



HELLENIC ARMY GENERAL STAFF
D3 (INFORMATION AND PUBLIC
RELATIONS DIVISION)



Armed Forces Joint Mental Health Centre

The Armed Forces Joint Mental Health Centre is an out-of-hospital facility which provides mental health services. It provides information, support, and treatment. Its goal is for the individual to be not a passive receiver of medical instructions, but to act and become engaged. It strives for the training of military community members, so that they can detect and contribute to the resolution of psychological problems.

Services Provided

- Psychological Support and Crisis Intervention Hotline, 24 hours a day
- Command consulting for the management of special incidents and situations
- Programmes for the prevention and management of work-related stress and stress due to participation in peace support missions and humanitarian operations
- Training and informative activities to raise awareness among Armed Forces personnel
- Individual and group therapy, counseling for individuals, couples, parents and family
- Adult psychiatric observation
- Intervention in possibly traumatic experiences
- Operation of a specialised centre for the study and implementation of military personnel selection systems
- Research on matters of military mental health
- Specialised addiction counselling office.

Departments

- Prevention
- Treatment
- Recovery
- Training
- Research
- Mental Health in Operations
- Personnel Selection
- Development.

Personnel

Psychiatrists, psychologists, nurses, social workers, etc. from all three Services of the Armed Forces.

Beneficiaries

- Active duty and retired career military personnel of the Armed Forces and enlisted personnel
- Active duty civilian personnel and pensioners of the Ministry of National Defence, as well as adult family members of the above categories.

Access

The Centre is located at the 414th Army Hospital for Special Conditions, 6, Taxiarchou Veliou Str., 15236 – Palaia Penteli, Military Post Office 902.

By public transportation, with buses 460 and 461 from the Chalandri Metro Station and with bus 446 from the Marousi Train Station.

Appointments - Contact
800 11 45551-2-3
free of charge from
landline telephone
210 8105068 & 210 5574121
at local charges

Now you have
a choice...



Published by
Hellenic Army General Staff
D3 (Information and Public Relations Division)

HAGS/D3 Director
Brigadier General Anastasios Giannopoulos

Head of Section – Publications
Colonel (Inf) Christos Christopoulos

Chief Editor
Colonel (Inf) Christos Christopoulos

Editing
Maria Rekka

Photo Editing
Page Layout
Ioanna Nikolaidi
Vasiliki Kirtzalidou

Address
HAGS/D3 (INFORMATION AND PUBLIC RELATIONS DIVISION)
227-231 Mesogion Ave., 15561 Holargos
Tel. Nr.: +30 210 6553978-3167
Fax: +30 210 6553978
www.army.gr
email: ekdosis@army.gr

contents

Greetings by the Commandant of the Hellenic Military Academy (Evelpidon)	1
News	2
Activities	16
Feature	30
Hellenic Military Academy (Evelpidon)	
Personnel Welfare	40
Social Contribution	46
Sporting Events	58
Preventive Medicine	60
Colorectal Cancer Prevention: Best and Worst Foods	
History and Tradition	62
The Battle of Salamis The "Wooden Wall" Saves Greece	
28 or 29 September (21-22 of Boedromion) 480 B.C.	

Greetings by the Commandant of the Hellenic Military Academy (Evelpidon)

Dear readers

The hospitality offered to the Hellenic Military Academy, the senior higher education institution of our country, in the pages of this magazine in the form of an editorial, constitutes a particular honour for the Command and its personnel.

2018 is a landmark for the Academy's history, since it marks the 190th anniversary since 1828, when the first Governor of Greece, Ioannis Kapodistrias signed the decree for the establishment of the Cadet Company. From then onwards, the Academy has been the spearhead and catalyst in all the great struggles fought by our country.

As the cradle of steadfastness, discipline, emulation, competition, honesty, morality, bravery, patriotism, endurance, dignity, and decisiveness, its main goal is to provide in-depth and multifaceted education to the young Cadets in order to create leaders with high morale, able to meet the requirements of the modern operational environment.

The firm and everlasting conviction of the Academy, that the Cadet needs a solid theoretical and practical basis of fundamental knowledge, which is necessary for the growth and development of a full-fledged personality of a conscious Officer, constitutes the basis for the shaping of our curriculum.

Thus, leading personalities have risen to prominence from the Academy's desks, who distinguished themselves not only in the battlefield with their military capabilities and virtues, but also in the political and social affairs of the country, leaving an indelible mark in Greek history.

The universal recognition of the Academy by the entire Greek people, who embrace the Cadets with love and trust, and at the same time filled with admiration and pride, constitutes the capping stone of the effort of those who organised, commanded, reshaped, and arduously worked for the Academy in various stages of its history.

As the Academy's Commandant, I assure you that the Hellenic Military Academy will continue, without repose, to constitute the cradle of "the good hopes of the Nation and the Country", as envisioned by Ioannis Kapodistrias and, by setting the duty to the country as the top priority and supreme duty, to shape, through the Idea of the Evelpis, the leaders of tomorrow, the future of our Army, immersed in virtues, values, high morale, and skills, and capable of dealing with the challenges of the modern operational environment.

I wholeheartedly wish that the Hellenic Military Academy will go on for a thousand years and that it will always constitute the Nation's radiant beacon!



Major General Charalambos Lalousis



Visits by the Chief HAGS

» to the Area of Responsibility of the 88th Military Command "LIMNOS"

On 27 July 2018, the Chief of Hellenic Army General Staff, Lieutenant General Alkiviadis Stefanis visited the Area of Responsibility of the 88th Military Command "LIMNOS". He attended the oath-taking ceremony of the 2018 D Enlistment Series (97 soldiers), conducted at "Kardamila" Camp, visited the HQ, the Myrina Professional Soldier Quarters Residences under construction, the "Tsimouri" Camp (Myrina Garrison Officers' Club), and the military residences under construction (4 residences close to completion). Finally, he visited the "Mavroudi" Camp (88th Medium Tank Battalion) where he addressed the Formation's personnel.

» to the National Guard Battalion of Ermoupoli

On 13 August 2018, the Chief HAGS visited the National Guard Battalion of Ermoupoli. After the completion of his briefing, he addressed the Camp personnel, commissioned officers, reserve officers and soldiers, as well as the National Guardsmen, stressing the fact that:

- The Army's mission is twofold, extending from the field of deterrence to the field of contribution to society.
- He congratulated all personnel for their professionalism and the elevated sense of duty characterising them, emphasising the momentum of the National Guard and reserve institutions as essential force multipliers for the Army.

After the end of his visit to the island's military facilities, the Chief met with His Eminence, the Metropolitan of Syros, Tinos, Andros, Kea, Milos, and Mykonos, Mr Dorotheos II, who welcomed him, thanked him for his contribution and wished him every success in his duties.



» to the "Kapetan Matapa" Camp

On 21 August 2018, the Chief HAGS visited the "Kapetan Matapa" Camp of the 181st "HAWK" Guided Missile Battalion. In particular:

- He attended the Unit's briefing and the demonstration of the "Aeneas" system (air image transfer) and then addressed the personnel.
- He was then transported by vehicle to the 2nd Battery, in the area of Filyro, where he attended training activities. The visits confirmed the eagerness with which the career and enlisted personnel executed the said activities, as well as their exceptional morale.



» to the Service Support Division HQ

On 5 August 2018, the Chief HAGS visited the Service Support Division HQ, where he was briefed on the Division's operational planning activities and the force multipliers, under the Division's responsibility.

He then provided guidelines to the personnel. Later, he went to the Metropolitan Church of Metamorfofi tou Sotiros of the Holy Metropolis of Nea Krini and Kalamaria, in order to attend the full choral service, during which he was awarded the Grand Cross of the Great Martyr Eugenios of Trebizond First Class by His Eminence, the Metropolitan of Nea Krini and Kalamaria, Mr Ioustinos.





» to Mountainous Villages of the Prefectures of Xanthi and Rodopi

On 12 August 2018, the Chief HAGS, accompanied by the Commanding General of D Army Corps, Lieutenant General Georgios Kambas, visited mountainous villages of the prefectures of Xanthi and Rodopi, where he had the opportunity to meet and discuss with locals.

» to "Lieutenant General G. Katsani" Camp in Redina, Thessaloniki

On 23 July 2018, the Chief HAGS visited the "Lieutenant General G. Katsani" Camp in Redina, Thessaloniki, where he attended the demonstration of a "Hostage Rescue" Field Exercise by the D Raider Battalion.



» Visit by the Alternate Minister of National Defence to the D Army Corps HQ

On 7 September 2018, the Alternate Minister of National Defence, Panos Rigas, visited the D Army Corps HQ and then attended training activities by the XXV Armour Brigade at the Xanthi Tank Range.



Exhibition Pavilion of the Ministry of National Defence at the 83rd Thessaloniki International Fair

The Ministry of National Defence operated an exhibition pavilion, from 8 to 16 September 2018, in the context of the 83rd Thessaloniki International Fair. The following were among the participants:



» C Army Corps Formations and Units

» 71st Airmobile Brigade

The participation of the 71st Airmobile Brigade included:

- ❖ Technical climbing course
- ❖ Camo face painting
- ❖ Demonstration of STINGER guided missile training device.



» Higher Army Support Military Command

The Higher Army Support Military Command/Military Plant Command presented innovative products produced by the military plants. All the political and military leadership of the Ministry of National Defence visited the exhibition of the Higher Army Support Military Command/Military Plant Command and its products along with approximately 8,000 other visitors. There, the visitors had the opportunity to be briefed on the military plants' work and innovative ideas.



» Visits by the Army Inspector General/Training Doctrine Commander/Deputy Chief HAGS

On 4 July 2018, the Army Inspector General/Training Doctrine Commander/Deputy Chief HAGS, Lieutenant General Nikolaos Manouris, visited the Area of Responsibility of the 88th Military Command "LIMNOS", where he visited camps and various other military facilities, while he provided guidelines to the Formation personnel. The following day, the Army Inspector General visited the 41st Infantry Regiment Tactical Command.



» Visit by the Commanding General of the Hellenic First Army/EU-OHQ

The Commanding General of the Hellenic First Army/EU-OHQ, Lieutenant General Dimokritos Zervakis, attended activities in the Area of Responsibility of the XXIV Armoured Brigade – "1st Cavalry Regiment – Florina" and at the 33rd Mechanised Brigade, on 12 and 13 September 2018, respectively. He initially visited the "Second Lieutenant (Inf) Mpalanikas Nikolaos" Camp and on the following day the "ALESTA LOUKA" A and B Camps. He was briefed on the Formations' current activities, he was given a tour of the Camp facilities, and addressed the newly appointed Commanders and Staff Officers, stressing the values of continuous operational training and the establishment of a sense of security in the local community, promoting our presence everywhere. While visiting the XXIV Armour Brigade – "1st Cavalry Regiment – Florina" he attended the following training activities:

- Demonstration of the "Fire and Movement" procedure by guns of the 137th Self-Propelled Medium Artillery Battalion, in prepared and unprepared positions of the proving ground in the area of Alexandrio, Litochoro. The particular demonstration was attended by Artillery Officers and NCOs serving in Artillery units within the Area of Responsibility of the Hellenic First Army.
- AIM TEST fires by LE01A5 tanks at the Litochoro firing range.
- Conduct of operational fires number "7" at the light weapon firing range in Litochoro by the 647th Mechanised Infantry Battalion.

On the following day, he attended an "Enemy air bridgehead elimination" Field Exercise by a Mechanised Company Task Force, at the 33rd Mechanised Brigade.

The visits confirmed the excellent mission awareness, the high level of professionalism, and the incomparable eagerness with which the personnel executes its mission.

» Official Visit by the Commanding General of the Hellenic First Army/EU-OHQ to the Romanian Commander of the Multinational Southeastern Europe Brigade (SEEBRIG)

The Commanding General of the Hellenic First Army/EU-OHQ, Lieutenant General Dimokritos Zervakis, paid an official visit to the Romanian Commander of the Multinational Southeastern Europe Brigade (SEEBRIG), Brigadier General Tudorica Petrache, at "SCHINA" Camp (Tyrnavos). During the visit, they discussed matters of Brigade support, which is under the responsibility of the Hellenic First Army/EU-OHQ. Furthermore, the SEEBRIG Commander expressed his gratitude for the support provided thus far, to the Multinational Southeastern Europe Brigade by the host nation.



» Commander and Staff Officer Meeting under the Commanding General of the Hellenic First Army/EU-OHQ and Visit to the Area of Responsibility of the XII Mechanised Infantry Division

➤ A Commander and Staff Officer Meeting took place on 29 August 2018 at the Thessaloniki Officers' Club under the Commanding General of the Hellenic First Army/EU-OHQ. During the meeting, a detailed scheduling of the remaining year's work was conducted, while the directions of the Chief of HAGS to the new Commanders of the National Guard Battalions for the continuation of the upgrade of the National Guard institution were discussed in detail. The meeting was attended by Commanders of C and D Army Corps, Chiefs of Staff, and Staff Officers of Major and other Formations, 3rd Staff Office Officers, and National Guard Battalion Officers.



➤ On 30 August 2018, the Commanding General of the Hellenic First Army/EU-OHQ, Lieutenant General Dimokritos Zervakis, attended activities in the Area of Responsibility of the XII Mechanised Infantry Division. He initially visited the Division's HQ, where he provided guidelines and discussed with the staff personnel and the Commanders of the Units and Independent Subunits of the Alexandroupoli garrison. He was then accompanied by the Commander of the XII Mechanised Infantry Division, Major General Dimitrios Koukkos, to the "Second Lieutenant (Inf) Ioannis Patsoukas" Camp, where he examined the progress of the works being done on the Professional Soldier Quarter Residences, visited the 216th Mobile Field Surgery, and attended Field Exercise PLATON-1 by personnel of the 526th Mechanised Infantry Battalion. He was then transported by vehicle to the Area of Responsibility of the 7th Mechanised Brigade where he attended a Rapid Deployment Force(+) training activation by the Brigade's Mechanised and Armoured forces, and also visited the PLAGIES Surveillance Outpost, thus concluding his visit.

In the context of his visit to the PLAGIES Surveillance Outpost, he was briefed on its work and mission, while at the same time he attended training activities by the Units in the Area of Responsibility of the XII Mechanised Infantry Division. The visit confirmed the excellent mission awareness, high morale with which the personnel executes its mission, as well as the great love, appreciation and acceptance expressed by the local community for the work of the Armed Forces in the area.



» Testing of the Hellenic First Army HQ Rapid Evacuation Plan

On 6 July 2018, a testing of the Hellenic First Army HQ and the EU-OHQ rapid evacuation plan (Atlas Plan) was conducted. Furthermore, within the framework of the exercise, the scenario of building evacuation due to fire was also applied, with the participation of the Larissa Fire Service. The HQ personnel and the Units of the Hellenic First Army/EU-OHQ were briefed on the stipulated procedures and executed them safely and in an orderly fashion.



» Official Visit by the Defence Attaché of Italy to the HQ of the 80th Higher National Guard Battalions Command

On 30 July 2018, the Defence Attaché of Italy and the captain of the Italian training ship "PALINURO" paid an official visit to the HQ of the 80th Higher National Guard Battalions Command. "PALINURO" sailed into the harbour of Kos, in the context of the training voyage of the Italian Navy's NCOs School.



» Photographic and Records Exhibition titled "190 Years since the Establishment of the Hellenic Military Academy (Evelpidon)"

A photographic and records exhibition titled "190 Years Since the Establishment of the Hellenic Military Academy (Evelpidon)" took place from 16 to 18 July 2018, at the Larissa Municipal Gallery/G.I. Katsigras Museum, in the context of the celebration for the 190th anniversary of the establishment of the Hellenic Military Academy (Evelpidon).

The exhibition was opened on 16 July 2018 and the event was attended by the Religious, Political, and Local Authorities of Larissa, along with a delegation of Cadets from the Hellenic Military Academy.



» Commemorative Event for the People Slaughtered by Bulgarian Occupation Forces

A commemorative event took place on 23 September 2018 for the people slaughtered by the Bulgarian occupation forces in 1944 at Karyofyto village in the Prefecture of Xanthi, in the presence of the Commanding General of D Army Corps, Lieutenant General Georgios Kambas.



» Commemorative and Honour Event for the French Fallen Heroes of WWI

A commemorative and honour event for the French fallen heroes of WWI took place on 11 August 2018 in the area of Pythio village in the Municipality of Didymoticho, in the presence of the Defence Attaché of France.



» Celebration of the 75th Anniversary of the Liberation of Kastelorizo

The 75th Anniversary of the liberation of Kastelorizo was celebrated on 13 September 2018 on Megisti island, in the presence of the Deputy Minister of National Defence, the Chief HAGS, and the Commanding General of the Higher Military Command of Interior and Islands.



» Events for the 197th Anniversary of the Fall of Tripolitsa

The Training Centre Command held an event titled "The Strategy of the Revolution and our Folklore Tradition in the Times of the Fall of Tripolitsa" at the Malliaropoulos Theatre, on 21 September 2018, in the context of events for the 197th anniversary of the Fall of Tripolitsa. The event included the following:

- » Exhibition of wood art depicting heroes of 1821, by the artist Mr Panagiotis Konstantineas.
- » Concert by the Formation's Army Band, in cooperation with the local orchestra and choir of Tripoli.
- » Speech given by the Associate Professor of the University of Peloponnese, Ms. Konstantina Botsiou, titled "The Fall of Tripolitsa and its Role in the Strategy of the Revolution".



» Participation of the Hellenic First Army in Celebrations for the Liberation of Larissa

The Hellenic First Army/EU-OHQ organised a musical event at the Central Square of Larissa, with the participation of the Army Band, on 5 September 2018, in the context of celebrations for the liberation of Larissa from Turkish rule, titled "Eleftheria 2018".

The programme of the musical event initially included dance performances by the Anthoupoli Culture Club, in cooperation with the Ampelokipi Improvement Society, as well as the Larissa "Xenii Krites" Dancing Group. Then the Army Band Company of the Hellenic First Army/EU-OHQ performed various Greek and foreign hits, composing a multifaceted musical show that electrified the audience.

Religious, Military, and Political Authorities of Larissa, as well as crowds of people, attended the aforementioned event, filling the city's Central Square.



» Festivities for the Celebration of the 106th Anniversary of the Liberation of FOURNI Island

The festivities for the celebration of the 106th anniversary of the liberation of FOURNI island from Ottoman rule took place on 16 and 17 July 2018. The MP from Samos Dimitrios Sevastakis, the Deputy Commanding General of the 79th Higher National Guard Battalions Command, as well as various local Authorities attended the events. The 79th Higher National Guard Battalions Command participated in the festivities with a delegation of officers and NCOs.



» Anniversary of the Liberation of Chios from German Occupation Forces

A memorial service and wreath laying at the statue of Iasonas Kalambokas took place on 10 September 2018, on the occasion of the liberation of Chios from German occupation forces. The Higher National Guard Battalions Command participated with an honours detail and a delegation of Officers.



» Commemorative Events for the 74th Anniversary of the Anogeia Holocaust

Commemorative events for the 74th Anniversary of the Anogeia Holocaust by German occupation troops were held on 13 August 2018. The events were attended by the Commanding General of the 5th Infantry Brigade, a delegation of members of the Armed Forces, representatives of local Authorities, and crowds of people.



» Celebrations for the 106th Anniversary of the Liberation of Ikaria Island

The celebrations for the 106th anniversary of the liberation of Ikaria from Ottoman rule took place on 17 July 2018. The events were attended by the Head of the Region of Northern Aegean, Christiana Kalogirou, the Commanding General of the 79th Higher National Guard Battalions Command, as well as various local Authorities. The 79th Higher National Guard Battalions Command participated in the festivities with the Army Band, an honours detail, and a delegation of Officers and NCOs.



» Anniversary of the Samothrace Holocaust

Commemorative events for the anniversary of the Samothrace holocaust took place on 1 September 2018 in the city of Samothrace. The event was attended by the Deputy Commander of the 41st Tactical Command and a delegation of members of the Armed Forces, while an honours detail was provided for the occasion.



» Anniversary of the Psara Holocaust

A commemorative event for the 194th Anniversary of the Psara Holocaust was held on 1 July 2018, in the presence of the Chief HAGS.



» Memorial Service in Memory of the Fallen Raiders and Aviators

A memorial service in memory of the Raiders and Aviators who fell in 1974 on Cyprus was conducted on 29 July 2018 at the 1st Parachutist Battalion.



Commemorative Events for the Genocide of the Greeks of Asia Minor

» at the Hellenic First Army/EU-OHQ

The Hellenic First Army/EU-OHQ organised a Conference titled "Day of National Remembrance for the Genocide of the Asia Minor Hellenism" in the amphitheatre of the Larissa Municipal Gallery/G.I. Katsigras Museum, on 14 September 2018, in the context of personnel's informative events. The following lectures were given during the Conference by distinguished speakers:



- ◊ "The Genocide of the Greeks of the East and the claims of the Federation of Refugee Associations of Greece" by retired Lieutenant Colonel Georgios Karydis, member of the Cultural Association of the Asia Minor Greeks of the Prefecture of Larissa.
- ◊ "I Remember, Therefore I Exist" by Ms. Irini Sarioglou, Assistant Professor of the Department of Modern Greek Studies of the Istanbul University and co-founder of the Hellenic History Foundation.
- ◊ "Genocide, Notional Approach, Political Aspects of the Struggle for International Recognition" by Mr. Christos Topalidis, President of the Panpontian Federation of Greece.
- ◊ "The International Context of the Genocide of Greeks: Diplomatic and Political Components" by Mr. Theofanis Malkidis, Doctor of the Pantion University of Social and Political Sciences and member of the International Association of Genocide Scholars.

The above lectures were followed by a screening of the historical documentary titled "Letters with no addressee", as well as the award of commemorative gifts to the speakers by the Commanding General of the Hellenic First Army/EU-OHQ. Religious, Military, and Political Authorities of Larissa along with numerous individuals attended the said event.

» at D Army Corps

Commemorative events for the genocide of the Greeks of Asia Minor took place on 16 September 2018 at D Army Corps.



» at the 79th Higher National Guard Battalions Command

Commemorative events in the context of the Day of Remembrance for the Genocide of the Greeks of Asia Minor were held on 16 September 2018. They included a liturgy at the Church of Saint Charalambos in Varvasi, a memorial service and wreath laying at the Mounted Statue of General Plastiras, as well as a tossing of a Remembrance wreath at the Chios harbour. The Higher National Guard Battalions Command participated with an honours detail and a Delegation of Officers and provided vehicles.



» Event on the Subject "Reserve and National Guard" at the Amphitheatre of D Army Corps

An event on the subject "Reserve and National Guard" took place on 9 September 2018 at the Amphitheatre of D Army Corps, along with the recognition of a civilian, Mr. Georgios Dimitrakis, a kind benefactor of D Army Corps, by the Commanding General of D Army Corps, Lieutenant General Georgios Kambas.

» Recognition of National Guardsmen Who Distinguished Themselves at the Tycherio Garrison Officers' Club

A presentation of the training review was conducted on 8 July 2018 at the Tycherio Garrison Officers' Club, along with the declaration of the end of the National Guard year and the recognition of distinguished National Guardsmen by the Commanding General of D Army Corps, Lieutenant General Georgios Kambas.



Training of the Readiness Troops of the 8th Motorised Brigade

The training of the Readiness Troops was conducted on 18 July 2018 by Units – Independent Subunits of the 8th Motorised Brigade.



Field Exercise "The Communications Centre in the Field" at the Floating Craft Training Centre

On 18 August 2018, Field Exercise "The Communications Centre in the Field" was conducted at the Floating Craft Training Centre in Terpsithea with the deployment of communications systems. The 485th Signals Battalion participated with personnel and assets.



"Snow Thief" Field Exercise by the 9th Motorised Brigade

The "Snow Thief" Field Exercise was conducted on 5 September 2018 by the 9th Motorised Brigade.



Reservist Refresher Training at the 303rd Forward Base Plant

On 16 September 2018, a one-day reservist refresher training was conducted at the 303rd Forward Base Plant with a turnout of approximately 90%.



Escort of the Holy Icon of Panagia Faneromeni

On 23 August 2018, a detail of 10 National Guardsmen from the National Guard Battalion of Kavala escorted the Holy Icon of Panagia Faneromeni to Iraklitsa in the Prefecture of Kavala.



Reservist Refresher Training at the 303rd Forward Base Plant

On 16 September 2018, a one-day reservist refresher training was conducted at the 303rd Forward Base Plant with a turnout of approximately 90%.



Tactical Combat Casualty Care Course by the 32nd Service Support Battalion

A Tactical Combat Casualty Care (TCCC) Course was conducted by the 32nd Service Support Battalion from 30 July to 3 August 2018, with the contribution of Special Forces Training Centre instructors.



Participation of the 1st Raider – Parachutist Brigade in Exercise "Bright Star – 18"

Personnel and assets of the 1st Army Aviation Brigade and the 1st Raider – Parachutist Brigade participated in Exercise "Bright Star – 18" conducted in Egypt, from 7 to 20 September 2018.



National Guardsmen Training

National Guardsmen of the National Guard Battalion of Kalpaki received training on 16 September 2018 by personnel of the 32nd Marine Brigade.



Visit of a Qatari Delegation to the Stefanovikio Airfield

A delegation of 3 Qatari military personnel was welcomed and briefed by personnel of the 1st Army Aviation Brigade at the Stefanovikio Airfield, on 10 September 2018, in the context of the Military Cooperation Programme.



Three-day Operational Training by the 521st Marine Battalion

A three-day operational training was conducted, from 10 to 12 September 2018, by the 521st Marine Battalion at the Glafyra firing range.



13th Special Operations Command



Underwater demolition specialists of the 4th Special National Guard Battalion conducted refresher training on an islet from 10 to 13 September 2018.

2

The 4th Special National Guard Battalion conducted an amphibious exercise on an islet on 11 September 2018.



3

Close Quarter Battle training was conducted on 13 September 2018 at the Reduced Distance Firing Range by the Special Group of the 4th Special National Guard Battalion.

"Raider Battalion Attack" Field Exercise

A "Raider Battalion Attack" Field Exercise was conducted from 30 July to 1 August 2018 by the 1st Raider – Parachutist Brigade, in Redina. The first stage included isolation in the area of Redina, where a Battalion staff planning was conducted in an appropriately arranged operations room, along with a Company Combat planning – organisation, in their isolation spaces. During the second stage, a 42 km land infiltration and surprise attack was conducted upon arrival at the defensive positions.



4-day Night Training by the 505th Marine Battalion

A 4-day night training was conducted by the 505th Marine Battalion from 30 July to 2 August 2018 at the Glafyra firing range. The training was attended by reservists called up by the Battalion.



Joint Training of the 71st Airmobile Brigade with Helicopters of the 1st Army Aviation Brigade

On 9 and 10 August 2018, the 71st Airmobile Brigade trained with helicopters of the 1st Army Aviation Brigade at the Alexandria Airfield in Imathia, followed by a survival exercise in the area and operational training of reassigned soldiers of the 2018 D Enlistment Series, in the Area of Responsibility of the 9th Motorised Brigade at Kelli village in Florina.



Hellenic Military Academy and 71st Airmobile Brigade Training

The Hellenic Military Academy and the 71st Airmobile Brigade trained from 2 to 5 July and from 9 to 13 July 2018, respectively, at the "Koromila" Camp (National Centre of Excellence for Urban Warfare Operations) on urban warfare.



"Unconventional Warfare" Field Exercise Jointly Conducted with Field Exercise "PAGONDAS"

Units of the 1st Raider – Parachutist Brigade conducted an "Unconventional Warfare" Field Exercise jointly with Field Exercise "PAGONDAS" from 9 to 13 July 2018.

The 1st Parachutist Battalion conducted an "Unconventional Warfare" Field Exercise in the wider area of Kydonia – Chania.



Units of the 1st Raider – Parachutist Brigade conducted an "Unconventional Warfare" Field Exercise jointly with Field Exercise "PAGONDAS" from 3 to 6 September 2018, in the wider area of Konitsa.

The 1st Parachutist Battalion and the 5th Raider Battalion conducted an "Unconventional Warfare" Field Exercise in the wider area of Kydonia – Chania and Metaxades – Evros, respectively.





Close Quarter Battle Training by Personnel of the 5th Special National Guard Battalion

Close Quarter Battle training was conducted by personnel of the 5th Special National Guard Battalion on 21 August 2018 at the CHRISTOU Firing Range, in the context of the operational evaluation of the Special National Guard Battalion Special Groups.



Visit by US Military Team to the 1st Army Aviation Brigade

On 27 August 2018, a US military team from the 4th CAB visited the 1st Army Aviation Brigade.



4th Special National Guard Battalion Training

The 4th Special National Guard Battalion trained on Mountain Warfare in the area of Potami, Samos, on 3 September 2018.



Field Exercise "MEDUSA – 6"

Field Exercise "MEDUSA – 6" was conducted in Egypt from 23 to 29 July 2018, with the participation of personnel from the 32nd Marine Brigade and helicopters of the 1st Army Aviation Brigade.



Field Exercise "AVRA – 18"

Field Exercise "AVRA – 18" was conducted on 30 August 2018 at the Stefanovikio Airfield, with personnel and assets of the 1st Army Aviation Brigade.



Participation of the 1st Army Aviation Brigade in Exercise "SABER JUNCTION"

Personnel and air assets of the 1st Army Aviation Brigade participated in exercise "SABER JUNCTION", which was conducted in Germany from 4 to 29 September 2018. "SABER JUNCTION" is a Brigade-level exercise, conducted annually for the certification – evaluation of USAREUR Formations and other NATO Formations – Units on air assault operations, aiming at improving the Alliance's Response Force and enhancing interoperability among the participating forces. Apart from the forces of USAREUR, forces from Albania, Armenia, Bosnia – Herzegovina, Bulgaria, the Czech Republic, France, Georgia, Greece, Hungary, Italy, Kosovo, Lithuania, FYROM, Moldavia, Montenegro, Norway, Poland, Romania, Slovakia, Ukraine, and the UK, adding up to 5,500 personnel, also participated in the exercise. The following personnel participated from the Hellenic Armed Forces:



- Parachutist Platoon (16 strong) from the 2nd Parachutist Battalion, under the Tactical Control of the Special Operations Task Group – SOTG.
- One (1) Liaison Officer (LNO – National Support Element – NSE).
- One (1) Observer – Controller Team (OTC).
- CH-47D Helicopters from the 4th Army Aviation Helicopter Battalion, with a team of 6 pilots and 6 technicians.

ACTIVITIES

↗ The weekly staff meeting of the Base Support Command was conducted on 8 August 2018, along with a visit by the Chief HAGS to the 651st Base Ordnance Depot.

↗ Night training of the 2018 B Enlistment Series at the Land Minefield Clearance Battalion was conducted on 10 July 2018.

↗ G3A3 rifle fires, combined with fire and movement training, were conducted on 24 July 2018 by the 3rd Fuel Pipeline Command.

↗ Emergency Assistance Force training was conducted on 6 September 2018 at the Ordnance Battalion/Base Support Command.

Demonstration of New Individual Weaponry Firing Procedures

A demonstration in line with the challenges of the modern operational environment on the new individual weaponry firing procedures was conducted on 3 July 2018 at the Training Centre Command, under a field training type of exercise, at the 11th Infantry Regiment by trained personnel. The demonstration was conducted in the context of the continuous upgrade of training and especially in the context of firing procedures.



Reservist Refresher Training

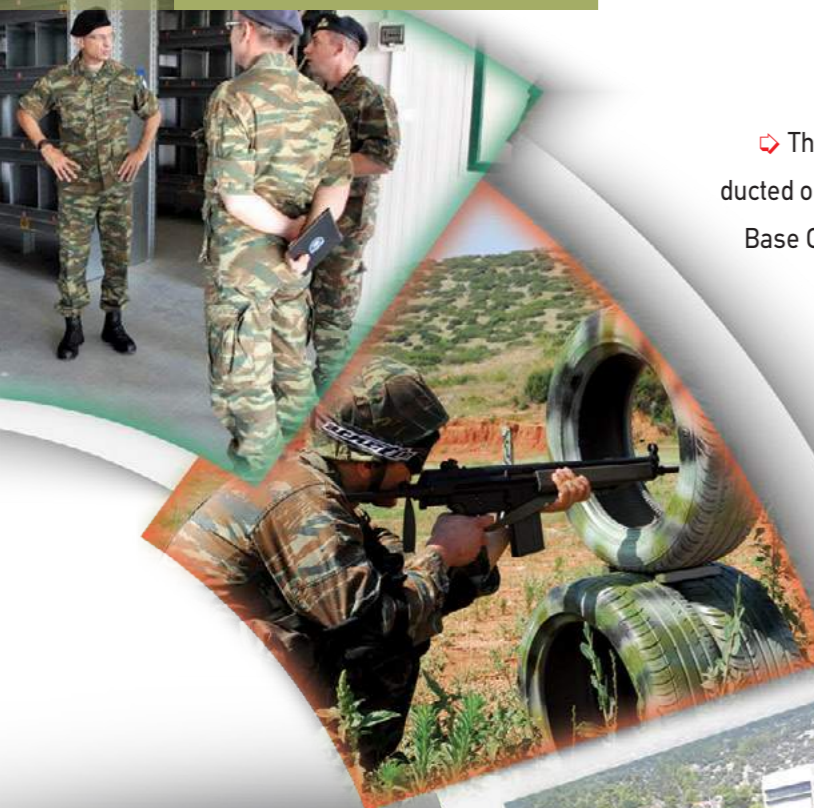
↗ at the Service Support Division

Refresher training of the local reserve Officers and Soldiers was conducted on 2 September 2018 at Units of the Service Support Division. The above training activity was planned and executed with the goal of maximising the operational readiness of the Units and briefing the Reservists on the latest developments in the Army.



↗ at the Armour Training Centre

Reservist Refresher Training was conducted at the "Major (Arm) Melidis G." Camp, at the Armour Training Centre in Avlonas, Attica, on 9 September 2018. A one-day briefing – training of 65 Reserve Officers from the Associations of Eastern Attica and Euboea Reserve Officers was conducted. The Reservists were transferred to the location of the training, where they were trained, in rotation, on tasks such as First Aid, Logistics during the various stages of combat, Rules of Radiotelephony Use, and Battlefield Orders.





D Army Corps: Recognition of Infantry Squads

The Infantry Teams which participated in the Mechanised Infantry Team Competition were recognised at the "PSI-LOS STALOS" proving ground by the Commanding General of D Army Corps, Lieutenant General Georgios Kambas, on 6 July 2018. The recognition was part of the constant effort to upgrade the training and improve the operational readiness and capabilities of D Army Corps Infantry Units.



Joint Training Exercise of "D" Force with UH-1H Helicopters

A Joint Training Exercise of "D" Force with UH-1H helicopters was conducted on 26 July 2018 at the "Captain (Inf) Theodorakis Emmanouil" Camp of the 547th Airmobile Infantry Battalion. All of the personnel of "D" Force participated in the exercise.



Briefing Visit of the Reserve Officers Associations to the Engineer School

A briefing visit of the Reserve Officers Associations of the Prefectures of Achaia and Euboea was conducted on 1 July 2018 at the Engineer School, in the context of their activities and contact with the Armed Forces.



Visit of the Multinational Southeastern Europe Brigade to the "Lieutenant General Papapanagiotou" Camp

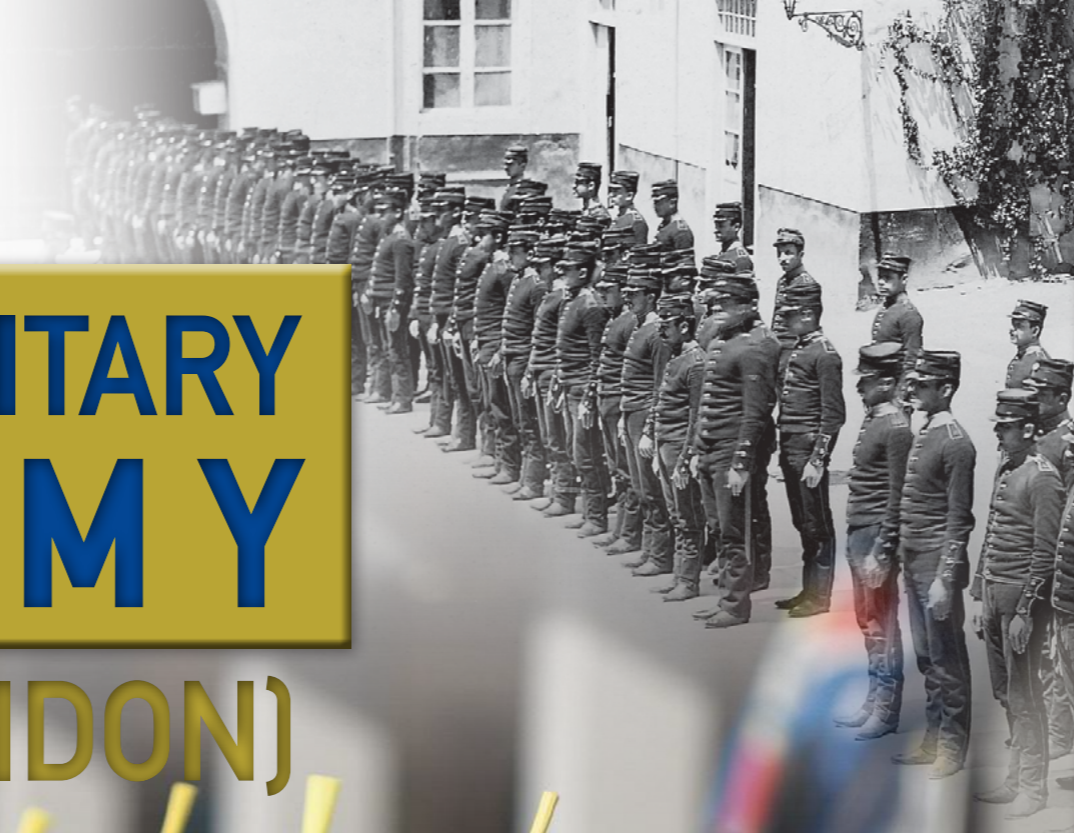
A visit of the Multinational Southeastern Europe Brigade (SEEBRIG) was conducted on 3 July 2018 to the "Lieutenant General Papapanagiotou" Camp in Loutraki, in the context of a scheduled field trip. A demonstration of some of the Engineer Corps' capabilities was conducted during the visit.



- ↻ Training was conducted on 25 June 2018 from personnel of the "Athens Fire Services Regional Command" to personnel of the 2nd Communications, Electronic Warfare, Information Systems, and Surveillance Group, on matters of fire safety – prevention and countering of fires in urban and forested environment.
- ↻ Training was conducted on 14 September 2018 by the Hellenic Shooting Federation on individual weaponry shooting techniques, in the Area of Responsibility of the 98th Higher National Guard Battalions Command.
- ↻ Infantry Heavy Weapons Fires were conducted on 19 September 2018 by Units in the Area of Responsibility of the 5th Infantry Brigade at the NAMFI. Apart from the Units of the 5th Infantry Brigade, National Guardsmen from the National Guard Battalions of Crete also participated in the exercise.
- ↻ Practical training was conducted on 25 and 26 August and 05 and 06 September 2018 on the islands of Farmakonisi and Kalolimnos, respectively, by the Sergeants of the Guard on small islands and islets, in the context of their training course.
- ↻ Close Quarter Battle training was conducted on 28 August 2018 by the trainees of the Small Islands and Islets Sergeants of the Guard Course, at the Linopoti firing range.
- ↻ Enlistment for a 6-day training for local reservists took place on 16 September 2018 in the Area of Responsibility of the 41st Infantry Regiment Tactical Command.
- ↻ Establishment of a Readiness Force was conducted on 26 September 2018 in the Area of Responsibility of the 41st Infantry Regiment Tactical Command by the 4th National Guard Company of the National Guard Battalion of Alexandroupoli. The force then trained jointly with the Readiness Troops of the 41st Infantry Regiment Tactical Command.
- ↻ Operational training for National Guardsmen was conducted on 1 July 2018 at the Unconventional Warfare Training Centre, in the presence of the Commanding General of D Army Corps, Lieutenant General Georgios Kambas.
- ↻ The Chief HAGS, accompanied by the Commanding General of D Army Corps, attended fires by the LEO 2 HEL modified 105 mm gun at the Xanthi Tank Range, on 26 September 2018.

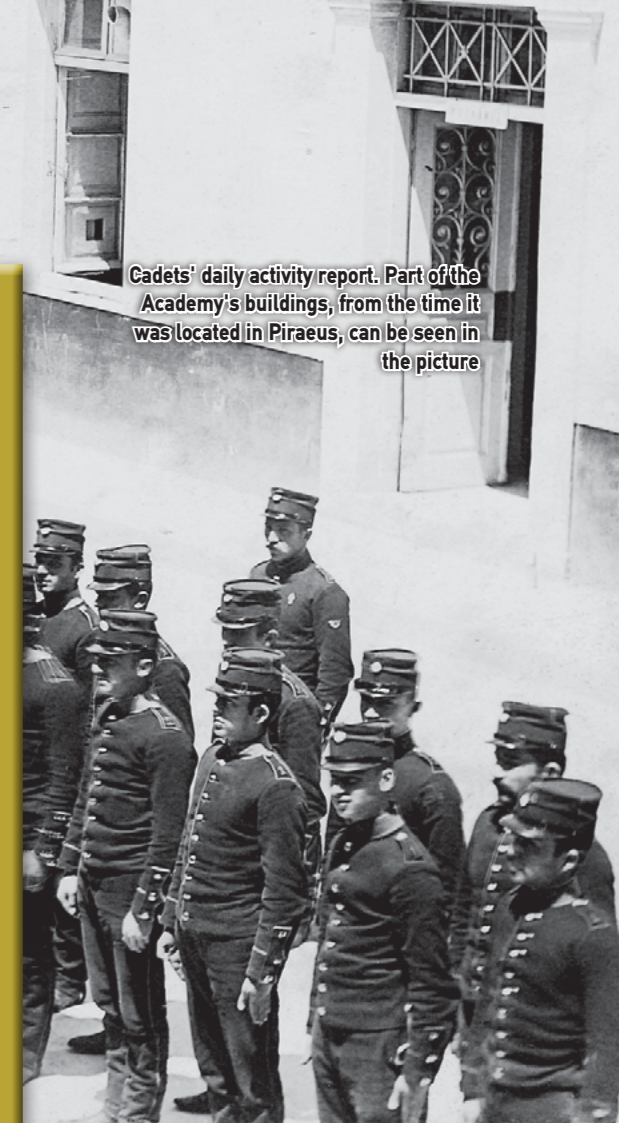


HELLENIC MILITARY ACADEMY (EVELPIDON)



The Academy's emblem features two rifles, two swords, and a cannon and cannonball, symbolising the historical arms of the Hellenic Army (Infantry, Armour, and Artillery). This design is framed by the year the Academy was established (1828), with two branches of laurel and the emblem of the Hellenic Republic. The epigraph of the emblem is the maxim of the wise Solon of Athens, "ΑΡΧΕΣΘΑΙ ΜΑΘΩΝ ΑΡΧΕΙΝ ΕΠΙΣΤΗΣΑΙ" meaning "if you learn to be led, then you will know how to lead", which denotes the basic goal of the Cadets' education and reminds them the value of discipline.

Cadets' daily activity report. Part of the Academy's buildings, from the time it was located in Piraeus, can be seen in the picture



Historical Information

The year 2018 is of particular importance for the long history of the Hellenic Military Academy, since 190 years ago, the dream of Ioannis Kapodistrias, the first Governor of Greece, for the establishment of a "War School" was materialised. Kapodistrias named the cadets "Evelpides", denoting that they are "young men who constitute the good hopes of the Nation and the Country". On 21 December 1828, in particular, the Cadet Company was established through a resolution, based in Nafplio, while three years later the first eight Artillery Second Lieutenants graduated from the Academy. In 1834 the Academy was named "Military Cadet School". Throughout time, the Academy has been transferred to new locations for various reasons (increase of the number of cadets, aging buildings, hygiene). Thus, after Nafplio, the Academy operated in the following order in Aegina, Piraeus, Pedion tou Areos Park, and is currently located in Vari, Attica, where it was relocated on 2 September



Cadets conducting land survey exercise. They are wearing winter service uniforms and surcoat (1915)

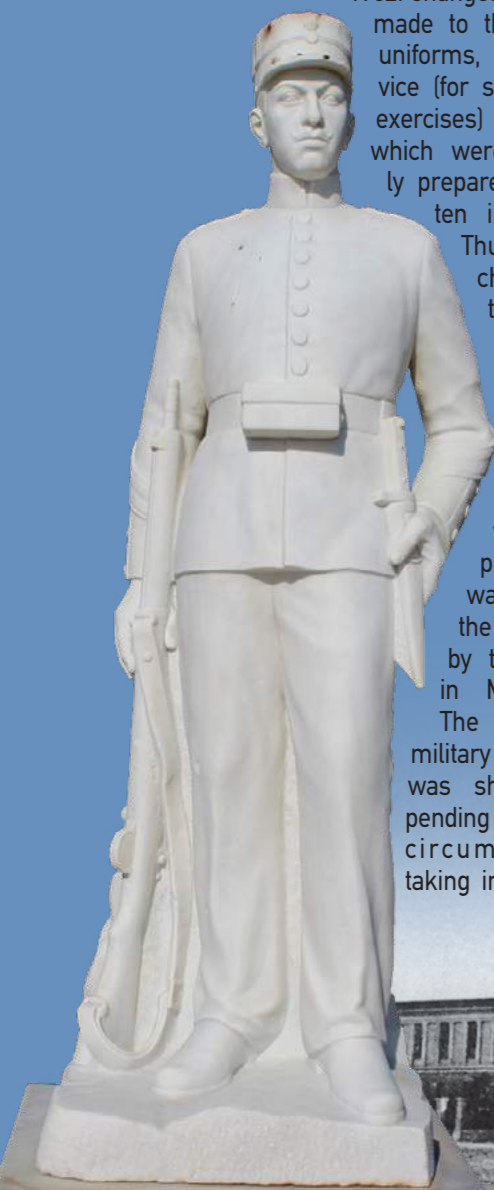
The so-called building where the Academy was based in Nafplio (picture of 1930)



1982. Changes were also made to the Cadets' uniforms, both service (for service and exercises) and dress, which were diligently prepared and often impressive. Thus, the characteristic and now recognizable blue uniform, with the collar and the yellow patches, was worn for the first time by the Cadets in May 1868. The Cadets' military training was shaped depending on the circumstances, taking into consid-

eration the war experiences gathered by the Hellenic Army and the influences from foreign military doctrines. Thus, in 1914, the training orientation of the Academy changed dramatically, giving more gravity to the familiarisation of Cadets with conditions simulating the battlefield, as well as the acquisition of knowledge on Infantry and Cavalry tactics. In 1926 the "Military Cadet School" was renamed Hellenic Military Academy (Evelpidon), while it was awarded a War Flag for the first time in its history, characterised as "The Flag of the Cadet Battalion", for their services during the wars from 1912 to 1922. During wartime, the Academy would suspend its activities accordingly, while the Cadets were assigned to field units, with various ranks (second lieutenants, warrant officers, etc.). A focal point in the Academy's war history is the first-year Cadets' voluntary participation in the Battle of Crete, in May 1941. It was a decision which caused the admiration of foreign countries. On 27 December 1928, the Academy of Athens awarded the Golden Medal to the Hellenic Military Academy, acknowledging its valuable contribution

to the Nation. The academic character of the Academy goes hand in hand with the military, thus materialising its two basic pillars. Nevertheless, only in August 1961 was the Academy considered a Higher Education Institution, equal, though senior, to the rest of the country's institutions. In 1983, the traditional method of candidate admission, through separate exams in the Academy, was definitively abolished and the process was integrated to the system of the National Entrance Examination. Staying true to the application of gender equality, as a modern Higher Military Educational Institution, the first three women were admitted in the Academy in 1991, a fact which constituted a focal point of its long history. In 2003, based on Law 3187, a great and novel change took place at the Academy's Organisation, with which the Academy, along with the other Military Academies (Naval Academy, Air Force Academy), was characterised a Higher Military Education Institution, generally adopting the operating structure of higher education universities.



ΛΟΧΙΑΣ ΕΥΕΛΠΗΣ
ΣΚΑΡΛΑΤΟΣ ΡΩΣΣΕΤΗΣ
ΕΠΙΕΞΕΝ ΕΝ ΜΠΙΖΑΝΙΩ ΤΗ 5-12-1912



The Academy at Pedion tou Arcos Park (1911)

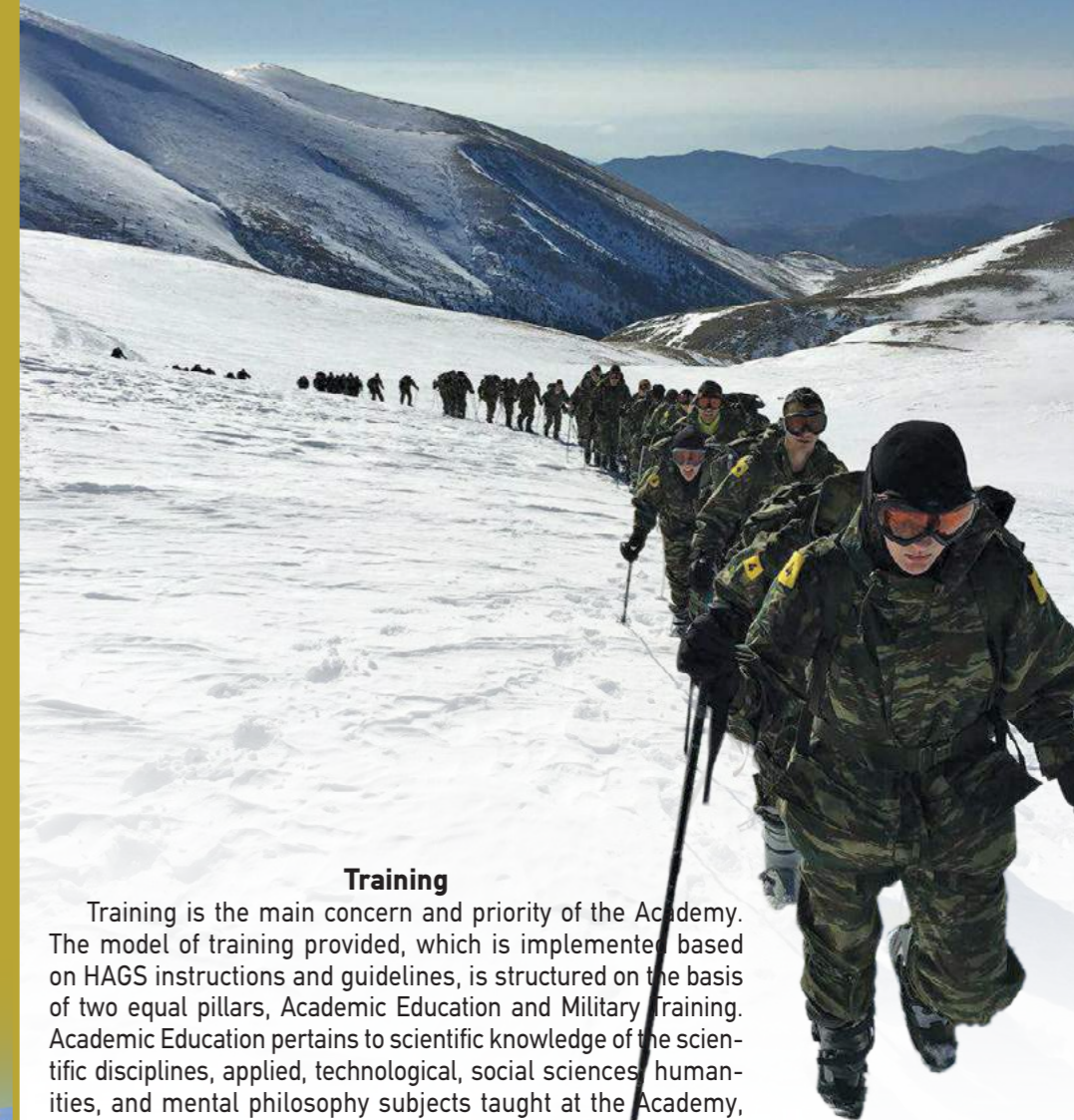
Vision

Faithful to military virtues, honour and duty, respectful to personality, effectively utilising provided resources and promoting the Idea of the Evelpis, to provide high level military training and academic education, turning the Cadets into Leaders characterised by high morale, prowess, and capabilities, able to respond to the requirements of the modern operational environment.



Training

Training is the main concern and priority of the Academy. The model of training provided, which is implemented based on HAGS instructions and guidelines, is structured on the basis of two equal pillars, Academic Education and Military Training. Academic Education pertains to scientific knowledge of the scientific disciplines, applied, technological, social sciences, humanities, and mental philosophy subjects taught at the Academy, including all the scientific courses which epistemically support the Cadets' education. Academic Education is organised in four Fields, while the new Academy's Organisation stipulates the establishment of a fifth one, War Theory and Analysis, which includes academic courses of military interest. In February 2015, the Academy was evaluated according to the standards of the Bologna processes, certifying that it meets the requirements of a Higher Education Institution, according to the aims of the National Higher Education System and international standards. In this context, the Academy



is organising two cross-faculty post-graduate programmes, in cooperation with the Technical University of Crete, titled "Applied Operational Research" and "Systems Engineering", while another individual postgraduate programme titled "Cryptanalysis – Cyber-warfare" is currently in development. The Academy plans, organises and conducts the Military Training (pertaining to theoretical, technical, practical knowledge, and capabilities, as well as the practice and application of Military Science in the familiar operational environment) having a basic ultimate goal:

- to shape, enhance and steel the Cadet's character.
- to shape the Cadet into an excellent Fighter and small echelon leader.

The aims of the Cadets' Military Training per year, are the following:

- 1st year: the Cadets receive basic military training and are trained at fighter level.
- 2nd year: they exercise

fighting at Squad level and are trained at the Unconventional Warfare Training Centre.

➤ 3rd year: the training focuses on fighting at infantry platoon level and on joint training with the Hellenic Navy, Army Aviation, and Special Forces.

➤ 4th year: the opportunity for training at the Basic Parachutist Training Course is provided, on a voluntary basis, for a certain number of Cadets. The same stands for the Mountain Warfare and Skiers Training Centre and in both cases they are assigned instructor duties for lower classes.

The Academy, aiming to upgrade the achievement of realistic military training:

- Plans and materialises the conduct of double action

Field Exercises throughout the echelons, up to the Company level.

➤ Applies novel modes of training and in combination promotes the spirit of emulation among Cadets, such as the conduct of the Military Skills Competition after the model of the WEST POINT equivalent military skills competition, for the first time during summer training.

➤ Organises and materialises training and joint training activities on subjects of high realism, like the equivalent course which pertains to the provision of First Aid on the battlefield (Tactical Casualty Combat Care – TCCC) by specialised Special Forces personnel.

- Plans and conducts joint

training for the promotion of inter-service synergy with the other Military Academies of the Armed Forces.

➤ Its Cadets participate in military training programmes in the context of the Military Erasmus European programme.

Cadet training and exercise in a variety of sports constitutes the link between the two basic pillars of training. The Cadets can choose among a total of seventeen (17) sports. Apart from the development, the improvement, and the maintenance of their physical capacity and health, the aim is also to promote the athletic ideal and emulation through the enhancement of their bonds, from the onset of their admission in the Academy.

Strategic Internationalisation of Training

The Academy, in the context of outreach, participates in international cooperation activities with corresponding foreign academies, the European Security and Defence College (ESDC), national Higher Education Institutions and re-





search centres. The aim of these programmes, apart from the Academy's internationalisation, is to provide the personnel and the Cadets with the opportunity to travel to foreign institutions, in order to acquire new training experience which may possibly prove useful to the Academy's conduct of training. Strategic internationalisation of training is being planned on the base of HAGS guidelines, it is materialised after its pertinent authorisation and includes two basic pillars:

- Cooperation with military academies and universities from EU states and its partners, through the permanent European cooperation structures, Military Erasmus - Erasmus+ and the Network of the European Security and Defence College (ESDC).
- Cooperation with military academies from non EU members and particularly with the United States Military Academy (USMA) – West Point.

MILITARY ERASMUS Initiative

The goal of the initiative is the establishment of a common training framework for EU officers during the first stage of their training, conducted at the corresponding military schools and academies of the EU.

- International Semester
International semester constitutes the greatest cooperation programme of the initiative which has been jointly undertaken by the European military academies and the European Security and Defence College.

The Academy was the first of the Higher Military Educational Institutions which integrated the International Semester in its curriculum and organised it during the 2nd Semester of the 2017-2018 academic year. 15 students from 5 military academies (Austria, Italy, Netherlands, Poland, and Romania) were accommodated and participated in the Academy's International Semester, a fact which brought them into contact with

the high level of training and the history of the Academy and Greece in general.

Furthermore, 15 third class Cadets observed a similar training of the International Semester in two Military Academies of EU States (Romania and Poland).

➤ Common Module

One of the most important activities developed in the context of Military Erasmus initiative is the Common Module which lasts for 1 to 2 weeks. The Academy, in the Context of the Common Module (CM), undertook the hosting of the Common Module "Law of Armed Conflict", on May 2018, in cooperation with the European Centre of Research and Training on Human Rights and Humanitarian Action.

➤ Ten Years of Military Erasmus

The Academy, with the authorisation of the chain of command, will co-host along with the Naval Academy and the Air Force Academy the celebrations for the 10-year anniversary of Military Erasmus at the beginning of November, with the participation of officers and students from foreign military academies, aiming to interconnect the Battles of Marathon, Thermopylae, and Salamis in the Evolution of European History.

Erasmus+

The acquisition of the Erasmus Charter by the Academy allowed its participation in the Erasmus+ programme and particularly in the programme's 2 Basic Activities:

Basic Activity 1, pertaining to the funding of mobility for teaching and education, through which the mobility for the Cadets to EU military academies is also funded.

Basic Activity 2, pertaining to the funding of the Strategic Cooperation which aims to improve the training provided. The Academy is the first of the

Higher Military Educational Institutions to participate in such a programme, jointly with the military academies of Poland and Portugal.

A necessary requirement for the implementation of mobility is the signing of cross-institutional agreements with the cooperating institutions. The Academy has entered into 18 agreements with military academies and foreign higher education institutions, a fact which also reflects the Academy's high level, internationally.

ESDC Network

The ESDC network, in which the Academy has been integrated, consists of military and non-military entities and its goal is to provide training pertaining to the EU Common Security and Defence Policy (CSDP) to military and non military personnel of the EU.

In this context, the Academy co-hosted the "Pre-Deployment Training" in June 2018 and it will also undertake the 2020 co-hosting of the "Common Security and Defence Policy – CSDP High Level Course", both of

which pertain to personnel training (military and civilian) which is about to participate in EU missions.



United States Military Academy (USMA) – West Point

The Academy has paid a lot of attention to the cooperation with the United States Military Academy (USMA) – West Point.

From October 2017 until today, Officers and Cadets have participated in different cooperation programmes (like conferences, military training), while personnel from both academies have visited one another.

For the following academic year, the Academy will widen the fields of cooperation with USMA even further, by sending Cadets to additional activities and joint training. Furthermore, the participation of the Academy's Officers in Postgraduate Programmes is underway, in US universities where officers of USMA also participate, before assuming their duties as Company Commanders, for the improvement of their leadership skills.

Military Cooperation Programmes

In the context of relations improvement and mutual visits to foreign Schools and Centres, through inter-governmental agreements (Military Cooperation Programmes), foreign military academies delegations visit the Academy, mainly for informative and training purposes. It is indicatively mentioned that in the aforementioned context, delegations of Officers and Cadets from China, Tunisia, Egypt, Bulgaria, and Romania have visited the Academy.

Activities

Along with the activities taking place in the context of military and academic training, the Academy organises and participates in various activities of educational, athletic, and cultural context, which





contribute to the multifaceted education of the Cadets, in the cooperation and acquaintance between them, they indicate their capability to participate in proceedings outside the strict military operational framework, and provide them with the opportunity to develop their personal prowess and capabilities in multiple fields. In particular the Academy organises:

- ↪ Educational visits to archaeological sites (Acropolis, Marathon, Sounio, Delphi) and museums (War Museum, "G. Averof" Naval Museum, Acropolis Museum).

- ↪ Briefing visits to Units, Formations, and Application Schools, so that the Cadets will have a first contact regarding their mission and their work.

- ↪ Celebratory events on national anniversaries and to honour the heroes of the Academy's history.

- ↪ Internal military sports games "Velissarios-Paparrodou" between the two Cadet battalions, with the aim to preserve tradition and the development of esprit de corps.

- ↪ Conferences covering various matters like voluntarism, sports, international law, history, leadership, military service, sociology, etc., in the context of a constant effort to inform and raise the awareness of the Cadets and the personnel of the Academy.

- ↪ Sports competitions at national and international level, with the aim to improve physical resilience, foster emulation, and promote the athletic ideal.

- ↪ Cultural events inside and outside the Academy, with the participation of various teams like choirs, dancing groups, and orchestras, receiving positive response from society.

Activities for the Celebration of 190 Years

In the context of the celebration of the 190th anniversary since its establishment, the Academy has conducted various activities which promote its history, work, and contribution to the Homeland. Some indicative activities conducted up till now are the following:

- ↪ Participation of a parade detail, in the context of the celebrations for the anniversary of the liberation. The Academy participated, bearing its war flag, with a 54-strong platoon in Ioannina (21 Feb 2018).

- ↪ Memorial service for the fallen Cadets.

- ↪ Delegation of Greek-Cypriot Cadets to Cyprus, on the occasion of the celebrations for the anniversary of the beginning of the National Organisation of Cypriot Fighters' fight and for participation in the corresponding race.

- ↪ Participation of Cadets in races of great symbolism (Athens Marathon – Half Marathon), "Ioannis Kapodistrias" race in Aegina (21 Jan 2018), and a race in Nafplio (04 Mar 2018), cities where the Academy's facilities were formerly located.

- ↪ Issuance of commemorative medal along with a certificate.

- ↪ Issuance of commemorative stamps, in cooperation with the Hellenic Post.

- ↪ Participation in the Armed Forces pavilion at the Thessaloniki International Fair.

Furthermore, various activities are scheduled, such as:

- ↪ Event at the Academy of Athens on 19 Oct 2018.

- ↪ Raising of the Flag on the Sacred Rock of Acropolis on 21 Oct 2018.

- ↪ Event with dancing and choir singing at the Stavros Niarchos Foundation on 5 Nov 2018.

- ↪ First class Cadet oath-taking ceremony and closing ceremony of the celebrations for the Academy's 190th Anniversary, on 21 Dec 2018.

- ↪ Special episode of the TV show "I Michani tou Chronou" (The Time Machine) on the Academy's history and contribution, etc.

Contribution to Society

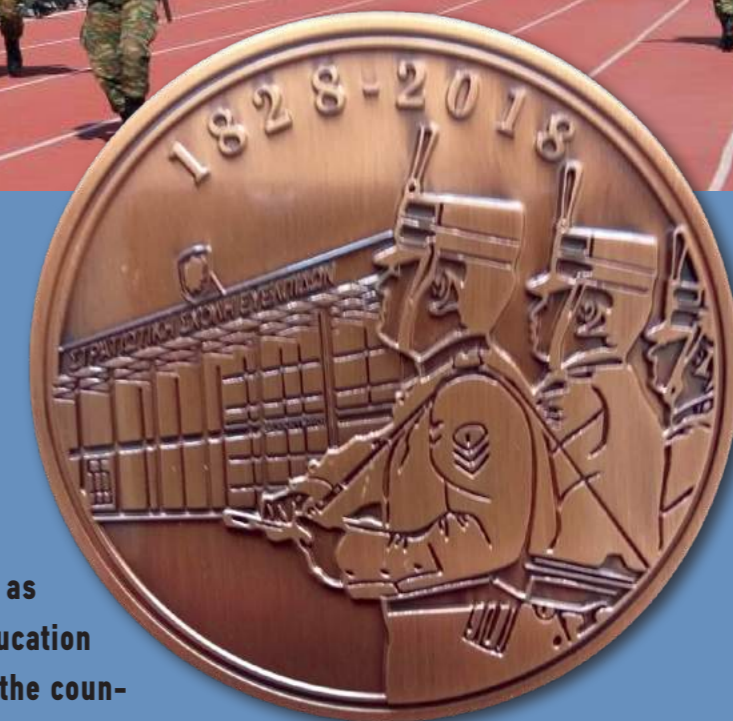
The Academy organises and participates in social activities throughout Greece, through which the desire for outreach and the harmonious relations with society, as well as the correlative social acceptance and acknowledgment are promoted.

It is worth mentioning that the Academy's contribution to society is evident, with the provision of its firing range to various sports clubs, as well as the provision of the swimming pool to swimming clubs, which for many years are at the forefront of prestigious athletic activities and championships. Furthermore, it is with great joy that the Academy receives students and teachers from various primary and secondary education schools, over 2,000 students yearly, who visit the Academy in the context of the courses of history and Professional Orientation to be informed on its History and training.

In this context the Academy undertakes numerous other activities, some of which are blood drives, visits of children with special needs and cooperation with ELPIDA (Association of Friends of Children with Cancer) for the promotion of voluntarism.

The Hellenic Military Academy, as the senior education institution of the country, guided by the unwavering devotion to the ideals and values of the Nation, shapes the future Army leaders, so that they will execute the duties that the Homeland assigns them, whenever required. We are included in the top military academies of the world, based on collective effort, characterised by high morale, a smile, optimism and pride.

Honouring and preserving the military tradition which is two centuries old, as well as the work of our predecessors, the Academy will constantly constitute the cradle of the "good hopes of the Nation and the Country".



Hellenic First Army/EU-OHQ Personnel Welfare

In July and September, within the framework of the Personnel Welfare Year, the Hellenic First Army/EU-OHQ held a number of actions, aiming at upgrading the quality of life of military personnel and their families. These are given below:

➤ On 10 July 2018, an information speech entitled "Mosquitoes and Public Health – Thermal Stress in the Workplace";

➤ On 12 July 2018, an information session entitled "The contribution of Military Working Dogs and the Veterinary Science to the Hellenic Army";

➤ On 3 September 2018, an event entitled "Military Family" held at the Larissa Garrison Officers' Club. The event included the following:

✓ Awards for children of military officers and civilian employees, who have been admitted to state higher education institutions;

✓ Visit by the families to the Headquarters, the Military Working Dog training area and the Army Veterinary History Museum of the Veterinary Training and Treatment Centre, as well as the bakery of the 882nd Supply and Transportation Battalion;

✓ Participation of Military School candidates, who have been admitted thereto, Army personnel, Civilian Employees, and civilians from the area of Thessaly. The event was enormously successful and crowds of people participated in the above activities.

➤ On 7 September, information speeches on "Legionnaire's Disease" and "Fighting Bedbugs";

➤ On 17 September, a speech on the anniversary of the Battle of Marathon in 490 BC, when the Persians were defeated by the Athenian – Plataean armies;

➤ On 26 September, a speech along with a demonstration and practice of Cardiopulmonary Resuscitation within the framework of the World Heart Day.



Events organised at the summer Larissa Garrison Club of the Hellenic First Army

On 15 September 2018, within the framework of the implementation of personnel welfare actions, the summer Larissa Garrison Officers' Club of the Hellenic First Army/EU-OHQ organised (with the participation of cultural, dancing, and gastronomic associations from various Prefectures, in which members of the Hellenic First Army/EU-OHQ and its Units participate) a theme evening entitled "Getting to Know the Place We're From". The purpose of this theme evening was to enhance "communication", as well as to promote closer relations between the members of the Army. During the evening, the following events were held:

➤ Dancing performances by the Sarakatsani Society "O Katsantonis", the Filippoupoli Folklore Club, the Cultural Association of Pyrgetos, and the Dancing Teams "Xenii Krites" and "I Akrites";

➤ Local dishes offered free of charge at suitably laid out areas on special stands, separately per each geographical region, as well as per each offering association/club.

The above event was attended by a large number of members of the Army and their families from the wider region.

2018 – "Personnel Welfare Year"

Within the framework of the declaration of 2018 as "Personnel Welfare Year", various actions of HAGS bodies, but also Major Commands – Formations for the benefit of the personnel and their families, are underway. These actions mainly involve accommodation – with the maintenance, renovation, and decoration of military quarters, vacations, the improvement/upgrading of the level of training provided to the personnel in military schools, the co-operation with financial – commercial entities in order to ensure special discounts for members of the Army, the improvement/upgrading of the infrastructure of Army hospitals, the organisation of speeches on welfare matters (i.e. physical education, hygiene, safety, etc.), but also on care issues for people with disabilities.



Apart from the foregoing, in order to obtain a clear picture of the problems of spouses serving together at the same place, information about the members whose application for the secondment of their spouses from other Ministries apart from the MoD was not approved was compiled, for the purpose of identifying the appropriate actions on a case-by-case basis.

At the same time, in accordance with the legislation in force and the applicable orders:

- ✓ The entitlement to reduced working hours and a special 30-day leave granted to members of the Army that support persons with disabilities has been approved;

- ✓ The communication in person or by telephone of members of the Army with the Chief HAGS continued, for the purpose of solving problems that concern them at personal and professional level.

Speeches delivered on the Prevention of Car Accidents

On 4 July 2018, a speech was delivered by the Larissa Traffic Police to the personnel of the 303rd Forward Base Plant on "Safe Driving and Prevention of Car Accidents";

On 10 August 2018, a speech was delivered by the Regional Inspectorate for Hygiene and Security/C Army Corps on the prevention of car accidents at the Athens War Museum/Thessaloniki branch.



Addressing Problems at the Army Summer Resort in Aghios Andreas

Within the framework of the continuous welfare provided to the personnel, further to the devastating fire of 23 July 2018 at the Army Summer Resort in Aghios Andreas, maintenance and immediate redress of problems caused at its premises was performed, which led to the reopening of the resort within a short period of time.



Educational Programme of Creative Leisure Activities for Children of Members of the Armour Training Centre

An educational programme of creative leisure activities for children of members of the Armour Training Centre was held from 16 to 20 July and from 27 to 31 August 2018. Children aged between 3.5 and 10 years old participated in the above programme. In particular, the programme included children welcoming, breakfast, puzzles, visits to and familiarisation with their parents' workplace, snack, creation of cartoon/animation sets, dancing – singing, lunch, napping – story telling, etc.



First Aid and CPR Training to Personnel in the Area of Responsibility of the 98th Higher National Guard Battalions Command

On 31 August 2018, the 10th Panhellenic Congress of Cardiology was held on Lesbos island and members of the Area of Responsibility of the 98th Higher National Guard Battalions Command were trained on First Aid and Cardiopulmonary Resuscitation.



Events to Honour Children of Members of the D Army Corps Being Successfully Admitted to Higher – Technical Educational Institutes and Military Schools

On 4 and 5 September 2018, events were held at the Xanthi Garrison Officers' Club, in the presence of the Commanding General of D Army Corps, Lieutenant General Georgios Kambas, to honour children of members of D Army Corps who have been successfully admitted to Higher – Technical Educational Institutes and Military Schools, as well as children of families of the local community of Xanthi, who have been admitted to Military Schools.



"Family Day" Action

Within the framework of the declaration of 2018 as Armed Forces Personnel Welfare Year, the action "Family Day" was held on 30 August 2018 in the Area of Responsibility of the 88th Military Command, with the participation of all members and their families. The event included:

- static demonstration of the available light weapons, equipment, and fighter load;
- demonstration of the weapon systems and assets (tour of the vehicle – tank – gun park, etc.);
- tour of the workplaces.

All members of the Area of Responsibility of the 88th Military Command with their families participated in the action.



Installation of Medical Equipment at the Army General Hospital of Larissa

For the purpose of upgrading the healthcare services provided at the 404th Army General Hospital of Larissa, which covers in terms of healthcare the Units – Services – Branches of the Area of Responsibility of Thessaly, Fthiotida, and Pieria, the following medical equipment was installed by order of HAGS and with the assistance of the Hellenic First Army and the Service Support Division:

- Gynaecology Ultrasound Machine;
- Ultrasound for the Radiology Department;
- Neurothesiometer;
- Screening apparatus;
- Holter;
- Dental Ultrasonic Scaler;
- Autoclave;
- Tourniquet;
- Suction;
- Defibrillator;
- Cryosurgical system;
- Water Softening apparatus;
- Immunoassay analyzer;
- Telemetry system;
- Dermatology equipment;
- Ophthalmic Ultrasound;
- Somnograph;
- Electroencephalograph;
- Phacoemulsification device;
- Panoramic X-ray system;
- Dental chair;
- Multi-parameter Patient Monitor;
- Neurostimulator;
- Electromyograph.





Clothing and Food Drive

On 19 July 2018, a clothing and food drive took place in the parish of St. George in Larissa, which engages in charity work in the area of West Larissa. The food and clothing were gathered at the Larissa Post Exchange by all Hellenic First Army personnel. Similar supplies are regularly gathered and distributed to churches and institutions in Thessaly. The response by the Hellenic First Army/EU-OHQ personnel is generally great, proving our willingness to help our fellow citizens.

Hellenic First Army/EU-OHQ Outreach Actions

On 25 September 2018, within the framework of the implementation of outreach actions, the Hellenic First Army/EU-OHQ held an open event in the amphitheatre of the Municipal Conservatory of Larissa on the Subject "Olympus, its History and its People". The event also included a screening of the award-winning documentary "MT OLYMPUS THE CREATION" by Ellopia Films USA.

The purpose of this event was to enhance the communication with the city of Larissa and strengthen the relationship of the Armed Forces with the local community.



Participation of Hellenic First Army/EU-OHQ Personnel in Coastal Cleanup Activities

On 18 September 2018, Army personnel cleaned up beaches in the area of Nei Pori, within the framework of the "International Coastal Cleanup Day". The response by the Hellenic First Army/EU-OHQ personnel was great, proving our willingness to contribute.



BLS (Basic Life Support) under the Auspices of the European Resuscitation Council

Within the framework of raising awareness and informing civilians and Armed Forces personnel on how to deal with emergencies, a BLS (Basic Life Support) seminar took place in the 404th Army General Hospital, under the auspices of the European Resuscitation Council. The event took place on 8 and 9 September 2018 and trained 152 civilians from the Association of Football Clubs of Larissa on cardiopulmonary resuscitation using an automatic external defibrillator.





Forest Protection Surveillance Flights

During the 3rd quarter of 2018, personnel and assets of the 1st Army Aviation Brigade conducted forest protection surveillance and aerial forest firefighting flights.

Contribution with Earthwork Machinery

From 23 July to 22 August 2018, earthwork machinery was provided to the Regional Units of Attica, Corinthia, and Ilia to assist affected areas, within the framework of Plan "XENOKRATIS".



Contribution of Personnel and Assets to Repair Road Flood Damage

From 29 June to 13 July 2018, personnel and assets were provided by the 32nd Engineer Company to the Municipality of Rigas Fereos to repair road flood damage.



Assistance to Citizens Affected by the Fires in Mati

From 24 to 30 July 2018, personnel, equipment, and assets were provided by the 575th Marine Battalion to provide assistance to the citizens affected by the fires in Mati, Attica.



Participation of I Infantry Division Personnel in the Celebrations in Memory of Saint Antonios in Veria

On 31 July 2018, a ceremony took place in memory of Saint Antonios, Patron Saint of the city of Veria, involving personnel of the I Infantry Division.



Events for the Dormition of Theotokos at the Church of Panaghia Soumela in Vermio

On 14 and 15 August 2018, events took place for the Dormition of Theotokos at the Church of Panaghia Soumela in Vermio, in the presence of Military and Civilian authorities.



Reception of the Miraculous Icon of Panaghia Gorgoypikoos at "ANTGOU G. KATSANI" Camp

On 14 September, on the day of the Elevation of the Precious Cross, the 1st Raider – Parachutist Battalion received at "ANTGOU G. KATSANI" Camp the miraculous icon of Panaghia Gorgoypikoos, which was accompanied by the Metropolitan of Langadas, Liti, and Redina, Mr. Ioannis.



Participation of the Service Support Division in the Events for the Dormition of Theotokos

Within the framework of the events for the Dormition of Theotokos, Great Hierarchical Vespers and a Hierarchical Divine Liturgy took place on 22 and 23 August 2018, respectively, in the Church of Panaghia Faneromeni in Nea Mihaniona, Thessaloniki. The above events were attended by the Commanding General of the Service Support Division, as well as delegations of personnel from the Army and the other services.



5th Infantry Brigade Personnel Participates in the Reception of the Relics of Saint David of Evia

On 11 July 2018, a ceremony was held at the Monastery of Aghia Triada Tzagarolon in Akrotiri, Hania, for the reception of the relics of Saint David of Evia. The event was attended by the Commanding General of the 5th Infantry Brigade, a delegation of personnel, representatives of the local authorities, and crowds of people.



Events in Memory of Saint Paisios

On 12 July 2018, a celebration took place in memory of Saint Paisios in Konitsa, in the presence of the Chief HAGS. On the previous day, Great Vespers took place, followed by a litany of the icon of Saint Paisios; on 12 July, a small service took place at the Church of Saint Paisios in the Camp of the 730th Bridging Engineer Battalion.



Celebration of Saint Prokopios

On 7 and 8 July, the memory of Saint Prokopios was celebrated in the Church of Saint Prokopios in the Platamon Army Resort. The events included Vespers and a Paraklesis on the previous day, a Panegyric Divine Liturgy on the day of the celebration, and Great Hierarchical Vespers in the afternoon of the same day. The ceremony was attended by local religious, civilian, and military authorities, as well as crowds of people from the area.



SOCIAL CONTRIBUTION



Event in Honour of Civilian in "Plapouta" Camp

On 27 July 2018, an event took place in "Plapouta" Camp in Tripoli to honour Mr. Pantelis Giannakouras for his donation of a €5,000 Mercedes Benz bus to the Army in recognition of the contribution of the Training Centre Command (IV Infantry Division) "PELOPONNISOS" to the city of Tripoli and the Nation's struggles.

9th Infantry Regiment

Within the framework of the social contribution of the 9th Infantry Regiment, food was provided to 38 illegal migrants on 13 August 2018. Furthermore, during the third quarter of 2018, the Regiment, in cooperation with the Fire Service of Kalamata, sent out fire protection patrols, helping prevent fires in the Prefecture of Messinia.



Distribution of Food to Fire-Stricken Citizens

in Kyani Akti

As of 24 July 2018, food is provided in Kyani Akti to the fire-stricken citizens of the Municipalities of Rafina, Marathonas, and Neos Voutzas.



in the "Miltiadi A Camp" Motel

As of 31 July 2018, food is provided in the "Miltiadi A Camp" Motel to the fire-stricken citizens living in the Army Resort.



Food Donation to the Social Supermarket of the Holy Metropolis of Rhodes

On 19 September 2018, the 95th Higher National Guard Battalions Command donated food to the Social Supermarket of the Holy Metropolis of Rhodes.





Blood Drives

- On 3 September 2018, a blood drive took place in the infirmary of the HQ Company of the 651st Base Ordnance Depot for its personnel.
- On the same day, a scheduled blood drive also took place in the Parachutist School, within the framework of the cooperation between the Armed Forces and the National Blood Donation Centre.
- On 4 September 2018, a blood drive took place for the personnel of the 98th National Guard Support Battalion of the 98th Higher National Guard Battalions Command. 25 blood units were donated to the BOSTANIO General Hospital of Mytilini.
- On 10 September 2018, a blood drive took place at the 95th National Guard Support Battalion for the personnel of the 95th Higher National Guard Battalions Command.
- On 18 July 2018, a blood drive took place at the 290th Mechanised Infantry Battalion for the personnel of the 88th Military Command. The great turnout showed the personnel's sensitivity and contributed to the success of the activity. In total, 146 blood units were donated.
- On 18 September 2018, a blood drive took place at "DIMOGERONTA HATZIGEORGI" Camp, yielding 39 blood units donated by personnel of the 41st Infantry Regiment Tactical Command.

Concert by the 5th Infantry Brigade Army Band at the Military History Museum in Chromonastiri, Rethymno

On 11 September 2018, a concert was given by the 5th Infantry Brigade Army Band at the Military History Museum in Chromonastiri, Rethymno, which was attended by the Commanding General of the 5th Infantry Brigade, a delegation of personnel, representatives of the local authorities, and crowds of people.



Concert at the Ancient Theatre of Pythagorio, Samos

On 18 July 2018, the 79th Higher National Guard Battalions Command "MYKALI", within the framework of the events for the personnel welfare year and the enhancement of the feeling of security of locals, held the concert "Love Notes" at the Ancient Theatre of Pythagorio, Samos, with the Formation's Army Band, together with other artists from Samos, and the support of the Municipality of Samos. The concert was attended by the Brigade personnel and their families, crowds of people and tourists, as well as the representative of the Holy Metropolis of Samos, the Deputy Head of the Region of Samos, the Mayor of Samos, and representatives of the other authorities of the island. The event was applauded and congratulated by the spectators and lauded by the local press.



Celebration of the 192nd Anniversary of the Battle of Mykali

On 5 and 6 August 2018, an event was held to celebrate the 192nd anniversary of the Battle of Mykali at the Church Transfiguration of the Redeemer in Pythagorio, Samos. The Brigade participated with an honours detail and a delegation of Officers and NCOs.



Examination of Residents in Remote Villages by Personnel of the 41st Infantry Regiment Tactical Command

Within the framework of preventive medicine in remote villages of Samothraki island, military medical personnel the 41st Infantry Regiment Tactical Command examined 65 residents from the villages Alonia, Lakkoma, and Profitis Ilias.



"Parachutist Day" at the Parachutist School

On 22 September 2018, an open "Parachutist Day" took place at the Parachutist School, including a tour of and demonstration of the training facilities and static line parachutes.



D Army Corps Social Contribution Actions

Within the framework of the D Army Corps' social contribution programme, the following actions took place:

- Preventive medical examination for residents in mountainous areas of the Prefectures of Xanthi, Rodopi, and Evros by Army Corps medical teams.
- Provision of 500 buns for the Feast for the Elderly organised by the Nursing Home of Xanthi.
- Provision of machinery, materials, and personnel for the construction and repair of schools and roads in the Area of Responsibility of D Army Corps in July - August - September 2018.
- Donation of educational (PCs, interactive boards, projectors, projection screens) and sports equipment to pupils of Elementary Schools in Mountainous Thrace by the Commanding General of D Army Corps, the Deputy Commanding General, the Formation Commanding Generals, and Staff Officers of D Army Corps from 12 to 19 September 2018, on the occasion of the new school year.



Basketball Tournament

On 1 July 2018, the Basketball Tournament of the Training Centre Command was held, where the Regiment won the cup. During the period from 7 to 19 July 2018, Basketball tournament games were held between Units of the Base Support Command. The 651st Base Ordnance Depot won the tournament.



Finals of the Armed Forces Joint Football Cup

On September 2018, in the framework of the development and promotion of sports in the Armed Forces, the finals of the Armed Forces Joint Football Cup were held at "FILIPPOUPOLI" field (APOLLON LARISSA) between the teams of the 32nd Marine Brigade (521st Marine Battalion) and the 124th Basic Training Wing, with the Air Force team winning the final 2-0.

The event was attended by the Religious, Political, and Local Authorities of the city of Larissa and a large number of members of the Armed Forces, Enlisted Soldiers, and civilians.



Armed and Security Forces Swimming Championship

On 7 July 2018, the Swimming Championship of the Armed and Security Forces was held at the Municipal Swimming Pool of Gerakas – Pallini. The Hellenic Navy won the Championship.



Armed and Security Forces Weightlifting Championship

On 8 September 2018, the Weightlifting Championship of the Armed and Security Forces was held at the Olympic Athletic Centre of Athens (OAKA). The Hellenic Police won first place.

Armed and Security Forces Water Polo Championship

From 10 to 15 September 2018, the Water Polo Championship of the Armed and Security Forces was held at the Glyfada Nautical Sports Club. The Coast Guard won first place.



Inter Unit – Independent Sub-Unit Sports Championship of the 71st Airborne Brigade

From 16 July to 3 August 2018, the inter Unit – Independent Sub-Unit Sports Championship of the 71st Airborne Brigade was held, aiming at training the personnel, developing the sporting spirit, promoting fair play, and combating work-related stress.



Colorectal Cancer Prevention: Best and Worst Foods

Colorectal cancer is the third most common cancer both in men and women. Some smart choices of foods may help you lower the risk. Studies have shown that people who eat right, exercise, maintain a healthy weight, and drink alcohol in moderation, may reduce the risk of occurrence of the disease by possibly more than one third.

Eat Dairy Products

Most studies agree that dairy products rich in calcium may reduce the growth of tumours in the colon (benign polyps are called adenomas), as well as cancer.

Towards that direction, calcium supplements may prove useful. It is best to consult with your physician about what is best for you. Vitamin D (that is added to milk) may also help, but further research is required.

Eat Wholemeal Products

These foods are rich in nutrients and a good source of magnesium and fibre. They help with bowel movements, with the faeces on their route being able to bind carcinogens in the colon. The basic aim is to get 90 gr of fibre per day, with oat, wholemeal bread, and brown rice being good choices.

Eat Legumes

Beans, soya, lentils, and other legumes are rich in fibre, protein, and vitamins E and B. They contain nutrients called flavonoids that prevent the growth of tumours, as well as anti-oxidants that protect from colon cancer. Try to replace a side dish with black beans or prepare a rich soup.

Eat Fruits and Vegetables

They contain natural substances (phytochemicals) that block the growth of tumour cells or fight inflammation that may trigger cancer. Studies connecting fruits and vegetables to colon cancer prevention are numerous, and mainly organisations for colon cancer prevention are the ones that recommend the above foods as part of a healthy diet. The best bet would be to consume broccoli, cabbage, and fruits rich in vitamin C, such as oranges.

Eat Fish

Fatty fish, such as salmon, are rich in omega-3 acids that are important for heart health and may also slow down the growth of tumour cells. However, the protective effect of fish in colon cancer is still not clear. Some studies suggested that people who consume fish instead of red meat were less likely to suffer from colon cancer. At the same time, you should limit the consumption of swordfish, tuna, and mackerel, because they may contain high levels of mercury and other harmful substances that may harm your health in the long term.

Limit red meat

A juicy, hot hamburger may excite

your taste buds, but may also be bad news for the intestine. Scientists know that the everyday consumption of red meat, such as beef, pork, and lamb, may increase the likelihood of colon cancer; however, they are not sure about why this is happening. Perhaps it is the meat itself or even the substances that are formed when meat is cooked at high temperature. Try to consume up to 500-550 gr of meat per week.

Limit processed meats

Processed meat includes smoked, raw, salted, or preserved meats with chemical additives, spicy sausages, bacon, ham, and packed meat. The consumption of such

foods may increase the risk of both colon and stomach cancer.

Limit alcohol intake

A drink every once in a while does not seem to affect the risk of colon cancer. However, a moderate or high intake of alcohol (2-3 glasses per day) may increase the cancer risk up to 20% or even 40%, respectively. If you consume more alcohol than that, you should consult with your physician about colon cancer screening tests.

Other cases

It is still not clear whether the following common foods are suspected of protecting against or causing colon cancer: coffee, tea, caffeinated beverages, sugary foods, potato, and garlic, amongst others. Scientists study continuously the connection between food and colon cancer. New data is therefore expected.

Col (Med)
Georgios Veloudis,
MD PhD FACS, General Surgeon – UoA Medical School
PhD, Member of the American College of Surgeons



The Battle of Salamis.

The "Wooden Wall" saves Greece

28 or 29 September (21-22 of Boedromion)

480 B.C.

After Thermopylae (Aug 480 B.C.), the Persians arrived in Attica, while the Peloponnesians built a wall at the Isthmus. Amid chaos, Themistocles, the leader of the democratic party and lead general rose to the occasion. Upon his advice, the people decided to evacuate the city and transport all residents to Salamis, Aegina, and Troezena. Preparations focused on the 180 existing triremes since, according to the well-known prophecy by the Oracle of Delphi, Athens would be saved by the wooden wall which, according to Themistocles, was the ships.

The Asians entered the empty city of Athens and razed it to the ground. The Greek fleet in Salamis consisted of 368 triremes (see Table 1) and 14 penteconters as support ships. The Persian navy (approximately 700 ships with over 140,000 crewmembers) arrived at Faliro together with land forces (approximately 350,000 foot soldiers). The disadvantage of the Greeks further lowered their already low morale from seeing Athens in flames, its residents become refugees, and its land forces away from the city at the Isthmus. However, Themistocles saw this tragedy as a challenge to be accepted, not avoided. He dealt with the inflexibility, the arrogance, the egoism, and the defeatism of the other generals, which he overcame. He chose the straits of Salamis as the best location for battle for the following reasons: the unique natural conditions (tide, crosswind), the obvious advantage for the Greeks' fewer, slower, and smaller ships, and strategy, which required making battle away from the still free main

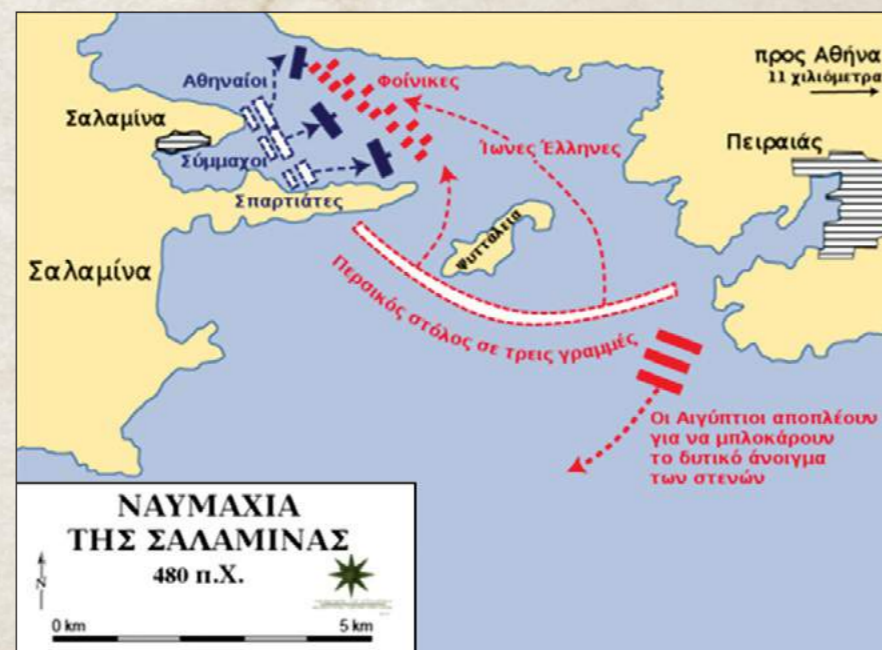


Photo 1

Greek lands (Peloponnesians). In order to ensure the "cooperation" of the Persians, who remained idle due to the narrowness of the area, as well as the loyalty of certain Greek generals

who were prone to retreat, to make battle there, he falsely send word to the enemy with his servant Sicinnus that the demoralised Greeks would retreat the following day. The Persians

CITIES	TRIREMES
Athens	180
Corinth	40
Aegina	30
Megara	20
Halkis	20
Sparta	16
Sikyon	15
Epidaurus	10
Amvrakia	7
Eretria	7
Troezena	5
Naxos	4
Ermione	3
Lefkas	3
Kea	2
Styra	2
Kythnos	1
Kroton	1
Lemnos	1 (defected after Artemisium)
Tenos or Tenedos	1 (defected after the battle)

Table 1

took the bait due to the well-known rivalry among the Greek cities, as well as the reluctance of many to make battle. So, the Persian fleet suddenly blocked Salamis. After morale-raising speeches, which referenced the resistance in Thermopylae, the Greek crews (approximately 75,000 men) took their positions with great enthusiasm, which was expressed in Aeschylus' paean (battle hymn): «Ἴτε παῖδες Ἑλλήνων, ἐλευθεροῦτε πατρίδα, ἐλευθεροῦτε παῖδας, γυναῖκας, θεῶν τε πατρῶν ἔδη, θῆκας τε προγόνων. Νυν ὑπὲρ πάντων ἀγών» (O sons of the Greeks, go, liberate your country, liberate your children, your women, the seats of your fathers' gods, and the tombs of your forebears; now is the struggle for all). This atmosphere

was also due to the presence of many civilians next to the anchored warships who, either with words or with their silent presence, would add to the tension and show the path of duty. For the Athenians, as correctly pointed out by writer G. Psaroulakis, "[...] it was indeed the struggle for all: if they were defeated, they would be left without a country. They couldn't count on the mercy of Xerxes and knew that defeat would mean the elimination of Athens as an independent city and possibly their own deaths. The flames from the burning of the city of Pallas were nothing against the flames consuming the hearts of the Athenian admirals". The epic battle started in the morning (see picture 1). When the signal was given, the entire Greek fleet charged against the enemy and the triremes, before engaging the enemy fleet, stopped and started backing away. This uneven manoeuvre had been planned beforehand by the Greek admirals to lure the Persians into the narrow part of the straight. Thus, they gave Xerxes, who was watching from Mount Aegaleo, the impression of disarray, causing him to order a general attack. All Greek captains ordered the ships to stop again and gave the signal of the attack, which, according to tradition, was: «Ὁ δαιμόνιοι, μέχρι τίνος πρῦμνυν ἀνακρούεσθε;» (Madmen, how far will ye yet back your ships?). The Athenians to the left, with the island of Aghios Georgios protecting them from encirclement, were the first to engage the most capable of the enemies, the Phoenicians. The battle between them decided the outcome of the entire battle. Due to the strong crosswind that started blowing, the early sinking of their commander's ship, and the loss of their leader, Ariamenes, the Persians started showing signs of disintegration, which spread to the entire Persian fleet. The death of high-ranking Asian leaders [Ariamenes, Ariabignes (brother of Xerxes), Syennesis] proves that the Persians fought stubbornly. In the afternoon, when everything was over, the Greek

triremes surrounded the small island of Psyttalia and a detachment under Aristides annihilated the 4,000 Immortals who had landed there before the battle. The Persians lost at least 200 ships, against 40 for the winners. Less than half of the crews of the Greek sunken ships were lost (1,000-2,000), as opposed to most Asians who couldn't swim and lost approximately 30,000-35,000 men (1/3 of the ships and 1/4 of the crews), while their morale plummeted. As mentioned by Aeschylus, the water and the beaches were filled with bodies and shipwrecks, so many that you couldn't see the sea («θάλασσα δ' οὐκέτ' ἦν ἰδεῖν»). Xerxes was in a dire position due to the coming winter. He decided to return to Asia, leaving Mardonius to continue the campaign the following year, since, with his sea lines of communication – supply at risk by the Greeks, his position without sufficient resources would be precarious. Had he stayed, he would pose a great risk since, even after Salamis, his army remained largely intact. This view was proven at the Battle of Plataea (Aug 479 B.C.), where the Greeks narrowly won against part of the Persian army. The war ended in Plataea, but Salamis paved the way for the final outcome, while it also satisfied Themistocles' "ambition", who until then said: «Οὐκ εἴν με καθεύδειν τοῦ Μιλτιάδου τρόπιον» [Miltiades' glory doesn't let me sleep (Plutarch)].

LITERATURE

- «Ἡ Ναυμαχία τῆς Σαλαμίνας», Στρατιωτικὴ Ἱστορία-Σειρὰ Μεγάλων Μάχων, [x.x] ("The Battle of Salamis", Military History Magazine – Grand Battles Series).
- ἹΣΤΟΡΙΑ ΤΟΥ ἘΛΛΗΝΙΚΟΥ ἘΘΝΟΥΣ, Ἐκδοτικὴ Ἀθηνῶν, 1977 (HISTORY OF THE HELLENIC NATION).
- Πλουτάρχου, ΒΙΟΙ ΠΑΡΑΛΛΗΛΟΙ, ἐκδ. Κάκτος, Ἀθήνα 1991-2 (Plutarch, PARALLEL LIVES).
- Ἡροδότου, ἹΣΤΟΡΙΕΣ, ἐκδ. Γκοβόστης, Ἀθήνα 1995 (Herodotus, HISTORIES).