

*E*URAFSWA



*R*EADER



# REGION COMMANDER'S PERSPECTIVE

I have the best job in the Navy. I truly believe this, and have felt this way every day since I became the Region Commander less than a year ago. There are two main reasons. First, every service member, civilian and our host nation partners are dedicated professionals who make this job a joy.

Second, we are part of a growing organization in the Navy that efficiently and effectively accomplish the critical mission of delivering shore capacity to sustain the Fleet, enable warfighters and support families. Thanks goes to you, an amazing group of men and women who make this challenging mission look easy. Please keep up the good work.

## Energy Biggest Loser

I ask you all to join me in changing our culture of energy consumption and reduce electricity usage in the Navy as a whole, and our shore installations specifically. In an effort to raise energy consumption awareness, we are hosting a competition, called "Energy's Biggest Loser", among the Navy Installations in our Region for the month of July. The Navy Shore Energy Program has a goal to reduce shore energy intensity (energy consumption per square foot) by 30 percent by 2015 and by 50 percent in 2020. To reach this goal, we will have to change our mindset and habits about electricity use, as well as water and fuel consumption. If we all personally grab hold of this vision of changing the energy culture at work and at home we will make our nation more secure and keep a little extra money in our pockets. I look forward to congratulating the winning installation and seeing how every installation improves on energy conservation.

## Unique Independence

This month we celebrate the 238th anniversary of the signing of the Declaration of Independence and the beginning of a great experiment in self-rule. We can never forget the valor and vision of patriots from 13



Colonies who declared independence from the most powerful empire at the time and gave birth to a Nation like no others before it.

To those gallant first Americans, liberty may have seemed like an unattainable dream. This revolutionary concept: a constitutional government of, by, and for the people was worth fighting for. Yet, our Founders' tenacity, resolve, and courage in the face of seemingly impossible odds became the bedrock of our heritage. That spirit has permeated our land and inspired generations of Americans to explore, discover, and redefine the outer reaches of our potential. It is the essence of the American dream.

Our nation was born and is maintained at a tremendous cost. From the farmers and tradesmen who served in militias during our American Revolution to our current force deployed throughout the globe, our shared sacrifice and dedication to independence remains a noble purpose. Just as Independence Day serves as a reminder of the immeasurable bravery that made us a nation, it also should remind us of the principles that drove this creation, a nation free from tyranny and full of unencumbered access to self-determination. The enduring spirit of America is strong, vibrant and in good hands with all of you.

Finally, and as always, I ask that you keep safety at the forefront this month. Please enjoy some time with your family and friends, but remember, don't drink and drive, make good choices and be safe in everything you do.

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



By Lt. Cmdr. Robert Johnson, Navy Region Europe, Africa, Southwest Asia Public Affairs  
Independence Day is the holiday commemorating the signing of the Declaration of Independence by the Continental Congress on July 4, 1776, in Philadelphia, Pennsylvania.

At the time of the signing the U.S. consisted of 13 colonies under the rule of England's King George III. There was growing discontent with the government in the colonies concerning the taxes and duties that had to be paid to England. This was commonly referred to as "Taxation without Representation" as the colonists did not have direct or responsive representation in the English Parliament and thus no say in what laws were imposed on them. As the grievances grew in the colonies, King George sent extra troops to help control the citizens. In 1774 the 13 colonies sent delegates to Philadelphia Pennsylvania to hold the First Continental Congress to respond to what the colonies called the Intolerable Acts. The delegates crafted a proposal that presented their case to the King in an unequivocal but loyal to the crown voice. This was received with anger and contempt from the King.

In April 1775 as the King's troops advanced on Concord, Massachusetts. Paul Revere, Williams Dawes and Samuel Prescott sounded the alarm that "The British are coming, the British are coming" as they rode through the late night streets.

The battle of Lexington and Concord and would mark the unofficial beginning of the colonies war for Independence.

The following May the colonies again sent delegates to the Second Continental Congress. For almost a year the congress tried to work out its differences with England, again without formally declaring war.

## Declaration of Independence

By June 1776 their efforts had become hopeless and a committee was formed to compose a formal declaration of independence. Headed by Thomas Jefferson, the committee included John Adams, Benjamin Franklin, Robert R. Livingston and Roger Sherman. Thomas Jefferson was chosen to write the first draft which was presented to the congress on June 28. After various changes a vote was taken late in the afternoon of July 4th. Of the 13 colonies, 9 voted in favor of the Declaration, 2 - Pennsylvania and South Carolina voted No, Delaware undecided and New York abstained.

To make it official John Hancock, President of the Continental Congress, signed the Declaration of Independence. It is said that John Hancock signed his name "with a great flourish" so "King George can read that without spectacles!"

The following day copies of the Declaration were distributed. The first newspaper to print the Declaration was the Pennsylvania Evening Post on July 6, 1776. On July 8th the Declaration had its first public reading in Philadelphia's Independence Square. Twice that day the Declaration was read to cheering crowds and pealing church bells. Even the bell in Independence Hall was rung. The "Province Bell" would later be renamed "Liberty Bell" after its inscription -

PROCLAIM LIBERTY THROUGHOUT ALL THE LAND UNTO ALL THE INHABITANTS THEREOF  
LEV. XXV. V.X.

The signing of the Declaration was not completed until August; the 4th of July has

been accepted as the official anniversary of United States independence. The first Independence Day celebration took place the following year - July 4, 1777.

## The Long Fight

Although the American military was still enduring losses in 1780, the French were our strong ally in the long fight against the English. The French navy was disrupting the English blockade. French commanders such as Lafayette and Rochambeau earned the respect and admiration of the American troops.

Although, the English occupied much of the south, they had still been unable to mobilize the local Loyalists. Grumbling in England grew louder over the war's expense and duration. The morale of George Washington's men was improving. The war was by no means over, but the general could now see a bright side and the winds of change were on the horizon.

## The Siege of Yorktown

The French navy and the Continental Army conceived a daring plan to entrap Cornwallis in Yorktown. The plan worked: Cornwallis surrendered Yorktown, and three weeks later the war was over. The year 1781 found a large squadron of British troops led by Lord Cornwallis at Yorktown, Virginia. Cornwallis hoped to keep his men in the Chesapeake town until fresh supplies and reinforcements could arrive from Britain. The French and the Americans conspired to capture the British before that could happen.

A French naval unit led by Admiral de Grasse headed north from the West Indies. Washington's army was stationed near New York City at the time. Along with a French unit from Rhode Island, Washington's troops marched over 300 miles south toward Yorktown. Along the way, he staged fake military maneuvers to keep the English off guard.

When Washington reached Virginia, Americans led by Lafayette joined in the siege. The French navy kept the English out of Chesapeake Bay until Cornwallis was forced to surrender his entire unit of nearly 8,000 troops on October 19, 1781. The capture of the troops severely hampered the English war effort

## Actual Independence

Despite the American victory at Yorktown, the English military continued to fight. But the Battle of Yorktown turned the English public against the war. The following March, a pro-American Parliament was elected and peace negotiations began in earnest.

Benjamin Franklin, John Adams, and John Jay met with the English in the hopes of securing a peace treaty. The Americans played off European rivalries to reach a most favorable agreement.

In the 1783 Treaty of Paris the English agreed to recognize American independence as far west as the Mississippi River. Americans agreed to honor debts owed to English merchants from before the war and to stop persecuting English Loyalists.

David had triumphed over Goliath. Independence was achieved at last. The land of liberty for all was born.

## ENERGY BIGGEST LOSER

Tip #01:  
No one around?  
Power down.

- computer monitor
- coffee maker
- tv
- printer
- fan
- copier





NSA Bahrain - Fifty swimmers and instructors participated in the "World's Largest Swim Lesson" aboard NSA Bahrain. The program provided children with basic swimming techniques and safety instruction which took place on the same day at the same time around the world. (U.S. Navy photo by NSA Bahrain/Released)



Naples, Italy - Service members jump into a mud pit during an obstacle course at the Armed Forces Olympics at Carney Park June 13. The Armed Forces Olympics is an annual event designed to bring service members together for a day of fun and friendly competition. (U.S. Navy photo by Mass Communication Specialist 3rd Class Robert S. Price/Released)



NAVAL STATION ROTA, Spain - Surgeon General of the Navy, Vice Adm. Matthew Nathan, right, and Navy Environmental and Preventive Medicine Unit (NEPMU) 7, Officer in Charge, Capt. Juliann Althoff, Center, and Naval Station Rota Commanding Officer Capt. Greg Pekari, left, cut the ribbon reestablishing the unit following an eight-year hiatus. (U.S. Navy photo by Chief Mass Communication Specialist William Clark/Released)



NAVAL STATION ROTA, Spain - Arleigh Burke-class guided missile destroyer USS Ross (DDG 71) arrives at Naval Station Rota, Spain, June 16, as the second of four Arleigh-Burke-Class guided-missile destroyers to be stationed here. (U.S. Navy photo by Chief Mass Communication Specialist William Clark/Released)



NAS Sigonella, Sicily - Firefighters and forest rangers battle a severe blaze which burned hectares of forest in and around the Monti Rossi Pinewood, north of Nicolosi. Firefighter and forest rangers eventually won the battle over the wildfire June 25. (U.S. Navy photo by NAS Sigonella/Released)



NAPLES, Italy -- Members of the Navy Region Europe, Africa, Southwest Asia's (CNREURAFSWA) Chief's Mess and command volunteers serve CNREURAFSWA members and their families during the command's annual picnic at Carney Park Friday, June 20. Events like the picnic help boost morale and bring the diverse command members more closely together. (U.S. Navy photo by Mass Communication Specialist 2nd Class Luke B. Meineke/Released)



NSA Bahrain - Fifty swimmers and instructors participated in the "World's Largest Swim Lesson" aboard NSA Bahrain. The program provided children with basic swimming techniques and safety instruction which took place on the same day at the same time around the world. (U.S. Navy photo by NSA Bahrain/Released)



NSA Souda Bay, Chiana - Airmen, from Det 1 of the 95 RS, volunteer their time at Stavros Beach during a community relations project, May 30, 2014 beach cleanup. (U.S. Navy photo by NSA Souda Bay/Released)



CAMP LEMONNIER, Djibouti - Stephen Kellog, center, and band members sing during a show at Camp Lemonnier, Djibouti, June 16. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)



NSA Souda Bay, Chiana - Airmen, from Det 1 of the 95 RS, volunteer their time cleaning up at Stavros Beach during a community relations project, May 30, 2014. (U.S. Navy photo by NSA Souda Bay/Released)



NAPLES, Italy - Children skillfully participate in a sack-throwing game at the USO Multicultural Summer Fest June 14. The Summer Fest Presented an opportunity for attendees to embrace and share their heritage with the base community. (U.S. Navy photo by Mass Communication Specialist 3rd Class Robert S. Price/Released)

# CAMP LEMMONIER FOCUS ON COMMUNITY IMPACT

By Mass Communications Specialist 1st Class Julia A. Casper, Camp Lemonnier Public Affairs

CAMP LEMMONIER, Djibouti (NNS) -- The service members and civilians assigned to Camp Lemonnier (CLDJ) and Combined Joint Task Force - Horn of Africa (CJTF-HOA) is focusing on community relations involvement with their host nation, Djibouti.

As the only U.S. base located in Africa, Camp Lemonnier is making an effort to have a wide impact on the civilian community through various community outreach projects such as English discussion groups, sporting events, and sponsoring local merchants on base.

"The collaboration with locals and service members allows the opportunity for learning various customs and traditions," said Camp Lemonnier Command Master Chief (CMC) Keith A. Rousseve. "Our cooperative effort affords us the chance to establish long lasting friendships."

Each week volunteers facilitate an English discussion group with local Djiboutian police officers and students. The program dedicates five hours per week, focusing on teaching the fundamentals of speaking, reading and writing the English language. "It is an awesome thing to work with people who are so eager to learn," said Electronics Technician 1st Class Kevin Metzger. "This is a once in a lifetime opportunity for anyone who wants to get involved."

Additionally, weekly sporting activities such as basketball games and soccer matches

have been scheduled that share the benefits of exercise, teamwork and sportsmanship to further unite efforts.

"To see the faces of the women we play in the basketball games light up gives me such a feeling of joy," said Logistics Specialist 3rd class Keiondra Howard. "There is nothing better than having the chance to get out in the community and see that we are making a difference in people's lives"

Community engagement activities are designed to show commitment to the partnership with Djibouti and dedication to long-term common interests.

The quarterly "African Bazaar" makes an additional contribution to the relationship-building efforts at Camp Lemonnier.

"Eight local Djiboutian businesses were invited on base to equally experience local culture," said Capt. Bismarck Vergara, U.S. Army civil affairs team leader Bravo Company, 407th Civil Affairs Battalion. "The bazaar humanizes us and shows locals that we are just regular people who are not here only to accomplish our mission but we are here to support their country as well."

The vendors made over 35 thousand dollars during the one day bazaar event.

"The base and Americans have given me a warm welcome," said Aisha Hassan, local Djiboutian vendor. "Being here is not only good for my business but allows me the chance to sell more souvenirs than I would out in town."

The bazaar not only serves as an opportunity for locals to sell their goods, but also reinforces our commitment to the community.

"Reaching beyond the mission of the Camp allows the hearts and minds of the people to directly influence positive and tangible result," said Rousseve. "The hope is that they will take away a greater understanding and new appreciation with respect for our neighbors in the Horn of Africa."

Camp Lemonnier supports Combined Joint Task Force - Horn of Africa in protecting United States interests in Africa and provides full spectrum individual support to personnel stationed on Camp Lemonnier. Camp Lemonnier partners with Djibouti to be a valued part of the community by fostering long term common interests.

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



A member from the joint-service American basketball team drives in for a lay-up during a basketball game with the Djiboutian basketball team at Camp Lemonnier, Djibouti on June 17, 2014. Joint-service American basketball team plays local basketball teams for community engagement. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)

## ENERGY BIGGEST LOSER

**Tip #02:  
Pull the  
plug on  
energy waste.**



Unplug gadgets, devices,  
chargers and appliances when  
not in use.

# IS BRUNELLO DI MONTALCINO PART OF YOUR WINE COLLECTION?

By Lt. Cmdr. Charles Fatora, U.S. Navy Element to Allied Joint Force Command Naples



Nearly every visitor's main purpose for a visit to Montalcino in the Tuscany region isn't the food; it's the wine, specifically Brunello di Montalcino.

Each year in February the Consorzio del Vino Brunello di Montalcino organizes "Benvenuto Brunello" to unveil the newest vintage. This year's was their 2009.

Charming is too cliché to describe Montalcino, a walled town - deep inside Tuscany - where you feel secure, but never trapped. It's also a place where you can't go 10 feet without a "buongiorno!" thrown your way.

From the Tuscan Valley, the township of Montalcino beckons you at 1,800 feet. Montalcino is located about 25 miles from the ocean and is geographically positioned between three rivers and a 5,700-foot mountain, which helps protect the area from weather hazards. Due to this strategic location and Mediterranean climate, wine has flourished here for more than two thousand years.

After navigating the tiny, yet thankfully one-way streets, we arrived at Il Giglio restaurant and hotel. In addition to a robust wine shop in the fortress, a rewarding Tuscan view lies at the top of the watchtowers. After the brilliant hand-carved door and a few flights of stairs, we opened our door and saw the Martha Stewart-eat-your-heart-out Tuscan apartment. My wife and I both said we would live here in a heartbeat. Montalcino and its tourist-loving residents have that immediate effect on you.

Even though our family crashed the San Giorgio restaurant staff's family-style dinner, we were not allowed to leave and they took turns amusing our son throughout a wonderful meal. Having a toddler in Europe can be challenging for American parents. Either we are the first to open a restaurant because 'who in their right mind wants to eat dinner at 6 p.m.?' - or we end up taking turns for dinner. Luckily for most us, Italians love children. When our son turns 16 and is looking for a job, he'll now have a good background in pizza making.

During the "Benvenuto Brunello," I was able to taste 92 out of 127 Brunellos. As a beginner, it was an amazing experience, one for which I felt extremely unqualified for.

I was given a large list of wineries to choose six for each round. It felt like I was given the keys to six Italian supercars each time and had the Top Gear test track all to myself with Ferraris, Lamborghinis and Maseratis - all to drive like rental cars.

Surprisingly, vineyards only cover 15 percent of the terrain, yet are responsible for 160 million euros in wine production each year.

Brunello di Montalcino was the first Italian wine to be granted Denomination of Controlled and Guaranteed Origin (DOCG) in 1980 and by law is required to use 100 percent Sangiovese grapes. Most people are familiar with Chianti Classico wine, also by law, required to have a minimum of 80 percent Sangiovese grapes.

Characteristics of Brunellos range from an intense ruby red to a bright garnet color while exhibiting a full-bodied, deep, elegant taste. When opening a Brunello, especially a really expensive one, it was recommended to me by the owners of Cerbaiona, one of the most respected wineries in Montalcino, to open it about four hours prior to consumption to let the wine "breathe."

Brunellos are known for their ability to age and improve over time, usually 10 to 30 years. So now, while living abroad, is the perfect time to research and buy some for your potential wine shipment back home. This doesn't mean you cannot consume Brunello in the mean time, but anyone who has seen a Brunello price tag knows it is an expensive decision.

If you don't want to spend a lot and still want to drink a great wine from the area, a good compromise is Rosso di Montalcino, a younger "Brunello," recognized as a D.O.C. It is still made of 100 percent Sangiovese grapes, but not subject to the long ageing process of Brunello. Wineries ship out an annual average of 4.5 million bottles of Rosso compared to the 9 million bottled of Brunellos. While not as robust as the Rosso is vibrant in taste and smell.

If interested in Brunello, I encourage travelers to read Kerin O'Keefe's book "Brunello in Montalcino," research a couple wineries, and don't be afraid to stick your nose in. 7

# RONDA - THE SPANISH RESORT OF NOBILITY, ARTISANS



The view from the Ronda's retired teachers home of the garden patio on the edge of El Tajo canyon, looking toward the picturesque Andalusia mountains of Spain. (U.S. Navy Photo by Chief Mass Communication Specialist William Clark/Released)

By Chief Mass Communication Specialist William Clark, Naval Station Rota

Ronda, Spain is a historic city settled on an inland plateau surrounded by mountains, and divided by a river that carved out El Tajo canyon, or gorge, hundreds of feet deep. Three bridges span the river that carves through the town. Along the top of El Tajo, buildings sit precariously balanced on the edge of the cliff, and offer breathtaking views.

Rota's Morale, Welfare and Recreation took a group of Rota residents for a day-trip to bask in history and picturesque views of this city.

The view of the surrounding area makes it easy to understand why Ronda continues to be a favorite of the aristocracy for relaxation and atmosphere.

While the modern city dates back to Roman times, receiving title of "city" during the reign of Julius Caesar, Ronda has evidence of prehistoric settlement. Influence of the changing cultures through the centuries is prevalent by Moorish- and Christian-influenced architecture. Spanish nobility still has ties to the city, but modern day figures like Ernest Hemingway and Orson Welles were seductively drawn to its beauty.

Rota MWR's Maria Ramos led the tour from the base - which is approximately 2 hours away - on her sixth trip to Ronda.

"I enjoy viewing the gorge and have hiked down it every time," Ramos said. "I see something different each time."

Arriving in Ronda in the quiet of the morning allowed visitors time to get familiar with some of the landmarks of the city before the hustle and bustle of workers and tourists spread through its streets and alleys.

The first four hours were free time to explore and photograph the city. This particular tour coincided with the annual festival "Romantic Ronda," and throughout the city historically and brightly-colored dressed celebrators enjoyed the activities.

After lunch, the tour met in the old market area, next to the bullring. The regularly hired MWR guide, Jose Paez, a Ronda-native and prominent historian led the group

through the legendary town.

Crossing the Puente Nuevo, or New Bridge in English, Paez highlighted the history of each notable location in a meandering path through the old city area. The Puente Nuevo is the largest of the three and the youngest, finished in 1793. It is as large as a 30-story building and contains a small museum inside its foundation.

The tour retraced famous footsteps through the small town of Ronda where Ernest Hemingway spent summers, and depicted events of the Spanish Civil War in his classic, "For Whom the Bell Tolls."

The group also visited the house of the retired teachers, which featured a magnificent garden patio on the edge of the gorge with a beautiful vista of the mountainous Andalusia landscape.

Naval Station Rota's Justin Bouillon, and his wife Patrycja, were on their second visit to the city. Both remarked that Ronda has something for all: great food, scenery, architecture, and history. Justin summarized it best as, "high and deep, the landscape and architecture coalesce; truly a beautiful place to visit."

From patios and gorge views, the group entered the Plaza de Toros, the oldest and most famous bullring in Spain. Finished in 1785, today the ring is more of a testament to the glory days of bullfighting. Considered to be the birthplace of the modern bullfight, many of Spain's greatest clashes took place in this ring. Paez explained that prior to the building of the arena, duels with bulls occurred in city streets, but usually ended in a corner. The round bullring eliminated that conclusion. It was here in Ronda where the matador challenged the bull on foot, rather than horseback. Only during the Feria Goyesca is the ritual replayed, for the small town of Ronda now concedes bullfights to larger cities.

It was here in Ronda where Orson Welles envisioned his unfinished work of the film, "Don Quixote." Though Welles never completed the film, and only his ashes remain in Ronda, the film "Don Quixote" continues to live here in spirit.



The view of the Puente Nuevo, or New Bridge in English, in the town of Ronda, located in the picturesque Andalusia mountains of Spain. (U.S. Navy Photo by Chief Mass Communication Specialist William Clark/Released)



By Lt. Cmdr. Robert Johnson, Navy Region Europe, Africa, Southwest Asia Public Affairs

“We the people,” are the first words of the United States Constitution. These words identify the driving force in the creation of the constitution and the running of the government it established. Do you know your expected role as one of the people? We should start at the beginning.

In the early spring of 1775, the members of the Virginia legislature were meeting to consider the results of a Continental Congress that had convened recently in Philadelphia, and to ponder the fundamental questions of the basis of liberty and constitutional government. This debate led to the definition of three closely connected foundational principles: that the just powers of government are derived from the consent of the governed; that the source of constitutional legitimacy is found in equal natural rights; and that these rights are grounded in the self-evident truth that all men are created equal.

In 1783, after the Battle of Yorktown had been won but before the treaty of peace was concluded, General George Washington sent his last report as commander of the Continental Army to the state governors. He observed that Americans were now free and in possession of a great continent rich in “all the necessities and conveniences of life.” The potential of the new nation was virtually unlimited, given the times and circumstances of its birth. Washington struck a jarring

note, “and if their Citizens should not be completely free and happy, the fault will be entirely their own.” The founding fathers understood self-government in a twofold sense of political self-government, in which we govern ourselves as a political community (freedom), and of moral self-government, according to which each individual is responsible for governing himself (liberty). Individuals could not govern themselves as a body politic unless they were each first capable of governing themselves as individuals, families, and communities. The purpose of limiting government, assuring rights, and guaranteeing the consent of the governed is to protect

the culminating first principle of American liberty is self-government.

American liberty is inseparable from the Founders’ understanding of virtue. Liberty is the moral use of freedom. It is not the morally unrestrained pursuit of any objects of one’s passions. Indecent behavior, not conforming to rules and morals of society, is incompatible with reason and morality. Likewise, liberty agrees with man’s higher nature — his rational and morally responsible nature. When a man becomes a slave to his passions, he has given up his rationality and his liberty.

People have both the potential of depravity to and philanthropy, so the institutions of U.S. government were designed with light of human nature in mind. Virtue was necessary, but to rely on virtue alone would be insufficient to protect liberty. Limited constitutional government is only possible when people have good moral character.

a vast realm of human freedom. That freedom creates a great space for the primary institutions of civil society — family, school, church, and private associations — to flourish, forming the habits and virtues required for liberty. It was through these institutions that man secured, as it says in the Constitution, “the blessings of liberty.” Moral self-government both precedes and completes political self-government, and thus political freedom. It is in this sense that the primary as well as

The Founders knew that a representative government ultimately depends on the character of the people: if the people lack virtue, they would soon lose their freedom. Self-government relies on personal and political virtues directed toward self-reliance, public spiritedness, civic knowledge, and personal and public moderation. These are the qualities necessary for “we the people” to self-govern.

# TEEN CENTER AWARDED SUMMER CAMP IN TEXAS

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

NAVAL SUPPORT ACTIVITY, Bahrain — The Child and Youth Program (CYP) Bahrain Teen Center was selected to attend the 4-H Science, Technology, Engineering and Mathematics (STEM) summer camp in Texas because of their participation in the Teen Sponsorship video contest.

The video contest was based on a 10-15 minute-video produced by Navy CYP Teen Centers on bases throughout the Navy, which features the process of the Teen Sponsorship program.

The Teen Sponsorship program allows for arriving teens at their new command to be integrated into the community, school and the Teen Center. The program also allows for ease of transition from one location to another and provides a welcoming environment from their new peers and CYP staff members.

“The video shows how a new arrival will experience a much easier and faster adjustment in Bahrain,” said Grace Purley, CYP Supervisor. “Moving to a new location and changes in general are not always easy especially when

you are a teenager. These life experiences can be a challenge. Through the program, the teen will know a familiar face upon arrival and have someone to show them around, introduce new friends and help you adjust to the new area.”

The video portrays the steps involved once a new teen is identified and on their way. A teen will volunteer to be a sponsor and make contact with the new arrival. Once communication is established and the teen arrives in Bahrain, the sponsor will be there to answer any questions and support the arriving teen at their new home.

“Working on the video together was a lot of fun,” said Kristen Bowen, video production participant. “I played the new girl arriving to Bahrain and was shown around by a sponsor. As the new person, I had a great experience and found the program was helpful. So at the end of the video, I became the next sponsor for a new arrival.”

Once the video was completed, it was sent to compete against other Teen Centers. The Teen Center in Bahrain was selected to send 20 teens and two staff members to one of several 4-H STEM camps in the U.S.

“Being selected for the summer camp made the video project even better,” said Donovan Andrade, video production participant. “I’m excited to be attending the camp in Texas this summer.”

The weeklong camp is for kids ages 13-17 and is hosted by the University of Texas at Austin. The camp features a sky diving wind tunnel simulator, off-trail natural bridges and undeveloped limestone caverns to explore, and medical equipment and robotic demonstrations.

“Some of our teens have been in Bahrain for a while and living in a foreign country can be challenging,” said Purley. “This camp is a great opportunity to let our teens go to the U.S. where they will get to meet other teens and share their experiences. They will be able to experience a real college lifestyle while at the camp, the sky diving simulator and a lot more. I know they will represent Bahrain and our Navy well!”

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

011-973-1785-4520 or jennifer.stride@me.navy.mil

## SUMMER SAFETY



# SOUDA BAY HOSTS VELA GULF IN SOFTBALL

By Mass Communication Specialist 2nd Class (SW/AW) Jeffrey Richardson

SOUDA BAY, Crete, Greece – Sailors assigned to Naval Support Activity Souda Bay played host USS Vella Gulf (CG-72) in two friendly softball matches, June 23, on NSA Souda Bay's softball field.

After being on deployment for 3 months, Vella Gulf pulled into Marathi NATO pier facility June 14-24 for a scheduled port visit and maintenance availability. The softball game was organized by, Chief Warrant Officer 3 Wayne Slack, Navy Munitions Command Officer in Charge and base coach, after a request was sent by Vella Gulf to play a base team.

"I organized it the best I could, grabbed some players to get out here and here we are today, playing softball against the Vella Gulf," said Slack. "They thought we had a 'stacked' team but that isn't the case. We are here to have fun along with those guys and I think it is a great morale booster for them to get off the ship, come out here, and play some softball."

More than 30 Sailors participated in the game, helping to relieve some of the stresses of deployment for the Vella Gulf team during their port visit.

The Souda Bay team, mostly made up of players from the bases Morale Welfare and Recreation (MWR) intermural softball league, did their best however, it wasn't enough to bring them a win, losing the first game 17-22. When asked about who would win the tie breaker, Slack replied "I believe that we would have won the third, though it would have been close, because we have an opportunity to play softball every day. They had some really good ball players, I was very surprised."



SOUDA BAY, Crete, Greece – Sailors assigned to Naval Support Activity (NSA) Souda Bay host USS Vella Gulf (CG-72) in two friendly softball matches, June 23, on NSA Souda Bay's softball field. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey Richardson/Released)

Souda Bay rallied in the second game, beating Vella Gulf 28-5 and putting on a good show for those in attendance. "I think it's great!" said spectator Master at Arms 3rd Class Sharon Covary. "It builds comradery. They've been out at sea, on deployment on the ship and now they get to come here and do something recreational. The teams playing together builds unit cohesion."

Even though the teams were competing, the Sailors treated each other "With respect," said Slack. "Every Sailor on the field has been on deployment and knows the difficulties of being away from home. We all had a great time. It wasn't about winning or losing but to have fun and enjoy time away from the ship."

One thing is for sure; both teams played hard and enjoyed the game.

"It lets us relax," said Vella Gulf left fielder, Fire Controlman 2nd Class Kaleb Fisher. "Take off some stress, so to speak, and we really appreciate it; it's a good time! It's nice of the NSA Souda Bay base team to invite us out here to play. It gives us something to do and lets us come out and relax a little bit, have a little bit of fun away from deployment."

USS Vella Gulf is currently conducting naval operations with allies in the U.S. 6th Fleet area of responsibility in order to advance security and stability in Europe.



SOUDA BAY, Crete, Greece – Sailors assigned to Naval Support Activity Souda Bay host USS Vella Gulf (CG-72) in two friendly softball matches, June 23, on NSA Souda Bay's softball field. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey Richardson/Released)



SOUDA BAY, Crete, Greece – Sailors assigned to Naval Support Activity Souda Bay host USS Vella Gulf (CG-72) in two friendly softball matches, June 23, on NSA Souda Bay's softball field. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey Richardson/Released)

# NOTES FROM YOUR OMBUDSMAN

I have lots of great information to pass along to you this month.

First, I want to talk to you about emergency preparedness. We never know when an emergency may happen; we live and work in the shadow of a volcano and with a super-volcano (Campi Flegrei) in our backyard. If you and your family haven't already done so, you should put together an emergency plan and an emergency kit. The Navy has put together a great website with tons of information. The website is [www.ready.navy.mil](http://www.ready.navy.mil). On this website you can find information on creating an emergency plan and an emergency kit.

From a Commander, Navy Installations Command press release:

"Have a Plan. Another important tool you and your family need to prepare for possible emergencies is a family preparedness plan. Everyone in the family should understand what to do, where to go, and what to take in the event of an emergency. Your emergency plan should include how your family will communicate with each other, particularly if normal communication methods, such as phone lines or cell towers are out. Have a contact person outside the area that each member of the family can notify that they are safe. Also, plan ahead for how you will evacuate the area and where your family will meet if you are evacuated separately. Learn about the mustering requirements at your command and become familiar with the Navy Family Accountability and Assessment System (NFAAS) (<https://navyfamily.navy.mil>)."

If you are not signed up to receive emergency notifications through NFAAS, look into it. You can choose how the system will contact you, whether it's via email or text message. This is a good way to be informed in the event of an emergency.

In the event of an emergency back in the States, do you



know the process of Red Cross Notification? The phone number to reach the Red Cross is (877) 272-7337. This number will get you in touch with someone 24 hours a day, 365 days a year. If a family member in the States needs to send a Red Cross message, they will need:

- Service Member's Full Name
- Rank/Rating
- Branch of Service
- Social Security Number
- Military Address
- Information about the ill/hospitalized/deceased family member: name of hospital, funeral home, etc., point of contact at the hospital, funeral home, etc., with phone number.

As we all know, summer signals the high PCS season and also a time when we see many service members transitioning out of the Navy. For those getting ready to leave the military, Hire Our Heroes (HOH) has partnered


with Armed Forces Foundation to provide free, round trip tickets to any transitioning veteran going on a job interview anywhere in the Continental US. According to the information I received, "If you are currently actively engaged in the final steps of a job interview out of state, where the final step is that you fly in for a face to face interview, HOH will fly you there for free." This program is available to all transitioning service members who have recently separated from the service within the last year or plan to separate within the next 90 days. Tickets are limited and it is a first come, first serve basis. The tickets are for Southwest airlines and travel is limited to Southwest's routes. For more information about this program, send an email to [travel@hireourheroes.org](mailto:travel@hireourheroes.org). Or you can sign up for their mailing list at [hireourheroes.org](http://hireourheroes.org).

And the last piece of information I want to share with you this month is about School Chat. This is a great opportunity for students and parents who are new to the area to meet with the School Liaison officer and learn about events and clubs that the school and local community offer. The schedule for the School Chat is every Tuesday at 12:30pm in the elementary school and at 1:30pm in the middle/high school. Thursday are reversed, 12:30 for the middle/high school and 1:30pm for the elementary school. She is also holding evening sessions on July 9th, July 23rd and August 6th at 4pm for elementary and 5pm for middle/high school. The meeting point is the front of the school. The School Liaison Officer is Annise Winslow. If you have questions, you can contact her at DSN: 629-6549 or commercial: 081-811-6549, or email at [annise.winslow@eu.navy.mil](mailto:annise.winslow@eu.navy.mil).

I hope you all have a great Independence Day. If you need to contact me, please don't hesitate. My email is [cnreufswanaples@hotmail.com](mailto:cnreufswanaples@hotmail.com), phone number is 331-674-6085 and Facebook is <https://www.facebook.com/cnreufswa.ombudsman>

## ENERGY BIGGEST LOSER

### Tip #03: Close the door on energy waste.



Always keep doors and windows closed when the heat or air conditioning is on.

# EURAFSWA Opens Expanded Fire Training Facilities in Bahrain

By Lt. j.g. Alexander Perrien, Navy Region Europe, Africa, Southwest Asia Public Affairs

This month marked the opening of Navy Region Europe, Africa, Southwest Asia's (EURAFSWA) biggest fire training facility, providing a wide range of scenarios and problem sets for EURAFSWA and local national emergency personnel.

"About a year and a half ago we met with the Fire Chief at the Bahraini International airport and asked him if he was interested in partnering with us to construct a training area," said EURAFSWA Fire Chief, William Casey. "He had a large training area out there but not a lot of devices."

After a year of work and negotiation, the large area is now paved and supports four of the most technologically advanced training facilities available.

"We have a mobile aircraft trainer, a mobile structural trainer, a car trainer, and a helicopter trainer," said Casey. "The structural trainer is three stories. You can rappel off of it, have live fires in it, even the security guys can use it to practice room clearing, and EOD can use it to train dogs. These are actually multi-purpose facilities. Not just for fire."

In Bahrain the fire trainers have been received with high praise.

"Since introducing the trainers to our personnel and the Bahrain Airport feedback has been excellent," said Naval Support Activity Bahrain Training Chief Hans Christian.

"Personnel are very excited and eager to use the trainers. After the training evolutions have been conducted, personnel are very happy with the outcomes and scenarios provided."

Plans for continued expansion of the joint training center are already in place.

"We are working on be pouring additional training pads, air conditioned training room and storage to include or new helicopter and Car props which we just received," said Christian.

The facilities have been receiving a lot of attention from Joint-forces as well as first-responders from neighboring nations.

"Emergency teams from the UAE, Doha, Saudi Arabia, and other gulf nations are interested in training on the facilities," said Casey. "Wherever there are firefighters, we have to have training to keep up our qualifications. We are required to train a certain number of structural, aircraft, and vehicle fires every year to keep qualified. That's why we have it. It is part of our requirements."



AL JUFAIR, Bahrain - Firefighters on NSA Bahrain set up the structural trainer with the class leader. (U.S. Navy photo/released)



AL JUFAIR, Bahrain - Firefighters on NSA Bahrain finish up the first of many live fire evolutions. (U.S. Navy photo/released)

## REGION SPOTLIGHT

By Lt. j.g. Alexander Perrien, Navy Region Europe, Africa, Southwest Asia Public Affairs

Manning and Manpower are two of the most essential parts in any successful naval command. Without Manning and manpower, the region would not be able to effectively track position vacancies and the find people to fill them.

The Navy Region Europe, Africa, Southwest Asia (EURAFSWA) Public Affairs Team sat down with the region N1 head to discuss exactly what their office did and how it benefits the region as a whole.

"There are two aspects to N1," said EURAFSWA N11 Head Elvis Pierre. "Manpower deals with the billets, and changing or maintaining them. The manning side deals with getting the people into the billets. I do that for all the installations. Everything under EURAFSWA I maintain."

For the average sailor most of your work with N1 will be taken care of before you even arrive.

"When you get your orders, we have already coordinated with Navy Personnel Command. So they are going to write your orders and when you report, you are going to be working directly with the Admin office," said Cdr. Carla Blair, director of Total Force Management. "You would not come into my office unless you were a program manager who needed to change a billet, add a billet, or if you had a problem filling a billet."

Getting the billets filled may seem like a complicated, arduous task, but according to

Jones if the prep work is done properly, all it takes is foresight to ensure your office remains fully manned.

"First you have to have a requirement," said Pierre. "But that requirement can only be filled if you have funding. If you can identify the funding for they require the EURAFSWA board will generally have little issue creating an action."

Speaking with Jones made it clear that an action was a request of sorts and after the request passes the region board it moves up to the CNIC level.

"Doing the legwork ahead of submission to CNIC makes the process a lot easier. What's required, how it should be, what pay-grade it should be and stuff like that. There is a lot of work that should go on before an action takes place," said Pierre. "On a monthly basis we review all of our vacancies, military and civilian. For the military I make a list and send them to CNIC who will consolidate from all the other regions and then send them forward to fleet forces to the detailer to be advertised."

Now that the Navy is off of the hiring freeze the EURAFSWA office and N1 shops service wide are ramping up operations to fill gaps that were created during the freeze. But Pierre stressed the continuing importance of foresight despite relaxed hiring conditions.

"I want to emphasize the importance of office managers being ahead of the game to ensure that gaps don't come up by doing some future planning" said Pierre. "If you know someone is rotating or a civilian is leaving, do some pre-recruitment and advertising. Make sure you aren't left with a gap in your office."

# REGION VOICES

## What is your favorite local dish?



MA1 David L. Smith, Jr.  
Harbor Security Operations at Camp Lemonnier

My favorite dish is stuffed vine leaves. I had it on the indoc trip in the old harbor of Chania, Crete, Greece.



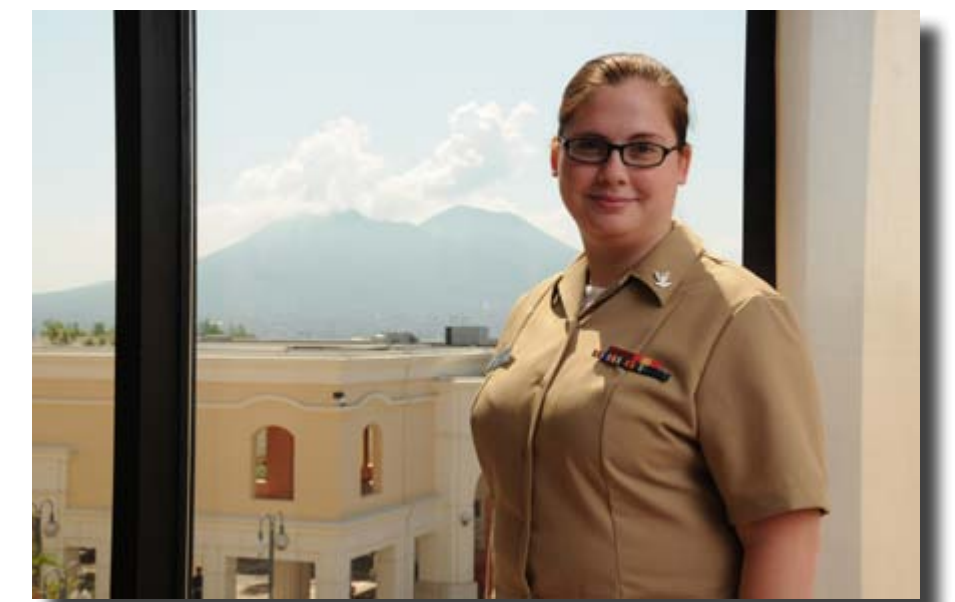
BM1 Sal Gandara  
Coastal Riverine Squadron - 1 LPO

My favorite dish is the Ethiopian food at this restaurant close to the airport. I'm thinking of learning how to make it after returning to Dallas, Texas.



YNSA Kenley Lundy  
Yeoman for NAVSTA Rota's Administrative Department

My favorite dish is tilapia. I've had it in a few different restaurants in Rota and it's been good every time. I've learned to cook it and it turns out okay.



YN3 Lottie Stachlewitz  
NAVSUPPACT Naples Administrative Clerk

My favorite local dish is spaghetti with fresh tomato sauce and I like it at La Lucerna's, right off base.



LT Amanda Boudreaux  
Occupational Audiology Division Officer at NH Sigonella

My favorite dish is pistachio gnocchi; I've had it multiple restaurants. I learned how to make gnocchi in a MWR cooking class and my husband learned to make the pistachio sauce from a local market vendor.



Sheik  
NSA Bahrain

Unfortunately, the Sheik was unavailable for comment.