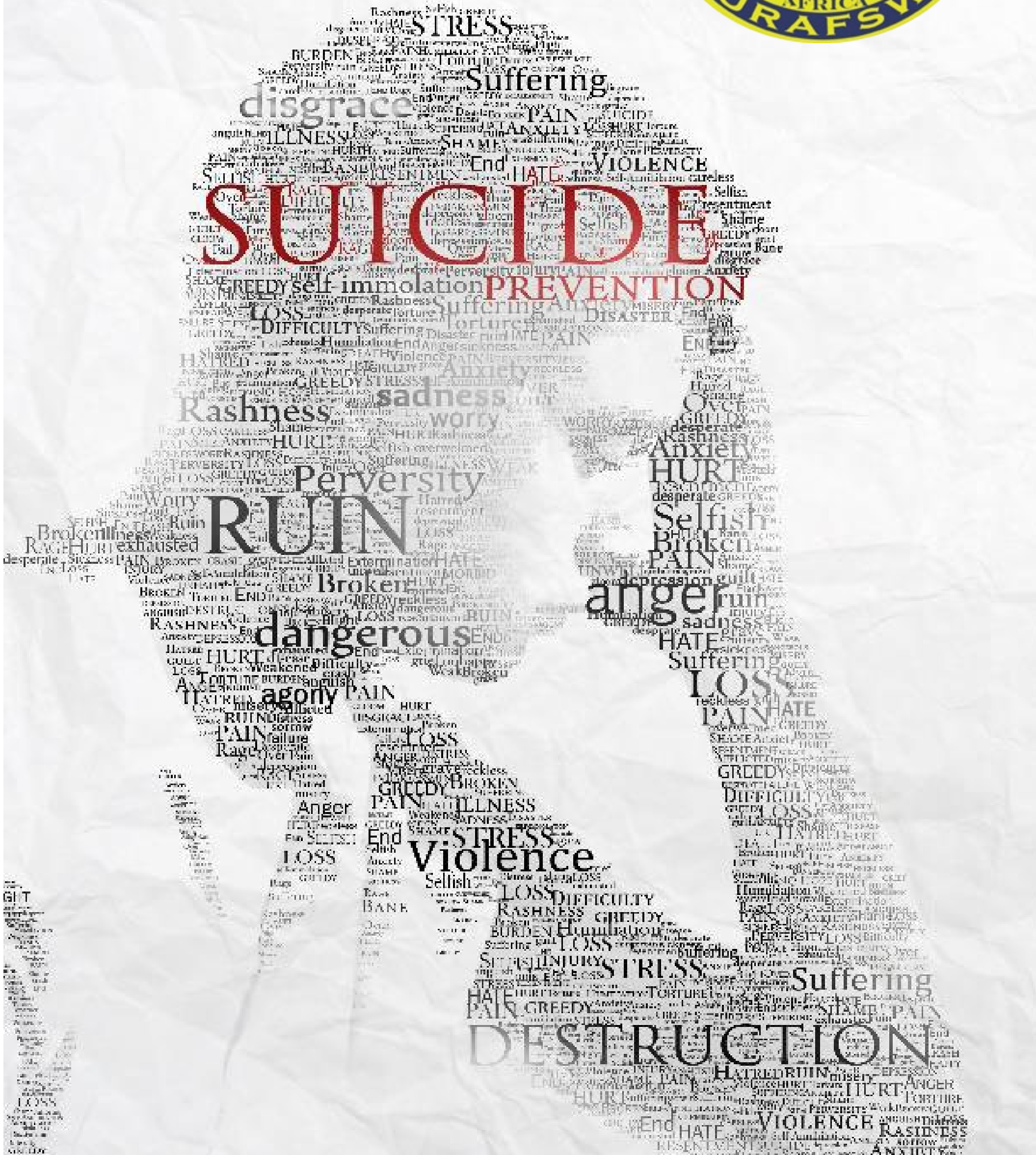


# EURAFSWA *Reader*



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EURAFSWA READER VOLUME 9 ISSUE No. 01 - SEPTEMBER 2015  
"SUICIDE PREVENTION"

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# REGION COMMANDER'S PERSPECTIVE



Dear Friends and Family,

I would like to begin this installment by drawing your attention to the fact that September is Suicide Prevention Month. Suicide prevention is one of my top priorities and I ask that you make it one of yours, as well. We have highlighted a lot of information on the subject in this month's issue and I hope you take the time to read it. Suicide is avoidable, but only if we proactively engage with one another so that we can recognize the warning signs leading to a destructive decision. Please join me in raising awareness about what we can do to intervene and take action when one of our family members, friends, or shipmates is contemplating suicide.

From an operational perspective, NSF Deveselu, Romania is my highest priority as we move toward an operational capability and I am very pleased with the amount of work accomplished in the past month. Bringing this installation alive has been a Region-wide effort that has tested our full spectrum of programs and capabilities. We still have a great deal of work to finish and September is going to be a critical month for completing some ambitious objectives. However, I have complete confidence in our abilities, both the Sailors, civilians, and contractors living and working in Deveselu and the staff here at Region. I offer my thanks and praise for the work being done on a daily basis to bring this project to completion!

I would like to offer my congratulations to all of you who were selected to the rank of chief petty officer! I commend you for your achievements leading to this moment, and I thank you for the immense contributions to our Navy that you are certain to make in the coming years. Those who have come before you know that this milestone is not the result of considerable personal effort alone but also the result of support and guidance by families and mentors as well. I would be remiss if I did not extend my thanks and appreciation to the families of these fine leaders – mothers, fathers, spouses, and children alike who have played an inspirational role leading to this very moment; and in their own way have sacrificed much to achieve this important milestone.

Also, congratulations to Mrs. Ronyé McCarthy, NAVSTA Rota Ombudsman Assembly Chair and Ombudsman for CTF 68. She is one of four Ombudsman selected to receive the 2015 Mrs. Sybil Stockdale Ombudsman of the Year Award. Her selection formally recognizes the hard work and sacrifices she made in support of our Sailors and their families. The Stockdale Ombudsman of the Year Award is scheduled to be presented in San Diego, at the 33rd Annual Armed Services Family Readiness Volunteers Recognition Ceremony, Sept. 24, 2015. Thank you, Mrs. McCarthy, for your dedication and assistance to the families of NAVSTA Rota!

I had the opportunity to visit NSA Souda Bay in August. I can't say enough good things about what our team accomplished to maintain continuity of operations throughout the Hellenic Republic's financial crisis. This would not have been possible without the benefit of a strong partnership between our nations that is maintained on a personal level by U.S. military and civilians, local nationals, and the members of the Hellenic Air Force and Navy. I thank all of you in Souda Bay for the extraordinary international cooperation that goes into ensuring our ongoing mission support to U.S. and Allied operations.

Finally, as summer winds down and we prepare for the school year, I would like to extend a warm welcome to all of our new staff members and their families who have arrived in the past several months. You are joining an exceptional team and I look forward to working together to sustain the fleet, enable the fighter, and support the family!

As always, take care of yourself, take care of your shipmates and take care of your families!

Rear Adm. Jack Scorby

Commander, Navy Region Europe, Africa, Southwest Asia



# BREAKING THROUGH the *Stigma*

Story by CNREURAFSWA Public Affairs

Arguably, one of the greatest hindrances to preventing suicide is the stigma attached to discussing it. For many people, it is a taboo subject they wish to avoid. However, in many cases, studies show that by simply talking to a person who is vulnerable to suicide can be enough to prevent it.

“Studies have shown people struggling with suicidal thoughts want to talk about it, but they are looking for an individual who is sincere, safe, that they can share those thoughts with,” said Cmdr. Thomas Cook, a Navy chaplain and Navy Region Europe, Africa, Southwest Asia (CNREURAFSWA) assistant suicide prevention coordinator. “The thing the Navy is trying to do is de-stigmatize the subject. We don’t want to normalize suicide as a subject, but de-stigmatize it so that it becomes a topic that people who are struggling with suicidal thoughts are able to talk about it.”

In an effort to reduce the stigma attached to suicide and to promote open discussion of this difficult problem, the Navy has three main avenues available to Sailors.

As part of the Every Sailor, Every Day campaign, the Navy has added the “1 Small ACT” program, which is based on the Ask Care Treat (ACT) model. ACT encourages Sailors to ask directly whether someone is contemplating suicide, show that they care, and get the person to the right treatment as soon as possible. 1 Small ACT “encourages simple yet meaningful interactions between peers, leaders and family members to promote cohesion, intervene and save a life.” The information and of how Sailors can apply this was developed further into a toolkit, which is aimed primarily to provide suicide prevention coordinators (SPC) resources to develop planning for local efforts.

In addition to the 1 Small ACT program, another resource available to every Sailor is safeTALK course, developed by Living Works programs. This training focuses on preparing Sailors to be suicide-alert helpers. The half-day course teaches Sailors to recognize the verbal and non-verbal invitations given off by struggling individuals, and how to take action by

reaching out and getting those individuals to an intervention resource that can provide the help they need.

According to Chaplain Cook, safeTALK is about finding out if someone is having suicidal thoughts. “The two most vital things safeTALK does are help individuals to be able to talk to others who are struggling with something, and determine from them if suicide is involved with what’s going on, and, if it is, to get them to a safe place,” Chaplain Cook explained.

Additionally, the Applied Suicide Intervention Skills Training (ASIST), also developed by Living Works, is an advanced two-day intervention training class that teaches participants how to intervene and help prevent the immediate risk of suicide.

“The ASIST program is kind of like a first aid suicide intervention,” explained Lt. Cmdr. Leroy Young, a Navy chaplain and Naval Support Activity (NSA) Naples deputy chaplain. “Just like a lifeguard would go out and rescue someone who was drowning, he’ll pull them in, but he’ll also do CPR on that person. ASIST is kind of like that for suicide. Its aim is to catch people who are at that point of wanting to commit suicide and to basically give them reasons to live.”

Chaplain Cook believes the Navy community needs to start looking at suicidal ideations and thoughts much like a physical injury that needs to be treated. When trying to apply the ‘leave no shipmate behind’ concept to suicide, it’s an abstract notion, rather than the tangible application on the battlefield. Thinking of suicidal thoughts as a physical malady can change Sailors’ thoughts and perceptions and perhaps increase the likelihood of awareness and intervention.

Changing the way we think about suicide and reducing the stigma attached to it, starts with an actively involved leadership, Chaplain Young added.

“Mitigating any kind of stigma in the military – I think it starts with the top working down,” he said. “Leadership becomes more transparent and open, and makes the crew more of a team. I think we, as leaders, need to start changing the language from the sometimes perceived ‘getting

help is a sign of weakness’ to ‘getting help is a sign of strength’. As we change the dialogue, people are more apt to say, ‘Okay, I do have a problem. I need to get help because I know my problem, when it gets out of hand or gets out of control, it can affect the whole workplace.’”

Training and an open dialogue can also change our behavior in regard to discussing suicide and suicidal thoughts from ostracization and avoidance to acceptance and care. Both Chaplain Cook and Chaplain Young feel the best way for Sailors learn how to contribute to suicide prevention is the safeTALK and ASIST training courses.

“I believe the more suicide-alert helpers we have, the more we can reduce suicides,” Chaplain Young said. “The more people we have trained, the more people we have who won’t miss, dismiss, or avoid a situation.”

Regardless of the way we go about it, becoming aware of the signs of suicidal ideations and being open and direct in our approach to preventing suicide are imperative toward reducing the number of suicide attempts and suicides suffered by our Navy. As Chaplain Young said, “The loss of one life is the loss of one too many.” Becoming suicide-alert helpers is one more way we can look out for our shipmates.

Navy Petty Officer 1st Class Jason Thompson poses for a photo at the Duke Ellington Bridge in Washington, Sept. 4, 2014. Thompson planned on committing suicide by jumping from the bridge before his chain of command intervened and led him to a path of recovery. (DoD photo by E.J. Hersom/Released)





# EMERGENCIES of the *Heart*

By Lt. Cmdr. Edward Erwin, Religious  
Ministries Department

The old adage states: "Hope for the best and prepare for the worst." How then do we prepare for the worst when it comes to natural disasters and emergency situations? We plan, train, collaborate with experts, and evaluate our responses to hypothetical scenarios.

But how do we prepare for the emotional crises that can shake our worlds and challenge the very best of us? What happens when we face marital discord, family quarrels, job-related conflicts, health issues, and financial problems? These are the emotional emergencies more likely to threaten our personal worlds than natural disasters or man-made catastrophes. Even as we prepare for potential emergencies on base, we plan, train, collaborate with experts, and hone our skills for personal well-being and resilience.

Routine PT, college classes, worship services, marriage retreats, travel, community relations, to name just a few, help develop individual character and deepen our capacity to bounce back from common stressors. Positive habits every day build emotional stamina that can help prepare us ultimately for any future emergency whether that is a natural disaster or a death in the family. Participation in a life skills class is always an investment in a win/win outcome for the individual, the family, and the Command.

September is the month designated for annual suicide awareness and prevention. Last year over 40,000 Americans completed suicide as they faced seemingly insurmountable problems. At NASSIG, we will plan, train, collaborate with experts, and enhance our skills in resilience with a series of suicide prevention training that is not only about saving lives but also

about affirming a dynamic quality of life. The Religious Ministries Department and Fleet and Family Support Center will offer a number of workshops in suicide prevention during the month of September.

On September 2, SuicideTalk will be facilitated at the NAS 1 Chapel, 0800-0900. On September 9, SafeTalk will take place at the NAS 1 Chapel, 0800-1100. On September 16 and 17, ASIST will be taught at the NAS 2 Chapel from 0800-1600. All of these classes are great opportunities to invest in emotional preparedness and develop coping skills to help ourselves and others when we face emergencies of the heart.

At NASSIG, through the Fleet and Family Support Center and the Religious

Ministries Department along with health care professionals at US Naval Hospital Sigonella, vital resources are available to service members and their families during a time of crisis through counseling, classes on marriage, family, relationships, grief recovery, anger management, etc.

For more information, you may contact the Chapel at 624-3975, Fleet and Family Support Center at 624-4291, and health care professionals at Medical Home Port with US Naval Hospital Sigonella at 624-2273. Help is one phone call away. So when you face emotional upheaval in your life, we can always hope for the best after we have prepared for the worst through the daily habits of a positive attitude, strong core values, genuine faith, and the timely help of professional caregivers.





It's about being there for every Sailor, every day.



By Naval Station Rota Public Affairs



September is National Suicide Prevention Month and Naval Station (NAVSTA) Rota is planning to use the month to encourage Sailors to talk about the topic and take a more proactive approach to prevent suicide with the Navy's new "1 Small ACT" message.

According to the Navy Suicide Prevention Branch, "1 Small ACT" encourages simple yet meaningful interactions between peers, leaders and family members to promote cohesion, intervene and save a life, based on Navy's Ask Care Treat (ACT) model. This message is part of the broader Every Sailor, Every Day campaign.

"The goal of the annual suicide prevention observances is not to prevent suicide on a singular day, week or month," said Capt. Michael Fisher, director, Navy Suicide Prevention Branch. "Rather, efforts aim to encourage the widest participation in educational activities, focusing on the prevalence of suicide as a call-to-action to change the way the public discusses, perceives and reacts to psychological health concerns and seeking help. For too long, psychological health has been a topic that we rarely discuss openly, until we experience the tragic loss of a shipmate or family member to suicide. Starting now, I am asking you to break down the barriers to speaking up and seeking help."

Sailors aboard NAVSTA Rota, who may be contemplating suicide, can seek help through chaplains, medical personnel and suicide prevention coordinators. Those people know that talking about feelings and asking the question, "are you going to kill yourself?" can be tough but is essential to help save the lives of their shipmates.

"A lot of people might be scared to ask the tough questions because they're afraid it will trigger something in the individual to actually go through with hurting themselves," said Chief Hospital Corpsman Javier Cortes, suicide prevention and awareness coordinator for U.S. Naval Hospital Rota. "That is a huge misconception. Asking them, 'are you going to kill

yourself?' will actually make them reconsider doing any bodily harm." Suicide is defined as "death caused by self-directed injurious behavior with any intent to die as a result of the behavior," and according to the Navy Suicide Prevention Branch's website, for every one suicide, there are at least 30 suicide attempts. Last year, 68 active-duty and reserve Sailors took their own lives. So far this year, 31 active-duty and reserve Sailors have committed suicide.

Lt. Reginald Jones, one of Rota's chaplains, believes that talking about suicide and getting the topic out in the open is one of the best measures to prevent further suicides from happening in the future.

"The best thing Sailors can do to possibly prevent a suicide from actually being carried out, is being a good friend, a good shipmate," said Jones. "Be a person that your friends can come and talk to about anything. If a problem does arise in their life, they know they can come talk to you about anything and that might prevent something tragic happening in the future."

Jones is a firm believer that anyone can be a suicide prevention specialist. It doesn't take a super hero to save a life or lend a helping hand.

"It takes a lot for someone to open up and talk about their feelings," said Jones. "Everyone has them but they're hard to talk about. You don't have to talk to a chaplain or a medical representative, but it's imperative that you talk to somebody to mitigate suicidal thoughts from turning into something more."

Rota has many events planned, including a 5K run, hanging posters and providing training, highlighting suicide awareness and prevention and hopefully make it an easier topic to discuss.

"We are trying to bring prevention and awareness to the forefront," said Chief Hospital Corpsman Michael Stanley,

assistant suicide prevention and awareness coordinator for U.S. Naval Hospital Rota. "We want to intervene before someone goes too far down that road. If you seem some changes in a person's behavior, it's okay to ask them the tough questions. You could be saving someone's life."

If a Sailor is having suicidal thoughts or showcasing suicidal behaviors, there are many avenues for assistance. Sailors can call the Military Crisis Line at 1-800-273-TALK, which connects active-duty service members and veterans in crisis with qualified and caring Department of Veterans Affairs responders through a confidential, toll-free hotline. There are also command chaplains, medical personnel and other shipmates. Cortes also added that if a Sailor aboard NAVSTA Rota dials 118 on a Defense Switched Network (DSN) phone, it will immediately connect them to a crisis hotline in the U.S.

Before NAVSTA Rota can provide the necessary support to base personnel and the forward-deployed naval force destroyers, the installation must ensure the Sailors are operational, both mentally and physically. Talking about suicide will not end a Sailor's career, but keeping it bottled up could end a life.

The 2015 Navy Suicide Prevention Month resources are available on the Navy's Suicide Prevention website, <http://www.suicide.navy.mil>.





# How to Save a Life in 30 Days

By NSA Souda Bay Public Affairs

**T**hrough the month of September, thoughts usually turn to fall colors, cooler weather and football. Although these are the typical associations, something we should be more cognizant of is that September is officially designated as Suicide Prevention and Awareness Month.

Why it is important for the military to spend an entire month on suicide awareness and prevention? Because, despite the 2013 Department of Defense Suicide Event Report (DoDSER) that suicide rates have declined among active duty U.S. military personnel, there is an undeniable need for military members to remain aware of the risks.

Awareness is about taking care of each other, according to Lt. Aman J. Grant, Naval Support Activity Souda Bay, command Chaplain. "Part of wearing the uniform is that we're supposed to be taking care of our own," states Grant. He believes that we should be particularly observant when it comes to our shipmates. There is no one, according to Grant, more aware of changes in behavior than friends and coworkers.

Understanding suicide warning signs and risk factors can empower a person to help identify, prevent, and intervene on behalf of their shipmates. Grant says we should be on the alert for the signs of depression such as changes in sleeping habits, a decline in energy levels or even in job performance, giving away valuable items, or taking unusual risks to health or well-being. Blanche Douglas, Licensed Professional Counselor/Ph.D, NSA Souda Bay Fleet and Family Support Center (FFSC), echoes these warning signs. However, she adds, "sometimes a person who has been down in the dumps and depressed for a while, who suddenly seems upbeat and fine, may be at huge risk for committing suicide." According to Douglas, these individuals see suicide as an answer to their problems.

Resources are available for Sailors designed to help them identify, prevent and intervene as indicated by Religious Programs Specialist Petty Officer Second Class Caleb Allison, NSA Souda Bay LPO Chaplain Department. Allison highlighted the training available at NSA Souda Bay: Applied Suicide Intervention Skills Training (ASIST) and Safe Tell, Ask, Listen and KeepSafe (SafeTALK). Although the ASIST course will start before the end of the year, Allison states that, "we've already been doing the SafeTALK, which is a three-hour workshop on how to pick up on when someone is thinking about suicide and then refer them to the proper individual on base who can help them."

"I guess that's the beauty of these two programs," Grant added. "We are training the command to have 'eyes on,' so everybody is looking out for everybody else." Grant encourages anyone to call chapel personnel at any hour if they need someone to talk to because "...one phone call, one text message, one conversation, can potentially save a life."

Allison also pointed out that Military One Source is another resource avenue for Sailors. He encourages the use of the site as well as the new peer-to-peer feature which offers scheduled confidential specialty consultations. The peer consultants "have firsthand life experience as service members or military spouses and have a master's degree in psychology or in a social science field," according to the site.

Along with the services offered through the Chaplain Department and Military One Source, there are other options on the base for anyone in need of help. Lt. Cmdr. Marilyn E. Nelson, NSA Souda Bay Medical Officer, also encourages Sailors to seek help if they are in crisis.

Nelson says several counselors are available on the local economy for anyone not comfortable with speaking to someone on base. Much like the Chaplain Department, Nelson wants Sailors to know that Medical is available at all hours for questions or concerns when it comes to navigating a crisis and asks those who need help to "please stop by Medical or give us a call." The month of September should hold the promise of all things we imagine for the fall season. It should also, given the available training, hold the promise of life.

U.S. Naval Support Activity Souda Bay Chaplain, Lt. Aman J. Grant, speaks to a Sailor in the base chapel. NSA Souda Bay's mission is to provide support and security to U.S. and allied ships as well as aircraft transiting or operating in the eastern Mediterranean region. (U.S. Navy photo by Heather Judkins/Released)







Rear Adm. John C "Jack" Scorby Jr. (center), Commander, Navy Region Europe, Africa, Southwest Asia, and U.S. Naval Support Activity Souda Bay and Capt. Mike R. Moore (right), speak with Lt. Andres Espinosa during a tour of the runway construction project. NSA Souda Bay's mission is to provide support and security to U.S. and allied ships as well as aircraft transiting or operating in the eastern Mediterranean region. (U.S. Navy photo by Jacky Fisher/Released)



Commanding Officer of the Hellenic Naval Base, Commodore Panayiotis Hatzakis (left) speaks with Rear Adm. John C "Jack" Scorby Jr. (center), Commander, Navy Region Europe, Africa, Southwest Asia, and U.S. Naval Support Activity Souda Bay, Capt. Mike R. Moore (right), during an office call. NSA Souda Bay's mission is to provide support and security to U.S. and allied ships as well as aircraft transiting or operating in the eastern Mediterranean region. (U.S. Navy photo by Jacky Fisher/Released)



U.S. Naval Support Activity (NSA) Souda Bay Port Services Officer, Lt. Jessica D. Alabata (left), speaks with U.S. Naval Forces Europe-Africa/U.S. 6th Fleet Foreign Policy Advisor, Counselor Sharon White, during a boat tour of the Marathi basin. NSA Souda Bay's mission is to provide support and security to U.S. and allied ships as well as aircraft transiting or operating in the eastern Mediterranean region. (U.S. Navy photo by Jacky Fisher/Released)



115 Combat Wing Commanding Officer, Col (HAF) Ioannis Gerolimos, presents Rear Adm. John C. "Jack" Scorby Jr., Commander, Navy Region Europe, Africa, Southwest Asia, with a plaque during an office call. NSA Souda Bay's mission is to provide support and security to U.S. and allied ships as well as aircraft transiting or operating in the eastern Mediterranean region. (U.S. Navy photo by Jacky Fisher/Released)



# OFF-SHIP BILL PAY

By Lt. Matthew Large, Navy Supply Systems Command  
Fleet Logistics Center Bahrain

Navy Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Bahrain conducted the first test of Off-Ship Bill Pay (OSBP) procedures for aircraft carrier and cruiser port visits during the week ending July 25 at Khalifa Bin Salman Port, Bahrain.

The new procedures take the responsibility for the ordering and payment of husbanding services - such as tug boats, trash removal, crane support, and fresh water - off of the ship's Supply Department and place it at shore activities. This frees up shipboard personnel for other tasks and provides Navy leaders with more oversight of the husbanding process.

In order to conduct the OSBP test, Code 200, the contracting department of NAVSUP FLC Bahrain, executed a stand-alone husbanding service provider (HSP) contract and issued task orders valued at \$672,000 for the aircraft carrier USS Theodore Roosevelt (CVN 71) and \$124,000 for the guided-missile cruiser USS Normandy (CG 60). While tests have been done on smaller units in the past year, this is the first time an aircraft carrier or cruiser has been tested.

Capt. Sean M. Egge, commanding officer of NAVSUP FLC Bahrain, discussed the importance of the OSBP test and what it means to the fleet.

"The new off-ship bill pay procedures will be a major change from how port visits are conducted fleet wide," said Egge. "Not only will the procedures relieve busy shipboard personnel of the administrative tasks associated with port visit costs, they will provide centralized oversight over the process and ensure the taxpayers are getting the best value for their money."

The new procedures require the ship and vendor to submit their final invoices into inventory, receipt, acceptance and property transfer (iRAPT), a secure web based system for electronic invoicing, receipt, and acceptance. A contracting officer's representative (COR) validates that the two sets of invoices match and submits the accepted invoices for electronic payment by the Defense Finance and Accounting Service (DFAS).

James Cutler, a COR for U.S. Naval Central Command (NAVCENT), explained how the test was being conducted.

"The test is going well so far," said Cutler. "The ships have been doing a great job validating the services they have received via the circle, sign, and date process. Once the port visits are completed, we will review the receipts and ensure they match the final invoices submitted by the vendor."

Upon completion of the tests in the NAVCENT area of responsibility (AOR), along with those in other regions around the world, the next step will be to modify the Navy's existing HSP contracts to allow for payment using this electronic process. This will standardize the way the Navy does business while at the same time making it easier for the vendor to receive payment for services they have provided.

"Executing the test contract for USS Theodore Roosevelt and USS Normandy was an important milestone in the off-ship bill payment process" said Salah Hani, a contracting officer at Code 200. "We will review the results of these tests and incorporate any lessons learned into our HSP business processes."

NAVSUP FLC Bahrain has more than 160 military and civilian personnel providing logistics support in the region. The command is one of eight FLCs worldwide in the NAVSUP GLS enterprise.

NAVSUP FLC Bahrain is part of NAVSUP Global Logistics Support (GLS), which provides global logistics for a global Navy. The organization is made up of more than 6,500 military and civilian logistics professionals operating from 105 locations worldwide providing an extensive array of integrated global logistics and contracting services to Navy, Marine Corps, joint operational units, and allied forces across all warfare enterprises.

# HAZMAT Technician Training

By Scott Ghiringhelli,  
NSA Bahrain Public Affairs

In 2011, the Naval Support Activity (NSA) Bahrain Fire Department was established on paper, paving the way for civil service, local national and third country national employees to receive basic level firefighting certification. Prior to 2011, this support was provided by a volunteer Emergency Response Team made up of various base personnel.

Since that time, the NSA Fire Department has expanded to include 39 U.S. Civil Service, U.S. Navy active duty, and local national personnel, six fire apparatus and support vehicles, and a vast amount of necessary equipment. On Aug. 12 and 13, 2015, 29 Navy and Department of Defense (DoD) civilian personnel along with foreign national employees completed the final steps of Hazardous Materials (HAZMAT) Technician Training. Guy McFarland, Assistant Chief of Training for the NSA Bahrain Fire Department commented, "this training greatly expands our capabilities as a fire department."

Lenny Yox, a field instructor with the University of Maryland Fire and Rescue Institute, was present to help facilitate the HAZMAT response training, which gave the participants the highest response qualification. This was the first training of its kind at NSA Bahrain, and is part of the continuing effort to expand services through the addition of equipment, personnel and training. "If something happened today, the people completing this training have a lot of capabilities," said Yox.

The two-week training course culminated in a practical exercise simulating different scenarios including a leaking chlorine cylinder and a final exam the following day. During the exercise, students established a command post and decontamination area before responding to simulated hazards. Once a hazard is identified, evaluated and contained, environmental workers can then begin the process of cleaning up the contaminated area.

During the training, Trainees donned vapor-tight chemical suits and self-contained breathing apparatus weighing 50 or more pounds. With a limited air supply, two layers of plastic between the responder and the hazard he or she is trying to evaluate, and rising temperatures, claustrophobia is a valid concern. But no matter how composed an individual may be, dexterity, vision and communication are greatly impeded and present major challenges to responders.

Hull Maintenance Technician 2nd Class, Erika Brown expressed some frustration about trying to communicate. "You can hear through the suit, but other people can't hear you when you're speaking," she said. Brown commented that the practical exercise was a useful training tool, and noted that once qualified, that qualification follows an individual wherever they go.

McFarland stressed the strong financial and logistical support that the NSA Bahrain Fire Department has received, and that as the department continues to develop in stages, many of the challenges will be mitigated through training and new equipment.



NAVSUP Bahrain provides supply and logistics services 24 hours a day, 7 days a week to ships located and operating in the U.S. 5th Fleet area of operations. ast  
Communication Specialist 2nd Class John Benson/Released



The Naval Support Activity (NSA) Bahrain Emergency Management Office (EMO) and the Fire Department complete the first-ever Hazardous Materials (HAZMAT) Technician Training onboard base. The training was designed to familiarize emergency response personnel with the process of handling hazardous materials.



# DODGETHIS!

By MC2 Justin Stumberg  
NSA Naples Public Affairs

The USO Naples hosted their 2nd annual dodge ball tournament at the outdoor basketball court on Naval Support Activity (NSA) Naples Capodichino, August 20.

The free event included a double-elimination dodgeball tournament, barbecue, a half-court shot competition and "Best Dressed Team" prizes.

"I would absolutely call the event a success," USO Naples Programs and Volunteer Coordinator Shannon McCaulley said, "It's great to see the Sailors and Soldiers out enjoying themselves and taking that break they deserve."

More than 75 players, spectators and volunteers attended the highly-anticipated event.

McCaulley said she had people talk to her for months asking about playing and volunteering in the event again.

"People are excited about the annual events especially the team "Balls in your Face," McCaulley said. "They were really disappointed they didn't win. They kept the ratty T-shirts they wore last year because this had been something that has brought them together as a unit."

McCaulley said that these types of events are a great way to integrate single Sailors during a busy moving season and it's all worthwhile when they see people connecting with their new community.

"Even if it's one troop that we make a difference in a day whether it's a cup of coffee or a dodgeball tournament it's a success," McCaulley said.

After the six teams battled it out through a double-elimination format, team "My Ties" from NSA Naples Region Legal Service Office took home first place. "My Ties" faced the reigning Army champions "Seven Dwarfs" in head-to-head championship match.

"This was one of the events we really enjoy coming out and helping out with," Lt. Ari Craig, NSA Naples Region Legal Service Office JAG Corps officer, said. "The USO is awesome at what they do and they do a lot of really great things."

Craig, Region Legal Service Office command fitness leader, said they play dodgeball at least once a month so their command had a bit of practice under their belt. He said they wanted to prove they could hold their own in an athletic sport.

Not all participants attending the event had the intention of battling it out on the court. For NSA Naples Chaplain Lt. Cmdr. Leroy Young, the annual event was a chance to build unit cohesion and show good sportsmanship.

"I love seeing the competitive spirit, the drive and tenacity to win," Young said. "I think the intense

competition is a reflection of their work ethic and it was definitely demonstrated."

Young volunteered as a commentator during the event and provided play-by-play analysis of what was happening on the court. He said he has volunteered with the USO before and he enjoys it every time.

"It's always good when you see the USO bring people together," Young said. "I think when these types of events happen they help build an even stronger community and that's what I witnessed here today."

The 2nd Annual Dodgeball Tournament was one of many monthly events USO Naples hosts every month. Upcoming events include a USO Spouse's Coffee networking breakfast, a USO sponsored spa day in Ischia and a free single Sailor extreme paintball event.





# Filling the HOUSING Gap

Story by Lt. Cmdr. Mike Billips,  
NSF Deveselu Public Affairs

The humble shipping container has proved its worth at the Navy's newest installation, filling a housing gap to allow work on the European missile-defense shield to go forward.

Thirty new containerized housing units (CHUs), became ready for occupants in late July at Naval Support Facility (NSF) Deveselu. The 8-by-20-foot units, furnished with the essentials, will be used to house officers, senior enlisted leaders, civilian employees and contractors.

The need for housing became serious as organizations installing critical systems and assessing their readiness arrived in the late spring, including the arrival of the Aegis Ashore Missile Defense System (AAMDS) Sailors who will operate the weapon system.

The U.S. Missile Defense Agency (MDA), which began working with construction contractors in 2013 at Deveselu, realized that permanent housing wouldn't be available in time to meet demand, and ordered thirty additional CHUs to meet the need.

"We needed more capacity for housing," said Col. Angela Holmes, MDA program manager for global deployment. "With the additional watch team from AAMDS arriving, and the INSURV inspection team, we were not only out of space but were reaching capacity for local hotels."

Originally consisting of 45 housing units and an admin facility built of 45 additional containers, MDA's site activation camp saw 20 CHUs added by the U.S. Army Corps of Engineers early in 2015.

"We learned some lessons from the ones the Corps put in," she said. "It went a lot smoother." Later, eight "dry" Containerized Living Units (CLUs) without water-sewer connections were added by the Navy to its temporary living camp. Like the larger "wet" CHUs, the living units are all built from the same basic shipping containers that are used to move goods around the world. The units fit neatly on a rail car or truck, and can be stacked on a container ship or port.

Established in October 2014, NSF Deveselu is the first new installation to be built since Naval Station (NAVSTA) Everett, Wash., in 1987. Security needs for the under-construction AAMDS led the Navy to build a temporary camp of open-bay barracks, but even that is now filled to capacity. The Navy will retain 23 CHUs after MDA departs later this year.

"We'll be able to operate it as swing space, to provide flexibility to accommodate visitors for the next two years," said Capt. William Garren, NSF Deveselu's commanding officer.

The new CHUs, weighing about three tons each, were dropped into place by crane beginning in late May, and connected to new water and

power lines installed in June and July. As completed, the units include air conditioning, Internet, phone and TV service, along with a mini-fridge and microwave, and can accommodate one or two people.

Costing about \$30,000 per unit, the CHUs will spend a brief time in Romania while the permanent housing and dining facility is completed and occupied, currently planned for September. After that, they'll move with most of the rest of the MDA site activation camp to Poland, where a second AAMDS base is scheduled to begin construction in time to be completed in 2018, Holmes said.



A contractor uses a truck-mounted crane to swing a containerized housing unit (CHU) into position at Naval Support Facility (NSF) Deveselu, Romania, June 10, 2015. The CHUs are single-occupancy units with a full bathroom, furnished like a small apartment, and will be continue in use as additional housing after the permanent installation housing/dining facility is completed later this year. (U.S. Navy photo by Lt. Cmdr. Mike Billips/Released)



A newly completed Containerized Housing Units resembles a studio apartment at Naval Support Facility (NSF) Deveselu, Romania, July 23, 2015. The temporary housing relieved a crunch when construction delays prevented the occupation of a permanent housing-dining facility this summer. (U.S. Navy photo by Lt. Cmdr. Mike Billips/Released)



# Founding Values

Story by Lt. Cmdr. Robert Johnson  
CNREURAFSWA Public Affairs

## Our Founding and Current Virtue

Outside of the military, we rarely hear anyone talk about strength of character, virtues, or greatness. Discussing these matters requires core values common to everyone, and then people are able to make “value judgments,” but often times, people adhere to the policy that we are told we should not judge.

Our Founders thought differently. They recognized that the nation they helped establish could be sustained only if the people possessed certain virtues. Our Declaration of Independence offers up the signers themselves as an example of these virtues.

The spirit of the document is revealing. Unlike other similar documents that intend to stop at nothing to usher in a new order, our Declaration offers a calm, rational articulation of the principles justifying American independence. The Founders’ new order was to be restrained by rational laws and limited to the goal of securing rights in a government based on consent.

Readers of the Declaration do not find the kind of fanaticism or childlike enthusiasm that often characterizes political rhetoric today—no utopian promises that, “Yes, we can repair this world.” It is prudent deliberation that secures the “safety and happiness of the people.” Prudence also requires the subordination of the passions that distort reason. Nothing in their

writing smacks of our contemporary clichés that claim to be “passionate” about something; anything is the goal of life.

Furthermore, the signers held a jealous regard for rights, coupled with the strength to ensure they are not encroached upon—that is, “opposing with manly firmness [tyrannical] invasion on the rights of the people”—are virtues necessary to sustain a free people. Strength, however, is incomplete without the willingness to sacrifice: Their vow to stake their “lives,” “fortunes” and “sacred honor” displays devotion to a common American destiny for which they were willing to give all.

In fact, several signers were captured by the British and tortured; others lost children and many lost their fortunes in the Revolution. The Founders were not hostage to petty ambitions or high-minded ramblings hiding selfishness—they vowed to make very real sacrifices, and they did.

In America, we need to reaffirm our intellectual firmness. We will not benefit from becoming passive beings, who are ruled together, uniformly, as an indeterminate mass by people other than ourselves.

Our founders resisted destroyers of liberty, such as those George Washington pointed out when he said, “Our cruel and unrelenting enemy leaves us no choice but a brave resistance, or

the most abject submission; this is all we can expect - We have therefore to resolve to conquer or die: Our own Country’s Honor, all call upon us for a vigorous and manly exertion, and if we now shamefully fail, we shall become infamous to the whole world. Let us therefore rely upon the goodness of the Cause, and the aid of the Supreme Being, in whose hands Victory is, to animate and encourage us to great and noble Actions ...” We must continue to be the proof that American firmness still lives on.

The Declaration of Independence and the U.S. Constitution are an image of the peak of the democratic character: rational argumentation on the basis of one’s own intellect, patient equanimity devoid of hatred or resentment, “firm manliness” in the face of usurpation and prudent reflection on the ends of government. The Declaration perhaps comes closest to American poetry in its presentation of human possibilities and succinctly expresses our founding virtues.

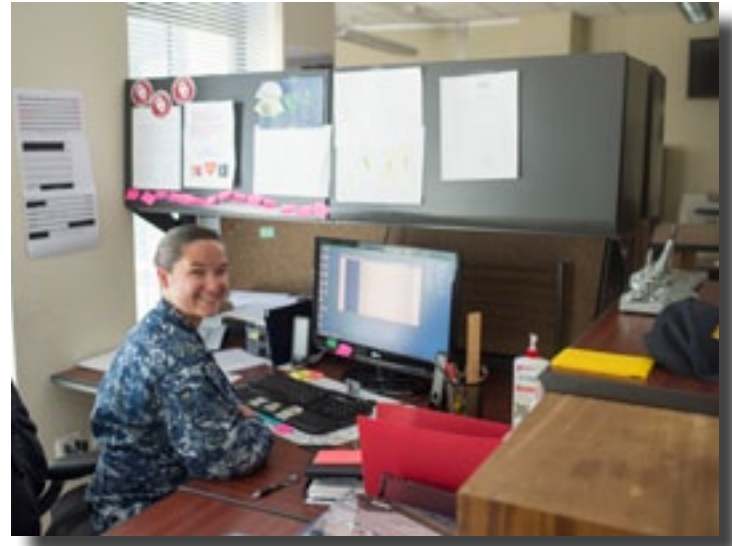




# REGION VOICES



*If you were to encounter a shipmate, colleague, or friend that you believe is thinking about suicide, what would you do?*



**YN1 Priscilla Taft**  
NAS Sigonella  
I would ask if the person is ok and ask they are thinking of suicide. I would get them help and stay with them. Show I care then make sure they get the treatment they need



**YN2 Johan Arteagadiaz**  
NSA Naples  
If I encountered a shipmate that was thinking about suicide I would try to get him/her the proper help. I would seek help from the Chaplain, FFSC, suicide counselor, or any trained professional in this matter as I am not trained in this matter. I feel sometimes people who aren't trained and try to help out end up doing more harm than good because they might say or do something that pushes that person towards the suicide.



**MAC (Select) Veronica D. Cartwright**  
NSA Souda Bay  
I would try to get them help from the Fleet and Family Support Center, Medical or the Chapel. I also wouldn't leave them alone in their time of need.



**ABHAN Lance Basilio**  
NAVSTA Rota  
I would do three things: Ask, listen and tell.



**MA3 Derick Kutz**  
NSA Bahrain  
I will ask my fellow service members how they are doing. If I notice a problem, I will seek guidance from the chaplain to protect the person.



**HM1 Glen King**  
NSF Deveselu  
Every Sailor is supposed to know the acronym Ask, Care, Treat. As a health care professional, I'd take their statement seriously, take my time to sit down and listen to what they have to say, then we would coordinate a referral to get them the appropriate care."

## CLDJ Suicide Prevention Month

