

The Signature



**PONTE DIRILLO:
NEVER FORGOTTEN**

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**CNO'S GET REAL,
GET BETTER**

— ◆ —
**MIND-BODY MENTAL
FITNESS**

Direct Line

Get Real, Get Better

Chief of Naval Operations



“History shows the navy which adapts, learns, and improves the fastest gains an enduring warfighting advantage. The essential element is fostering an ecosystem—a culture—that assesses, corrects, and innovates better than the opposition.”

--Admiral Michael Gilday, Chief of Naval Operations, (Remarks at 2022 Surface Navy Association Symposium)

Get Real, Get Better

is a call to action for every Navy leader to apply a set of Navy-proven leadership and problem solving best practices that empower our people to achieve exceptional performance.

► The Navy has teams with great culture and great performance, but we also see examples of teams with poor culture and weak performance. The gap between our best and our worst performers is too large.

► To remain the world’s strongest Navy, we must have consistently strong performance. Get Real Get Better is the

mindset consistently used by our best performers.

► This approach empowers our people to find and fix problems – and innovate – at their level, from the deckplate to senior leaders. We reward ownership and ingenuity, and we help each other remove barriers.

► We are committed to accelerating our warfighting advantage by unleashing our people, not by burdening them with extra requirements, policies, or bureaucracy.

► Principles here and in the Charge of Command make our Navy more ready for competition and combat.

Every Navy leader must:

Get Real

► Self-Assess. Be your own toughest critic. Continually evaluate yourself and your team. All of us can improve.

► Be honest, humble, and transparent about current performance. Support others in getting real.

► Know your actual capabilities and limitations. Challenge your beliefs using data, facts, and diverse input.

► Embrace the red. Be curious and take pride in fixing problems. We are not a zero-defect Navy.

Get Better

► Self-Correct. Continuously fix small problems at the lowest level before they become large issues.

► Apply Navy problem solving tools and best practices to shift from more activity to better outcomes.

► Find and fix the root causes, not just symptoms. Set clear accountability and work collaboratively.

► Fix or quickly elevate barriers. Measure yourself on creating opportunities for your team to progress.

... use a learning mindset ...

► Be a “learn-it-all” vice “know-it-all”. Transparently share what you learn to make others more successful.

► Be courageous; aim high even if you may fall short. When you miss, come back smarter than before.

► Build trust. Honor and reward the value of each member of your team. Recognize others who support you.

► Experiment frequently to find the best solution. Adjust your plan based on learning.

Naval Aviation Vignette

Embrace the Red

In the beginning of 2019, our F/A-18 super Hornet Fleet was at 55% mission capable... only about half of our inventory was ready to be used by the Navy for deployment and training. And Super Hornet readiness had been low for 10 years despite lots of money and resources being focused on extra repair parts and depot repair. We decided to embrace the red, to challenge our thinking and learn. We took a hard look at our performance, harnessed the data that was available, and realized that it was not a lack of inputs that was holding us back, but the capability of our processes to turn those inputs into outcomes. We learned from elevating our gaze up and out to look at the best performers that the real opportunity to improve Super Hornet readiness wasn't in more inputs, but in process changes that made our maintenance teams more effective. Taking some best practices from the airline industry, we developed a new way to collaborate across the Navy in resolving down jet issues, and we developed a new approach in how squadrons do maintenance, building a playbook of how to do large maintenance checks more thoroughly and efficiently. With these and a few other changes, we drove our Mission Capable rate through the roof—it was incredible....in less than a year, we surpassed the DoD-required 80% Mission Capable rate, and have sustained that readiness ever since.

Shipboard Fire Safety Vignette

Self-Aware, Self-Correcting

Managing hot work (welding and grinding projects which cause heat and sparks) during a big maintenance availability is tough. The whole ship and shipyard is under pressure to get the availability done on time, but during one shift, we disapproved multiple requests because we were not meeting safety standards. We brought it up to our chain of command--the Captain completely had our backs, ordered a stop to all hot-work until everyone was able to get re-trained and on the same page of what was needed to do the work safely. It's good to know that, despite the time-pressure to get things done, our team acted to find and fix this problem early, and fixed it before it grew into a bigger problem. We were self-aware enough to see the issue, and then had the discipline to self-correct it quickly.

Naval Shipyard Vignette

Fix or Elevate

We were sick and tired of not having enough calibration equipment to do all the Fiber-optic repairs. Too much time was being wasted scouring the yard for in-calibration equipment. This was leading to a huge backlog in getting our projects done—and even more delays in getting our ships out on time. In the past, we would have just dealt with it, working back-breaking hours to make up for the lost time. Instead we decided to fix or elevate, bringing a clear barrier impeding performance to our bosses in the shipyard and NAVSEA. They quickly talked to the METCAL office, who gave us another way to temporarily get our equipment calibrated. Even better, the METCAL office is now working on a way to give us an in-shipyard way of calibrating test equipment.

THE SIGNATURE

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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.

In the Spotlight



Name: Timothy Cornell

Command: NAS Sigonella

Department: Operations, Air Traffic Control

By MC3 Triniti Lersch, *NAS Sigonella Public Affairs*

Timothy Cornell from Frankfort, Ill. joined the Navy in November 2018 as an Air Traffic Controller. For the past year and a half, he's worked at Operations, Air Traffic Control on Naval Air Station Sigonella, for his second command tour; his first was NAS Pensacola.

Cornell's daily work routine is to receive and process mission critical flight requests supporting seven squadrons, in support of Navy Region Europe, Africa, Central (EURAFCENT) and Fifth Fleet operations.

"My daily duties include coordinating and submitting flight plans for our pilots here at NAS Sigonella as well as submit Notice to Air Missions (NOTAMS) and airfield information. I also coordinate flights with the Italian Air Force and our pilots to make sure their missions are approved as well as coordinating with other air fields."

"My favorite part of this job is just aviation in general," said Cornell. "I enjoy seeing the planes and talking to the pilots."

He holds multiple collateral duties including assistant command fitness leader, airfield driver's license course instructor/coordinator, second class petty officer association event coordinator and government purchase card holder for his command.

"AC2 Cornell has been the definition of a great Sailor since his arrival in early 2021," said Air Traffic Controller 1st Class Benjamin Kramer, the Air Traffic Control leading petty officer. "He has qualified within the division as high as allowed and has taken on multiple collaterals which he has exceeded expectations with. He was responsible for ensuring flight requests from U.S. aircraft carriers operating in the Med could file flight plans efficiently and with minimal rework, safeguarding

the ongoing missions in the region. He always produces quality work and never hesitates to assist or train his shipmates in any evolution. AC2 Cornell is the standard bearer for other 2nd Class Petty Officers and the example for junior sailors to emulate."

His proudest accomplishment while in the Navy is his participation in Operation Allied Refuge. During OAR, Cornell had a bunch of different duties. He helped with the initial check-in and biometrics, clean-up crew, volunteering with the USO to provide snacks, drinks and amenities to the refugees as well as coordinating when flights were coming into Sigonella with more refugees.

For Cornell, serving in the military is the opportunity to be part of something bigger than himself.

"You get a great sense of pride when you get to help out with events such as OAR," said Cornell. "The military is like a family. Everyone is your brother and sister."

Cornell is planning on starting his degree this upcoming fall semester.

"I plan on starting a Bachelor degree in Aeronautical Science while working towards my pilot's license," said Cornell. "I would love to eventually go to Officer Candidate School and become a pilot and fly for the Navy."

In his free time Cornell enjoys going to the gym, riding his Harley and spending time with his wife and friends.

His favorite quote is "Veni, vidi, vici." which translates to "I came, I saw, I conquered."

"No matter what is thrown at me in life I will own it and conquer it," said Cornell, in regards to his favorite quote.

NAVSUP Supports BALTOPS22 at STRIKFORNATO HQ

By Joe Yanik, *NAVSUP FLC Sigonella Public Affairs*

Exercise Baltic Operations 2022 (BALTOPS22), June 6-17, was the premier maritime-focused exercise in the Baltic Region conducted annually with U.S. Naval Forces Europe-Africa in the lead and Naval Striking and Support Forces NATO (STRIKFORNATO) responsible for its execution. This shared responsibility provides unique training opportunities that strengthen the combined maritime response capabilities that are critical to preserving freedom of navigation and security in the Baltic Sea.

The command and control center responsible for planning and executing the exercise was located at STRIKFORNATO's rapidly deployable joint headquarters in Oeiras, Portugal from which it plans, commands, and controls NATO maritime operations throughout the Euro-Atlantic region. During the exercise, NAVSUP FLCSI's Lt. j.g. Adam Thomas was tasked with supporting STRIKFORNATO headquarters' Assistant Chief of Staff (ACOS) J4 (Logistics) Division. The ACOS J4 is responsible for developing, maintaining and providing a clear and concise theater-wide logistics picture to the Multi-National Maritime Force Commander. The ACOS J4 contributed to the success of the exercise by developing a maritime logistics support network that provided various logistics requirements to ships participating in BALTOPS22.

Below are Thomas' responses to our questions about his experience.

Describe your duties and responsibilities while assigned to ACOS J4 during BALTOPS 22?

While assigned to ACOS J4, my responsibilities were to learn the processes and procedures of the STRIKFORNATO J4 team in order to improve how STRIKFORNATO and NAVSUP FLCSI does business in the area of operations. As the sole maritime logistics planner with an understanding of the NAVSUP FLCSI capabilities I was able to bring a unique perspective to the J4 team from anything from fuel to casualty reporting.

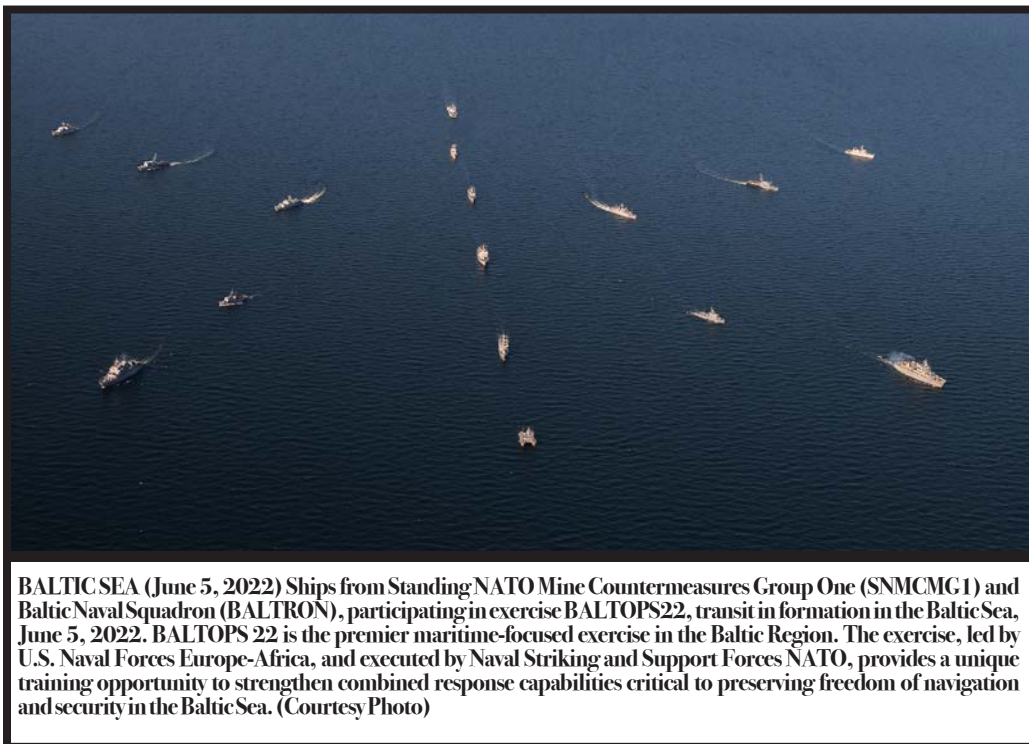
Had NAVSUP FLCSI sent a representative during previous BALTOP exercises?

This year's BALTOPS exercise was the first time our command sent a representative, reinforcing an established relationship with NAVSUP FLCSI's logistics-focused partners, like NATO.. Sending me to STRIKFORNATO during BALTOPS 22 provided a seat at the table to foster a closer NAVSUP FLCSI/ NATO relationship. Presence matters.

Why were you sent to represent NAVSUP FLCSI?

There is tremendous talent within both the NAVSUP FLCSI and NATO organizations, and the fact that we possess common objectives made this collaboration during BALTOPS 22 an ideal opportunity to further develop our capabilities.

I was the ideal candidate for this assignment for several reasons. As a subject matter expert on the maritime logistics capabilities



BALTIC SEA (June 5, 2022) Ships from Standing NATO Mine Countermeasures Group One (SNMCMG1) and Baltic Naval Squadron (BALTRON), participating in exercise BALTOPS22, transit in formation in the Baltic Sea, June 5, 2022. BALTOPS 22 is the premier maritime-focused exercise in the Baltic Region. The exercise, led by U.S. Naval Forces Europe-Africa, and executed by Naval Striking and Support Forces NATO, provides a unique training opportunity to strengthen combined response capabilities critical to preserving freedom of navigation and security in the Baltic Sea. (Courtesy Photo)

that NAVSUP FLCSI possesses, I am familiar with NAVSUP FLCSI key operationally strategic initiatives, especially those that relate to Europe's High North. Earlier in my career, I served as a ship supply officer with experience operating in Sixth Fleet including multinational exercises. Lastly, I possess the necessary desire to learn the NATO structure and language, as well as pioneer the relationship between STRIKFORNATO and NAVSUP FLCSI.

What are the desired results of your efforts supporting BALTOPS 22 at ACOS J4, STRIKFORNATO HQ?

Now that BALTOPS22 has concluded, I hope I've contributed to a productive, long-term relationship between STRIKFORNATO and NAVSUP FLCSI, one that both of our organizations can leverage to tackle common challenges that arise in support of warfighters.

Describe your role at NAVSUP FLCSI Site Rota?

Prior to supporting BALTOPS22 I was serving as the Logistics Support Officer in the Fleet Support Division at NAVSUP FLCSI Site Rota. In this role I worked with the key players throughout the AOR to ensure the success of port visits, material routing and replenishments at sea ensuring Fleet readiness.

Site Rota is one of NAVSUP Fleet Logistics Center Sigonella's five logistics sites positioned across Navy Region Europe, Africa, Central. Site Rota provides supply chain management, bulk and aviation fueling capability, material handling equipment, contracting, hazardous material management, household goods and vehicle processing and postal operations to fleet, installation and other service components throughout the area of operations.

FLCSI is one of NAVSUP's eight globally-positioned commands that provides for the full range of solutions for logistics, business and support services to the U.S. Naval, Joint, NATO and Allied Forces across 14 enduring and forward operating sites; forward contingency and cooperative security locations in 13 countries in Europe and Africa.

Never Forgotten

By MC1 Kegan Kay, *NAS Sigonella Public Affairs*

Seventy-nine years ago, after a long and tedious fight in North Africa, the U.S. Army and British allied forces decided to take on enemy forces in Sicily, known as Operation Husky. During this expedition, many American men fought valiantly and died tragically at Ponte Dirillo. This year, six ceremonies were held in the nearby town of Gela and at the historic battle site, to honor not only the sacrifice of the American and Allied forces but the lives of the Sicilian and Italian people who died during the conflict.

Lt. Cmdr. Peyton Price, U.S. Naval Computer and Telecommunications Station executive officer, Lucio Greco, mayor of Gela, Franco Città, past president of the Rotary Club, Gela Kiwanis Club Representative Dr. Giuseppe Abbate, Gruppo Archeologico Geloi (an association of history enthusiasts), Professor Nuccio Mulè, a local historian, the Marinai d'Italia (an association of retired sailors), Giacomo Giurato, the coordinator of the Gela-based Perfetta Letizia Polyphonic Choir, service members from Naval Air Station Sigonella, and several Italian citizens commemorated the anniversary of this valiant effort during the six ceremonies.

Operation Husky was a massive amphibious campaign to liberate the island of Sicily from the Axis powers. The 82nd Airborne Division sent paratroopers from Tunisia on July 10, but severe weather blew members of the 1st Battalion of the 505th Parachute Infantry Regiment off course. They landed among heavily fortified German forces, including three pillboxes and several Tiger tanks.

Nevertheless, the American Soldiers, led by Lt. Col. Arthur Gorham, fought the Italian and German forces through the night and into the morning of July 11. By the end of the battle 39 men, including Gorham, lost their lives, but not before wreaking havoc on their enemies. In recognition of his heroism, Gorham was posthumously awarded two Distinguished Service Crosses, the second highest award for bravery bestowed by the United States Army.

Operation Husky ultimately succeeded in bringing Sicily under Allied control.

“It was 79 years ago that 38 Army Paratroopers and a Navy Nurse prepared to board a plane to parachute

onto the island of Sicily. We do not know the thoughts or preparations that went through each paratrooper’s mind,” Price said during the July 9 ceremony held at Ponte Dirillo. “We also do not know their final thoughts before giving their lives to this cause of freedom. Putting aside their individual needs, they each stepped up and did their duty to ensure that the world remained free. It is that sacrifice that we remember and honor today.”

Through all six ceremonies, the message of continued remembrance of their sacrifices rang throughout them all. Each ceremony demonstrated everyone’s determination to commemorate the fallen of both sides. Together, the two nations are now allies, fighting shoulder-to-shoulder against tyranny and oppression around the world.

“These events must always be kept alive because they have the great significance of reminding the new generations of those events and that the freedom we enjoy today is due to that event and must be held dear,” said Città in his speech, “and we must make sure that those sad moments are never repeated.”

The Gela mayor echoed Price and Città words during his speech at the Rotary Club ceremony on July 10th.

“In a rapidly changing world, it is important that some things would never change,” said Greco “One of these is the importance of memory preservation, of the facts of the past that led us to be who we are in the present. Knowing them, giving them their proper value, and how we know how to learn a lesson from history so as not to repeat its mistakes, is the basis for a conscious future.”

Preparations have started to make next year’s 80th commemoration an international and important event to truly remember and honor all the lives lost during Operation Husky.

“Our words here today may be long forgotten,” concluded Price, “but may our actions set the example that others follow to ensure that the death of these Soldiers and Sailors will be remembered, and I pray that they know that they can rest easy in the certainty that we now carry, and will pass on, the responsibility of ensuring that liberty and freedom prospers in the United States, Italy and our NATO allies.”



Italian News

Summer Sales Season Kicks Off in Sicily

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

Sigonella shoppers will be happy to hear that the “sconti di fine stagione” (end-of-the-season sales) has started at the beginning of July on the island. Here is your chance to strike good bargains while shopping in the local economy. This year, the discount season will officially last until the end of September. During the first days, Italian shoppers typically flock the stores for good deals.

However, many Italians have recently started cutting back spending on clothing to accommodate the increasing costs of living in Italy. The benefit for this year is expected shorter than usual lines at the stores.

Unlike the United States where sales are not commonly government-regulated, Italy passed a law in 1939, during the Fascist regime, which dictated that retailers, mainly clothing stores, were permitted to offer special discounts twice a year to support a shattered economy.

Typically, the *saldi* seasons last about 60 days. They begin after Christmas to lure customers to buy winter collections and in the middle of the summer (July) for the summer collections. However, dates change from region to region and many stores start offering discounts to loyal program customers before the beginning of the official sale season.

While you're in search of big bargains, make sure you keep in mind some tips suggested by all the Italian Consumer Associations to avoid rip-offs and especially disputes with merchants that would be difficult to handle if you don't speak Italian.

Consumer Associations officials also warn that some unfair retailers might try to sell shopworn or damaged items as “promotional sales” just to reduce the quantity of merchandise in stock.

Here are some rules of thumb that you should keep in mind. First of all, do not trust discounts higher than 50 percent from the initial price. A “sensational” 80 or 90 percent discount might sound like a tempting offer but is probably a rip-off.

Remember that, during the discount season, defective merchandise could definitely be exchanged or returned as usual. There is no “special return policy” when you shop at sales. Therefore, always keep your “scontrino” or receipt and distrust the shops that display signs saying: “la merce venduta non si cambia,” (purchased merchandise cannot

be exchanged) or “all sales are final.” You have the right to change any defective fabric or shoe that is not up to sample within two months. Retailers can either refund you or give you a coupon that should be spent in the same shop.

Be sure to look an item over carefully before you buy it. Check different shops to compare prices. If you have already visited a store, you might be able to evaluate if a product was over-priced and then marked down. As a general rule, if you just arrived in Sicily and you have not been around a lot, be oriented toward buying at big department stores, where sales are usually fair.

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 way of payment. Mistrust shop owners displaying signs saying “non si accettano carte di credito e bancomat” (credit cards and ATM cards are not accepted) because of the sales season. That's illegal. If you don't see any signs around, and the sales clerk tells you about it upon paying, tell them you know they are supposed to accept your credit card or ATM card.

Summer Events and St. James Festival in Caltagirone

Make sure you don't miss the amazing candle lighting ceremony of the Caltagirone steps which is annually held to honor San Giacomo or St. James, the city's patron saint.

Celebrations are held in Caltagirone from July 23 through July 25 and on July 31 and Aug. 1. The festival was first celebrated on July 25, 1090, when Count Roger the Norman liberated Caltagirone's townspeople from the Saracen rule. According to tradition, St. James appeared during the battle riding a white horse to support Roger whose armies eventually defeated the Saracens. Thus, the Norman count erected a temple to honor the saint. In 1457, Giovanni Burgio, the bishop of Manfredonia donated a relic of St. James, a part of the arm's bone to the city of Caltagirone. The relic is placed inside a blessing

hand shaped reliquary. Fifteen years later, Antonello da Messina, the famous Sicilian painter, portrayed St. James but the painting was destroyed together with the church that hosted it in a terrible earthquake that occurred in 1693. In 1518, Vincenzo Archifel, a sculptor from Catania, made a statue depicting St. James. Since that year, the celebrations for St. James are enriched by an external procession during which his statue tours the streets of Caltagirone. In 1691, the relic of St. James was moved to a magnificent silver box made by the Gagini brothers. The box is among the masterpieces of Italian sacred art.

This year, the festival kicks off on July 23rd with spectacular fireworks show at the public gardens and are followed by a town's concert band.

The festival continues on July 24 and 25th in piazza Municipio (main square) with the traditional "Corteo Storico del Senato Civico e delle Autorità Cittadine" spectacular parade in period costumes featuring actors that represent the "distinguished members" of the 18th century City's Senate. All the town's military and civilian authorities take part in this event. Period costume parades are also repeated on July 31 and Aug. 1.

In the evening, over 4,000 coppi (colored oil lamps or lanterns) are lit at 9:30 p.m., forming a glowing shape, the magnificent stairs decorated with mesmerizing majolica tiles consisting of 142 steps. Each lantern or paper vase is placed by hand along the steps to form every year a new design according to a centuries-old tradition, called "Luminaria" that is handed down from father to son. The translucent paper vase, placed in the bottom of the ceramic tiles, is filled with olive oil. The stairs stay lit throughout the festival.

The religious procession with the St. James' relics and the statue begins at 9 p.m. on July 25th leaving from the Church of Saint Giacomo. Processions are also held on July 31 and Aug. 1.

Other upcoming Caltagirone Summer Events' highlights include the following shows and events: Caltagirone Jazz Festival (two concerts free of charge at the Discesa Collegio area featuring "An Italian Tale", Luciano Troja, piano & Antonino Cicero, bassoon, July 15th and "Jazz Back



The Saint James festival in Caltagirone, held annually on July 24/25, is the highlight of the city's summer events. It also features the jaw-dropping illumination of the ceramic steps and other family-oriented summer events for the entire family. (Photo by Andrea Annaloro)

to Grammo" featuring Carmelo Coglitore, saxophone soprano/clarinet and Francesco Cusa, drums, July 28th); "Unesco World Heritage Day" (July 22), the celebrations for the 20th anniversary of Caltagirone's inscription as a World Heritage Site.

For more information and detailed schedules regarding summer events visit <https://www.facebook.com/comunecaltagirone>.

MIND-BODY MENTAL FITNESS

By Jennifer Arellano, Fleet and Family Support Center Sigonella

The lifestyle of active duty service members and their families comes with unique stressors that can often be compounded by living overseas. What most people don't realize is that stress is a normal part of life. The feelings of stress are just indicators that something in our life needs attention, and even presents a possibility for positive change and growth. The Fleet and Family Support Center is happy to offer a new program to not only address the stressors of military and OCONUS life, but to give people and commands the tools to increase their overall ability to handle new stressors when they arrive.

Mind-Body Mental Fitness (MBMF) is an exciting new program designed to help service members, their families, and their commands better understand how to cope with the stressors that are presented in the military lifestyle. Why is this exciting? This program is a major shift in the way the Navy addresses stress and stress-related injuries. While MBMF provides many tools for dealing with day-to-day stressors, the program has a greater focus on building up resiliency. This proactive approach allows one to maintain a healthy level of functioning despite exposure to stressors. The idea behind MBMF is to give people the ability to learn and grow from the stressors they face; to not only bounce back, but to bounce forward.

The primary goal of Mind-Body Mental Fitness is

to enhance the mind, body, spirit and social domains in one's life. MBMF teaches proactive pathways to achieve mental fitness, find balance within these domains, and gain practical skills that can be utilized daily. Some of the practical skills are problem solving, goal setting, mindfulness, meditation, and quick recalibrations to adjust your physiological state. When we increase our resilience, stressors can be seen as a challenge to overcome, rather than a threat.

Over the course of six sessions, MBMF can help you and your command by teaching service members and families that neuroplasticity and mental toughness can be strengthened with consistent practice to create a culture of resilience. The six sessions can be taken together as a series, or any one session can stand alone. One of the six sessions will be offered monthly at The Fleet and Family Support Center but this training can also be brought to your command by request!

The MBMF modules are: Stress Resiliency, Mindfulness and Meditation, Living Core Values, Flexibility, Problem Solving, and Connection.

For more information, questions, or to sign up please contact The Fleet and Family Support Center at 095-56-4291 or email Jennifer Arellano at Jennifer.Arellano@eu.navy.mil

4 DOMAINS OF RESILIENCE

Resiliency is the ability to maintain a **stable, healthy level of functioning**, despite exposure to loss, potentially traumatic events, or other extreme stressors.



MIND

The ability to **effectively cope with mental stressors and challenges**. Pay attention to your needs and feelings. Our thoughts control our energy.

BODY

The ability to **adopt and sustain healthy behaviors**. Recognize the connection between mind and body: strong bodies help build strong minds.



SPIRIT

The ability to **adhere to beliefs, principles, or values** needed to persevere and prevail in accomplishing missions and within one's personal life.

SOCIAL

The ability to **network, build, and value interpersonal relationships** and social networks. Social connections with others widen perceptions and grow character.





**SAVE
THE DATE**



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