant or a place you've never been?



NCC Jason M. Sain

NSA Souda Bay

I like to order a Greek plate called Gyros, or Souvlaki.



YN2 Charles King

NSA Bahrain

Honestly, I'll eat anything spicy. My favorite dish is spicy tuna.



Chaplain Lt. Adam Bayer

NAS Sigonella Religious Ministries Department

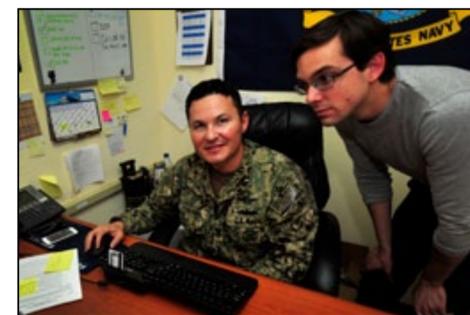
When I go to a restaurant I've never been to, I'll order a plain hamburger. Not a cheeseburger, just a hamburger and a bun. No toppings.



MA3 Victor Ramon

Naval Station Rota Security Department

I always order the chicken alfredo at Lenny's in Queens, New York.



NC1 Alfredo De La Garza

Camp Lemonnier, Djibouti

Djiboutian potato, salad and Djiboutian beef and chicken skewers. At the end of the meal I especially like the Moroccan mint tea.



Lt. Ben Stollerman

NAVFAC EURAFSWA

Favorite dish in Romania: Pui cu rossi (chicken with tomatoes).



NAVAL SUPPORT FACILITY DEVESELU, Romania (May 8, 2015) Capt. Bill Garren (left), commanding officer of Naval Support Facility (NSF) Deveselu, and Vicki Wilson, branch exchange manager for Navy Exchange Service Command, cut the ribbon to open a Navy Exchange store at the base in Romania, May 8, 2015. NSF Deveselu is still under construction. (U.S. Navy Photo by Mass Communication Specialist 2nd Class (SW/AW) Luke B. Meineke/Released)

American Red Cross **Video**

