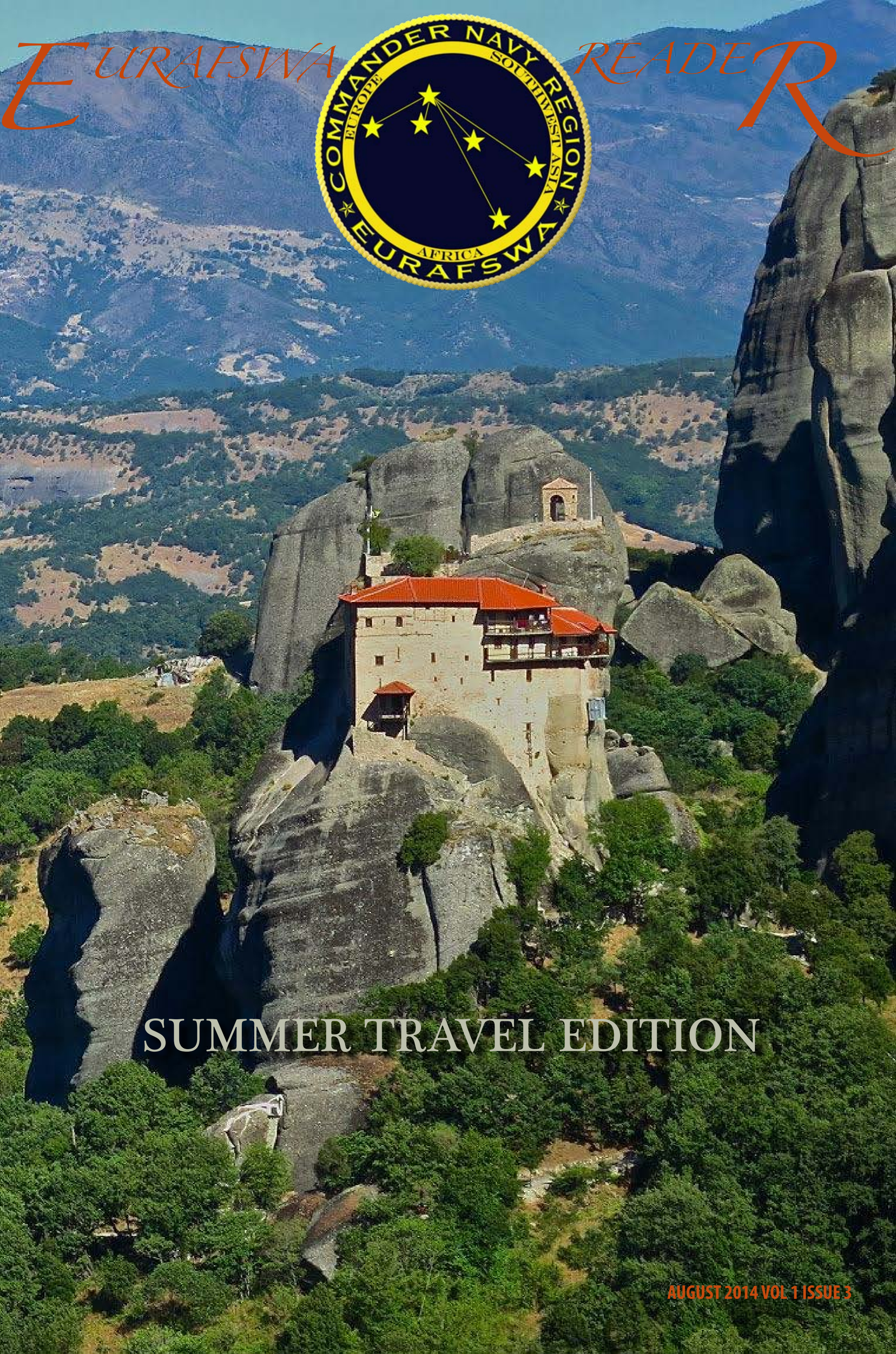


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*READER*



SUMMER TRAVEL EDITION

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Summer Travel Edition

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# REGION COMMANDER'S PERSPECTIVE



We've built a reputation here in Region Europe Africa Southwest Asia for consistently accomplishing the tough missions. That's what the world sees. That's what our bosses hear. That's what our partner nations say, and all because it's the truth. In 2014, one of my priorities is to continually improve the processes we use to deliver shore installation services to sustain the fleet. Please continue your good work and dedication that has built this tremendous reputation.

## *Energy Biggest Loser*

Although we are still determining the official winner of the contest we achieved our overall goal of reducing energy use for the month. I want to thank all of you for your efforts that led to the achievement of our energy consumption reduction goals during the Energy biggest loser contest. Every installation in Region took major steps toward changing the culture of energy consumption to reduce electricity usage. As members of the Navy team, conserving energy is not something we do in addition to our job; it is part of our job and should be part of our everyday life. The Energy Biggest Loser contest gave us the opportunity to take this responsibility into action. If we make energy conservation part of our daily routine, we can sustain the savings we realized this month, making more money available to support the fleet, where it really matters! Great job to everyone! Because of the tremendous effort from all, we are all winners!

## *The Spirit of 45*

In 2010 Congress unanimously approved "Spirit of '45 Day", a new National Day of Remembrance to recall the victory celebrations at the end of WWII, to be commemorated the second Sunday in August each year.

The "Spirit of '45 Day" honors the legacy of service of America's "greatest generation" and is mobilizing youth to help record their personal stories through the Stories of Service oral history program.

The stated purpose of the Spirit of '45 campaign is "to preserve the legacy of the men and women of the Greatest Generation so that their example of courage, self-sacrifice, 'can-do' attitude and commitment to community can help inspire a renewal of national unity in America."

Having a national day of remembrance set aside each year provides our country with an opportunity to reflect on what that generation had to contend with during exceptionally challenging times and how their personal examples can help frame that which we hold valuable to this day in ourselves, our service to country and in our communities. "Courage, self-sacrifice, 'can-do' attitude, commitment to community"—these are timeless qualities that are not determined by one's politics or other preferences, they're about character. And the need for national unity at a time when our country is again confronted with historic challenges has never been greater.

By reminding ourselves of a time when our country faced much more daunting challenges than those we know today, Americans of all ages and backgrounds are able to come together and operate in unison to assure the future is bright and prosperous, in the United States, and all around the world. We can hopefully "recharge our batteries" every year in August and dedicate ourselves to tackling the problems that confront our country with a renewed spirit of together-ness and unity of purpose.

## *Ferragosto* ✈️

August is the month when most people in this Region take vacation, both US and Italian. If you are one of those taking vacation this month, I hope you and your loved ones enjoy a safe, memorable and well-deserved vacation. But please remember to keep safety at the forefront, particularly if your plans include travel to other parts of Europe and the world.

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

RDML Jack Scorby

Commander, Navy Region Europe, Africa, Southwest Asia

# BROADENING HORIZONS

**Less than one percent** of U.S. citizens are currently in the military, and even fewer than that have the opportunity to be stationed overseas. As a member of EURAFSWA you have the unique advantage of being stationed in an area with some of the most diverse travel opportunities in the armed services.

From Camp Lemmonier alone you can go white-water rafting in Uganda, diving with the whale sharks off the coast, gorilla spotting in the jungle and even fly up to Rome for a 96-hour special liberty. From Bahrain, with a range of MWR adventures and trips to nearby locations, you can find yourself immersed in the local culture steeped in centuries of history. While stationed in Naples, Rota, Souda Bay, and Sigonella, Europe is at your fingertips with all major cities a quick flight or enjoyable train ride away.

But with the wide availability of electronic entertainment, books, and things to do locally, we often find ourselves asking if travelling is really worth the time, money, and effort. But travel is far more than another form of entertainment.

Visiting other countries and cultures develops an understanding and comfort with points-of-view and people other than our own. After travelling no longer does one have to rely on descriptions from books and travel channel episodes for opinions and tips about where to go and how to see the city.

This comfort with different cultures also expands professional and personal horizons. As members of the U.S. Armed Services an understanding of the global environment, inter-cultural relations, and societies, other than our own, allow the expansion of horizons that help when con-

ducting business and operations overseas. These experiences can also provide insight extremely valuable in the formation of policies that affect overseas installations and operations.

Of course travel has its own inherent risks that can only be circumvented through preparation. Before you go out and see the world make sure you have a plan. For instance, research where you are going to stay, ensuring it is an easily accessible location in a relatively safe neighborhood. Make sure you know how you are getting to and from your travel locations, and have back-up plans or insurance in the event that the original plans fall through. If you are driving make sure you are well rested and have plenty of time to get between locations in case of unexpected events. In certain EURAFSWA countries the ability to accept credit and debit cards is limited, sometimes even at gas stations. In these situations it is essential to plan ahead and carry enough cash to cover your expenses on the road.

While overseas and travelling throughout EURAFSWA it is also important to remember that you are a representative of the United States even when you are out of uniform. Do your best to represent our nation and the uniform in a positive light. Be respectful and interested, and try going the extra mile. This can be anything from learning a few key phrases or words before visiting another country, to reading up on the local history before your visit. Another great resource is fellow sailors and civilians who may have already visited areas you are interested in seeing.

Travelling is one of the greatest ways an individual can expand their horizons and gain a better understanding of how the world works. Take advantage of the EURAFSWA location and do your best to explore.



CAMP LEMONNIER, Djibuti - RP2 Jocelyn Valadez celebrates with local national children during a community outreach event in Djibuti, Africa.



SOUDA BAY, Greece - Sailors carry out boat operations off the southern Greek island of Crete.



CAMP LEMONNIER, Djibouti - Secretary of the Navy, Ray Mabus, addresses servicemembers and civilians on Camp Lemonnier Djibouti.



NAPLES, Italy - Chief of Naval Personnel, Vice Adm. William F. Moran, speaks to Sailors during an all-hands call at Naval Support Activity Naples. During his visit, Moran spoke to Sailors on issues such as career sea pay, fleet manning and advancements.



ROTA, Spain - USS Donald Cook family reunites upon returning to Rota, Spain.



BAHRAIN - Naval Support Activity Bahrain enjoyed an evening of Music, Comedy and Motivational Theater featuring Dan Clark, David Archuleta and Jason Hewlett.



SOUDA BAY, Greece - Sailors paint local school during a community outreach program on the southern greek island of Crete.



NAPLES, Italy - Cmdr. Don Biadog Jr. recite an invocation during the Naval Support Activity Naples change of command ceremony. Capt. Douglas Carpenter relieved Capt. Scott Gray to become the 33rd commanding officer of NSA Naples.



ROME, Italy - The Trevi Fountain is the largest Baroque fountain in Rome and the most famous fountain in the world.



SOUDA BAY, Greece - U.S. Naval Support Activity (NSA Souda Bay Port Operations Officer, Lt. William G. Abbott (left), speaks with Rear Adm. John Scorby, Jr. (center) Commander, Navy Region Europe Africa, Southwest Asia, Commanding Officer, Capt. Michael R. Moore during a boat tour of the Marathi basin.



ROME, Italy - The Spanish Steps in Rome climbs the steep slope between the Piazza di Spagna and the base and Piazza Trinità at the top. Dominating the Piazza Trinità stands Trinità dei Monti church.



ROME, Italy - Diners eating at restaurants like Hosteria Dino e Toni in downtown Rome can eat world-class gelato after a multiple-course dinner.

# SEVILLA'S PLAZA DE ESPANA

By LTJG David Carter Naval Station Rota Public Affairs

Arriving in Spain just a few short months ago, I found myself overwhelmed with the travel possibilities lying at my fingertips. My family and I wanted to make it a point to start adventuring early on in our tour, so we made out a list of future travel destinations. I Googled beautiful places in Spain and came across a plethora of amazing images, but found myself constantly drawn to one in particular - Plaza de España.



SEVILLA, Spain - The Plaza de España, located in Parque de María Luisa in Seville, Spain, was originally constructed in 1928 for the 1929 Ibero-American Exposition World's Fair. (U.S. Navy photo by Lt. j.g. David Carter)

## Seville, or better known

as Sevilla in Spanish, is one of the most saturated cities if you're looking for Spanish culture, architecture and many of the "must-see" items in Andalucía. The 2,200-year-old city is located just an hour and a half up the road from Naval Station Rota, and travelers can get there and back for just under 15 euro in tolls.

Built in 1929 for the World's Fair, Plaza de España was scheduled to be my first stop that day among a long list of historic sites. Once I arrived, it became apparent that there was enough to see and do around this iconic structure to take up my whole day. This towering, Renaissance Revival-style building left my kids speechless, and I could immediately tell this would be an adventure to remember. From rowboats for rent to street vendors, there was an endless supply of entertainment to fill our afternoon.

Plaza de España's scenic value is one for the story books, with its colorful moat, central fountain, and beautiful bridges. The structure itself is awe-inspiring with bending corridors, colorful tiles, and endless arches, making for a photographer's dream. The beauty of this building is so apparent it grabbed the attention of

the Star Wars production crew, which used the location to film Episodes I and II, The Phantom Menace and Attack of the Clones. Walking through the building is impressive, and once we reached the upstairs section we found ourselves with a birds-eye view of the entire plaza and the countless people exploring the grounds themselves.

We could have spent all day looking at the intricate details of the carvings in the marble, or analyzing each soaring arch, but there was so much more to see. The Plaza happens to be nestled in Parque de María Luisa, which provides visitors with many other options beyond just touring the building. The 100-acre park features fountains, waterfalls, gazebos, Plaza de Americas and even an art museum. If you don't feel like walking, pedal carts are available for a reasonable price.

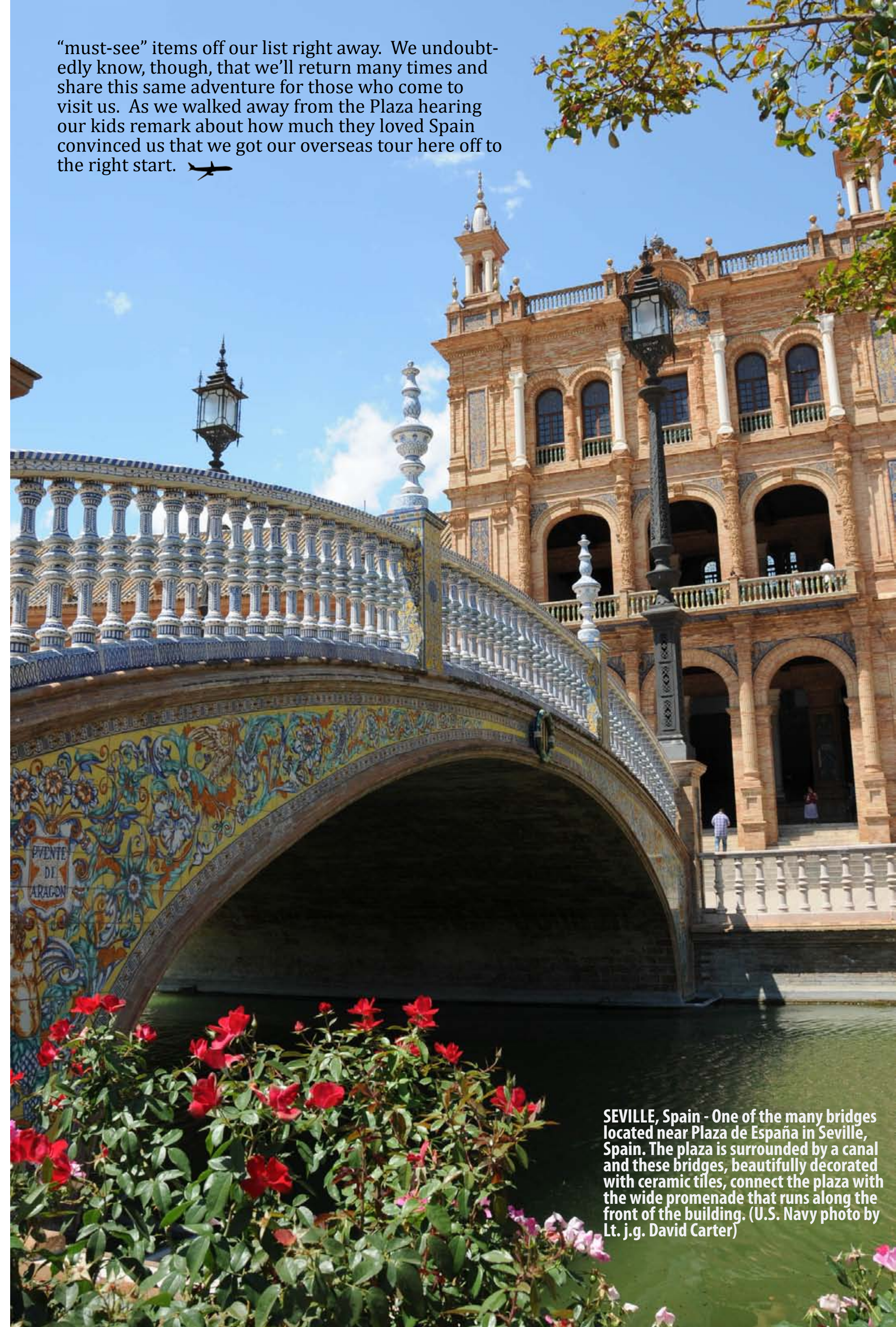
The gardens and paths throughout the park make up an endless grid of statues, architecturally-appealing buildings, and tree-lined streets out of a "fairytale," as my daughter labeled them. With each turn there was something new and unique to see.

For being newbies to Spain, we felt that we had crossed one of the major

"must-see" items off our list right away. We undoubtedly know, though, that we'll return many times and share this same adventure for those who come to visit us. As we walked away from the Plaza hearing our kids remark about how much they loved Spain convinced us that we got our overseas tour here off to the right start. ✈️



SEVILLE, Spain - People tour a garden located in the Parque de María Luisa in Seville, Spain. The 100-acre park features fountains, waterfalls, gazebos, Plaza de Americas and even an art museum. (U.S. Navy photo by Lt. j.g. David Carter)



SEVILLE, Spain - One of the many bridges located near Plaza de España in Seville, Spain. The plaza is surrounded by a canal and these bridges, beautifully decorated with ceramic tiles, connect the plaza with the wide promenade that runs along the front of the building. (U.S. Navy photo by Lt. j.g. David Carter)

# ROMAN SUMMER

Photos and Story by Lyndsay Curtis



ROME, Italy - The Arch of Constantine spans the Via Triumphalis, the way taken by the emperors of Rome when they entered the city in triumph. (Photo by Lyndsay Curtis)





**ROME, Italy - The Trevi Fountain, designed by Italian architect Nicola Salvi and completed by Pietro Bracci in 1762, stands at 26.3 meters high and 49.15 meters wide, making it the largest Baroque fountain in the city. The fountain also marks the terminal point of the Aqua Virgo, one of the aqueducts that supplied water to ancient Rome. (Photo by Lyndsay Curtis)**

This summer has been loaded with vacations already! And it's only mid-July! In a six-month span in 2014, my husband, Tony, and I, along with friends and family, will be traveling all around Sicily, venturing to Germany twice, taking a weeklong trip to Ireland, and making multiple trips to Rome. Our planned Roman adventures have come to an end for the summer with last week's 3-day trip to the eternal city.

Our first trip to kick off the summer was a four-day Memorial Day weekend/Birthday trip for our friend Cody who was turning 30. We all flew up to Rome on a Friday morning and spent the next three days exploring the city before it got too hot or crowded for the tourist season. This really was the perfect time of year to visit! The crowds were starting to come out, but nothing compared to how they are in July! We were able to wear shorts and flip-flops during the day, but still get dressed up at night without feeling like we were going to sweat all over our nicer clothes. Perfect!

Our second trip to Rome this summer landed on the first week

of July and boy oh boy was it hot! And wall-to-wall people! We spent two and a half days in Rome with Tony's dad, Troy, eating pizza and gelato, taking guided tours of the Colosseum and Vatican City, and seeing our first Metallica concert! It was a whirlwind 60 hours fueled by sugary gelato and plenty of Red Bull.

Our trips just about everywhere begin with the obligatory out the airplane window shot! Trips to Rome are a bit different though since we get to see the port of Civitavecchia while coming into Rome and the Aeolian Islands while leaving Sicily! This last trip our plane flew right along the coast of Italy and we were low enough to be able to spot a lot of our favorite towns along the Amalfi coast!

Lets start with one of everyone's favorite attractions: Vatican City!

We've done the Vatican Museum tour every way imaginable when Tony was stationed in Naples: Arriving early and entering

for free on the last Sunday of the month, we've paid full price and waited in the long line, and now with a paid tour guide. I definitely recommend the skip the line + guide option to anyone on a time crunch or not interested in waiting more than an hour in line/the sun. We were fairly well versed in the art and history that you find inside of the museum, but still managed to pick up a few new facts from our guide so overall it was worth it in our opinions. If you're on a tight budget (like us on most trips) then definitely look into the option of free Sundays! On our most recent trip to Rome we only had 60 hours total in the city so we knew our time was precious! We didn't want to spend four hours per monument waiting in line just to get our toes in the door. So before our trip we went onto Viator.com and booked this tour which provided us the ability to skip the line at the Vatican Museum AND St. Peter's Basilica and an English speaking guide for both. The price varies depending on the time of year and which website you buy from, but I think we did fairly well with our purchase from Viator.com. This tour was our first time visiting St. Peter's Basilica. We've always walked into St. Peter's Square, taken a look at the long winding line of people standing in the sun and

decided against it. This skip the line tour is the perfect way around that! We were able to take a side "tour group only" door from the Sistine Chapel into St. Peter's, which saved us from having to exit the Vatican Museum, walk along the outside wall of Vatican City back into St. Peter's Square, and go through security again. Major time saver! We absolutely loved seeing inside of St. Peter's and after our tour we paid an additional seven Euro to go on top of the St. Peter's Cupola for an amazing view of Rome. We saved 200 stairs by using the elevator to the top of the building, but still had over 300 ahead of us once we reached the roof! It was a very narrow spiral staircase with slanted walls forcing you to walk hunched over and it all added into the crazy experience of walking up the 400 ft+ dome that was built in the 1500s!

If Vatican City isn't your favorite big monument in Rome, then chances are the Coliseum is! The nearly 2000 year old structure built under Emperor Titus draws the crowds like nowhere I have ever seen before! I've always enjoyed photographing the exterior of the Coliseum, grabbing a café from one



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of the many nearby bars and watching the sun come up behind it, or taking cheesy tourist photos with fake gladiators... but for the first time ever this summer I was able to go inside! I've simply never made it a priority to go inside for a tour, saying that the exterior is really what's famous about it! True, true... but it was pretty great being able to see inside the very grounds where gladiators fought to the death, Christian's prayed their final prayers and men hunted lions all for the spectacle of 50,000 Romans! We climbed the stairs that they once did and walked the herringbone floors that they once did, all while our awesome guide filled us with more facts than I could ever remember! It was a seriously cool experience and once again, I recommend that if you do opt to go INSIDE the Coliseum during the busy summer months that you get a guide or other service that gives you the ability to cut the line! Good news is the nearly three year restoration project of the Coliseum is soon coming to an end so we can all get back to enjoying this beauty without scaffolding blocking your view!

While you're in the neighborhood of the Coliseum, don't forget to take the set of stairs up above the metro stop for another view of this beauty! From the higher vantage point you'll be able to see much more of the Coliseum and won't have a dozen or so tourists walk in front of you while you're trying to take a photograph. Grab a seat on the ledge, snag a bench at the park or walk over to the café overlooking the Coliseum and sit for a while and take in this stellar view! On Tony's very first trip to Rome in 2008, he came to the Coliseum in the early hours of the morning and sat at a modern café watching the sun come up and enjoying his cappuccino. We try to make it a habit of always stopping here for a cafe and snack at some point during our trip. In May we were all SO exhausted one morning that when the waiter offered us a large cappuccino, we didn't even think twice about how large it might be... we ordered four of them and could barely finish! This thing was the size of my head! I'm not sure how many ounces it was, but it was plenty of caffeine to fuel the jam-packed 16 hours of exploring that followed.

While we're on the subject of food, I just really need to mention this place that my friends and I stumbled upon and kind of fell in love with. It's called Hosteria Dino e Toni. You walk into this cozy establishment; tables stacked wall to seafoam green painted wall and find a spot that you think will do for the two-hour meal you're about to endure. But you see, my friends and I had no clue that we were getting into THAT! No clue! We were simply walking by while looking for a quick lunch, saw some great looking pizza on someone's plate outside and thought we should give it a try! Literally, two hours later we had been stuffed beyond our hearts content with pizza, pasta and focaccia, and when you think you're done Dino comes on by and says "no bene" meaning no good that you left a single piece of pasta on your plate and didn't finish... but still he keeps on bringing it! Another pasta comes your way and this time when you leave half of the plate untouched he comes by and says "no bene. Finish!" and walks away to harass another table. So you eat. Out of fear that this sweet old Italian man will be mad with you and turn you into meat sauce for tomorrow's customers. You're stuffed beyond capacity, so when he comes back around and see's that you've still left pasta untouched he says "no bene, no bene" and clears your dishes while saying that he'll be right back with the fish. You plead with him not to, thinking how the heck could I possibly fit anything else into my stomach right now, I hate myself! And then Dino says "dessert" and you say "dessert? Okay!"

Another highlight in Rome is Piazza Spagna or The Spanish Steps. This 135 step monument dates back to 1717 and has been drawing the crowds ever since its completion. During the day you'll find each step filled to the brim with tourists basking in the sun while they give their tired feet a break. In the evening hours, young couples head to this romantic spot to sip on a

**ROME, Italy - The Colosseum, also known as the Flavian Amphitheatre, was the largest amphitheater of the Roman Empire and remains the largest amphitheater in the world. (Photo by Lyndsay Curtis)**



bottle of wine under the stars. And if you're a crazy person like me, you'll get up at 4 a.m. when the stairs are empty to capture them in the moonlight just before the sun comes up for the day... the only time you will find these stairs empty.

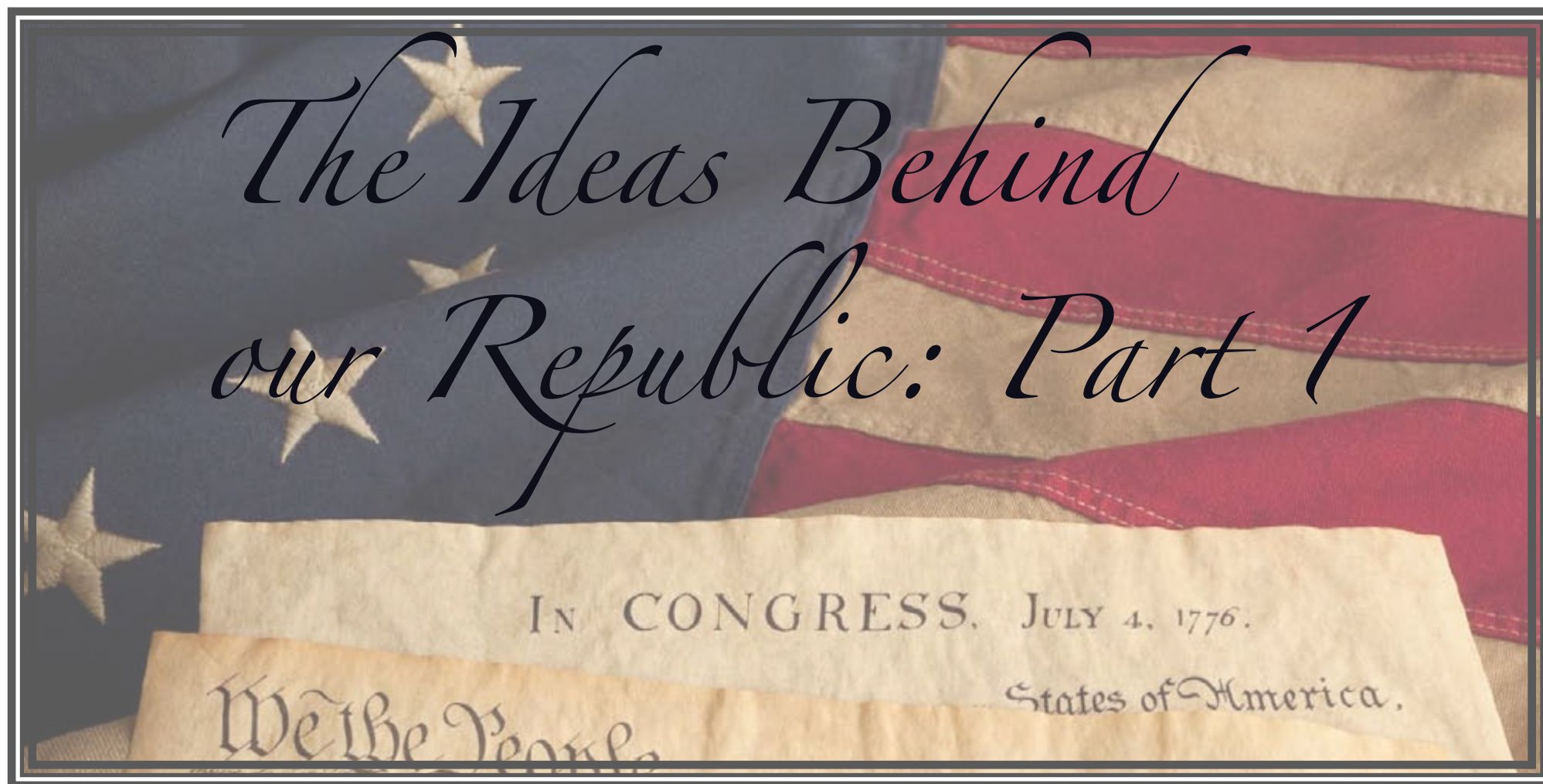
Trevi Fountain: Truly beautiful to see in person, mesmerizing at night, but recently a major source of heartache in my life! The Fontana di Trevi has just begun a restoration project that is scheduled to last one and a half years. So by autumn of 2015 the water will be turned back on and the fountain will be up and running once again for you to toss your good luck coin in! In the meantime, the city has set up a small pool of water for you to fake it and toss your coin in... perhaps it will still bring those people luck. For now, my heart is sad because one of my favorite spots in Rome is covered in scaffolding and drained bone dry.

The Pantheon! A truly remarkable building that's next to impossible to get into! The Pantheon in Rome is free to enter, but for some reason we have the most awful luck in finding it actually open! I'm sure we could look online somewhere for posted hours/days that it's available, but we're more of the wandering tourist type and always just try to check it out while we're in the neighborhood. That's great and fine for most attractions, but not the Pantheon! We've walked by at 9 p.m., 1 a.m., noon, early morning, and late afternoon to find it closed. I've been to Rome nearly a dozen times now, but have only gone into the Pantheon twice! Once during a December trip in 2009, we managed to find it open at about 8pm and SNOW was coming through the central opening... amazing! And this last time, about 1 p.m. on a Wednesday afternoon we walked by after having lunch in the area and noticed it was open. Being a hot day in July, we had some spectacular sunlight pouring in and filling the building. While you're in the area, check out Tazza D'Oro right around the corner for a delicious granita di caffe or tangy lemon

granita! A tip I picked up from my friend Ashley over at L'esperta!

Evening Itinerary: One of my favorite evenings in Rome goes a little something like this... (Oh, by the way, you guys are about to see my extreme love for food! Don't judge!) From Vatican City to Piazza Navona you will find some of the cutest restaurants, beautiful statues and amazing views of the city! From Saint Peters Square walk directly to Castel Sant'Angelo and then take the bridge "Ponte Sant'Angelo" across the Tiber River. Stop along the way and view the beautiful angel statues, couples taking a stroll along the river, and dome of Saint Peter's Basilica stretching out above it all! You'll continue along the way and following signs for Piazza Navona. In this funky little neighborhood leading up to Piazza Navona, you will pass by some of our favorite restaurants! Duck into Mimi e Coco for the best lasagna of your life or stop at one of the many other wine bars for a fun casual evening. If it's pizza you're after, head to La Montecarlo for their cracker thin crust pizza and a beer. This simple restaurant has been serving up delicious pizza for almost 30 years and don't show any signs of slowing down! After dinner, continue on to Piazza Navona and see the many street performers, artists and tarot card readers performing for the many tourists around the fountain and obelisk. After you've had your fill, exit the piazza in the direction of the Pantheon in hopes of seeing it open after dark. A very cool experience if you happen to see stars or planes above head. After the Pantheon you aren't too far off from Trevi Fountain and some of the best gelato of your life! Head to Melograno located just to the left of the fountain and once inside this bright orange store you'll see a wide selection of pizza to go, a full service café and best of all dozens of gelato flavors! My favorite is banana, but don't be afraid to ask for a sample if you aren't sure what you want. Take your treat to go and find a seat on one of the steps of Trevi Fountain, spend the evening with your love or friends and just enjoy the amazing sight that you are taking in! ✈️





Story by Lt. Cmdr. Robert Johnson, Navy Region Europe, Africa, Southwest Asia Public Affairs Officer

The whole idea of liberty is that each generation is the trustee for the next. Each generation has the obligation to ensure that liberties that define this republic are stronger for the next generation than it is for our own. Each generation has a duty to conserve and to preserve and then to transmit the liberties enshrined in this republic. And trustees do not grab all the assets for themselves.

Our heritage of liberty and freedom is fragile and must be transmitted from one generation to the next. The heritage of our freedom is closely tied to the Constitution of the United States. The heritage of liberty is bound up with the Constitution of the United States.

“The Single Most Wonderful Work”

Americans constantly refer to the Constitution, as military members we support and defend even to our death; there is a reason for that. The Constitution defines our national identity. The Constitution gives us our self-identity, our self-authentication, our self-esteem, defines our purpose, defines our mission, defines who we are as a people. Americans come from many ethnicities, nationalities, religions, and yet we are bound together as one people because of our allegiance to and our respect and reverence for the Constitution.

This is a link, a tie, a bond to our history and to our heritage that is unique, or almost unique, in the world. This tie that we have to our Constitution that defines us, that gives stability and purpose and a mission to our people, is the exception to the rest of the world.

The British revere their constitution as well. It is not quite the same. William Gladstone, prime minister of England, one time compared the American and the English constitutions. He began by saying that the English constitution was grown, the American Constitution was something that was made. If he had ended there, you might have thought it was rather patronizing. The English constitution was “grown”; the American Constitution was “made.” But



Gladstone went on to refer to the American Constitution in the most laudatory and complimentary of terms. He said in that same statement that “just as the British constitution is the most subtle organism ever to proceed from the womb and the gestation of a progressive history, so is the American Constitution the single most wonderful work ever struck off at a given time from the brain and purpose of man.” This was a highly laudatory, complimentary statement about the American Constitution, and it is true.

Washington, of course, was the presiding officer of the convention, and this was providential. The American Constitution was by accident and by design and I think by providence. For the first month, the delegates did not

know: Would there be a president? Would it be a council? Would the president have an absolute veto? At the end of the month, none of these things was resolved. At some points, the delegates would say the 18th century equivalent of “We’re out of here,” and Washington would say, “Gentlemen, please stay.” You didn’t walk out on the general, and they stayed for three months and finished this document.

Separation of Powers and Checks and Balances

The U.S. government has different structures, but one of the principal ones is separation of powers and checks and balances. We use those terms often interchangeably, but they actually have different thrusts. Separation of powers teaches that each branch of the government has specific areas of autonomy to act on its own. Checks and balances work the other way around: Checks and balances

The Framers were astute learners of human behavior. They knew that no matter

how brilliant the written document was, it required a virtuous and enlightened citizenry, in the words of that time, to ensure that the Constitution would survive. George Washington was not the only great Founder, the only great thinker, but he was the poster boy for the American Revolution. There is a relation between the two because the Framers demonstrated that the human mind, of its own power, can discover and write the laws of the decent government, and this is the force that separation of powers and checks and balances had in the original Constitution.

Federalism

If we look at Article I—the legislative branch, the legislative power—and then look at Article II, they are written completely different. Article I sets out with great



precision in Section 8 the particular powers of the Congress and what are the powers of the President. The sentences are longer; the style is different. You have to go through and in the middle of the sentence pick out “the executive power,” and then he receives foreign ministers and has the appointment power as commander in chief.

Federalism is a unique contribution of the Framers to political theory. The Framers had the idea that you have more freedom if you have two governments instead of one. Many think of federalism as being a brilliant administrative device. This was the biggest

land mass since the Roman Empire to attempt a unified government. It took six weeks to get from New England to South Carolina, so if you are a business person or an astute manager, you have territorial divisions.

In the 1960s and '70s, when European statespersons and scholars were looking at American federalism to see if they could find some lessons for the European Union, many of them thought of the American federal system as being a device of administrative convenience, and in a sense it was; but that’s not the whole theory of federalism. That is not the reason

for two governments. The theory of federalism, the genius of federalism, is that it is wrong as an ethical matter, wrong as a moral matter, for you to delegate so much power over your own life to a remote central authority that you can no longer plan your own destiny and the destiny of your children. That is the moral and the ethical underpinning of federalism and American liberty and self-determination.

We will explore more founding ideas in the September edition of the EURAFSWA Reader. ✈️

## AH, VENICE



A wide-angle photograph of a savanna landscape. In the foreground, two lions are sitting in tall, dry grass, looking towards the left. A dirt path or streambed winds through the middle ground. In the background, a large herd of antelope, possibly gazelles or similar, is grazing across the open plain under a clear sky.

# Camp Lemonnier Focus on Community Impact

By Lieutenant Seamus R. Nelson, Camp  
Lemonnier Public Affairs

Military personnel have a unique opportunity in their career to live in parts of the world that others can only dream of visiting. Service members at Camp Lemonnier, Djibouti (CLDJ) are no different.

Camp Lemonnier, located in the Horn of Africa, is ideally positioned for its Sailors, Soldiers, Airmen, Marines and Coast Guardsmen to visit parts of Africa that would otherwise be a complicated and expensive feat. While service members can plan their own trips, MWR also coordinates trips like the recent safari to Tanzania.

Because tours at CLDJ are unaccompanied and typically last six-twelve months, personnel stationed here typically have the opportunity to take an occasional 96-hour special liberty. These trips give service members the opportunity to take a break from their deployment and relax.

“Knowing you have a trip planned is something that you can look forward to, especially in a deployed environment,” said Lt. j.g. Steven Etzel, Contracting Officer at CLDJ.

Etzel, who has been in Djibouti since March of 2014, recently went on a MWR-sponsored trip to Tanzania. While there, he and other service members got to go on safari outings to places such as the Serengeti National Park.

As Etzel was preparing to go on his trip to Tanzania, he said he always wanted to go on an African Safari. He was looking forward to the “great photo opportunities to share” with his sons.

Nasteho, MWR travel specialist at CLDJ, explains that Tanzania is one of the more popular trips offered from Djibouti. There have also been trips to other nearby places like Uganda.

When traveling to places in Africa, personnel are required to stick together for safety and accountability. Nasteho explains that another benefit of this practice is that the travelers really get to know one another.



Africa is not the only option for travel from Djibouti. MWR also coordinates trips to places in Europe such as Munich and Barcelona. For these trips, MWR generally coordinates one day of sight-seeing and leaves rest of the time free for travelers to do as they please.

Nasteho explained that the MWR-sponsored trips, at minimum, typically include airfare, lodging, and daily breakfast. Depending on the trip, the trip package amount will cover other costs as well. Having these arrangements taken care of can make the trip very convenient for the service members.

Nasteho says, "Seeing everyone happy by the time they leave our office," is the most rewarding part of her job. Some service members take the trips but also want their significant other to meet up with them. MWR helps them make that happen.

Etzel remarks, "I can't wait to send these photos back home. The boys are going to love them!"

While being away from family for six to twelve months may not be a dream job, service members deployed to Camp Lemonnier, Djibouti get the opportunity to travel to places others can only dream of.

For more news from Camp Lemonnier, Djibouti, Africa, visit [www.navy.mil/local/CAMPL/](http://www.navy.mil/local/CAMPL/).





# SPA TOURS

## TICKET TO THE WORLD

By Mass Communication Specialist 2nd Class Jeffrey M. Richardson

**SOUDA BAY, Crete, Greece** – There are many unique aspects of every naval installation and U.S. Naval Support Activity (NSA) Souda Bay is no different. Souda Bay is surrounded by history, natural landmarks and a culture as deep as the Mediterranean. With so many wonderful things for Sailors to experience, it is imperative there be a place which can help guide their travels in the right direction. In steps NSA Souda Bay's Spa Tours company.

"The purpose of SPA TOURS is to guide the Sailor through the world, make the best of this unique opportunity and let us lead you to this island's treasures, as well as all over Europe," said Marie Angela, manager of the company.

With only four employees, the company guides not only Sailors, but all members of the armed forces and Department of Defense, helping them to explore some place new. Spa Tours have a multitude of ways to facilitate anything the service member needs.

"In two words, Spa Tours provides travel services. [This includes] trips on and off the island, tickets and hotel reservations all over the world, organized groups and individual tours, car rentals and bus transfers. Besides the tours we organize every month, we can put together any trip or tour the Sailors are interested in!" said Angela.

With each trip off base, any member of the DoD is acting as an ambassador in a foreign country, wherever are and thusly it is


important to be knowledgeable in their surroundings. When NSA Souda Bay personnel venture out, they may not always know what places relevant to the area and the culture. Having a guide can be a crucial part of getting to where you are going.

"It is important for Sailors to take advantage of the Spa Tours programs and trips because these are the best way to meet Crete, with the help of experts!" said Angela.

Spa Tours has guides available for just about any sort of tour you may want to put together, including the Samaria Gorge hike, a trip which a group of Navy and Air Force personnel recently went on.

"Spa tours trips and tours bring together people with common interests," said Angela. "We take them to beautiful places and help them spend some quality time by having fun and learning more about the island they are stationed on. Do not hesitate and waste no time, this island has so much to give you!"

From visiting Athens to the Samaria Gorge, from visiting a local winery to a weekend trip to Budapest, Spa Tours seems up to the task of helping every adventurer accomplishing their goal.

"Sailors can make the most of their time by using Spa Tours because Spa Tours travel experts are here to guide Sailors around the island and through the world. Professional tour guides, comfortable buses, special tours and good prices are only some factors which make the difference. Sailors should not hesitate to come over to Spa Tours and ask for any information they might need," said Angela. 

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# FIVE STARS!



Bahrain's Morale, Welfare and Recreation receives the five-star accreditation award.

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

NAVAL SUPPORT ACTIVITY, Bahrain — Commander, Navy Installations Command (CNIC) awarded Naval Support Activity (NSA) Bahrain's Morale, Welfare and Recreation (MWR) department with the CNIC Five-Star Award Accreditation.

Five-star accreditation is the highest award an MWR program can receive from the CNIC MWR Accreditation Program and is judged on performance of Navy MWR Program Standards, Non-appropriated Funds (NAF) Financial Management, Personnel Management, and customer satisfaction.

"This is the most distinguished level of accreditation a program can receive," said Mark Richards, director of MWR Bahrain. "This award is a testament to the hard work and dedication of our team at MWR Bahrain. I would like to thank the service members and families of NSA Bahrain for providing feedback during the survey process, our MWR staff who diligently to provide quality programs and services, and our volunteers who help make our programs within MWR possible."

In addition to evaluating the management of MWR programs, a large part of the judging comes directly from customer experiences and comments. MWR Bahrain provided 2,000 surveys, which were divided among the various programs based on the number of customers each program receives. This data was compiled for the CNIC evaluation process.

"Our MWR Bahrain staff, programs and facilities are among the best in Navy," said Capt. David J. Meron, commanding officer of NSA Bahrain. "I'm honored to have such a dedicated, hard-working team taking care of our Sailors and families while they are forward deployed away from home in this highly operation environment."

NSA Bahrain is one of only two bases in the Europe, Africa, and Southwest Asia (EURAFSWA) region that were awarded five-star accreditation.

For further questions, please contact Naval Support Activity Bahrain Public Affairs Office

011-973-1785-4520 or [jennifer.stride@me.navy.mil](mailto:jennifer.stride@me.navy.mil) 

## REGION SPOTLIGHT

### N3 – Operations

Ever wondered who makes sure the right resources get to the right place at the right time? We sat down with EURAFSWA's acting Deputy N-3, Cmdr. Werner Rauchenstein to find out.

"The Region N-3 oversees several different region program directors as a resource management function," said Rauchenstein. "We help the region installations manage their manpower and financial assets."

By working closely with the Adm. John Scorby, other N-codes, and experienced staff members the N-3 shop can identify and carry-out actions that may need more attention than others.


"Through overseeing and balancing resources, we translate issues and pressures to the region staff that, in-turn, react to the identified issues and pressure," said Rauchenstein. "To give an example, if one of the installations had an arresting-gear problem and one of the technicians got sick, or was sent home for one reason or another, we would move to fly down another technician to do the required maintenance during that gapped period. Here, at region operations, we can coordinate those kinds of operational adjustments."

Carrying out tasks as N-3 is not always as easy as simply applying pressure and coordinating efforts.

"The hardest part is getting the ground truth about the importance of an issue," said Rauchenstein. "The installation says it needs certain things, and we only have a finite budget to work with. So we end up having to balance our resources and to determine if another installation has a greater need for those resources."

In order to keep track of their workload and capabilities N-3 tries to focus on a particular set of questions.

"We often find ourselves asking which mission is more important and how to decide if someone is trying to get what they don't necessarily require" said Rauchenstein "The final piece of the puzzle is remembering what particular guidance from higher headquarters affect the issues we are working on."

Once all the questions have been answered N-3 can quickly and effectively move to ensure the right resources are getting to the right installations at the right time. 

# REGION VOICES

## What are your goals for the next year?



RP2 Jocelyn Valadez  
Primary Secretary to the CLDJ's Command Chaplain

In the next year my plan is to go to RP managers course, take the Navy Career Counselor Course, and work on my college education.



MA3 David Howard  
NSA Naples Duty Armorer

In the next year I will be continuing college classes so that I can graduate with a Bachelor's Degree in Mathematics. I plan on working on becoming a Patrol Supervisor and hope to pick up Second Class.



Mr. Daud Bhodak  
MWR Food Service Worker

In the next year I hope to continue working hard, furthering my career, and volunteering whenever needed.



YN3 Thorton W. Jackson  
NAS Sigonella Executive Yeoman

This year I plan on furthering my educational goals, studying and working hard to make YN2, continuing to travel and staying an active member in the NASSIG community.



OS1 Eder Dheming  
Port Operations Rota 3 LPO

In this next year I plan to make some headway on my college courses.



MA3 Sharon Eti Covary  
NSA Souda Bay Pass & ID MVRO ALPO

In the next year I plan to obtain my Associates degree.