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NEW LEADER TAKES CHARGE OF THE 41ST WING AND SIGONELLA AIRPORT

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SUICIDE PREVENTION MONTH PROCLAMATION



The Signature

2022 NAVAL AIR STATION SIGONELLA SUICIDE PREVENTION PROCLAMATION:

WHEREAS; September is known globally as Suicide Prevention Month, Naval Air Station Sigonella will provide suicide prevention awareness and resources to the Sigonella community and engage in conversations that promote the value of life, build resiliency, and reduce the stigma for treatment; and

WHEREAS; this is a time that is dedicated to bringing visibility to the role everyone in the community can play in preventing suicide and to encourage all members of the Sigonella community to know the signs, find the words, and reach out if they or someone they know needs help; and

WHEREAS; according to the U.S. Center for Disease Control, nearly 46,000 Americans died by suicide in 2020 - 2nd leading cause of death for ages 10-14 and 25-34; the 3rd leading cause of death for ages 15-24; and the 4th leading cause of death for ages 35-44; and

WHEREAS; all members of the Sigonella community have an inherent responsibility to protect the lives of one another and to foster a climate of mutual

dignity, respect, concern and trust throughout; and

WHEREAS; the stigma associated with mental illness and suicide continues to work against suicide prevention efforts by discouraging those at risk for suicide from seeking life-saving assistance and further traumatizes survivors of suicide; and

WHEREAS; suicide does not discriminate, claiming the lives of all genders, ages, and ethnicities. While suicidal behavior is complex and there is no single cause; SUICIDE IS PREVENTABLE!

NOW, THEREFORE, I do hereby proclaim September 2022 as the Naval Air Station Sigonella Suicide Prevention Month, recognizing the value of life inherent in every member of our community; that I am committed to never lose one of our own to suicide. I call upon every member of the Sigonella community to take deliberate actions to improve their understanding of mental health and wellness; to be better equipped to connect those in need (including ourselves) with resources that can help; and to do everything within our power to prevent suicide.





911 from base landline (+39) 095-56-1911 - Danger to self, others or gravely disabled

- Not for routine access to care



Europe: 00800 1273 8255 or DSN 118





Connect to Protect: Support is Within Reach

- Active Duty priority for Behavioral Health services

THE SIGNATURE

U.S. NAVAL AIR STATION SIGONELLA

LOW

OF STRESS

NDVIDUAL LEVEL

HUH

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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.

The Signature



By MC3 Triniti Lersch, NAS Sigonella Public Affairs

Y eoman 2nd Class Tyree Pierre from Manassas, Va. joined the Navy in November of 2015. Pierre has been at Naval Air Station Sigonella for 10 months, where he works for the Base Admin department.

Pierre joined the military to both experience new locations while also being a part of something bigger than himself. To him, serving means being able to improve the lives of others on a daily basis in a multitude of ways and contributing to the team.

"I joined to experience new things and different people around the world," said Pierre. "I knew I didn't want to go Army or Marines, and Navy was the first office open when I went to the recruiter. Air Force was a close second."

Pierre is a work center supervisor for the installation's admin shop. He handles a multitude of tasks for the base, and almost all facets of naval admin.

"As the Evaluations and Fitness Report Manager, he processed over 350 evaluations and fitness reports and helped manage the commanding officer and executive officer's cumulative average," said Yeoman 1st Class Tommie L. Jones, Base Admin leading petty officer. "He also led the charge in providing comprehensive training for the new eNAVFIT system. Petty Officer Pierre's technical expertise and dedication to knowledgesharing resulted in an immense increase in eNAVFIT awareness and processing time. Additionally, he proved critical during Base Admin's 2022 Command Inspection, resulting in Base Admin receiving a passing score."

Pierre starts his daily work routine by checking his emails as soon as he arrives. He then takes care of any immediate work and forecasts what will be needed to be done in the future for the office. His collateral duty for his office is departmental government purchase card holder making Pierre responsible for the management department purchases, budget and supplies.

"I submit purchase requests originating from members of our department to our regional Comptroller for approval. Once requests are approved, I am able to execute the purchases for our team," said Pierre. "I also handle a myriad of travel issues that we have throughout the year to include individual travel, group travel, travel claim reimbursement, assisting in booking flights."

Pierre's favorite parts of the job are assisting those customers in need, taking care of his junior Sailors/peers, and the opportunities to network and learn new aspects of the administrative rates.

"Knowledge is power, so being able to tap into many different areas of our yeoman rate is a reward in itself," said Pierre. "Coming to work every day knowing that we are all in the fight together makes the job worthwhile."

"Me specifically I lead the admin team in processing enlisted evaluation reports (EVALs)/officer fitness reports (FITREPs) for revision and signature for the reporting seniors of each specific summary group, comprised of periodic, transfer, frocking/promotion, and detachment of reporting senior reports," said Pierre.

"Our job in base admin is very demanding due to us supporting so many people," said Pierre. "We provide for our not only our fellow service members, but their spouses, and children, as well as local national employees. We have a lot of different issues that we must solve, not only for ourselves but the rest of the 6,300 people installation wide. Although we face many different challenges every day, it is also a very rewarding job. We acquire a lot of knowledge and problem solving tools on a daily basis,

Visiting the Past

By MC1 Josh Coté, NAS Sigonella Public Affairs

Before Richard Kaiser started his own Navy career, he spent time here on Naval Air Station Sigonella as a dependent while his father served in the Navy. Kaiser graduated from the high school that was here on base, a school that has been since torn down and a new one built, with the mascot having been changed.

Kaiser not only came back to see how much Sicily and the base have both changed, but to sit down with some of the senior class presidents of the new high school and swap stories before presenting them with a challenge.

"I decided to throw a challenge out," said Kaiser. "They are now called the Sigonella Middle High School Jaguars. Yet when my class designed the school ring in 1963, we were known as the Trojans. We were the first class to have the graduation ring. Somehow we switched from the Trojans to the Jaguars. I questioned and challenged the two class presidents as to when did it transition and why?"

When Kaiser's dad was retiring is when Kaiser himself decided to start his own journey in the Navy, where he did four years of active duty before switching to the reserves for 23 years. Even with his many adventures and travels with work, Kaiser has come back to this area many times but he has never been able to make it back to visit Sigonella until now. "I joined the Navy to follow in my father's footsteps," said Kaiser. "My dad retired when I went in so there was a transition between him and me. I did 23 years, and our whole family has a military background now; my sister's kids are all E-9's and there's a Lt. Col."

Besides wanting to always come back to Sigonella himself, Kaiser wanted to show his wife where he had previously lived as a teen.

"I wanted to show my wife Sicily," said Kaiser. "We have traveled extensively. We have been all over Europe. I have been wanting to come back here and the fact that it has been almost 60 years not to the day but to the month of graduation, I thought it would be cool to come back and show my wife."

Being in the reserves allowed Kaiser to also get involved with other business ventures as well as serving in the military.

"In parallel with being in the reserves, I went into corporate America," said Kaiser. "I worked in government contracting, major corporations, communication satellites and handled field operations around the world for 27 years. Eventually I got laid off and after that my wife Diane and I got into real estate. We do real estate in Florida and our son is doing real estate in Hawaii, we have done very well there and now we are retired and taking the



time to travel the world again."

After being gone for so long, many things that Kaiser remembered have changed by a far margin.

"I am just amazed that, literally, there is not one thing the same here on base except the main gate," said Kaiser. "The layout is somewhat similar, the houses near this school were there but I am pretty sure that is all new housing. Where my house sat is now the far corner of what is the new hospital."

During his time here Kaiser not only left his mark on the then NAS Sigonella by causing a small chemical explosion in one of the science classrooms during an experiment gone awry, but him and fellow classmate Tom along with Tom's dad got the approval to set up a golf course here on base.

"Tom's dad was an avid golfer, so he convinced the command to install a golf course," said Kaiser. "The three of us started the course, we went down and were moving rocks and boulders using only our hands and wheelbarrows and cleaned out and made the course. Of course we had a lot of volunteers that also wanted to use the golf course. That was about a yearlong project that we did and now it doesn't exist anymore."



NEW LEADER TAKES CHARGE OF THE 41ST WING AND SIGONELLA AIRPORT

Story and Photos By ITAF Public Affairs Office

Col. Emanuele Di Francesco relieved Col. Howard Lee Rivera as 41st Antisubmarine Wing and Sigonella Airport commander during a change of command ceremony Thursday 8 September, 2022 held at the Sigonella maintenance hangar.

The event was chaired by the Commander Air Force Mobility and Support Forces (AM), Air Division General Enrico Maria Degni, and the Inspector of Aviation for the Navy, Air Brigadier General Francesco Saverio Agresti, in compliance with anti-COVID measures.

The handover took place at the presence of the 41st Wing's War Flag, decorated with two Silver Medals for Military Valor and one for Civilian Valor, and the participation of a representation of base personnel lined up for the event, as well as civil and military authorities from Eastern Sicily, including the local main Armed Force, and the commanders of other tenant commands - domestic and foreign - present on the Sicilian Airport for various reasons. The tenant commands in attendance were as following: the ITAF 11th Aircraft Maintenance Department and the 61st Predator Flight Group - and the international ones such as the U.S. Naval Air Station, the NATO AGS Force - as well as the foreign assets periodically engaged in Operations Eunavformed Irini (Luxembourg and Poland).

Colonel Rivera, grateful and moved to have had the opportunity to return to Sicily after spending an earlier part of his military career there, was keen to thank those present for all the commands stationed or operating in Sigonella's sphere of action. In his address, he made a summary of the main events and happenings that involved him during his almost two years of command, emphasizing the inter-force defense and security as well as multilateral cooperation of Italian policy and defense that can "only" be perceived in Sigonella.

"It is only at Sigonella, in fact, an airport under the authority of the Italian Air Force, that one can find permanently constituted international commands with personnel and NATO assets; personnel and assets belonging to the Navy, Air Force and Marine Corps of the United States of America; and personnel and assets of the European Air Force. At Sigonella alone you will be able to observe a continuous rotation of personnel and assets from all parts of the world: starting with the countries closest to us such as France, Spain, Portugal, Germany, Great Britain, Poland, Luxembourg, all the way to Canada and the even more distant Australia; not mentioning the other National Military Agencies and Commands present on the site..., among them a separate mention I want to dedicate to the Air Space Control, responsible for the management of air traffic, civilian and military, of the entire eastern Sicily, where, I remind everyone, there is also an

active volcano. This is the strength of Sigonella, this is the strength of all of you, Sigonella personnel, what makes you unquestionably unique..." said outgoing commander Col. Rivera.

During his remarks, incoming commander Colonel Di Francesco, after thanking those present and the ITAF leadership for their confidence, addressed the Sigonella personnel he is about to lead: "...it is a privilege for me to become your Commander. I will strive in continuity with those who preceded me so that we can fulfill our mission in a safe and healthy working environment. Ours will be a team effort, to be carried out competently and transparently; each of you can and should fulfill your potential with loyalty and respect toward your colleagues."

General Agresti, in greeting those attending the event, paid his respectful respects to the War Flag of the 41st Wing and remembered the fallen at Sigonella in the line of duty. Addressing the staff, he said, "The personnel of Sigonella and the 41st Wing have operated over the past two years with a passion and professionalism that is simply admirable, always responding with punctuality, competence and absolute effectiveness to any need, accepting with courage and a dedication worthy of the best traditions of the department, any challenge! What he has demonstrated makes me absolutely proud and, I am convinced, also makes both the Air Force and the Navy proud. ... My hope is that the Wing can soon be returned to its unique, peculiar specialty of excellence, namely "Anti-submarine fighting." An operational need that, in the current dramatic international security scenario and, more specifically, in view of the emerging or growing threats already present in the Mediterranean basin, is becoming an urgent necessity for the nation that cannot be postponed."

General Degni, in concluding the speeches, after greeting the Guests in attendance said: "It is with great pleasure and pride that I take the floor on the occasion of a physiological and cadenced event for all organizations, the change of command that is always filled with emotion, satisfaction, pride and a veil of nostalgia for those who leave and the momentum and eagerness of those who take over.

The ceremony of change of command should be seen a pause, but rather as a stage in the department's journey, bringing a turnover of physical and mental energies to face the future ahead, in the groove laid out by those who have preceded us. A turnover that takes place, moreover, in proximity to the significant milestone of the 100th anniversary of the armed forces, a stage beyond which the Italian Air Force wants to symbolically project itself into the future with the propensity for technological innovation that has always distinguished, but strong in those moral values that constitute the essence of our military being."

September 9, 2022















The Sígnature

A Journey Through Palermo Street Food

By Dr. Alberto Lunetta, NAS Sigonella Public Affairs

If you arrive in Sicily by ferry from Calabria, you can't help but taste the famous and delicious arancini, the kings or queens (for the ones who call them arancine, mainly in Western Sicily, as part of an ongoing gender controversy over the name of this food between Palermo and Catania) of the island's street food tradition.

Hollywood actor Stanley Tucci, who closed his 2021 CNN series "Searching for Italy" with an episode on Sicily, told the world that the scrumptious arancini eaten on the ferry are a must-try local specialty, a tradition that Italians have actually known for decades.

Arancino or arancina is a deep-fried rice ball, the size of an orange and is filled with ragù that can be prepared with many different fillings such as pistachios, eggplant, spinach, mushrooms, ham and cheese, salmon, ricotta cheese and even seafood. But there is more than arancino! Sicily offers a wide variety of street food which is sold at every city cafe, push carts, bakeries, bars and food stalls across the region.

An ideal serious street food tour of the island could start in Palermo, the capital of Sicily, which has a lot to offer as far as unique delicacies. A few years ago, Forbes Magazine awarded Palermo fifth place among the world's top ten cities for its delicious street food's quick snacks.

Besides the popular arancine and a variety of small pizzas, sesame bread sausage rolls and calzoni, which are generically called "rosticceria", you can find panelle, another crispy fritter made with chickpea flour and parsley.

Just like arancini, panelle are of Arabic origin and were born as food for the poor. Over the centuries and just like legumes, a specialty that can be found on the menu of expensive restaurants. Panelle are traditionally eaten as filling of the mafalda of moffoletta, the traditional sandwich breads from Palermo and accompanied with crunchy crocchè or cazzilli (potato croquettes). They can be found at many rotisseries and street carts on the sidewalks of the old part of the city between the squares of piazza Indipendenza and piazza Marina (the port area) and eaten as a snack, lunch or dinner.

If you are not afraid of pungent and strong tastes, Palermo will offer you the famous "pani 'ca meusa" ("pane con la milza" in Italian) or spleen sandwich, whose origin dates back to the Middle Age. At that time, Jewish butchers started to cook the offals of cow (spleen, trachea and lungs) in a big pot with lemon and salt and then fry them in pig lard. Today, rotisseries still cook this chewy variety meat in the same way and serve it warm with the traditional vastedda bread that can be either "schietta" (plain, "single") or "maritata" ("married", sprinkled with caciocavallo and ricotta cheeses). So, if you want be adventurous and try this unique sandwich you have to travel to Sicily's capital as it is the only place where you can find it.

Still for the ones not faint of heart, Palermo street food proposes the "stigghiola" snack of lamb gut that is seasoned



Sicily has a strong and unique street lood culture. Patermo, the island s capital, is a melting pot of ancient cuisines featuring a creative array of must-try delicacies which was recognized, a few years ago, as the fifth best street food in the world. Chickpea fritters "Panelle," potato and bechamel croquettes as well as rice balls filled with savory fillings "Arancini" are among the most lip-smacking specialties! (Photo by www. livingalifeincolour.com)

with parsley and onion and grilled on the barbecue where they become crispy on the outside and soft and creamy inside. Stigghiola are served chopped with a sprinkle of lemon and salt.

Another popular offal-based street food is frittola which is made of veal pieces of bones, cartilage and leftovers. Frittola are boiled and then fried with lard and spices.

A food tour of Palermo cannot be complete without a specialty that you should be looking forward to try, the sfincione. It's a Sicilian tomato-ey and spongy pizza topped with onions, tomato sauce made with lots of dried oregano, sardines and caciocavallo cheese. Sfincione used to be prepared during the Christmas holidays but, today, is baked all year round.

According to tradition, sfincione was first baked by the nuns of the San Vito Convent in the heart of Palermo in the 18th century. They used to prepare it without tomato to present, in occasion of the St. Sylvester festivity, a new dish that would be different from the usual bread, which was eaten every day. They dressed it with the traditional condiments typical of farmers' produce.

Some historic sources say sfincione means "sponge" and it seems to be the result of a mixture of Latin, Greek and Arabic words. According to other sources, instead, the name could derive from the Sicilian dialectal term "sfincia," that means soft.

Sfincione was also recognized as P.A.T. or Prodotto Agroalimentare Tradizionale (traditional Italian regional food product) by the Italian Ministry of Agriculture.

There is also a white variant, typical of the town of Bagheria in

September 9, 2022

9/11 REMEMBRANCE CEREMONY























Chief of Naval Operations Adm. Mike Gilday meets with Chief of the Italian Navy Adm. Enrico Credendino at the Pentagon for an office call, Sept. 7. The two leaders discussed their visions to grow the already successful maritime partnership between Italy and the United States, emphasizing the need to strengthen the warfighting advantage in the region, maximize cooperative training opportunities, and improve capabilities sharing. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael B. Zingaro)

CNO, Chief of Italian Navy Meet and Discuss Regional Security

By Chief of Naval Operations Public Affairs Office

Chief of Naval Operations Adm. Mike Gilday hosted Chief of Italian Navy Adm. Enrico Credendino at the Pentagon for an office call, Sept. 7.

Gilday and Credendino discussed their visions to grow the already successful maritime partnership between Italy and the United States, emphasizing the need to strengthen the warfighting advantage in the region, maximize cooperative training opportunities, and improve capabilities sharing.

"An ally and partner like Italy is crucial to our success in the European theater," said Gilday. "Our navies have a long and storied history together -- Harry S. Truman Carrier Strike Group's recent tri-carrier operations with ITS Cavour and FS Charles de Gaulle is a testament to the strength of our maritime partnership."

"I'm incredibly thankful to Adm. Credendino and the Marina Militare for their leadership in the security and stability of the wider Mediterranean region," Gilday added.

The two leaders also talked about the security environment in Europe, stressing the importance of continued interoperability among NATO forces. U.S. and Italian aircraft carriers have operated together this year in support of real-world contingency operations, and both chiefs expressed interest in expanding similar operations in the future.

"The U.S. Navy is the exemplary partner for Italian

Navy – in bilateral cooperation, within the Alliance and in coalitions – for the sake of maritime security and the prosperity of our nations. Our relationship reflects the long-standing and strong bonds of friendship between our people and our countries," said Credendino.

"That's why I am deeply grateful to Adm. Gilday – the continuous effort in fostering cooperation is, indeed, the key to face present challenges to peace and stability, posed by the international scenario, in order to preserve our common reference values."

The U.S. and Italian Navy regularly operate together around the globe. In addition to regional tasking earlier this year, the two navies have also participated in exercises and activities such as Neptune Strike 2022, Obangame Express, and bilateral drills. These exercises highlight NATO's ability to integrate high-end maritime warfare capabilities to defend the alliance.

Italy hosts American Sailors at Naval Support Activity (NSA) Naples, Naval Air Station Sigonella, and NSA Naples Detachment Gaeta.

This was the first meeting between the two heads of navy. Gilday has previously met with Credendino's predecessor, current Italian Chief of Defense Staff Adm. Giuseppe Cavo Dragone.

Credendino will host Gilday and other heads of navy at the Trans-Regional Seapower Symposium in Venice, next month.

"Italian News" cont'd from Page 8

the Palermo province, and it is called "Sfincione bianco" (white sfincione) because it is made with tuma (or fresh ricotta cheese) and breadcrumbs instead of tomato sauce.

During the festival of St. Rosalia, the beloved city patron saint, which falls in the summer on July 14th, you can sample babbaluci, another very popular street food specialty coming from the ancient Arab cuisine. Babbaluci are boiled snails that are seasoned with salt, pepper, boiled and fried in olive oil with parsley and garlic.

Some Palermitani eat them by sucking the snail out of the shell and making the traditional "scrusciu" (in Sicilian noise) but people commonly use toothpicks.

A bigger version of these small snails is called "crastuna" or horns (from "crasto" which means in Sicilian ram) but they are cooked with tomato sauce and onions.

Finally, if you like fish, you should try the "purpu vugghiuto" (in Italian polpo bollito or bolied octopus) which can be mainly found in the coastal areas of the city such as Mondello, Sferracavallo and Romagnolo. This super fresh polpo is boiled in a large pot and served chopped with a squeeze of lemon. Buon appetito!

"In the Spotlight" cont'd from Page 4

and we also play a major role in the overall success of Naval Air Station Sigonella."

His previous commands have been Navy Medicine Professional Development Center Bethesda, Md. and Helicopter Sea Combat Squadron 25 in Agana, Guam.

His proudest accomplishment was serving as a facility dog handler at NSA Bethesda and being able to take the different therapy dogs to the different areas of the base in order to emotionally support patients in need.

"Seeing how great an impact the dog handlers/dogs made in the everyday lives of people was a true joy to be a part of first hand," said Pierre.

Pierre says he will soon begin working on his associate degree as he wishes to pursue a career in the psychological field once he separates from the service. His favored hobby is sports but he also enjoys hiking and listening to music. His favorite aspects of being stationed in Sicily is the food, travel opportunities, and beautiful sights.

CONGRATULATIONS TO ALL THE NEW CHIEF PETTY OFFICER SELECTS HERE ON NAVAL AIR STATION SIGONELLA



ABFC (SEL) OLADUNNI AHMED ADC (SEL) BRANDYN WELCH AEC (SEL) JAYSON PEARSON AMC (SEL) JOHN CHULENGARIAN AOC (SEL) BRIAN POLK ATC (SEL) LOREN BRADY AWOC (SEL) HEATHER BLACK AWOC (SEL) HEATHER BLACK AWOC (SEL) GREGORY CUMMINGS AWOC (SEL) JORDAN RICH AZC (SEL) STEVEN JAVIER CEC (SEL) JOSHUA DAVIS HMC (SEL) PATRICIA BILLS HMC(SEL) RENE FILIDOR HMC(SEL) AMARPREET GILL HMC(SEL) THOMAS POLK HMC(SEL) CASEY STEELE HMC(SEL) GREGORY YOUNG ITC(SEL) KIMBERLY CURTIS ITC(SEL) LARA MIRZA LSC(SEL) LARA MIRZA LSC(SEL) MARY DELACRUZ LSC(SEL) JAMES WILLIAMS MAC(SEL) STEPHEN BARRETTE MAC(SEL) CHRISTOPHER PATRICK NCC(SEL)TIMOTHY PUZAN

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