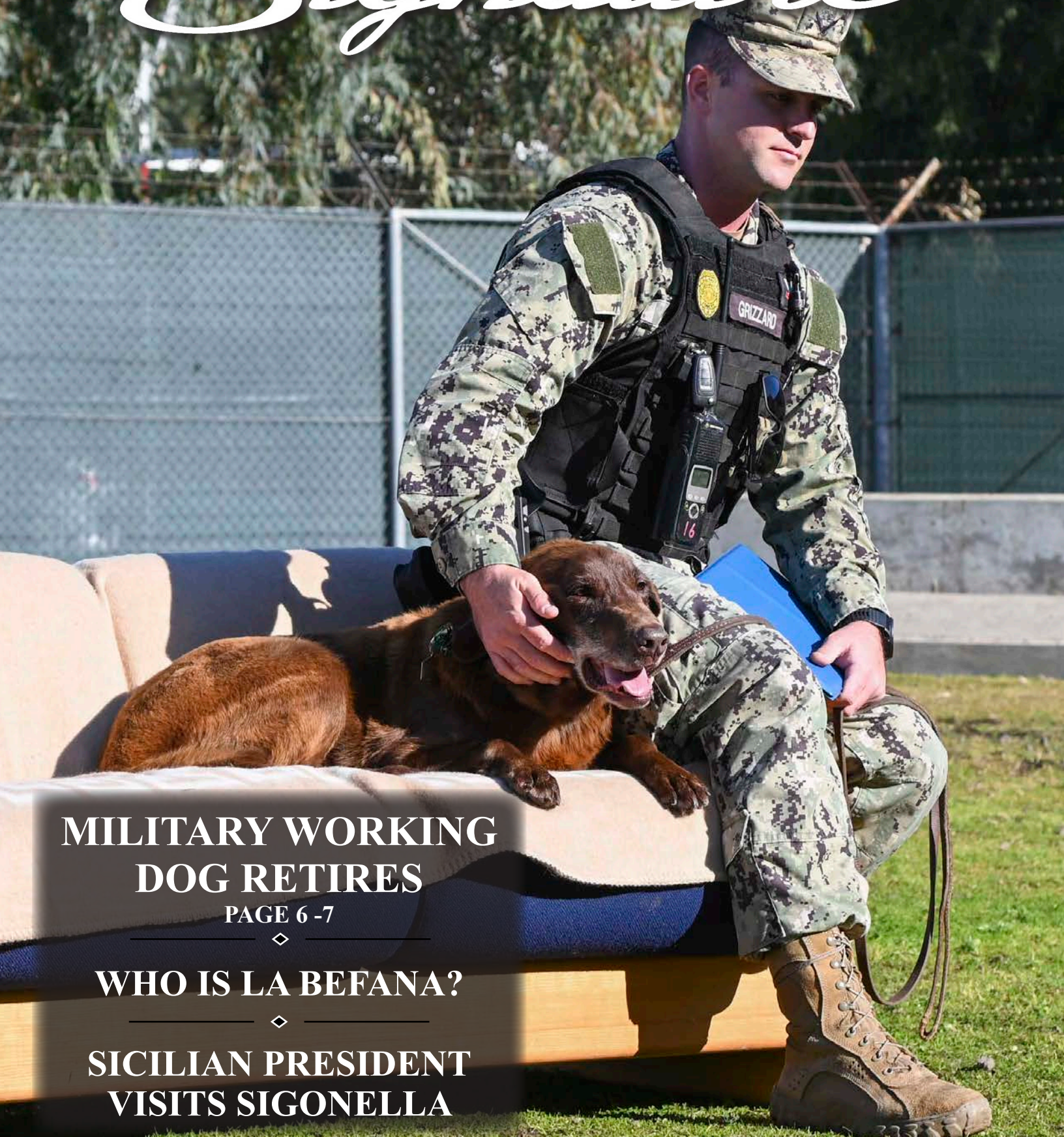


The Signature



**MILITARY WORKING
DOG RETIRES**

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WHO IS LA BEFANA?



**SICILIAN PRESIDENT
VISITS SIGONELLA**

Direct Line

Capt. Kevin Pickard, NAS Sigonella Commanding Officer

Happy New Year and Buon Anno to our entire Sigonella community! I suspect that many of us may be happy to see 2021 in the rear view mirror, but I wanted to take a moment to acknowledge and reflect upon the challenges of the past year and the many ways we have displayed exceptional resiliency and community spirit.

We continue to work together to combat this resurgence in the pandemic. Our efforts to mitigate the coronavirus include vaccinations, social distancing, masks requirements, and travel restrictions. All of these mitigation measures restrict our normal activities, but as we transition to a “new normal” of living with the reality of this virus, there are unfortunately, necessary and reasonable measures to minimize the impact of COVID on our community and to the mission of this installation. Vaccines remain our best defense for keeping our families and community safe, with high-quality masks usage as a close second. However, none of these mitigations will work without your support. I encourage everyone to continue making smart choices as we continue to thrive despite COVID-19.

As I write this, we are witnessing the highest recorded level of COVID positive rates on our installation. For some, this can feel like a “here we go again moment.” COVID fatigue is real. It affects all of us. Don’t forget to look out for your shipmates, your families, and yourselves. There is no shame in leaning on each other and on the resources we have available here in NAS Sigonella. Our sense of community is one of our greatest strengths here at Sigonella, and it is where we shine brightest. Fortunately, we have plenty of examples of how we have pulled together in times of challenge this year.

Our positive community spirit has been on full display throughout 2021. Despite a plethora of challenges, we have risen above them to emerge stronger and more resilient. We rallied together when historic floods struck our base in October, and I could not be prouder of how neighbors looked out for each other during that challenging time. In August, under the watchful eye of our nation and an international audience, we showed our true colors to welcome over 4,300 evacuees from Afghanistan in Operation Allies Refuge. Service members, civilians, and volunteers worked around the clock to flawlessly care for and welcome the newest members of our American family. All of us who participated, should take pride and a sense of accomplishment from that noble effort. I truly cannot tell you how many times I have heard senior leadership praise your efforts for that historic mission.



NAS Sigonella’s relevance as key enabler for NATO and our nation’s mission in Europe and Africa has only strengthened over the past year. That success rests squarely on your individual efforts, the support from our families and the accomplishments of your commands. I would also like to welcome some new faces to the NAS Sigonella community. As part of our permanent maritime patrol presence, the NAS Whidbey Island-based P-8 squadron “Screaming Eagles” of VP-1 are now conducting patrols throughout the Sixth Fleet area of responsibility. Also, the U.S. Marine Corps MV-22 Osprey Squadron (VMM-365) provides the Air Combat Element for the North and West Africa Response Force. Finally, as many of you remember, NAS Sigonella has a long history of rotary aviation. Last year also saw the arrival of HSC-28 flying the MH-60S as a permanent tenant command. Throughout this past year, we have truly lived up to our motto as “The Hub of the Med”, facilitating our NATO alliance and contributing to the security and stability in Europe, Africa and the Middle East.

So to all of you, especially to our families, I simply say thank you. Amy and I look forward to working with all of you in the New Year.

SIGONELLA NEWS UPDATE

Base Impacts * News * Community Updates * Direct Line * In The Know

UPDATED MASK GUIDELINES

As of Jan. 6, 2022, masks are required most places onboard Naval Air Station Sigonella. These guidelines more closely align with Department of Defense guidance as well as host nation laws.

All individuals age 2 and older are required to wear masks outdoors onboard NAS I and NAS II. Masks are also required in public spaces on Marinai or in Navy Housing, excluding that individual's personal residence. In Marinai, a personal residence includes the individual's backyard or driveway. In the barracks, a personal residence includes the individual's bathroom and kitchenette.

Masks are not required while actively exercising, but are required while transiting inside the gym or moving between exercise stations.

Masks continue to be required indoors throughout NAS Sigonella, including the NEX, Commissary, schools, MWR facilities, and offices and workspaces.

Currently, NAS Sigonella has no specified guidance regarding types of masks. However, surgical masks (sometimes known as disposable masks) and respirators (such as N95s and FFP2s) are highly encouraged.

NASSIGONELLA TRANSITIONS TO TIER 2 OPERATIONS

Capt. Pickard, the installation commanding officer, has ordered NAS Sigonella to transition to Tier 2 operations beginning Jan. 7, 2022.

Within Tier 2:

- Areas or workspaces where personnel cannot maintain 6 feet of separation should not exceed 75% of normal occupancy.
- Virtual meetings are not required but highly encouraged.
- Maxi-flex schedules, telework, Flank Speed virtual meetings and other measures are authorized.

For more details about these measures, please review NASSIGNOTE 5100 and NASSIGNOTE 6010.

THE SIGNATURE

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SIGONELLA

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Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. **Editorial submissions** should be sent to the Public Affairs Office via thesig@eu.navy.mil. All articles submitted by non-staff members will be considered contributing writers.



ENERGY SAVING TIPS

1) When driving on the highway, use your **cruise control** to maintain a steady speed.

2) Save electricity when cooking by **using a kettle or covering a pan** when boiling water. Plus, **turn off the burners and the oven several minutes before the cooking time is over**. Both will shorten the amount of time the heating elements are on.

3) Install **low-flow shower heads, toilets and aerators on kitchen and bathroom sink faucets** to save water. They will cut water usage by as much as 280 gallons a month for a typical family of four.

4) Get into the habit of **turning off lights** when you leave a room.



In the Spotlight

Name: HN Hector Conde
Command: USNMRTC Sigonella
Department: Immunizations

By MC1 Kegan E. Kay, *NAS Sigonella Public Affairs*

In this time of the COVID-19 pandemic, first responders and those fighting on the medical battleground have earned well-deserved recognition for their efforts.

Hospitalman (HN) Hector Conde, a San Antonio, Texas native, is one such hero, serving as an active duty Sailor in the immunization department of U.S. Naval Medical Readiness and Training Center Sigonella at Naval Air Station Sigonella.

“The best part of my job is being exposed to medicine and the knowledge [the medical] providers and experienced corpsman provide to new corpsman,” explained Conde. “Once you have learned your job, there are responsibilities and a sense of pride no other rate can compare to. My role makes me proud to be a corpsman.”

Conde joined the Navy in August 2017 to help financially support his family, acting as a father figure to his siblings.

“I wanted to give them the best chance of accomplishing their dreams of going to college and becoming what they dreamt of when we were in poverty,” said Conde.

With a smile on his face, Conde proudly explained that his younger brother is now attending law school and already has two law firms scouting him once he graduates. His younger sister has started attending school to become a registered nurse.

Along with his co-worker, HN Nolan Shepherd, a Beloit, Wis. native, Conde works tirelessly, providing immunizations and vaccines for everybody, from infants all the way to the oldest members of the Sigonella community. He sometimes sees up to 80 patients in a single day.

Since his arrival to the command in August 2020, in addition to providing regular pediatric well-child vaccines, Conde has been an integral part in the success of the various shot exercises to provide COVID-19 vaccines and seasonal immunizations to not just the Sigonella community, but to the Navy’s 5th and 6th Fleets as well.

“HN Conde is a solid and meticulous performer, admirably filling a position usually two paygrades higher than his own,” said Lt. j.g. Tiffany Tween, Conde’s supervisor. “Conde is a standout junior Sailor whose level of responsibility is above his paygrade and yet he takes it in stride. He is certainly a bright light within the department and hospital as a whole.”

Conde considers his work in the immunizations department to be the biggest accomplishment in his Navy career so far.

“To become a subject matter expert, I have studied the immunizations literature at home and have memorized everything from names, brands, treatment, intervals, dosages, etc.,” stated Conde. “I need to be situationally aware of anything that the CDC [Centers for Disease Control] has passed.”

With his professional, calming demeanor and ability to handle responsibilities beyond his paygrade, it is no surprise his command quickly nominated him to be “In the Spotlight.” For Conde, everything he does is just being a Sailor and he is proud to serve in the U.S. Navy.

“Serving in the Navy means loyalty, strength and dedication,” said Conde. “It offers a community that will go through any barrier, obstacle or problem together.”

While proud of contributions to his job, his family and the Navy, Conde ensures that he takes time for himself outside of work. He enjoys a wide range of interests, from restoring or modifying vehicles to spending time outdoors fishing and backpacking.

Since being stationed in Sicily, Siracusa Bay has been Conde’s favorite place to visit on the island.

“It is peaceful to be in the jetties fishing with the sound of waves and the silence,” explained Conde. “It’s the chance to be alone in your thoughts and problems so you can have time to problem solve and sharpen your skills as a Sailor as well as a human being all because you have the time to breathe.”

What is Omicron? Sigonella PHEO Explains

By Lt. Cmdr. Marlon Tingzon, *NNMRTC Sigonella Public Health Emergency Officer*

At this point, we all have been living with COVID-19 for nearly two years. Thankfully, our scientific understanding of the virus and the disease has improved in this time, even as the situation has evolved. With the Omicron variant on the rise, now is a good time to go back to basics and to remind ourselves of the best way to protect each other.

COVID-19 is a disease caused by a virus known as SARS-CoV-2. When the virus enters our body, it uses the proteins on its surface to attach to our cells. These proteins, known as spike proteins, give SARS CoV 2 its characteristic look.

How Does a Variant Arise?

Proteins are made by the virus using its genetic code. As viruses, such as SARS CoV 2, replicate themselves, their genetic code changes due to random “copy errors” over time. Sometimes the change in the genetic code is significant enough that it changes the surface proteins of the virus. This change in the proteins can modify the virus’ abilities; for example, it can be easier to transmit to others or it can more easily evade our own immune system. The mutated virus can be the same, better, or worse for us than its original.

There are many names of mutated version of SARS CoV 2 mutations, but only variants of concern or interest get a Greek alphabet letter name. While the Delta variant was prominent for a long time, we are currently also dealing with a variant named Omicron.

Why is Omicron Different?

The Omicron variant is thought to spread more easily

than the original SARS-CoV-2 virus. The Centers for Disease Control (CDC) expects that anyone with an Omicron infection can spread the virus to others, even if they are vaccinated or don’t have symptoms. It is also thought that the Omicron variant causes less severe illness or death than infection with other variants, but more data still needs to be collected to really know the extent of transmission ability and illness severity.

Current vaccines are expected to protect against severe illness, hospitalizations and deaths due to infection with the Omicron variant. However, breakthrough infections in people who are fully vaccinated can occur.

The best tools we have against Omicron variant are the same ones we’ve had in our arsenal:

- Get vaccinated - Vaccines remain the best public health measure to protect people from COVID-19, slow transmission, and reduce the likelihood of new variants emerging.
- Wear a mask
- Stay 6 feet away from others
- Avoid crowds and poorly ventilated spaces
- Test to prevent spread to others
- Wash your hands often
- Cover coughs and sneezes
- Clean and disinfect
- Monitor your health daily

References:

- <https://www.cdc.gov/coronavirus/2019-ncov/variants/omicron-variant.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Why You Need a COVID-19 Booster Shot



Vaccines are working very well to protect against severe illness, hospitalizations, and death, but effectiveness against infection decreases over time.



Boosters increase your protection from COVID-19, including variants.



The Omicron variant spreads more easily than the original virus.

GET A BOOSTER SHOT 6 MONTHS AFTER YOUR PFIZER-BIONTECH OR MODERNA SERIES, OR 2 MONTHS AFTER YOUR J&J SHOT.



cdc.gov/coronavirus

NEW VACCINE UPDATE



Adolescents & teens ages 12 to 18 years old who received a COVID-19 vaccine should get a booster.

They can get their booster at least 5 months after completing their primary Pfizer-BioNTech series.

FIND OUT MORE AT CDC.GOV/CORONAVIRUS





Military Working Dog Weezy Retires

Story and photos by MC2 Josh Cote *NAS Sigonella Public Affairs*

Military working dog (MWD) Weezy, assigned to Naval Air Station Sigonella security department, retired during a ceremony on NAS Sigonella after more than 10 years of distinguished service, Dec. 17, 2021.

In his opening remarks, Chief Master-at-Arms Jordyn Japac noted that the history of MWDs can be traced back to at least 600 B.C.E. In ancient times, dogs were used to break up enemy formations, charging into ranks and tearing down as many soldiers as possible. Dogs have been used in every American war from the Civil War to our modern day conflicts. They have served as mascots, couriers, sentries, scouts and even rat chasers on ships.

Today, dogs are used to search for explosives, sniff out narcotics and to take down bad guys both at home and abroad. They are often the first line of defense between our armed forces and the enemy.

During the ceremony, numerous people spoke on Weezy's behalf. He was also awarded the Navy and Marine Corps Commendation Medal for his years of service to his country.

While deployed, the relationship between a handler and dog can become more important than usual.

"Few will ever know the bond that is felt between a MWD and their handler," said Japac. "It is saying ok, lets go sweep this roadway for explosives before we go tackle an objective. It is searching a building, and having the confidence in each other's ability to let everyone back in. However, beyond that, is the part that the non-handler world does not see; it is the genuine joy that handler and the dog feel from just each other's company. It is the only familiar face during long down-range deployments. It is

the wag of a tail and a cold nose before, during and after a long day at work, and sometimes the only sanity during our chaotic days."

Weezy was born in April of 2009, and he began his explosives training at Lackland Air Force base in March 2011. Upon successful completion of his training, Weezy was stationed with the U.S. Marine Corps at Fort Bragg in North Carolina, where he received continued specialized search dog training.

In July of 2011, he went to Marine Corps Air Ground Combat Center Twentynine Palms to conduct pre-deployment training for Afghanistan. While deployed, Weezy took part in anti-improvised explosive device operations, supporting and defending countless service members. Following his deployment, Weezy returned to Fort Bragg in April of 2012 and continued his service there until Oct. 2021.

In November of 2021, Weezy crossed over to serve in the U.S Navy, where he was stationed at Naval Support Activity Souda Bay until Jan. 2020.

Weezy sustained severe injuries while completing a search training exercise in a warehouse at NSA Souda Bay, fracturing his tibia and fibula. It took Weezy 19 months, including three surgeries and rehabilitation, to finally get back to fit-for-duty status.

Following the end of his time in NSA Souda Bay, Weezy transferred to NAS Sigonella, where he was able to finish out his time in the Navy and prepare for his new life of relaxing on the couch with one of his former handlers in North Carolina.



Italian News

Winter Discount Season Starts in Sicily

By Dr. Alberto Lunetta, *NAS Sigonella Public Affairs*

Are you ready to strike a good bargain? Imagine a “Black Friday” weekend that would last three months! Italy’s winter “stagione di saldi,” or discount season, kicked off Sunday in Sicily, and will last until March 15. It’s the first of two annual government-regulated periods for such a special sale; the other discount season starts on the second Saturday of July and lasts until Sept. 15.

Last year, the discount season started on Jan. 7 due to the lockdown, but this year, retailers’ associations pushed regional authorities for an early start to get ahead of on-line shopping and cope with significant decline in sales and surging inflation affecting both them and consumers.

Expect long lines at checkout counters and excited shoppers. Fortunately, due to the COVID-19 pandemic’s safety regulations, you won’t find yourself among a crowd of people pushing and shoving their way into stores like the usual first days of the post-holiday season sale. However, be patient because access to the stores will be limited due to these safety restrictions.

The sales season is expected to provide some relief for Sicilian retailers who have been negatively affected by the pandemic. Local media reported that, on average, Italian consumers are expected to spend average of €120.

So get ready to buy high-quality Italian stylish items at bargain prices, but watch out for retailers who trumpet big discounts. Here are some good rules of thumb provided by the Italy Consumer Associations to avoid rip-offs and disputes with merchants that are difficult to handle if you don’t speak Italian.

First of all, do not trust discounts higher than 50% from the initial price. A “sensational” 80% or 90% discount sounds like a tempting offer, but it is probably a rip-off.

Secondly, during the discount season, defective merchandise can be exchanged or returned as usual. There is no “special return policy” when you shop at sales. Therefore, always keep your “scontrino” (receipt) and distrust the shops that display signs saying: “la merce venduta non si cambia” (purchased merchandise cannot be returned) or “all sales are final.” By, law, you have the right to change any defective clothing or shoe that is not up to sample within two months. Retailers can either refund you or give you a coupon that can be spent in the same shop, and it is best to confirm this when you make your purchases. Always remember to



The winter clearance sales season that has recently begun in Sicily is the perfect time of the year to get the best bargains and save lots of money. (Photo by www.corriere.it)

double check with them about that. Some storeowners are sometimes reluctant after a week, to change defective merchandise.

That being said, if you simply do not like what you bought but there is nothing defective about it, then that is not a valid reason for a return.

Be sure to look an item over carefully before you buy it. Check different shops to compare prices and check price history. If you have already visited a store, you might be able to evaluate if a product was over-priced and then marked down. Stores must display on the tags the initial prezzo (price) and the reduced price, both in ciphers and in percentage.

Finally, remember that you can use any method of payment. Don’t trust shop owners who display signs saying “non si accettano carte di credito e bancomat” (credit cards and ATM cards are not accepted). If you don’t see any signs around, and the sales clerk tells you about it upon paying, tell them you know they must accept your credit card.

Who is La Befana?

When I was a kid, I remember being very excited on the night of Jan. 5 because I knew that the next morning, I would get some special gifts from her. I used to place empty stockings under the Christmas tree and then dreamed of her flying on her broom across the blue night sky. Sometimes I could even “hear” her sneaking into the house, carrying a bag full of gifts for

Maj. Gen. Tyler Visits NAVSUP FLCSI

By Joe Yanik, *NAVSUP FLSCI Public Affairs*

U.S. Army Major Gen. Joel Tyler, U.S. Africa Command (AFRICOM) chief of staff, and Rear Adm. Kevin Jones, AFRICOM director, logistics directorate (J-4), visited with leaders of Naval Supply Systems Command Fleet Logistics Center Sigonella (NAVSUP FLCSI) Dec. 16, 2021 at Naval Air Station Sigonella, Italy. During their visit, Tyler and Jones were briefed on NAVSUP FLCSI's logistics and supply mission supporting key customers such as Combined Joint Task Force Horn of Africa, U.S. Fifth and Sixth Fleet assets, and over 34 tenant commands located at Camp Lemonnier, Djibouti.

“Major Gen. Tyler’s visit to NAVSUP FLC Sigonella provided a great opportunity to show the span of influence we have in Africa as an organization dedicated to providing both logistical and contracting support,” said Cmdr. Treven Feleciano, NAVSUP FLCSI operational officer. “Our team of professionals, both military and civilian, are ready and mission capable on any given notice to create tailorable and sustainable solutions to naval, joint

and allied forces throughout the USAFRICOM AOR.”

Tyler is responsible for exercising day-to-day supervision of the staff, management of matters involving the daily operations of the command, and providing counsel and advice to the commander, deputies and the command senior enlisted leader on all matters affecting the command.

Site Djibouti is one of NAVSUP FLC Sigonella’s five logistics sites strategically located across Navy Region Europe and Africa. Through its offices and facilities at Camp Lemonnier, Site Djibouti provides logistics, supply network and quality-of-life services to U.S. Naval, joint, and allied customers throughout the AFRICOM Theater of Operation.

FLCSI is one of NAVSUP’s eight globally-positioned logistics commands that provides for the full range of the fleet’s military operations. FLCSI delivers solutions for logistics, business and support services to the Naval and joint and allied forces throughout Navy Region Europe/Africa.



Sicilian President Visits Sigonella

Courtesy of Sicily's Region Press Office

"I am here to say thank you, on behalf of the Sicilian community, for your commitment and dedication but also for your humanitarian activity. The memory of the effort you made last summer in favor of the refugees from Afghanistan, with the airlift that allowed thousands of people to be safe, is still alive in all of us. On the eve of the New Year, therefore, I wish you and your distant families a 2022 of serenity and peace. And may it also be one of dialogue among peoples, of prosperity and growth. I wish it with all my heart."

This is how the President of the Sicilian Region, the Honorable Mr. Nello Musumeci, addressed top military commanders at Sigonella and to the Marines, Sailors, Soldiers and Airmen of the American Armed Forces, who had been gathered to greet the governor of the island during his official visit to the U.S. Naval Air Station Sigonella Dec. 27, 2021.

Musumeci was welcomed by U.S. Navy Capt. Kepper Pickard, commanding officer NAS Sigonella, Italian Air Force Col. Howard Lee Rivera, commander 41st Antisubmarine Wing and Sigonella Airport, and U.S. Navy Command Master Chief Anna Wood, Command Master Chief Petty Officer of NAS Sigonella.

Pickard thanked Musumeci for the support the region and the Sicilian citizens gave to the evacuation operation from Afghanistan, which included almost five thousand civilians, underlining the tremendous solidarity received from the

local communities through numerous donations.

Musumeci also reiterated that interventions are underway to ensure the hydrogeological safety of the area, including the base, and guaranteed the full availability of the regional government for further necessities by inviting the command to report any priorities.

During the visit, the president of the region received a briefing on the geographical area of operation of NAS Sigonella in the middle of the Mediterranean and Euro-African basin. It also highlighted the close link between the base and the territory: according to the military leadership, an estimated economic impact of about \$250 million per year, provided through the assignment of contracts to Italian and Sicilian companies and the direct employment of approximately a thousand local Sicilian workers in the construction sites that have been opened in the military base.

The governor continued to discuss with military leadership in Pickard's office, where there was a mutual exchange of gifts. The president of the region then visited the airport infrastructures of the base and greeted the American service members lined up in the airport hangar, against the backdrop of the U.S. Marine Corps' MV-22 Osprey with the U.S. Navy's P-8 Poseidon and MH-60S Seahawk.

Finally, Musumeci met with the NAS Sigonella fire service personnel and then concluded the official visit in the base's emergency operations center.



Happy New Year!

Congratulations to the Lay family, who welcomed baby Rose at 8:47 p.m. on January 3 - the first baby born at U.S. Naval Hospital Sigonella in 2022!

Weight: 7 lbs 15.3 oz
Height: 19 inches



"Italian News" cont'd from Page 8

the good kids and "coal" for the kids who didn't behave!

Who is she? She is "La Befana," the Italian version of Santa Claus, a personage both mysterious and arcane. This little old lady with a hooked nose is so dear to children that she has fascinated them for centuries, and they still await her arrival on the night of her holiday.

La Befana's name comes from the word Epifania (Epiphany), the holiday which Italians celebrate Jan 6. She is a good witch who comes during the night of Jan. 5 bringing gifts for the kids according to what they requested the weeks before by writing her little letters. For those who don't behave, she leaves sweet edible coal candies.

The Feast of the Epiphany, which celebrates the revelation of God incarnate as Jesus Christ, also commemorates the visit of the Magi (or Three Wise Men) to the infant Jesus with their gifts of gold, frankincense, and myrrh. The Magi were named Balthazar, Melchior, and Gaspar.

According to the legend, on their journey to Bethlehem, the Magi stopped to ask directions from an old woman who was sweeping and washing with a broom. When she asked where they were going, they told her

that they were following a star that would lead them to a newborn baby. They asked her if she would like to come along with them, to which she replied that she was too busy cleaning up to go along with such nonsense. By the time she realized that the newborn was actually Jesus, it was impossible to reach the caravan. Her regret for not having gone along with the wise men was so great that she now spends eternity taking gifts to good children on Christmas, finding the Christ child in all children.

The tradition also says that La Befana knows how the kids behave, so they must watch their manners. Otherwise, instead of finding toys and candy, they may find "sweet coal." Sometimes, when parents want to make a joke to their misbehaving kids, they would fill up the stocking with "sugar coal" and then give them the gifts right after!

Every year, Epiphany is celebrated throughout Italy with holy masses and festivals featuring parades with costumed figures blending the Catholic tradition with local folklore. However, this year, in light of the coronavirus pandemic, public celebrations were canceled. But don't worry; kids got their presents anyway!

2022 CALENDAR

FITNESS

January

Mission Nutrition

March

Sports Skills Clinic

NAS II Challenge Run - 7 miles

May

The Fast and Furriest 3k

June

CFL Course and Mission Nutrition

July

Color Run

August

WOD on the Water

October

Zombie Run

December

Jingle Bell Jog

All Fitness and Sports participants
are subject to Covid-19 vaccination requirements

ADULT SPORTS

January

Volleyball League 6 v 6

February

*Basketball League
(Partnered with Liberty)*

March

Flag Football League

April

*Ultimate Frisbee League
Tennis Tournament*

May

Softball League

June

Badminton Tournament

July

Cornhole Tournament

September

*Lunch-time Raquetball League
(Ages: 30+)
Soccer League*

October

Strongman Competition

November

Basketball League

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