

The Signature



**NASSIG SECURITY FORCES
CELEBRATE BIRTHDAY &
NEW INSIGNIA PROGRAM**

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**SCOUTS JOIN CAMP
IN CROATIA**

**PROVIDING MAIL
FOR THE MED**

Direct Line

Command Master Chief Randy Dickerson, NASSIG CMC

Team Sig!!
I am CMDCM Randy Dickerson, NAS Sigonella's new Command Master Chief. It's been just four weeks since CMC Wood and I turned over, and it's been fast and furious with a learning curve, but at the same time it's also been amazing and rewarding. Before I go any further I would like to express my sincere thanks for the incredible welcome my wife and I have received. Your generosity and kindness have already made Sigonella feel like home. From a professional perspective, I have been absolutely impressed by the level of professionalism and dedication from the combined team of Sailors, Marines, Airmen, Soldiers, U.S. and host nation civilians, and our NATO partners that makes NAS Sigonella the recognized operational "Hub of the Med."

During my time in the Navy, I have been fortunate enough to serve in many different locations. My assignments have taken me from Boot Camp, NAS Oceana, NAS Mayport, MCAS Beaufort, RTC Great Lakes, NS Everett, MCAS Kaneohe, NAS Atsugi Japan, MCAS Iwakuni, and now here to NAS Sigonella with multiple deployments across various aircraft carriers. Japan was my first overseas tour, but I wish I had gone overseas a longtime ago, but I was scared or had no interest like most. Now, I look forward to where else I can be stationed overseas.

I look forward to serving as your Command Master Chief and will strive to educate, improve and advocate for you. I don't claim to know everything as we are always learning every day, so please teach me something new, educate me on why, and share your ideas with me so that I can be better, smarter and the best advocate for this base that I can be. HOOYAH!!!



Community Updates

Responses to your ICE comments:

- Speed limit driving through NAS 2 is 30 km/hour while Marinai and NAS 1 is 20 km/hour
- Regarding usage of barbells during unmanned gym hours, CNICINST 6100.1, dated 6 June 2019, states that “Olympic rack (bench and squat), Smith machines, barbells, and homemade/personal equipment are prohibited for use during unmanned gym hours.” Failure to follow these and other rules set forth is grounds for gym privileges being revoked.
- Regarding usage of cooking oils with the Galley: all recipe cards for the meals cooked at the galley are made and approved by Navy Dieticians and are obligated to be produced IAW these recipe cards. The galley provides multiple dietary options and avenues for patrons to choose based on their dietary needs. Olive oil is mostly used in the galley’s products due to the familiarity the personnel have in cooking with it. When other oils are used instead, it’s due to the requirements of the dish (ie. olive oil having too low a flash point to permit it in usage for deep frying). Gravies are made with butter, not oil, and the staff will typically uses marinade instead of oil as a binder for seasoning. It is the patron’s choice on what they consume and if they have questions about production, they are free to ask.
- Parent supervision required in accordance with the age listed below while onboard NAS Sigonella:

AGE MATRIX:

Age of Child	Left Unattended in Quarters/Housing	Left Alone Overnight (2200-0600)	Left in Playground Unsupervised	Commissary/NEX	Barracks	Shuttle bus unsupervised	Left alone in vehicle
0-6 yrs	NO	NO	NO	NO	NO	NO	NO
7-9 yrs	NO	NO	YES*	NO	NO	NO	NO
10-11 yrs	YES	NO	YES	YES*	NO	YES	YES
12-15 yrs	YES	NO	YES	YES	NO	YES	YES
16-18 yrs	YES	YES**	YES	YES	NO	YES	YES

* Adults within hearing or visual contact

** with access to adult supervision

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.



In the Spotlight

Name: Darius Shirley

Command: NAS Sigonella

Department: Housing Department

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

Most people spend a lifetime checking off items on their bucket lists but Culinary Specialist 3rd Class Darius Shirley, from Byram, Mississippi, has almost completed his travel bucket since he joined the Navy in January 2015, with only Asia and South America still left on his list of places of visit.

Shirley has spent the past two years working for the housing department of Naval Air Station Sigonella.

While his primary responsibilities are to the housing department, he has spent the last three weeks currently working at the base's award-winning Ristorante Bella Etna galley. Shirley is learning and handling the administrative side but also gets to help with his favorite aspect of being a culinary specialist: cooking and meal prep.

When watching him work, Shirley displays an intensely focused and serious demeanor but the moment he starts interacting with his co-workers or customers, his face transforms with an easy smile. Shirley says the best thing about his job is getting to interact with people.

"Getting to know people not only for job-related purposes but on a personal level as well," clarified Shirley on why he enjoys socializing with people at work.

Shirley also has the added responsibility of a resident advisor as a collateral duty, and is responsible for a team of four RAs in taking care of all after-hours emergencies and assisting barracks residents.

"Shirley is my subject matter expert for housing along with galley operations, and is continuing to strive and succeed in any tasks given to him," said Culinary Specialist 1st Class Joseph Clem, the housing departmental leading petty officer.

The admiration and recognition of Shirley's work by his leadership is echoed by how Shirley feels working for

his chain of command.

"I've been very fortunate to have good leadership throughout my entire career so far," remarked Shirley and he continued by saying he could name at least two people from each command he's been at that have acted as mentors to him, assisting him both personally and professionally.

"I have had the honor of working with CS3 Shirley for almost two years now," added Clem. "CS3 is an extraordinary petty officer who demonstrates the maturity, leadership and dedication we seek to find in our Navy."

In his off-time, Shirley enjoys sports and watching TV and since COVID-19 restrictions have started to lift, he tries to make the most of the added freedom by exploring Sicily and traveling.

One of his biggest off-time passions is shopping, specifically collecting shoes. For Shirley, his collection is not about the latest sneaker trends or the new "must-haves" but more so about any shoe that sparks his interest.

Having moved overseas, his collection took a bit of a hit in regards to the shoeboxes themselves so he says he is working on getting new boxes while at the same time still adding to his collection.

His future goals are to pick up rank and advance to 2nd class petty officer, and he hopes that his next duty station will lead him to Japan, giving him a chance to mark off a few more items on his travel bucket list.

Reflecting on the last seven and half years, Shirley says he believes he made the right choice in joining the Navy and that serving to him means making his family proud.

Overall, Shirley likes to go with the flow and just take things a day at a time. He enjoys living in the moment and taking things as they come, a lot like his favorite saying, "there will be better days even during dark times."

Sigonella Scouts Join Camp Avantura in Croatia

By MCI Josh Coté, *NAS Sigonella Public Affairs*

Because of COVID-19 and PCS season at Naval Air Station Sigonella, the Boy Scout troop numbers here began to decline, but recently Troop 53 has been getting back into the swing of things. This year, for the first time since COVID, Troop 53 was able to attend Camp Avantura, a water-based camp held in Savudrija, Croatia at Autokamp Veli Joze on the Adriatic Sea.

The camp consisted of 130 scouts from across the Transatlantic Council Scouting Region. Troop 53 sent seven out of their 10 Scouts along with three of their leaders to the week-long camp from July 31 until Aug. 6.

Luckily for those who remained, there were still parents willing to step up and build the troop back.

“When we moved here after the first year, all of the leadership moved on to other commands,” said Melissa Bribiesca, troop committee chair. “In order to keep the troop running, myself and another mom had to step in and sort of take on every role there is in leadership. We were down to two Scouts and we had to rebuild the troop and the leadership roles. Now we have grown the troop back to 10 Scouts plus two female Scouts in the girls troop.”

Joining the Scouts not only gives kids and teens new skills in life but it also can be a way to get out there and have some fun.

“I joined because a bunch of my friends were in Scouts and they said it was really fun,” said Eric Bribiesca, Troop 53 Boy Scout. “I decided to try it out and it is pretty fun. We get to sell popcorn and learn knot tying and whittling and a bunch of other stuff like camping.”

While at the camp in Croatia, the Scouts earned a multitude of different merit badges like first-aid, woodcarving, fishing, archery, rifle shooting, kayaking,

canoeing, small-boat sailing, swimming, water sports and Accelerated Camper Experience Program. Along with working on their badges, the troop also got to participate in campfire songs and skits, flag ceremony participation, open swim, snorkeling and different hikes to nearby villages.

Sometime soon, the troop plans on doing a Scout-a-thon fundraiser to help raise money to help offset some of the costs for the troop’s future camps. The more money the troop is able to raise, the less money would have to come out of pocket for the upcoming trips.

While at the camp, the Acting-Scoutmaster and the Assistant Scoutmaster, who are both active duty service members, were able to participate in the Introduction to Outdoor Leader Skills. This class is a required outdoor training for all Scoutmasters and Assistant Scoutmasters. The hands-on course provides adult leaders with the practical outdoors skills needed to lead Scouts in the outdoors.

“IOLS is an introduction to outdoors leadership skills,” said Electronics Technician 3rd Class Max Begin, Assistant Scoutmaster. “It teaches the basics of knot tying, fire building, leave-no-trace principles and more. For me it very much was a refresher training, I had maybe a one year gap between getting my Eagle Scout and having to do this course which is everything I was doing already as a Scout. For people new to Scouts, it’s to help them learn everything the need.”

For anyone looking to join or for more information on the scouts, the Troop 53 has a Facebook page. You can also go onto Scouts.org and look for the troop to get involved.



Photo courtesy of Melissa Bribiesca

NASSIG Security Forces Celebrate 49th Birthday, New Insignia Program

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

The U.S. Navy's Master-at-Arms rate is not a new thing despite having only recently celebrated their 49th birthday on August 1, 2022.

According to Naval History and Heritage Command, the master-at-arms rating has been around since Charles I ruled England. The "sheriffs of the sea" were responsible for the maintaining of the weapons onboard the ship and had to be qualified in "close order fighting under arms" and had to be able to train their shipmates in "hand-to-hand combat."

The Master-at-Arms rate was also one of the original eight chief petty officer ratings, yet in 1921 the rate was disestablished with the duties and responsibilities divided up and distributed as collateral duties to other ratings.

In 1942, the rate saw a comeback but rather than the name Master-at-Arms, they were called Specialists Shore Patrol and Security, before being changed to Shore Patrolman in 1948 and re-disestablished in 1953.

On August 1, 1973, the Master-at-Arms rate was reestablished and the date declared to be the official birthday of the rate.

Today, according to the career path rating description for Master-at-Arms, "MAs will individually, or as part of a force, be able to conduct Force Protection operations in order to defeat threats at sea, on shore, and in expeditionary environments. Force Protection is a program that comprises of three pillars: Antiterrorism, Physical Security and Law Enforcement. Specifically, the MA will conduct scalable force protection and security providing layered defense for designated assets and critical infrastructure throughout the world. Additionally, MAs will operate in an integrated at sea/coastal/landward security environment, providing mobile and fixed defensive operations in support of Commanders performing base defense, expeditionary/combat operations, strategic asset security, law enforcement, corrections, and special events and operations with other services, host nation partners, and civil authorities."

In addition to celebrating their 49th birthday, Naval Security Forces here at Naval Air Station Sigonella were provided the opportunity to be some of the first in the fleet to qualify for the new Navy Security Force Insignia, a qualification program 10 years in the making.

The insignia is pin that can worn on the uniform similar to that of a diver insignia or "badge," EOD, or Special Warfare, as the pin changes depending on the qualification level of apprentice, journeyman, master or officer skill level.

The qualification levels for the Navy Security Forces insignia are NSF Specialist, NSF Senior Specialist, NSF Master Specialist and NSF Officer.

"We are now trailblazing the efforts in making the Master-At-Arms community hold its own pride and heritage," stated Master-at-Arms Senior Chief Peter Limson, designated executive agent for the NSF qualification program at NAS Sigonella. "The insignia program took 10 years to develop and was approved by 11 admirals consistent with our 11 mission platforms."

The NSF qualification establishes performance standards that can be used to assist in the assignment, promotion and officer selection processes, and provides a visual recognition of the Sailor's professional expertise.

The program is segmented into six phases. Phase One involved convening initial qualifiers and selection panel, reviewing and validating the qualification process, training, PQS completion, written testing, oral board composition and final selection processes.

Phase Two was the release of the qualification program to include the instruction and electronic PQS and initial qualifiers for NSF Officer and Master Specialist based on priority.

Phase Three and Phase Four, which are currently happening, involve achievement of a formal program compliance, initiating a force-wide training program for all levels, qualified NSF officer, master and senior specialist convened boards on all fully qualified candidates at all levels, establishing initial qualifiers from phases one and two as quality assurance and quality control monitors, qualifiers, and mentors and observe boards, award program qualification certificates and insignia and finally collect lessons learned and feedback for first program revision.

"The NSF pin is a long time coming," said Lt. Nathan Ouellette, NAS Sigonella security officer, "Community leadership has worked very hard putting this together and it further professionalizes our Navy's Security Forces. There is a long history of the MA rate; a story of how it got here that is now being taught to the ranks along with the many platforms that we operate in. I truly wish we had something like this when I was enlisted."

Phases Five and Six will not take place until November 2022 and will start with the formal program review based on the analytics from the first four phases.

The program is voluntary and each member wanting to qualify will be required to complete personnel qualification standards for designated insignia level, pass a written test



Congratulations to the newly qualified NSF Master Specialist and NSF Senior Specialist:

MACM Bryan Roelike

MAC Anthony Crooks

MAC Justin Zeise

MA1 Ryan Gray

MACS Jonathan ColondresRamon

MAC Terry Draper

MA1 Stephen Barrette

MA1 Raul Hernandez

MACS Jonathon Walter

MAC Matthew Eybers

MA1 Cartier Davis

MA1 Nicolas Sterling

MACS Laymoun Ferguson

MAC Jordyn Japoc

MA1 Gary DiMarzio

MAC Christopher Coolahan

MAC Dimitris Mack

MA1 Eric Fowler

Italian News

Catania Street Food is Buonissimo!

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

If you happen to stroll at sunset along via del Plebiscito, a large, noisy, busy and chaotic street of the historic center of Catania, you will surely be attracted by the aroma of grilled horsemeat. It's "arrusti e mangia" time! Roasting and eating are indeed one of the most favorite street food habits that Catanesi enjoy, especially in the evening. The street food tradition of Catania dates back to ancient Greco-Roman world, when people used to buy ready-to-eat food which was grilled, boiled or fried at the "thermopolium", a hot-drink-food shop.

This lively and long street is dotted with many small restaurants and butcher shops displaying fresh horsemeat which is cooked on large charcoal barbecues. So, forget about hamburgers, pork ribs, chicken wings and hotdogs, this is the carne di cavallo (horsemeat) kingdom! Eating horsemeat is so deeply-rooted in the Catania street food tradition that when Catanesi order "un panino con la carne" (a meat sandwich) they actually mean a horsemeat sandwich. So, if you want to eat a different kind of meat, you need to specify it otherwise you'll get a horsemeat sandwich!

Horsemeat is very healthy. New studies claimed that a moderate regular consumption of horsemeat can even lower cholesterol because it is very low in saturated fatty acids and rich in polyunsaturated fatty acids. It is also an important source of omega-3 and boosts iron levels.

The most popular way to eat horsemeat at these trattorie is to order a panino with a fresh "fettina di cavallo" (slice of horsemeat) or the "polpette di cavallo," the crunchy horse meatballs made by mixing the minced meat with garlic, pecorino cheese, eggs, bread crumbs and parsley. These mouthwatering meatballs are crispy on the outside and soft inside. Donkey or asino meat is also very popular. Some Catanesi love to eat horsemeat by hand standing next to other patrons and people who sometimes show up just to chat and meet their friends.

Don't forget to order the "insalata della nonna," (grandma's salad), a salad with cherry tomatoes, red Tropea onions and sprinkled with a lot of grated salted ricotta.

Onion lovers should not miss out to taste the cipollate, the delicious spring onions wrapped in pancetta which is the seasoned, salt-cured meat cut from pork belly. Cipollate are cooked on the charcoal grill until they are almost completely charred.

If you are not into horsemeat because you grew up with a little pony as a friend, you still have a lot of other meat options as these restaurants also serve a large variety of chicken, pork and beef dishes that you can eat plain, stuffed with cheese and ham or breaded that are prepared on the charcoal grill as well.

All meats are sprinkled with "salmoriglio," a southern Italy sauce made with olive oil oregano, vinegar or lemon, and accompanied by a glass of vino.

Cavallo meat is also found in butchers located in the port area (via della Concordia) and restaurants around the Ursino Castle



Catania boasts a century-old tradition of ready-to-eat foods including the traditional horsemeat and a plethora of meat preparations, as well as snacks and beverages prepared by street vendors, cafes and small restaurants. (Photo by Alberto Lunetta)

square as well as in the Central Catania Railway Station area where you can find many panini food trucks selling "monster" sandwiches. These panini are sold at reasonable prices and you can fill with either the classic meat or a big variety of traditional Italian cured-meats (prosciutto crudo and cotto, salame, porchetta, melted cheese etc.), wurstels. These sandwiches can also be stuffed with huge selection of different fillings (some panini trucks offer as many as eighty different fillings) and sauces and obviously French fries galore. However, you should be aware that these food trucks use gas grills so if you are a fan of the smoke flavor you might prefer the other street food areas.

But Catania street food is not just about horsemeat. Be ready to open your eyes and stomach for the "Tavola Calda" (Hot table), an array of hugely popular hot snacks, which Catanesi love to eat during the day at bars, cafes, patisseries, rotisseries and bakeries. The name hot table refers to the fact that the snacks displayed at the bars are kept hot for the patrons.

Just like in other parts of Sicily, one of the most popular snacks, is undoubtedly the Arancino whose gender in Eastern Sicily is masculine while in Palermo is feminine and therefore is called Arancina! It is a scrumptious deep-fried rice ball, coated with breadcrumbs and stuffed with different fillings such as ragu, mozzarella, spinach, pistachios, mushrooms, prosciutto and mozzarella, ham, spinach and even the ink of the squid.

If you are crazy about onions, then your favorite snack will definitely be the Cipollina, a mouthwatering sweet-and-sour puff pastry with onions, mozzarella, tomatoes and ham.

And then, besides the classic "pizzetta", there is also the

"Italian News" cont'd on Page 11



BOYS AND GIRLS CLUB
OF
AMERICA

MILITARY TEEN
AMBASSADOR

The Great Comeback!

NASSIG Keystone Club Youth Attend Leadership Conference

By MC3 Triniti Lersch, *NAS Sigonella Public Affairs*

Keystone Clubs provide leadership development opportunities for young people from the ages of 14 to 18. Youth participate in focus-area activities like academic success, career preparation and community service. With the guidance of adult advisors, Keystone Clubs aim to have a positive impact on the young members, the Club and the community.

The Boys & Girls Clubs of America (BGCA) hosts an annual National Keystone Conference for Boys & Girls Club teens that brings together members from all across the globe. Throughout the conference, Keystone members engage and socialize with peers, explore relevant issues, and develop skills to support and enhance efforts in their local Boys & Girls Clubs and communities.

The Keystone Conference recognized and celebrated teens from across the world that have demonstrated leadership in academic success, career preparation, community service and teen outreach. It additionally provided opportunities for teens to network, explore, and discuss pressing topics that are important to them and come up with solutions on how teens can use the knowledge gained to create the change they want to see and be.

“Recently two youths from Sigonella received the opportunity to attend the 2022 Boys and Girls Club of America Keystone Conference and Military Teen Ambassador Conference in Anaheim, Calif.,” said Channette Ingram, the CYP Teen Coordinator. “They flew from Sigonella all the way to California to attend this conference.”

One of those teens was Lorelei Lewis who was living on Naval Air Station Sigonella for three years until moving to Rota, Spain. With her father being in the Navy for 22 years, Lewis has lived many places, however, she was born in Lemoore, Calif. but raised in San Diego.

Lewis is currently the Vice president of the Mt. Etna Keystone Club, and has recently received the opportunity to attend conferences and participate in discussions on how

to improve the club and programs that the BCGA will be providing in the near future.

“I was chosen for this opportunity because I, along with two others, dedicated my time and effort to reviving Sigonella’s Keystone and 4-H club in the community,” said Lewis. “Though the Youth Complex was temporarily closed, my fellow members and I worked to plan virtual BCGA events throughout the year, in addition to carrying out multiple community service and teen outreach projects such as Grab ‘n’ Go’s and Minute-2-Win-It activities.”

Lewis attended two separate conferences the Military Child Ambassador Conference (MTA), and the Keystone Conference.

“Throughout the MTA Conference, we discussed leadership skills, confidence, and self-identity. We explored what it means to be an advocate for others and to be uniquely true to yourself,” said Lewis. “Teen ambassadors also set the groundwork for future MTA conferences and helped provide recommendations for military teen needs on resources like Myfuture.net. Throughout the Keystone Conference, the core theme was that we, as young individuals, are powerful, and we have a voice. We attended many sessions that helped us to empower ourselves and handle our time wisely. Motivational speakers encouraged us to dream big but set attainable goals, work hard for our future, and never let the opinions of others let us down. In the discussion about improving the clubs and programs, I suggested that the activities and community service events be run almost entirely by the young leaders involved, because it fosters a sense of responsibility and helps get teens motivated to participate and build camaraderie.”

For Lewis, this opportunity was enlightening. She got to meet many strong, empowering young leaders and help build the groundworks for future conferences.

“I enjoyed learning about other programs that I hadn’t previously known existed, such as the Civil Air Patrol,” said Lewis. “My favorite part, however, was the connections we

"Keystone" cont'd on Page 11



Providing Mail for All of the Med

By MC1 Josh Coté, *NAS Sigonella Public Affairs*

Naval Supply Systems Command Sigonella Fleet Mail Center has a very busy job here on base. On a regular basis, not only do they have to assist Naval Air Station Sigonella service members and civilians, but all 39 tenant commands as well. Adding in the mail processing for the USS Truman Strike Group along with other ships operating in the Mediterranean can make for one of the most challenging tasks in the area of operations!

“With the USS Harry S. Truman Strike Group being in the area we are processing an average of 65,000 pounds of mail on a weekly basis,” said Chief Retail Specialist Danielle Joseph Catibog. “We are also supporting approximately 34 ships that are deployed in the area of operation.”

With the Truman strike group in the area the post office has seen a big increase from their usual 15,000 pounds of mail on a weekly basis, coupled with additional shipping obstacles to overcome.

“Mail transit time is roughly 10 to 14 days to get to NAS Sigonella,” explained Catibog. “The reason for that is due to increased summer travel, resulting in less space for mail and also there has been fewer flights coming in from Rome. However, we have been coordinating weekly transportation of mail via trucks.”

Being stationed overseas unfortunately does not allow the benefit of same-day shipping that many Americans enjoy



stateside.

To help make sure you get your packages on time, ensure you are using the proper address format. Always make sure you are using the correct Postal Service Center (PSC), box and ZIP code numbers. Always make sure to physically check into the correct post office to make sure you are given the correct address. Also if your mail orderly picks up a package that does not belong to their command, make sure it is returned within 24 hours or 1 business day.

“All eligible postal patrons residing in the Sigonella community must check into the post office as soon as you arrive on base, regardless of time on board,” said Catibog. “This allows us to update our records in the event of someone’s mail is not addressed properly. This also helps us convert to the individual mail pick-up system that we will be implementing in the near future. Regardless if your mail orderly has given you a box number, we ask that you make a visit to your closest friendly neighborhood post office on base to verify we have a good contact email and valid box number.”

Unfortunately, due the current PCS season, the post office has been hit with manning issues. So if you or any of your Sailors are looking for some volunteer hours to empower that next eval, the post office would greatly appreciate your time, especially on days when they receive truck shipments with large volumes of mail.



"NSF" cont'd from Page 6&7

and then complete an oral board in addition to pay grade specific prerequisites.

"Capt. Shoemaker is the first commanding officer to establish this program in our area of responsibility and the most proactive qualification program," explained Limson about getting the program started on NAS Sigonella. "The program can't really be implemented without the command having a Security Officer and as such our Security Officer Lt. Ouellette, and Assistant Security Officer, Chief Warrant Officer Juan Skewes, provided guidance in establishing the PQS appropriate for NAS Sigonella specifics."

On July 27, 2022, the first of NAS Sigonella's security personnel sat down to take the written tests to qualify for the NSF insignia.

Personnel were required to pass a 50 question written exam with a minimum passing score of 80% to then be able to move on to the oral board.

After having completed and passed the test, the security personnel were then faced with an oral board where they had to demonstrate their knowledge while being asked questions from board members covering topics such as antiterrorism, physical security and law enforcement.

"Years of hard work have gone into making the Naval

Security Force qualification program a reality and I feel exceptionally fortunate to have presided over NAS Sigonella's inaugural NSF qualification board," stated Capt. Aaron Shoemaker, NAS Sigonella's commanding officer. "I know that NAS Sigonella is the first Security Department in this Region to establish the NSF qualification program and we may even be one of the first in the entire Navy."

To date NAS Sigonella has 18 security personnel qualify for NSF Master Specialist and NSF Senior Specialist and nine now designated as the NAS Sigonella NSF Insignia Program Unit and Division Coordinators and assistants.

To celebrate this history making achievement, NAS Sigonella security forces held a cake cutting to celebrate their 49th birthday and a pinning ceremony for the new qualified personnel of the NSF insignia program, Aug. 5, 2022.

"The NSF Qualification program that we've established here at NAS Sigonella is among the first in the Navy and I'm certain it is the most challenging NSF program in the Fleet," said Shoemaker. "We've set the bar exceptionally high so that when you see a Sailor that has earned their NSF pin at NAS Sigonella, you can know without a doubt that that Sailor is the standard bearer for the NSF mission."

"Italian News" cont'd from Page 8

delicious small calzone, called "Cartocciata" whose classic version is filled with tomato, ham and cheese. Other variations include ingredients such as boiled eggs, eggplant, mushrooms, spinach, pistachio and even, hear ye, hear ye, French fries and hot dogs!

If you like it greasy, you will surely enjoy the "Siciliana fritta", the deep-fried dough that is filled with Tuma cheese and anchovies that can be substituted with ham if you don't like fish. You will find it almost all cafes and bars in Catania and its surroundings. But there is a bigger version of this delicious fried calzone which is incredibly crispy and flaky that was first prepared in Zafferana about a century ago. Besides the classic "tuma e acciughe" (Tuma cheese and anchovies) and the "mozzarella, pomodoro e prosciutto" ham, tomato sauce and mozzarella fried Siciliana, there is also a vegetarian version filled with spinach, broccoli, olives and tomato sauce and other

recipes featuring mortadella, porcini mushrooms, pistachios and even Nutella!

Being a seaside city, Catania also offers the opportunity to eat delicious and crispy deep-fried anchovies, cod, prawns, squid and cuttlefish and vegetables that can be found at the Pescheria, the lively Catania fish market. In the Ognina harbor area, there are also fish shops selling fresh raw and cooked fish and seafood for a quick and tasty lunch.

Street food is absolutely good but some people might find it hard to digest. If you are one of them, don't worry, Catanesi have a solution, "seltz, limone e sale", the magic beverage made with fizzy water, freshly squeezed lemon juice and salt that you can order at another street food sanctuary, the "chiosco" or drink kiosk where you can also sample a wide variety of fruit syrups. It's refreshing during the summer heat and makes you digest anything!

"Keystone" cont'd from Page 9

got to make with so many unique individuals. Disney was fun, too."

Lewis said she learned a lot at these conferences.

"I learned that it's important to value your time and efforts and be true to yourself," said Lewis. "There were many sessions in the Keystone Conference, specifically, that gave me insight into my personal character and habits and how to use my knowledge of myself to better myself. I feel like I walked away with a much better understanding of myself and the people I've worked with in the past."

She says that these conferences will help her in the future because she can hone in on the skills she's learned and apply them to the future challenges and overcome them confidently.

"I am positive that with my knowledge of the different things that motivate and drive others, I will be more open minded to the varying needs and work methods of the people around me in the future," said Lewis.

SAVE THE DATE



Tuscany

THANKSGIVING WEEKEND

NOVEMBER 23-27

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