



# EURAFSWA *Reader*

## DISASTER READY

# Contents

04 REGION COMMANDER'S PERSPECTIVE Rear Adm. John Scorby	20 CIVILIANS IN ROMANIA MC2 Luke Meineke
06 ARE YOU READY FOR A DISASTER? EURAFSWA Public Affairs	22 STAYING SEASONALLY SAFE IN SIGONELLA Lt. Paul Newell
10 STILL READY FOR UNNATURAL DISASTERS EURAFSWA Public Affairs	24 OIL SPILL DRILL MC2 Grant Wamack
12 NAPLES PHOTO STORY	22 SHORTEST AND SWEETEST: CONSTITUTION AND EVEN MORE TRANSLATION SERVICE Lt. Cmdr. Rob Johnson
14 NEO DRILL MC3 Matt Murch	28 REGION VOICES
16 MY EMERGENCY PREPAREDNESS KIT Sean M. Quinn	29 CAMP LEMONNIER OPENS WAREHOUSE VIDEO
18 SOUDA BAY PHOTO STORY	



EURAFSWA READER VOLUME 8 ISSUE No. 01 - AUGUST 2015  
"DISASTER READY"

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# REGION COMMANDER'S PERSPECTIVE



Dear Friends and Family,

August 1st marks the end of the month-long EURAFSWA Energy's Biggest Loser competition. I would like to thank all of you, our installation CO's, their staffs, and your families for supporting our goal to reduce energy consumption. Please remember that even though the competition is now over, the habits you cultivated over the last month will continue to yield benefits well into the future. So keep up the awareness and do your part to reduce our consumption. Many small contributions can make a huge difference!

July ushered in the heart of summer and we kicked off the month with celebrations of our national heritage that took place at every installation. In Naples, we hosted nearly 7,000 guests at Carney Park for a July 4th extravaganza that was well-executed and well-received. I want to thank all of our installation teams for the efforts put forth for the safe and enjoyable events over the July 4th weekend.

As we countdown to the start of the school year I ask all of you to maintain your vigilance with respect to summer safety and travel. The tragic event in Chattanooga, TN reminds us that threats to our well-being take many forms and can come from areas we consider safe. Remaining vigilant and keeping a low profile are your first two lines of defense. Among the other numerous safeguards you can put in place to mitigate threats to your personal security, I would put registering in the AtHoc notification system at the top of the list. If you are not receiving messages and updates via mobile devices, ensure you are properly registered. The AtHoc system works world-wide and will deliver notifications right to your pocket or purse.

With that in mind, August brings the beginning of vacation season for many of us. Please be sure to plan ahead and prepare for reduced manpower. Also, please remember that pharmacies, grocery stores, gas stations, and other essential businesses may be affected by local nationals taking vacation during August, so plan ahead for any needed products and services.

You continue to impress me with the support you are giving to our fleet, fighters, and families. We are entering the final stages of the construction and delivery schedule for the Navy's newest installation in Deveselu, Romania. On top of that, our mission sets are not contracting around the EURAFSWA region; they are growing, and in some cases by leaps and bounds. The Greek financial crisis emphasized that world events can have a significant influence on our mission, but it also showed how well we coalesce and adapt to challenging circumstances. Every department, N-Code, and installation is delivering results and your efforts are making a difference. Thank you for all that you do.

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

# Are You Ready For a Disaster?

Story by CNREURAFSWA Public Affairs

Most military families believe that they are prepared for a man-made or natural disaster. What does being prepared mean? According to Mark Frederickson, Navy Region Europe, Africa Southwest Asia's (EURAFSWA) Emergency Management (EM) Director, it means to be ready beforehand for some purpose, use, or activity; to work out the details of in advance.

"I like the phrase, 'work out the details of in advance,'" said Frederickson. "In many ways, being prepared means thinking about what might happen, and then taking steps to mitigate the problems you foresee."

Frederickson gives an example for being prepared for particular duty stations.

"Sure, every location in the world has a unique set of hazards, and those will drive what should be in your disaster kit," he said. "Here in Naples, we live in an extremely seismically active region. So, I would expect outages of utilities such as water and electricity, and some impassable roads in the event of a major earthquake, and I would prepare accordingly."

According to ReadyRating.org and the American Red Cross, only two in 10 Americans feel prepared for a catastrophic event, but the reality is that only one in 10 American households have taken the appropriate preparedness steps: a family emergency plan, an emergency supply kit and training in First Aid and CPR/AED.

So what can military families do to become prepared and stay prepared for a disaster? The Region EM staff has developed a handbook for individuals, making disaster preparedness simple. The easiest way to start getting prepared is to answer the following questions:

- Where am I going to go, and how will I get there?
- How do I know when it is time to go?
- What should I do to close my house?
- What should I take with me?
- What should I do when I arrive at my destination?

Most Americans have seen the "reality" shows about doomsday preppers who are extremely prepared for disaster, but Frederickson says no one can be too prepared for a disaster.

"Can you be too handsome or rich," he joked. "Seriously, it's probably not possible to be too prepared, but it is definitely possible to be unprepared."

Frederickson continues to emphasize the importance of being prepared, giving examples of how natural disasters often happen without warning, including the Indonesian tsunami of 2004, the earthquake in Haiti in 2010, and the Japan earthquake and tsunami of 2011.

Emphasizing that people can't prepare after the fact, "these were all 'no-notice' events," he said.

"Two-hundred twenty-eight thousand people died in Indonesia; 160,000 in Haiti; and more than 15,000 in Japan."

He also said, that not only are many disasters no-notice, but the ability of civil authorities to render assistance in a timely manner may be very limited. Additionally, the basic necessities of life such as food, water and shelter may not be available, and if it is, people may not be able to get to it because of impassable infrastructure; electrical power could also be out for weeks.

"The bottom line is everyone needs to be self-sufficient for a minimum of three days, but seven days is a better goal," he said.

EMO has put together a disaster preparedness handbook for Navy families, but it isn't just a list of things Navy families should have, it is information, pre-planned actions, and effective communications.

"It is very important to talk planning with your family," said Frederickson. "This ensures everyone knows what the other should do."

For more information on disaster preparedness you can go to the following Websites:

- <http://www.cnic.navy.mil/Naples/OperationsAndManagement/EmergencyManagement/index.htm>
- <http://www.ready.navy.mil>
- <http://www.ready.gov/>
- <https://www.fema.gov/>
- <http://www.cdc.gov/>



U.S. Navy sailors move food and water onto an HH-60H Seahawk helicopter aboard the aircraft carrier USS Ronald Reagan in the Pacific Ocean, March 15, 2011. The Ronald Reagan is off the coast of Japan providing humanitarian assistance in Japan to support Operation Tomodachi. The sailors are assigned to Anti-Submarine Squadron 4. U.S. Navy photo by Seaman Michael Feddersen



### Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



Ready

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# Emergency Supply List



FEMA

[www.ready.gov](http://www.ready.gov)

# Still Ready for UNNATURAL DISASTERS

By CNREURAFSWA Public Affairs

## Remember Me?

Last year I talked to you about being prepared for all disasters - natural and unnatural. I took you step-by-step on how to defeat one of the many unnatural scourges to mankind the deadly "Boaricane". I know you and the unnamed town in Brazil remember what happened, however, if you missed it, it can be found in *September 2014 edition* of this fine publication. I am still the world's foremost survivor. As of today, I have survived tens of thousands of sticky situations, tight spots, natural and unnatural disasters. Yeah, I am that good.

## Are you a Coasty Yet?

The U.S. Coast Guard motto is Semper Paratus, always ready. Are you ready? Do it, be like a coasty, always ready. Here is another one of my fascinating adventures that will help drive home this principle. Remember these words and try to do it with some style. My style is old-school, find yours and rock it like a polo.

## Beeruption

So there I was working in the backyard of my Washington [the state] Estate when it happened again. There was a loud bang and the sky was full with an unnatural overcast. Was it another volcano eruption? No, this crisp Pacific Northwest summer day was darkened by a beecclipse caused by a beeruption. But I was not worried because I am always ready.

## What is a Beeruption?

When volcanos erupt, they typically release hot gases, debris and lava. However, during a beeruption, something different is launched into the air: billions of freakishly large killer bees. The bees are the size of George Forman's fist and have a lava rock hard exoskeleton. These monsters fill the sky, literally blocking the sun. Quick warning: Don't stop to marvel at this cloud of doom because you will be dead.

## What happened and how?

For years now the honey bee population has been disappearing in North America and Europe. The cause of this disappearance has been blamed on GMO crops, global warming and *Justin Bieber songs*. No one guessed the real cause was something more sinister, a mass bee migration to volcanoes.

"Over the years, increased use of pesticides and of course awful pop music have driven billion of U.S. bees into Mount St. Helens," said Dr. Daniel "Doctor Bee Death" Day, Head of Apiology at Southcentral Washington State University. "The bees found protection there. They turned it into a gargantuan bee hive."

When this major eruption happened, so many bees were thrown into the air that it appeared to be a volcanic plumb of ash. However, my kindred spirit, "Doctor Bee Death" Day was ready and he knew what to do.

With the sky blacked out and billions of bees confused, angered, and swarming single-mindedly toward tourists and residents things were looking pretty grim for The Evergreen State. "Doctor Bee Death" Day knew that bees, like all insects, are cold blooded. In order to survive cold weather they huddle together in their hives. Day used his contact at the Federal Science Agency and the Air National Guard to seed carbon dioxide in the upper atmosphere, causing an instant cold front. The cold made the bees drop dead, restoring what passes as sunlight to the Seattle area. Consequently Day was awarded the "Golden Chainsaw Medal" for his heroic deeds.

## Avoid and Survive a Beeruption

No one is certain where the missing European bees are (I am looking at you Mount Vesuvius) or when another beeruption will happen. While bees shot out of volcanos are understandably aggressive, you can still take steps to prevent an attack, said Day.

## How to Avoid Attack:

- Don't dress like a flower.
- Don't wear perfume or cologne.
- Forget bee repellent (it is actually made from cologne).
- Skip Valentine's Day (unless you give your spouse power tools as a present)

## How to Survive an Attack:

- Don't swat at the bees; get to shelter.
- Choose a shelter wisely - think Tornado - inner room, no windows, and if possible, no vehicles.
- Secure the room - think like a teenager burning "incense" - close the vents and place a towel under the door.

## Above all be Prepared

Too many limbs have been lost and too many lives have been wasted all because people were not ready. So make yourself ready. You can take a Red Cross sponsored First Aid class, create a disaster preparedness kit by using the one of the checklists in earlier articles in this totally awesome digital masterpiece. Also, know where you family members are at all times.

You do not need to barricade yourself in a log cabin in the middle of Timberland, Wis. You do not need have a basement full of high-tech weapons and specially trained *ninja monkeys*. What matters most is what is in your head and in your heart. But most of all what is in your bank account.

My family and I are ready. Are you?





Chief of Naval Operations (CNO) Adm. Jonathan Greenert holds an all-hands call with Sailors stationed at Naval Support Activity Bahrain. Following a group reenlistment and an award presentation, Greenert also answered questions from the audience. (U.S. Navy photo by Mass Communication Specialist 2nd Class John Benson/Released)

Chief of Naval Operations (CNO) Adm. Jonathan Greenert holds an all-hands call with Sailors stationed at Naval Support Activity Bahrain. Following a group reenlistment and an award presentation, Greenert also answered questions from the audience. (U.S. Navy photo by Mass Communication Specialist 2nd Class John Benson/Released)



Chief of Naval Operations (CNO) Adm. Jonathan Greenert holds an all-hands call with Sailors stationed at Naval Support Activity Bahrain. Following a group reenlistment and an award presentation, Greenert also answered questions from the audience. (U.S. Navy photo by Mass Communication Specialist 2nd Class John Benson/Released)

# NEO Drill

Story and photos by MC3 Mat Murch  
NSA Naples Public Affairs

The Naval Support Activity Naples (NSA) Emergency Management Office held a Noncombatant Evacuation Operation (NEO) drill for members of the military community at the base elementary school, June 23.

Emergency Management holds several drills throughout the year including active shooter and earthquake scenarios, however the NEO drill is their largest annual exercise. Overseas evacuations can be offered or ordered for events like civil unrest and natural disasters.

The scenario played out as if an emergency evacuation was happening and personnel from various command departments went through the same process they would in an actual disaster.

As service members and their families neared the school, signs directed them into lines for those with or without pets. Participants then signed in at reception and moved to the next station where volunteers helped ensure they had the correct paperwork and gave information on what to do if they were missing any necessary material.

Participant's passports were scanned and their information was entered into a database. Each person received a wristband with a barcode holding their relevant data.

"With a passport we scan most of the information we need to enter in the system right away," said Damage Controlman 2nd Class Chris Niosco, from Emergency Management. "We need full name, gender, birthdate and nationality, and the passport scanner makes it much easier."

Participants continued on and had the option of visiting areas with personnel from medical, legal, Red Cross, the U.S. consulate, the chaplain's office and the Fleet and Family Support Center.

Army Chaplain Capt. Dwayne Hughes was one of the first participants to enter the drill and said he felt like he got a lot out of the evolution.

"It took me about 36 minutes to get through all of the stations and I learned a lot," Hughes said. "Me and my wife have a go bag just in case something were to happen, but we didn't actually know what all information we needed to keep in it. Now that I've been through the process and saw just how much information I was missing and forms I'd never heard of. I'd also never heard of the Red Cross's "Safe and Well" program, so the whole experience was informative."

Breanna Perez, assistant at the Naples Red Cross field office, explained that the "Safe and Well" program is a website operated by the Red Cross to help make communication between family members easier and more efficient.

"The website is designed so families in a disaster area can put in their names and other basic information and either a phone number or address," Perez said. "Then they click either a pre-determined message or a personal message for their families. Then family members outside the disaster can look up the name of their loved one along with either the address or phone number and see if they are ok."

The participants from the installation's Emergency Management team said they felt that the drill was a success.

"Last year we had a mock up of this drill to see where we were and we've done a lot based on what we learned last year to make things better," said Machinist's Mate 1st Class Aaron Berry, from Emergency Management. "Annual training like this is very important because it helps us gauge our strengths and weaknesses. As important as it is to see what we are doing right, it's important to know where our weaknesses are so in the case of an actual disaster we can be as prepared as we can be."

Visit [www.ready.navy.mil](http://www.ready.navy.mil) for information on building kits, family emergency plans, and what to do in a number of disasters and scenarios.



Service members and their families enter the Naples Elementary School in order to participate in a Noncombatant Evacuation Operation (NEO) drill located on Naval Support Activity Naples. NEO drills are held at all bases not located in the United States in order to prepare service members and their families in the event of a mass evacuation. (U.S. Navy photo by Mass Communication Specialist 3rd Class Mat Murch/Released)



Machinist's Mate 2nd Class Eric Garcia, assigned to Naval Support Activity (NSA) Naples Emergency Management department, places a wrist band on a soldier participating in a Noncombatant Evacuation Operation (NEO) drill at the base elementary school. NEO drills are held at all bases not located in the United States in order to prepare service members and their families in the event of a mass evacuation. (U.S. Navy photo by Mass Communication Specialist 3rd Class Mat Murch/Released)



Damage Controlman 2nd Class Chris Niosco, (Left) Machinist Mate 2nd Class Eric Garcia, (Middle) and Machinist Mate 1st Class Marco Caseja, (Right) all assigned to Naval Support Activity (NSA) Naples Emergency Management, man work stations during a Non-Combatant Evacuation (NEO) Drill located on Naval Support Activity Naples Support Site. NEO drills are held at all bases not located in the United States in order to prepare service members and their families in the event of a mass evacuation. (U.S. Navy photo by Mass Communication Specialist 3rd Class Mat Murch/Released)



# My Emergency Preparedness Kit

By Sean M. Quinn  
Emergency Management Officer for NSA Naples

Do you know what you should have in your kit to sustain you and your family following an emergency? How long should your kit last you?

In addition to the Emergency Management staff of Naval Support Activity Naples, here are some online resources to help get your kit started. Take a look at each one and tailor your kit to meet your individual and family's requirements.

- Ready Navy: [www.ready.navy.mil/BuildAKit/EmergencyKits/index.htm](http://www.ready.navy.mil/BuildAKit/EmergencyKits/index.htm)
- FEMA's Ready.gov: [www.ready.gov/build-a-kit](http://www.ready.gov/build-a-kit)
- The American Red Cross: <http://upson.redcross.org/Media/checklist.pdf>

An emergency preparedness kit should sustain you and your family for at least three days. Because of the unique features and potential hazards here in Southern Italy, it is recommended you plan for one to two full weeks of consumables (food, water, batteries, etc.), in addition to the other items in the kit. This will help with you and your family's immediate needs with minimal reliance on others.

The severity of an emergency event may be significant, and resources may be extremely limited and not immediately available. At a minimum, your emergency kit should have the supplies listed below. Plan for and monitor expiration dates of all kit contents.

- ✓ Water (one (1) gallon per person, per day stored in easy to carry containers) (Recommend rotating/replacing every 6 months)
- ✓ Food (Non-perishable, easy to prepare items)
- ✓ Baby/Infant Supplies
- ✓ Diapers
- ✓ Wipes
- ✓ Bottles
- ✓ Food
- ✓ Formula
- ✓ Pacifiers
- ✓ Clothing
- ✓ Blanket(s)
- ✓ Flashlight
- ✓ Radio (Battery or hand-crank powered)(Make sure the radio can receive AFN broadcasts)
- ✓ Extra Batteries (flashlights, radio, other battery powered kit items)
- ✓ First Aid Kit (The American Red Cross suggests the following for a family of four (4))
  - ✓ 2 absorbent compress dressings (5 x 9 inches)
  - ✓ 25 adhesive bandages (assorted sizes)
  - ✓ 1 adhesive cloth tape (10 yards x 1 inch)
  - ✓ 5 antibiotic ointment packets (approximately 1 gram)
  - ✓ 5 antiseptic wipe packets
  - ✓ 2 packets of aspirin (81 mg each)
  - ✓ 1 blanket (space blanket)
  - ✓ 1 breathing barrier (with one-way valve)
  - ✓ 1 instant cold compress
  - ✓ 2 pair of non-latex gloves (size: large)
  - ✓ 2 hydrocortisone ointment packets (approximately 1 gram each)
  - ✓ Scissors
  - ✓ 1 roller bandage (3 inches wide)
  - ✓ 1 roller bandage (4 inches wide)

- ✓ 5 sterile gauze pads (3 x 3 inches)
- ✓ 5 sterile gauze pads (4 x 4 inches)
- ✓ Oral thermometer (non-mercury/non-glass)
- ✓ 2 triangular bandages
- ✓ Tweezers
- ✓ First aid instruction booklet
- ✓ Medications (7 day supply)
- ✓ Medical supplies (glasses, contact lenses, syringes, specialty batteries, etc.)
- ✓ Multi-Purpose Tool (or small hand tools)
- ✓ Sanitation & Personal Hygiene Items
- ✓ Copies/Originals of Personal Documents
- ✓ Medication List
- ✓ Important Medical Information
- ✓ Passports
- ✓ Birth Certificates
- ✓ Immunization Record
- ✓ Sojourner's Permit
- ✓ Housing Documents (Inventory, Housing Contract, etc.)
- ✓ Automobile Papers (Bill of Sale(s), Registration, etc.)
- ✓ Insurance Policies
- ✓ Powers of Attorneys
- ✓ Cell Phone(s) with Chargers
- ✓ Family & Emergency Contact Information
- ✓ Emergency Blanket(s) or Sleeping Bag(s)
- ✓ Map of the Area
- ✓ Manual Can Opener
- ✓ Pet Supplies
- ✓ Food
- ✓ Water
- ✓ Documents
- ✓ Crate (Transport)
- ✓ Tags & Collar
- ✓ Leash

Another key point to consider is the portability of your kit. This may be the most challenging factor in planning for and assembling your kit. If we were to remain in our homes during and after an emergency event, we need to make sure our kits are accessible. In this case, the kit can be stored and maintained in large containers on a cabinet.

However, depending upon the type and severity of the emergency event, we may be required to evacuate our homes, or even the area. In this situation our emergency kit must be scaled down to the supplies necessary to sustain us for approximately three days. We must also plan for a method of packing and carrying our emergency kit.

One suggestion is to place the contents of your kit into a portable container(s) and store them. Another is to have the portable containers immediately available to pack the supplies you have stored in larger containers or cabinet. The type of portable containers you use can be backpacks, small to medium luggage with wheels, tear-resistant bags, etc.

The key to portability is just that – don't pack your emergency evacuation kit in a container you cannot lift or carry. Also, take full advantage of sharing the load among capable family members as much as reasonably possible.

The most effective way to minimize the additional stress of an emergency event in our lives is to prepare ourselves and our families as much as possible through discussions and development of our family's emergency plan and the assembly of our emergency kit. The following resources are for parents to use in getting their children involved in the planning and preparations through their understanding of the facts:

- Ready Navy Kids: [www.ready.navy.mil/Kids/index.htm](http://www.ready.navy.mil/Kids/index.htm)
- FEMA's Fun & Games for Kids: [www.ready.gov/kids](http://www.ready.gov/kids)
- National Fire Protection Association: [www.sparky.org/index.html](http://www.sparky.org/index.html)

Over the past couple of years we have participated in various earthquake drills, and we will continue to do so in the future. These events offer us an opportunity to educate ourselves and one another about the likelihood of an earthquake here, and the importance of preparing ourselves to get through them.

Consider the "what if's" associated with an earthquake and what you need to do to prepare your emergency plan and build your kit. For additional information, please contact your command's Emergency Management staff or visit [www.cnic.navy.mil/Naples](http://www.cnic.navy.mil/Naples) and click the 'Operations and Management' tab.

Be Informed. Make a Plan. Build a Kit. Be Ready.



**SOU DA BAY, Crete -- Sailors conduct Visit, Board, Search and Seizure (VBSS) drills during the Maritime Interdiction Operation 2015 (MIO), an exercise in multi-national partnership hosted by the NATO Maritime Interdiction Operations Training Center (NMIOTC) at the NATO Marathi Pier Complex. Seven countries participated in the event: Bulgaria, Romania, Turkey, Georgia, Ukraine, United States and Greece, in which participants went through various courses of classroom training, tactical movements, room clearing, special weapons training and leadership instruction. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)**



# Civilians in

# Romania

Situated in the rural countryside of southern Romania, Naval Support Facility (NSF) Deveselu is the first Navy base to be established in nearly 30 years. It is an extremely unique site. The base is situated in the heart of Romania, where traditional Eastern European countryside living surrounds the base.

Home to the Aegis Ashore Missile Defense System (AAMDS), the installation houses some of the most advanced defense technology, yet is surrounded by more traditional forms of life - horse-drawn carts and bicycles are common forms of transportation in the local community.

Each day the people currently assigned to NSF Deveselu are making history. As the first U.S. installation in Romania, the personnel are working to build new support facilities, introduce services, and build new relationships in an area that has had very little, if any, previous interactions with Americans. Not only are they making history, but they are also shaping how the installation will operate in the years to come.

For many Navy civilians who work at Naval Support Facility (NSF) Deveselu, living and working at this unique location provides rare opportunities, and it is a noteworthy experience.

"Working at NSF Deveselu is excellent. I love it," said NSF Deveselu N6 Department Head Rudy Leichnam. "You're doing things that not many people can say they've done. The best thing is definitely the opportunity to stand up a base - the first one in 20-some years. I think that's amazing."

NSF Deveselu was established in October 2014, and serves as the logistics and security support AAMDS. The construction of the base is ongoing, and it is scheduled to become fully operational by the end of this year. In the meantime, however, base personnel state that they are contributing as much as possible to installation's ability to become a fully supporting site.

As the civilians who work there recognize and appreciate their part to help achieve this historic Navy milestone, they have not lost sight of the uncommon privilege that they have been afforded as some of the very few Navy affiliates to ever work in Romania.

"I love Romania," said Navy Exchange store manager Vicki Anderson. "The people here, I think, are some of the most genuine and humble I've ever met. The countryside is absolutely gorgeous."

Story by MC2 Luke Meineke  
CNREURAFSWA Public Affairs

I went to the Danube last weekend, the Danube delta, which was beautiful."

While the civilians on base find their contributions rewarding, they also state that it's not without challenges, building a base from the ground up is a difficult task for anyone.

"For me, the biggest challenge is keeping the shelves stocked," said Anderson, who opened the small NEX in May. "But I think we have a system in place now. The Sailors understand the next truck will be here, and they actually helped me unload the last truck."

Leichnam said the teamwork and willingness to shoulder extra responsibilities by the small crew here has impressed him the most. NSF Deveselu is designed to have a minimal staff, and when operational, will be home to about 200 Sailors, civilians and contractors, but every day the engineers working on the facilities are making progress.

"Over here, a lot of people wear multiple hats," he explained. "I'm really impressed with the guys in the blue shirts, because how many places do you have second-class petty officers running departments? All those responsibilities, they are handling them. I am impressed. I am highly impressed."

Ultimately, both Leichnam and Anderson agree that this is the most unique job with some of the greatest rewards they have had.

"I would encourage anyone to take this opportunity to travel and go someplace remote and do something that no one has done and give it a shot," Anderson said. "It's rewarding and a once-in-a-lifetime opportunity. I wouldn't trade it for the world."

For more information on NSF Deveselu, visit the website [http://cnic.navy.mil/regions/cnreurafswa/installations/nsf\\_deveselu.html](http://cnic.navy.mil/regions/cnreurafswa/installations/nsf_deveselu.html).



NEX Manager Vicki Anderson restocks snacks on the shelves of the Navy Exchange at Naval Support Facility (NSF) Deveselu, Romania, July 15, 2015. The first Aegis Ashore Missile Defense System base, NSF Deveselu is a unique environment for Navy civilians. (U.S. Navy photo by Mass Communication Specialist 2nd Class Luke B. Meineke/Released)



N6 Department Head Rudy Leichnam stands in the temporary offices at Naval Support Facility (NSF) Deveselu, Romania, July 15, 2015. The first Aegis Ashore Missile Defense System base, NSF Deveselu is a unique environment for Navy Civilians. (U.S. Navy photo by Lt. Cmdr. Mike Billips/Released)

# STAYING SEASONALLY SAFE IN *Sigonella*

Story by Lt. Paul Newell  
NAS Sigonella Public Affairs

The Sigonella community is adjacent to an active volcano, situated atop active fault lines and is on an island in the middle of a large ocean area. Each of these truths brings its own unique environmental challenges and potential hazards. In the recent past, Sigonella has been subject to significant ash fall from Etna's eruptions, experienced earthquakes, and this December, we'll be celebrating our 10-year anniversary of a large flood, which severely hampered operations at NAS 2 and made Marinai Housing uninhabitable. Each hazard may result in blocked roadways, power and water outages, squalid living conditions, or traffic jams on local highways. There are a number of local weather and volcano watch sites available on the web. These are not official government sites, but provide a wealth of information concerning our local conditions. Here are some available sites to help you stay plugged into what Mother Nature has in store locally:

**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.

**Drive Safely:** One of the biggest hazards we face at Sigonella is dangerous driving conditions. Two words of caution: **SLOW DOWN!** Most accidents are caused by excessive speed coupled with inattention and unfamiliarity with Italian roads. During fall and winter months roadways can become very slippery, particularly during the first rains of autumn when oils and ash particles may rise to the driving surface. Drive slowly through large puddles or drive around them if safe to do so. Remember, your car is not a submarine! Don't pass unless absolutely necessary. The few seconds you might gain toward your destination aren't worth the risk of injury or damage to your vehicle. Anticipate other drivers' actions. During any time of year you may see sheep and goats being herded on roadways. Expect the unexpected and remember to always leave plenty of room between you and the car in front. **DON'T TAILGATE.** Report accidents immediately to NASSIG Emergency Dispatch at 624-1911 on-base or 095-86-1911 off-base.

**Build a Kit:** The best way to prepare for the unexpected is to create one or more emergency kits that include enough supplies and water for at least three days. Keep a kit prepared at home, and consider having kits in your car, at work, and a portable version in your home ready to take with you. These kits will enable you and your family to respond to an emergency more effectively. Your various emergency kits will be useful whether you have to shelter-in-place or evacuate. Be sure your kits address the needs of small children, individuals with special needs, and your pets.

Here are some tips to help mitigate the problems that might arise in dealing with seasonal hazards unique to this area.

• First and foremost, regardless of the season, all active duty and civil service personnel are required to register with both the Computer Desktop Notification System (CDNS) and Navy Family Accountability and Assessment System (NFAAS). The CDNS system will immediately notify you via your work computer, cell phone and work phone (or other phone number and email address you designate) during an emergency. Don't delay your registration. NFAAS also provides accountability for you and your family during emergencies and includes detailed address and telephone information for official use. The CDNS and NFAAS links are listed at the end of this article.

• As you are well aware by now, Sicily gets hot, especially in the lowland areas where NAS Sigonella is situated. **HYDRATE!** Dehydration can cause dizziness, nausea, weakness, chills, light headedness, headaches and unconsciousness. If personnel are performing strenuous activities in these temperatures, along with improper hydration practices, heat exhaustion could be a result. Exhaustion from heat can be fatal if left untreated.

• Smaller children, especially newborns and infants, are not as adaptable to temperature change. When babies are too hot or cold, their body uses more oxygen to compensate. Make sure to limit their exposure to extreme temperatures, and never leave your child in your vehicle unattended!!

• In Sicily, Fall/Winter is the rainy season and we have a history of flooding. Again, make sure to register in CDNS and NFAAS. When a flood or flash flood warning is issued, CDNS will notify Sigonella community members through your media devices so you stay plugged in for procedures pertaining to all hazard and emergency response.

• Because of flooding and other road hazards always know at least two routes to work and where you live.

• Don't drive through large puddles. Drive around puddles if safe to do so, or choose another route to your destination.

• The holiday season is still months away, but for those with fresh-cut Christmas trees, make sure your tree stays green, that the needles are hard to pull from branches, and that the trunk bottom is sticky with resin. If your tree is bounced on the ground, a shower of falling needles means it is time to discard the tree. Above all, keep your tree away from flames!

Helpful Emergency preparation web sites:

◆ (NFAAS login site) <https://navyfamily.navy.mil/cas/login?service=https%3A%2F%2Fnavyfamily.navy.mil%2F>

◆ CDNS: [https://www.cnic.navy.mil/content/dam/cnic/cnrj/cfa\\_tokosuka/Public-Announcements/\(CDNS\)%20AtHoc%20Self%20Service%20User%20Guide\\_ENG.pdf](https://www.cnic.navy.mil/content/dam/cnic/cnrj/cfa_tokosuka/Public-Announcements/(CDNS)%20AtHoc%20Self%20Service%20User%20Guide_ENG.pdf) (CDNS self-registration guide)

◆ NFAAS: Ready.navy: <http://www.ready.navy.mil/> (Ready Navy is an official CNIC sponsored emergency preparedness program)

◆ Ready.gov:



U.S. Navy Sailors assigned to Explosive Ordnance Disposal Mobile Unit Eight (EODMU-8), prepare to load their zodiac pontoon boat onto a trailer following an initial exploration of the Marinai housing area on board Naval Air Station (NAS) Sigonella. Continuous heavy rainfall since Dec. 13 resulted in flooding and power outages aboard NAS Sigonella and in surrounding areas, including government housing units in Maranai and Maneo. Six inches to three feet of standing water was reported. NAS Sigonella provides logistical support to Commander 6th Fleet in support of the Global War on Terrorism. U.S. Navy photo by Journalist 3rd Class Michael Lavender (RELEASED)



U.S. Navy family housing complex in the town of Maranai. Continuous heavy rainfall resulted in flooding and power outages aboard Naval Air Station (NAS) Sigonella and in surrounding areas, including government housing units in the towns of Maranai and Maneo. Six inches to three feet of standing water was reported. NAS Sigonella provides logistical support to Commander 6th Fleet in support of the Global War on Terrorism. U.S. Navy photo by Utilitiesman Chief Jody Markham (RELEASED)

# OIL SPILL DRILL

By MC2 (SW) Grant Wamack  
NS Rota Public Affairs

Sailors from Security, Medical, Port Operations, and other departments here came together to respond to a simulated oil spill as part of a Spanish-American training exercise.

The scenario-driven exercise was meant to enhance the training and readiness of personnel by establishing a learning environment where participants could exercise functional plans and operational capabilities as they pertain to a large oil spill that starts on land and quickly moves to an on-water event. This exercise also served as a way to evaluate the facility response teams and emergency personnel in the rapid assessment and response to an oil spill.

“For us in port operations, it’s part of our certification. We need to be certified to be able to respond in case of a casualty or any type of spill in the water,” said Operations Specialist 1st Class Eder Dheming, a fleet response team member. “Our priority is to protect the environment in Rota and [El] Puerto de Santa Maria so no nastiness gets on the beach and everyone can enjoy their summer.”

The training scenario involved a vessel unloading JP-5 fuel and a tanker truck colliding with a JP-5 pipeline because of a flat tire. Five to 10,000 gallons of JP-5 spilled into the harbor and surrounding areas. The facility response team used absorbent booming and recovery strategies to recover the oil spilled in the Rio Salado River.

“Everyone has a small part to play,” said Krista Grigg, Rota’s environmental spill support coordinator. “Together we’re going to make a successful response to a spill. Just make sure if anything happens in port, we don’t panic. We know what we’re doing. We’ve practiced this before. We want to make sure it doesn’t go off base and impact private property. By maintaining the oil from here down we consolidate the oil and we’re able to pick it up easier with our simulated vacuum truck and [oil] skimmer.”

Even though Sailors were responsible for the majority of the response, Spanish service members played a vital role as well.

“We’ve included [the Spanish] the whole way,” said Grigg. “They can see what our capabilities are and they were discussing what their capabilities are. In case of this we would work in concert, but this shows we care about their land and we’re protecting it best we can.”

The exercise is held annually, but every year there are lessons to be taken away and improvements were made.

“I’ve learned a lot through this whole process,” said Grigg. “Every time we go through one of these we come back with so many lessons learned that improves the next time. All of the information we gather from this exercise is going to make this plan that much better.”



Sailors from various departments respond to a simulated oil spill as part of a Spanish-American training exercise on base. The scenario-driven exercise was meant to enhance the training and readiness of personnel in the event of a large oil spill. (U.S. Navy photo by Mass Communication Specialist 2nd Class Grant Wamack/Released)



# Shortest and Sweetest: Constitution and even more translation service

Story by Lt. Cmdr. Robert Johnson  
CNREURAFSWA Public Affairs

## Part the Third

### To recap

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

The Constitution was born in crisis, when the very existence of the new United States was in jeopardy. The Framers understood the gravity of their task. As Alexander Hamilton noted in the general introduction to *The Federalist*,

[A]fter an unequivocal experience of the inefficacy of the subsisting federal government, [the people] are called upon to deliberate on a new Constitution for the United States of America. The subject speaks its own importance; comprehending in its consequences nothing less than the existence of the Union, the safety and welfare of the parts of which it is composed, the fate of an empire in many respects the most interesting in the world.

Important themes permeate the completed version of the Constitution; these themes - liberty, self-determination and equal justice - are the foundational values for the American people.

Here is one last swing at translating the bill of rights:

### 8th Amendment: No Aye for an Eye

Excessive bail shall not be required, nor excessive fines imposed nor cruel and unusual punishment inflicted.

If you find yourself sentenced to beheading

in a football stadium for the crime of public drunkenness (I hear they don't play in the Midwest), then you could rightfully be upset that your Eighth Amendment rights were being violated. Ditto if you are fined fifty-eight thousand dollars for blocking a fire hydrant. The amendment, commonly known as the “Cruel and Unusual Punishment Amendment,” aims to make sure the fine fits the crime, as Jonny Cochran would say. In America, you cannot be stoned to death for having a mistress or have your hand sawed off for petty theft. This is welcome news for professional athletes and politicians, so we have that going for us.

### 9th Amendment: Know What I'm Sayin'?

The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people.

Like the second Amendment, this stalwart lion has had to suffer the slings and arrows of multiple interpretations. Perhaps it made complete sense to the Framers at the time, but now it reads like a line from a Nostradamus prophecy, and as a result, it has a different meaning depending on the whims and wishes of the reader.

### 10th Amendment: Don't mess with Texas, or Maine, or any state!

The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people.

In other words, the federal government should leave any powers it wasn't given under the Constitution up to the individual states. When people get cranky that the federal government is too big, too intrusive and can't do X, Y or Z, this is the amendment that gets cited, and the people

citing it are called Tenters.

Different Tenters have different goals, but they all share the same reality that beating the federal government in the governance game is an uphill battle. Current struggles include federal drug law, opposition to national ID cards, and firearm laws.

The Tenth Amendment has been cropping up with more frequency over the years as citizens have started to increasingly feel that the centralized federal government has its fingers in too many pies.

## Forefather's Legacy

The men who created the Constitution were very wary of the consolidation of power. They didn't trust people with it. The English monarchy they broke from had left them with political post-traumatic stress disorder. They deliberately installed safeguards that effectively made acquiring too much power as difficult as firing a semi-literate, unionized teacher. These checks and balance helped to distribute power and ensure the visibility of the document and the longevity of the government it created. Our Forefathers were able to craft something that was farsighted and extraordinarily brilliant.



# REGION VOICES

*What are a few items you have in your emergency kit?*



## CLDJ Warehouse Opening



MA1 Nicholas Miller  
NSA Souda Bay  
In my emergency kit i have canned food, medication, and toilet paper. Plenty of toilet paper.



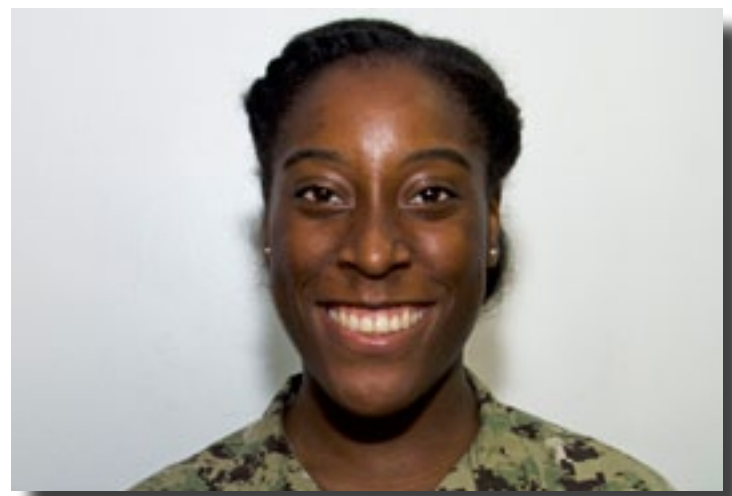
GM2 Alex Zhukovec  
NSF Deveselu  
In my emergency kit I have a flashlight, water, cash, a knife, matches, a lighter, and nuts.



YN3 Rona Marie Scheen  
NAS Sigonella  
In my emergency kit i have blankets, water, flashlight, first-aid kit, bug spray, book on edible/medicinal plants.



ABF3 Shermalaine Dantes  
NAVSTA Rota  
I have Band-Aids, Q-tips, rubbing alcohol, Aloe Vera lotion, a flashlight, batteries and tweezers in my emergency kit.



MA2 Linnisa Springs  
NSA Bahrain  
I usually keep a couple bottles of water, a blanket, some "Meals Ready to Eat", and money in Bahraini Dinars as well as U.S. Dollars in my emergency kit. I realize I should have a few more items like a flashlight and a radio but I'm working on making my kit better.



LNC Bradley Earl  
CLDJ  
I have hair product, deoderant, and fresh skivvies in my emergency kit.

