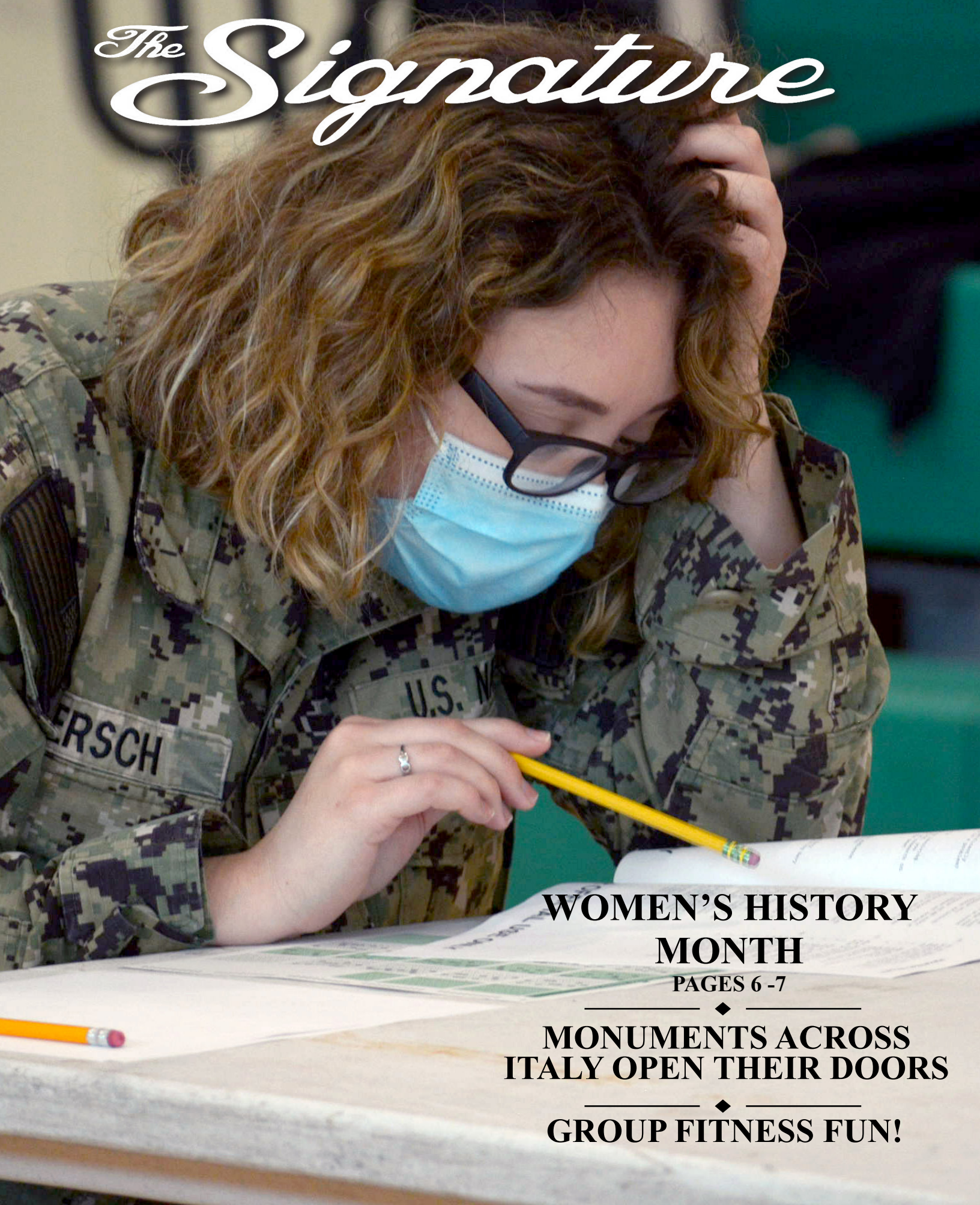


The Signature



**WOMEN'S HISTORY
MONTH**

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**MONUMENTS ACROSS
ITALY OPEN THEIR DOORS**

GROUP FITNESS FUN!

Direct Line

CMDCM Anna Wood, NAS Sigonella CMC

Good day, Sigonella Strong! I'd like to take a few moments of your time to talk about the power of influence and inspiration. Let me start by telling you a story.

There was a conversation going on at a dinner party between two Sailors; a senior enlisted and a junior seaman. Sailor One wanted to get out of the Navy, and Sailor Two disagreed with Sailor One's intent. Sailor Two started telling Sailor One how positive an influence they were and how the Navy would be losing one of its finest leaders if they got out. Eventually, the conversation turned into a Career Development Board and almost felt like a Disciplinary Review Board at moments. Sailor Two was passionate and almost angry that Sailor One would even think of leaving the Navy before their time was fully complete. Sailor One raised their voice to Sailor Two and said that there was so much more to do, so many more people to influence and inspire.

This story is about me and a junior E3 Sailor, Hospitalman Shanon Pryce back in 2014. Some of you may be thinking how awesome it was that I changed the course of a junior Sailor's career, but oh no, it was HN Pryce who changed my course. Pryce held the power of influence over a senior chief with 21 years' experience by using her voice.

I had submitted my Fleet Reserve request because I felt it was time to put my career on the shelf and be a full-time mom. Pryce worked for my husband, so we didn't know each other well, and this conversation happened at her going-away dinner. As she was saying goodbye for the evening, she turned and said to me, "Get your act together, respectfully."

My children overheard the "passionate" words from Pryce and later asked why I was retiring. I told them that I just felt I haven't been the best at home and that maybe I lost focus on what was most important in my life (them, of course). They convinced me otherwise, and well, here I am today.

Moral of the story: never underestimate your power of influence, regardless of your pay-grade, rank, or time in service. Whether you are active duty, reservist or a civilian, you have a voice and the power of influence. Use it!

Fast forward to 2022: HN Pryce is now Ensign Nelson, a Navy nurse with two children and a loving husband of eight years.

I thought this story was very fitting for this Direct Line as we are celebrating Women's History Month, because I want to remind everyone that no



matter your rank, gender, race, etc... you have the power to influence and inspire others. You have the power to influence another individual, your family, your workspace, and even our society. We each have unique perspectives based on our own personal experiences, and this diversity of thought allows us to work together to find solutions and make the world a better place.

So remember, you have power and can be an inspiration to more people than you think. Every day we are creating history for the next generation, so let's endeavor to make it a positive chapter.



Bravo Zulus

BZ to FFSC

Rob Norman's VA benefits presentation at the TAP class was great. He brings a big personality and makes it fun and engaging. BZ to Rob!

BZ to PSD

We did not have an appointment and Wendy Young did an outstanding job squeezing us in and taking

care of us! Great customer service!! Thank you so much!

BZ to Personal Property

Although my PCS pack-out is not complete yet, I have received EXCELLENT service from the Sigonella personal property office so far. Particularly from Maddalena Giacchino -- she has been so great!



U.S. Navy photo by Mass Communication Specialist 2nd Class John Stratton

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Cover photo by MC1 Kegan E. Kay

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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) **Fixing a serious maintenance problem**, such as a faulty oxygen sensor, can improve your mileage by as much as 40 percent.

2) **Clean or replace filters** regularly on furnaces and air conditioners and remove debris and leaves from outside units so vents don't clog.

3) **Repair "silent leaks" in the toilet.** If food coloring put in the tank ends up in the bowl without flushing, it leaks. Repairing the leak will save up to 200 gallons of water a day.

4) Always keep doors and windows closed when the heat or air conditioning is on. When the weather permits, open windows to take the place of air conditioning. Turn off window air conditioners when you leave a room for several hours.



Name: CS2 Taron Washington

Command: NASSIG

Department: Galley

In the Spotlight

By MC1 Kegan E. Kay, *NAS Sigonella Public Affairs*. Photo by MC3 Trinita Lersch, *NAS Sigonella Public Affairs*

If there is one thing that helps bring people together, it's food. This is especially true for those in the military as meal times are usually the only time of the day to take a break, relax and enjoy the company of your fellow service members.

But those meals don't magically appear, they are carefully prepared by hard workers in the ship's galleys, mess halls and chow halls. No matter the name for it, these places have some of the hardest working service members, civilians and local nationals across the branches.

Here at Naval Air Station Sigonella, it is no different at our award-winning Ristorante Bella Etna Galley, and Culinary Specialist 2nd Class Taron Washington, from Newport News, Virginia, is making a name for himself across the command as a diligent and hard worker.

"CS2 Washington is a model of professionalism who continually seeks ways to improve himself by adding tools to his toolbar to become a better leader," remarked Chief Warrant Officer 4 Rolando Abad, NAS Sigonella food service officer.

According to Abad, Washington was hand-selected to lead the galley operation as Leading Petty Officer. He has effectively led a diverse galley staff of 52 local national and military personnel to produce 1,800 five-star meals daily for the 37 tenant commands and deployed units at NAS Sigonella.

"He consistently delivers outstanding results in executing his demanding duties, particularly during the times of pandemic, OAR [Operation Allies Refuge], the galley's monthly special meals and distinguished visitor luncheons ranging from congressional delegates, foreign ambassadors and high ranking flag officers," continued Abad. "He supervised 29 special events in the galley that received high accolades from all guests. His most recent accomplishment that received rave comments was during the SECNAV's recent visit to NASSIG."

If you speak to Washington, he'll tell you he doesn't do anything for the accolades. He just wants to do his best and help others to achieve their best.

"My favorite part about being a Culinary Specialist is being able to interact and build relationships with every crew member,"

explained Washington. "On deployments I see everyone at minimum three times a day. Being able to change a person's mood based off the food that you created and increase the crew's morale is definitely a perk of this job. I also enjoy training new Culinary Specialist and watching them develop into great chefs."

Military service is a family affair for Washington and he joined to continue the tradition as well as for the chance to serve his country.

"I joined because I believe that the Navy core values of 'Honor, Courage, and Commitment' are more than just words but instead principles for a moral code that everyone should live by," said Washington.

It is these core values that Washington embodies as he takes on command and departmental collateral duties, such as a command fitness leader, training petty officer, and career counselor. "He is fully devoted to his peers and Sailors' success as he continues to provide valuable in-rate training to all Culinary Specialists across the base while offering sage career counseling and financial awareness training," added Abad.

"I am also most proud of the changes in Sailors' health from my being a Command Fitness Leader (CFL)," explained Washington. "Early on as a CFL coordinating Fitness Enhancement Program sessions, I have witnessed some of the most inspiring Body Composition Assessments weight lost and Physical Readiness Test changes. Watching these Sailors improve their longevity and health through training sessions that I've conducted has been the most satisfying thing I can ever witness."

Washington is currently working on his bachelor's degree in Business Administration and devotes a lot of his time to volunteering for different events around base such as fun runs, career fairs and even referring a flag football games. It is no surprise that when he finally takes some time for himself, that he enjoys working out, but he also likes to travel, play video games, barbecue and grill.

"Serving in the Navy means the world to me," concluded Washington. "I have come such a long way and the Navy has changed my outlook on life for the better. The Navy has extended my family and have given me brothers and sisters for life. It has given me the chance to prosper and succeed."

Secretary of the Navy Carlos Del Toro and Betty Del Toro Visit NAS Sigonella



1862

In 1862, Sisters of the Holy Cross served aboard USS Red Rover, the Navy's first hospital ship, joining a crew of 12 officers, 35 enlisted, and others supporting medical care. Red Rover remained the only hospital ship in the Navy until the Spanish-American War.



1908

Navy Nurse Corps is established. Esther Hasson is chosen as Superintendent due to her experience as an Army contract nurse aboard hospital ship USS Relief.



1918

During World War I, Opha May Johnson was the first of 305 women to be accepted for duty in the Marine Corps Reserve.



WOMEN IN



1948

The Women's Armed Services Integration Act of July 30, 1948 allowed women to serve in the peacetime military with some restrictions. Edna Young became the first black enlisted female to serve in the regular Navy in 1948.



1974

Lieutenant (j.g.) Barbara Allen Rainey became the first designated Navy female aviator in 1974. She attained the rank of lieutenant commander. She was killed in an aircraft crash in 1982 while performing her duties as a flight instructor.



1978

Navy Nurse Joan C. Bynum became the first black female promoted to the rank of captain. The Navy expanded the types of ships on which women could be stationed. Previously, only hospital ships had women permanently stationed on board.

1941

Over 11,000 Navy nurses served at naval shore commands, on hospital ships, at field hospitals, in airplanes, and on 12 hospital ships.



1942

Women's Reserve Corps is created. Ensign Frances Wills and Lieutenant (j.g.) Harriet Ida Pickens are commissioned as the first African-American Women Accepted for Voluntary Emergency Service (WAVES).



1944

Public Law 238 granted full military rank to members of the Navy Nurse Corps. Sue Dauser, Director of the Navy Nurse Corps, received a full commission in the rank of captain and was the first female O-6.



NAVAL HISTORY



2001

Captain Vernice Armour, USMC, earned her wings in 2001. The Department of Defense acknowledged her as the first female African-American combat pilot in the military during Operation Iraqi Freedom; she completed two tours in the Persian Gulf.



2010

Secretary of the Navy Ray Mabus announced on January 9, 2010, that women would be assigned to Ohio-class submarines.



2014

Admiral Michelle J. Howard was promoted to a four-star admiral. She was the first African-American woman to serve as vice chief of naval operations.

Italian News

Rarely-Opened Monuments Across Italy Open Their Doors This Weekend

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

Sigonella travelers will be happy to know that this weekend, Italian National Trust FAI (Fondo Ambiente Italiano) will host “Le Giornate FAI di Primavera” (Spring Days of FAI), a full weekend when it will be possible to visit over 700 historic rarely-open locations scattered among 400 Italian cities.

FAI is a non-profit foundation promoting education, appreciation, awareness, and enjoyment of the nation’s environmental, natural, historic and artistic heritage. FAI periodically hosts special openings of important locations throughout Italy, and this spring, they will celebrate their thirtieth anniversary with another special opening.

Since 1993, over 11,600,000 people have visited a total of 14,090 palaces, villas, churches, castles, archaeological sites, industrial archeology examples, museums, military sites, parks, gardens, and courtyards. This astonishing feat is thanks to 145,500 FAI volunteers and 330,000 student “Apprentice Tour Guides.”

After acquiring buildings and landscapes through donation or bequests, FAI restores and maintains them for the benefit of present and future generations, always making sure that their future is both economically and ecologically sustainable. It also promotes a culture of respect for Italy’s heritage by saving, restoring, opening buildings and tracts of countryside to the public, and by monitoring the protection of Italy’s environmental and cultural assets.

Naval Air Station Sigonella’s community relations program has supported FAI through volunteer cleanups in historic Catania sites that are closed to the public, including the Casa del Mutilato, a historic building dating back to the 1930s located in piazza Teatro Massimo (the Opera House square), and two Baroque churches: Chiesa di San Martino dei Bianchi and the chapel of the local Santa Marta and Villaermosa Hospital.

“Our country is an extraordinary and unique widespread museum of which many parts are little known to the public,” said Italy’s Culture Minister Dario Franceschini, at a press conference presenting the Spring Days of the Italian Environmental Fund. “We thank FAI for offering many people the extraordinary opportunity to discover this heritage of art and beauty that we guard. Best wishes to FAI on this special occasion and thanks to the hundreds of volunteers who help to protect and tell Italians about the beauty of our territories.”

Although the festival’s organizers are excited to share their work with the community, their hearts are with the people



The ancient Colombaia Castle in Trapani is one of the over 700 monuments, attractions, historic sites, archaeological areas and other “hidden treasures” which are usually not accessible to the public, that will be opened up this weekend as part of the “Spring Days” of Italian National Trust FAI. (Photo by Trapani Tourist Office)

of Ukraine. “I would have liked to have celebrated with the solemnity, the joy, the smiles, the clinking of glasses that great anniversaries require, but the dark, bitter and endless days that we are living, do not make it possible,” said FAI President Marco Magnifico. Magnifico also told media that the national trust, besides displaying the Ukrainian flag colors in all official press releases, plans to donate 100,000 euros to the restoration of a Ukrainian property chosen in agreement with the Italian Embassy and the Ukrainian church.

Visitors to the Spring Days will get a rare chance to see breathtaking historical villas and palaces, archaeological areas, churches of great architectural or historical-artistic value, castles, libraries, art collections and museums. There will also be itineraries in the villages to discover lesser-known corners of the Italian landscape, where hidden treasures are preserved and ancient traditions are handed down, and educational visits to urban parks, botanical gardens, historic gardens and courtyards.

In Sicily, 56 unique places are open for visits. In Catania, the FAI will focus its attention on the 100th anniversary of the death of Sicilian novelist Giovanni Verga, who is famous for his realistic representations of the life of the poor peasants and fishermen of Sicily. By tracing the places narrated in these novels in a path that winds through Catania, Acitrezza, Bronte, Caltagirone and Vizzini. This journey will wind through historical memory, literature and cinema.

One highlight of this tour will be the house-museum of Verga, hosting a library of more than 2,000 volumes and copies of manuscripts. The tour will also include the church

Group Fitness Fun!

By Megan Mills, *NAS Sigonella Public Affairs*

Do you want to lower stress and improve your mental, physical, and emotional well-being? How about increase your motivation and stamina while exercising? According to multiple scientific studies, group fitness classes are an excellent way to do all of the above. Here onboard NAS Sigonella, the Morale Welfare and Recreation (MWR) group fitness program allows community members to both teach and take classes like yoga, aikido, and spin.

“Group fitness is a great way for someone to start their fitness journey,” said Elizabeth Leonard, the MWR fitness, aquatics, and sports director. “There is something special about exercising in a group and cheering each other on that keeps people coming back.”

The majority of group fitness classes are free to take, though some, like aikido, require a monthly payment. Instructors are paid by MWR, but some prefer to volunteer.

Lara Torres currently teaches yoga, circuit training, and high intensity interval training (HIIT) at MWR Sigonella.

“I have been teaching group exercise for over 10 years,” said Torres. “My interest was a natural lead-in from my history in classical ballet, both as a dancer and instructor. After college and getting away from movement, it was a way to find my way back into health and fitness and then eventually share with others by leading group exercise classes.”

Her classes are aimed at building strength, cardiovascular fitness, and flexibility, and she welcomes people of all levels of fitness to join in.

“The classes I teach are truly for everyone,” she said. “It can be your first day in the gym ever, or maybe you’re there every day. Intervals are yours to do as many reps as you like. It’s your choice if you jump or step. You can go as low in a squat or high in a reach that works for your body and level of fitness.”

Torres also aims to create a fun atmosphere in her classes. “I love group exercise because everyone is in class together, doing what works for them, in an energetic and motivational environment,” she said. “You show up and the workout is there for you!”

Marcie Christensen, who participated in Torres’ yoga class, agrees. “Lara does a great job,” she said. “It’s lots of fun, it’s relaxing, and it’s good for the soul.”

For Torres, providing this service is not just about helping the community, though that’s a large part of it. She also finds personal fulfillment in teaching group classes.

“It is a genuine purpose that not only helps people stay healthy, but also can be social and fun,” said Torres. “It’s a career that can last for many, many years on its own or as a great side job to another career.”

In order to become a group fitness instructor for MWR Sigonella, community members need to have a valid certification from an a National Commission for Certifying Agencies (NCCA) accredited organization such as the American Council on Exercise (ACE) or National Academy of Sports Medicine (NASM) in Certified Personal Training or Group Fitness Instructor. Other certifications may be acceptable, so it’s best to check with Leonard to verify. Potential instructors must also obtain CPR and emergency first-aid training. Finally, they perform a demonstration class for the fitness team and set up a schedule.

While it’s not always easy to become a fitness instructor, doing so can provide a great benefit to the program and the community.

“When a Navy officer from the hospital told me she wished we offered more classes, I told her we were struggling to find instructors,” Leonard recalled. “She then purchased a certification to teach spin online and took the test and became an instructor for us – all volunteer hours! She had the mindset of ‘be part of the solution, for yourself and your community.’”

The best fitness program is whatever suits your needs, whether it’s exercise videos at home, running outside, swimming laps, or taking advantage of the fitness centers’ new 24/7 unmanned access. Still, you might consider taking—or teaching—a group class.

If you’re interesting in signing up to provide programming, please contact Elizabeth Leonard at 095-56-0504.



NAVSUP Supports HSTCSG

By Joe Yanik, *NAVSUP FLCSI Public Affairs*

The Harry S. Truman Carrier Strike Group (HSTCSG) is currently deployed to the Aegean Sea in support of naval operations maintaining maritime stability and security, and defending U.S., allied and partner interests in Europe and Africa.

Logisticians assigned to Naval Supply Systems Command Fleet Logistics Center Sigonella (NAVSUP FLCSI) and the command's mission partners conducted a resupply evolution of USNS Supply (T-AOE 6) March 4-7 2022, at Augusta Bay Pier, Sicily. Once loaded with cargo, provisions and mail, the ship departed the pier to meet the HSTCSG for a replenishment-at-sea.

NAVSUP FLCSI's logistics support center coordinates with the ship's supply officer (SUPPO) and its mission partners to resolve any delivery and transportation constraints that may arise.

"As NAVSUP's logistics support center in Sicily, our product and service delivery is critical to mission success for all of our customers," said Logistics Specialist 2nd Class Lyle Nembhard, FLCSI logistics support representative. "My team and I serve as the shore-based point of contact for USNS Supply. The LSC/SUPPO relationship is key to ensuring smooth product and service delivery, including aviation and ship casualty repair parts, so the ship can get these mission essential items to the HSTCSG on schedule."

To successfully conduct pier side re-supply evolutions of U.S. Sixth Fleet ships at the Augusta Bay Pier, NAVSUP coordinates with its logistics mission partners including Command Task Force 63; Defense Distribution Depot Sigonella Transportation; Naval Air Station Sigonella port

and air operations; and the NAS Sigonella Public Works Department.

USNS Supply is one of Military Sealift Command's fast combat support ships whose ability to replenish at-sea provides greater flexibility for ships, like those belonging to HSTCSG, to remain underway for extended periods of time.

USS Harry S. Truman (CVN 75), flagship of HSTCSG, along with the Ticonderoga-class guided-missile cruiser USS San Jacinto (CG 56); Arleigh Burke-class guided-missile destroyers USS Gonzalez (DDG 66), USS Cole (DDG 67), USS Bainbridge (DDG 96), USS Jason Dunham (DDG 109), USS Mitscher (DDG 57); Norwegian Royal Navy Fridtjof Nansen-class frigate HNoMS Fridtjof Nansen (F310); and Italian Navy Bergamini-class guided-missile frigate ITS Carabiniere (F 593) supported NATO enhanced air policing missions, bolstering the defense of the NATO Alliance.

"Conducting enhanced air policing from North Aegean waters further illustrates NATO's continued ability to share and pool existing capabilities," said Rear Adm. Curt Renshaw, commander, Carrier Strike Group Eight. "We set out to prove that this dynamic employment of an aircraft carrier—in pretty restrictive waters—could be done, and in doing so, we have demonstrated the enduring U.S. commitment to allies."

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



Congratulations!

It's Twins!

On March 14, 2022 U.S. Naval Hospital Sigonella welcomed its first set of twins delivered at the facility in the past 16 years!

Welcome aboard to our new Sigonella family members, Mateo & Andrea!



Mateo & Andrea
March 14, 2022



"Italian News" cont'd from Page 8

and the monastery of Santa Chiara, where Verga set "Storia di una Capinera;" the monastery of the Benedictines; the Casa del Nespolo in Aci Trezza; the castle of Aci Castello; places from the novels "Malavoglia" and "Le Stoffe del Castello di Trezza;" and more locations in Bronte, Caltagirone and Vizzini.

Visitors can also see other sites such as the Episcopal Palace of Acireale and the Luigi Sturzo Gallery of Caltagirone.

In Trapani, FAI will open up the Castello della Colombaia, a must-see ancient military fortification. The Carthaginian general Amilcare Barca initiated its construction in 260 B.C.E., and it was used by rulers of the city throughout the centuries, first as a castle and seat of power but eventually as a extreme security prison. It was finally abandoned in the 1960s.

Visitors to Ragusa will get the chance to admire the Antoci Palace, a masterpiece Sicilian Liberty structure built by architect Paolo Lanzerotti at the beginning of the 20th century.

In Siracusa, visitors can enjoy two sites of great importance and beauty that rarely open to the public. Thanks to the availability of the director of the Archaeological Park of Neapolis, the "Scala Greca" (Greek Staircase), an area off the beaten path of the city's famous archaeological park, will be open. Visitors can also see a sanctuary dedicated to the Greek goddess Artemis and the ancient Frederick Castle of Targia.

In Palermo, FAI will present two itineraries dedicated to Liberty and Sicilian Baroque art styles featuring three enchanting sites. A guided tour of the Falcone-Borsellino Museum inside the Palace of Justice will tell the story of the two anti-mafia prosecutors who were killed 30 years ago. In the city's province, visitors can enjoy five open air historic and naturalistic itineraries.

Access to these sites is free, but a minimum three euro donations are encouraged. Online booking is also strongly recommended to guarantee access to the sites, so visit the FAI official web site, which displays the full list of all the sites opened all over Italy at www.giornatefai.it. FAI will offer some tours in English through volunteers and students.

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DATE



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EGGSTRAVAGANZA

APRIL 16

10 am - 2 pm | Maritai Soccer Field

Egg hunt, Inflatables, kids activities, food, music and more!

Eligibility and Restrictions

This event is open to all DoD and NATO ID cardholders and their family members.
Mask and COVID-19 policies will follow the current base regulations in place on the day of the event, as set forth by NAS Sigonella.

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