

The Signature



**SIG CELEBRATES
SEABEE BIRTHDAY**

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◆
**FITNESS CENTERS
OPEN 24/7**

◆
**INTERNATIONAL
WOMEN'S DAY PANEL**

Direct Line

Rachel Fuller, Director NAS Sigonella Navy Marine Corp Relief Society

Since 1904, Navy-Marine Corps Relief Society (NMCRS) has had the same mission: to help each person who comes into our offices get support for their immediate needs. In an ever-changing world, our donors are the reason we can continue giving back to the community.

NMCRS is a non-profit, charitable organization that does not receive any funding from the government to operate. One of our biggest sources of fundraising is the Active Duty Fund Drive, which is currently underway. The Active Duty Fund Drive is held each year, giving Sailors and Marines the opportunity to support one another through donated funds. Contributions given through the Active Duty Fund Drive go directly back into the community and support the mission of NMCRS.

In partnership with the Navy and Marine Corps, NMCRS provides financial, educational and other assistance to Sailor and Marines as well as their families. NMCRS's long term mission is to help Sailors and Marines become financially self-sufficient by learning how to better manage their personal finances and prepare for unplanned expenses.

The goal of the Active Duty Fund Drive is not only to raise funds, but also to inform service members about the programs and services we offer. We want to ensure that each service member knows what resources are available to them and how to utilize them when needed.

NMCRS offers interest-free loans for things like household set-up, basic living expenses and emergency travel. NMCRS also offers spouses and children of active duty and retirees grants or interest-free loans through our Education Assistance Program. This program helps those eligible pay for undergraduate or graduate school expenses. In 2021, 235 grants or interest-free loans were provided to assist with furthering education. NMCRS is currently accepting applications for financial assistance in the upcoming 2022-2023 school year; the deadline to apply is June 3, 2022.

We also offer personal budget counseling and "Budget for Baby" virtual workshops to help clients become better educated about their finances. Our



"Budget for Baby" virtual workshop is held on the 3rd Wednesday of each month with new or expecting parents encouraged to attend. In this class, parents will learn how to create a budget to prepare for the new expenses that come with having a child. Eligible attendees receive a \$50 gift card as well as a handmade baby blanket made by one of our volunteers.

Naval Air Station Sigonella's Nearly New Thrift Shop is just one more way NMCRS gives back to our community! Service members and their families can shop at our store for things such as gently-loved uniform items, clothing, and other household goods. Our thrift shop is a true community effort as it is completely run by volunteers, and we rely on the donated items from our families here at NAS Sigonella.

The contributions made during the Active Duty Fund Drive make a direct impact on our local community as well as the programs and services we provide. NMCRS could not do what we do without the generous support of our NAS Sigonella service members and their families. Please contact your command's Ombudsmen or Key Person for more information on how you can support the mission and donate. On behalf of NMCRS, thank you for your continued support and making an impact on those around you. "By Our Own, For Our Own."



NAVY-MARINE CORPS RELIEF SOCIETY®

Bravo Zulus

BZ to MWR

The sports program coordinator Kirsten Humble has been doing an amazing job with sports and has been nothing but excellent when issuing team schedules for events and setting up for sports leagues. I have been to many commands where the sports programs are not run well, and since being onboard I have thoroughly enjoyed participating in each sports event. Good job to Kirsten and her team.

BZ to MVRO

I would like to thank Nuccia at the MVRO for working out the difficulties with registering my street legal quad. I am the first that has ever complete this and she took the time to figure out how to enter it in the system after several attempts. Thanks to the Director for digging through the instruction to approve me situation. In my 2 years here at NATO the MVRO team

has helped me with all of my strange requests.

BZ to PSD

21 years of military experience and this the best DoD ID card agency by far. Thank you!!

BZ to N6

Thank you for always providing world class customer service. Also, thank you for providing us seven much needed computers to facilitate our ever increasing operational and administrative daily demands; particularly higher headquarters inspection. I have never seen such team playing in my 23 years of service! We pass our higher headquarters CNIC Inspection because of the help and support we receive from leaders like you; helping us increase our operational bandwidth!

Your personable approach and world class customer service are bar none. Your N6 staff is awesome!

THE SIGNATURE

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SIGONELLA

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Cover photo by CE2 Alyssa Escamilla

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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) **Don't start your car until you're ready to move;** idling engines waste gas. If you are idling for more than a minute, turn the engine off.

2) **If you are leaving a room for any length of time, shut off the lights and any appliances.** Anything that is using electricity doesn't need to be on. **Unplug battery chargers, such as cell phone chargers, when they aren't in use.** Conventional battery chargers, even when not actively charging a product, can draw as much as 5 to 20 times more energy than is actually stored in the battery.

3) **Don't leave the water running when brushing your teeth.** You could save as much as 9 gallons when you brush.

4) Keep air compressors and other shop equipment off when not in use.



Name: Ivan Messina

Command: Morale, Welfare and Recreation

Department: Marketing



**In the
Spotlight**

By MC3 Triniti Lersch, *NAS Sigonella Public Affairs*

Ivan Messina, the visual arts technician for Morale, Welfare, and Recreation (MWR) at Naval Air Station Sigonella, has been doing graphic design for roughly 23 years.

“My first approach to the world of advertising graphics dates back to 1999,” said Messina. “I was young and inexperienced, but with a great desire to test myself. So with a few pennies in my pocket and nothing else, I decided to open a graphic studio in Catania. It was extremely hard and many people gave up on me, but I knew what I was doing and lasted for more than 10 years.”

Messina, who was born in Catania, learned out about the graphic design job at NAS Sigonella from a friend in 2012 and has been working for NAS Sigonella ever since.

“Ivan Messina has been a dedicated MWR Sigonella marketing employee for the past 10 years, and his dedication to this base and the MWR Sigonella marketing department is second-to-none,” said Jaclyn Travis, MWR marketing director and Messina’s immediate supervisor. “He takes extreme care to ensure all the promotional materials produced by this office are highly professional, and his artistic genius is always on display. No matter how small or how large the design request is, Ivan’s creative talent seems to be endless. It is a great tribute to Ivan and his dedication to excellence that MWR Sigonella is able to effectively market our program and facility offerings, as his design work always tells a compelling and inviting story.”

Messina’s daily duties include working on MWR’s monthly

Preview magazine and creating logos, posters, and social ads.

“Even with Sigonella being a small community, MWR offers more than 100 events per month,” said Messina. “I also assist the marketing director every time there is a new project coming, such as renovating a facility or a marketing campaign for the most important events. Red White & Boom, Autumn Fest and Sig’s the Season are a few examples.”

Despite these challenges, Messina manages each day with the help of an important reminder.

“There is a saying of Saul Bass (a famous Graphic Designer): ‘Design is thinking made visual,’” said Messina. “I put this phrase on my desk and I read it every day because this is exactly what excites me about my job. Whatever my humor is that day, when I start designing, I feel happy and satisfied, and this helps me develop the customer’s thinking into something visual.”

Even during his free time, Messina can’t leave his job and his creativity behind.

“Every time I have the opportunity, I go outside, climb on Etna or visit some of the beautiful cities in Sicily and I take photos of everything,” said Messina. “It relaxes me so much.”

One thing Messina would like to say to those stationed in Sicily is, “Don’t waste your time. Go outside! Visit Sicily! This is a land full of history, where you can find the most active volcano of the world. Ski on top of it and go swimming in the crystal clear sea waters or just relax on the beach.”



MWR Fitness Centers Open 24/7

By Megan Mills, *NAS Sigonella Public Affairs*

After a year of planning, Naval Air Station Sigonella's fitness centers are now open 24 hours a day, seven days a week.

Thanks to the addition of ID scanners at the fitness centers on both NAS I and NAS II, community members are now able to access the gyms at any time, regardless of whether employees are on-site.

Throughout the previous two years, the COVID-19 pandemic and low staffing levels led to closures and reduced hours at the fitness centers. Unmanned access eliminates many of the challenges to keeping these facilities open and expands access for those who had difficulty using them during regular business hours.

"Opening the fitness facilities for all-hours access will allow myself and those who work non-traditional work hours the capability of maintaining superb fitness levels, no matter our work schedules," said Tech. Sgt. Orson Lytle with the 7th Reconnaissance

Squadron.

The fitness center on NAS II was the first to grant 24/7 access on Feb. 18, 2022, while the NAS I Fit District followed on March 4. During unmanned hours, all areas are open for use except barbells and Smith machines for safety reasons, and surveillance cameras have been installed to maintain security.

In order to use the fitness centers during unmanned hours, guests must first register ahead of time at the front desk during manned hours and sign a waiver/release form.

"When you sign the waiver and release form, make sure you read it to know what may cause your privileges to be revoked," said Elizabeth Leonard, MWR fitness director. "We will be constantly running back the surveillance footage to watch for infractions."

According to Leonard, the process of adding unmanned access to the fitness centers was a huge project.

"This didn't happen overnight, and it wasn't easy; there were several moving parts," she recalled. "We waited for several parts of equipment like the ID scanner for several months. I drafted the waiver and release form, which then had to be signed off by several departments. We also trained each employee individually so they would be successful at this new part of their job, and then we had to get the word out to the community."

For customers like Lytle, Leonard's and MWR's hard work was worth it.

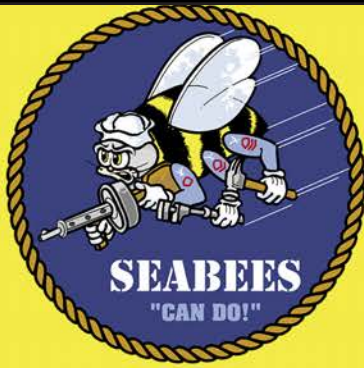
"Standing up unmanned hours at a facility must have been quite the challenge," he said. "I am very grateful to the MWR staff for overcoming those challenges to open this facility in a way never done here at NASSIG."

In the end, Leonard hopes all service members at Sigonella will benefit from the increased fitness center access.

"The gym will be open all the time, so the PRT failures should taper off," she said. "No more excuses."



80



Years

Celebrating Seabees

By UT2 Austin Maruyama, *NAS Sigonella Public Works Department*

After the attack on Pearl Harbor on Dec. 7, 1941, the necessity of a militarized construction force became clear. As a result, Rear Adm. Ben Moreell sought the approval to organize and man Navy construction units, and on March 5, 1942, the name “Seabee” was officially authorized.

Since the creation of the Seabees, they have lived through their motto “We Build, We Fight” in major conflicts around the world, including:

- constructing over 400 advanced bases in World War II;
- completing the “impossible” construction of Cubi Point where a mountain was cut in half to install a two-mile long runway in the Korean War;
- building “Liberty Bridge” which spanned 2,040 feet long and was 32 feet above the Thu Bon River. This massive undertaking was completed in only five months in an isolated area near enemy forces during the Vietnam War;
- achieving a wide variety of accomplishments in Operation Enduring Freedom, from installing bridges on transportation routes to providing deep aquifer water wells producing more than 1.6 million gallons of water per day.

As you can see, the Seabees have more than proved their “Can Do” attitude.

Seabees also showcase their multitude of skills in disaster relief and humanitarian efforts with large scale operations such as their role in Hurricane Katrina and small scale projects such as schoolhouses and health clinics all over the world.

March 5, 2022 marked the 80th Birthday of the Seabees, and Public Works Department Sigonella celebrated their heritage by hosting “Seabee Week” which included different, competitive, team-building events tailored to match significant events in Seabee history.





Italian News

Italian and American Military Women Celebrated During Rotary Club Panel

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

Every year, on Mar. 8, Italy celebrates the International Women's Day (Festa della Donna), a world-wide event that was officially recognized by the United Nations in 1975 to commemorate the economic, political and social achievements of women.

For the past ten years, the Naval Air Station Sigonella public affairs office has promoted and facilitated panels of female enlisted and officer service members from NAS Sigonella as part of the ongoing community relations program. Often, these panels have been hosted by local club services and sometimes featured the presence of Italian female service members to commemorate the strides that uniformed women have made in both countries.

This year, about a dozen local Rotary Clubs (spearheaded by Catania West Rotary Club), along with Lions, International Federation of Business and Professional Women, and Kiwanis Clubs, hosted an event featuring 25 uniformed American and Italian women at the enchanting winter garden of Villa di Bella in Viagrande. The panel, which included American service members from the Navy and Air Force, along with Italian service members from the Carabinieri, Army, Air Force, Guardia di Finanza and Coast Guard, honored the many accomplishments that women in uniform from both countries have achieved over the years.

In attendance at the event, were Franco Leonardi, the mayor of Viagrande; Marco Rubino, the mayor of Sant'Agata Li Battiati; and Margherita Ferro, a representative of the Sicily's Regional government chair on Gender Equality and Women Empowerment.

Both mayors praised the United States for the ongoing volunteer support that Sigonella service members have been conducting all over the island for years, ranging from English conversation classes at Sicilian schools to environmental beach and park cleanups to maintenance activity at churches, charities and school buildings.

Organizers aimed at highlighting all the women's positions and occupations in the United States armed forces and in the Italian military police and armed forces.

"It is a great pleasure and honor for me to be here with our Italian colleagues, and I feel very welcome," said NAS Sigonella's Command Master Chief Anna Wood, who led the delegation of service members from the NAS Sigonella command and tenant commands representing the base at this event.

When asked to share a significant moment of her tour here in Sicily, Wood said, "Something that is very close in time and to my heart is how we assisted our Afghan families when they needed to flee from their country during Operation Allies Refuge. As a community—across the base community,

across our Italian friends—we came together to help others in need. For me, it was the highlight of my career, and I've been in the service for 28 years."

American women have served in the military since the Revolutionary War, but were only allowed to openly serve in non-combatant roles beginning in World War I. All combat positions officially opened to female service members in the American military in 2015. Italian military women were allowed to serve in 2000 following the implementation of Law No 380/1999 which marked one of the major changes of the country's military world over the last two decades. In the past twenty years, the armed forces and the Carabinieri recorded about 18,000 female military personnel (more than 6% of the total military personnel).

In addition to discussing their training and motivation, the Italian panelists reflected on the historic change that allowed them to reach milestones such as being in charge of a police station or becoming an Italian Air Force pilot like Lt. Carolina Riciputi. Talking about her flight school training at the Pozzuoli Air Force Academy and the following training in Texas and France, Riciputi described it as "a great time of her life spent in an international environment."

One of the most emotional moments of the panel was undoubtedly the touching account of resilience from U.S. Navy Chief Electrician's Mate Ofelia Garcia who has been in the service for 21 years. Born and raised in Texas, she told the audience that she was not allowed to attend school since she had to help take care of the daily house chores. "Women were not allowed to go to school and were supposed to only get married and raise a family," Garcia noted.

She was married at age 16 through an arranged marriage, which gave her the opportunity to attend college to become a special education teacher. However, since she did not have enough money to afford the schooling, she decided to join the military in Dec. 2000. Just two years into her service, she became a single mother. She remarried in 2009 and now has a daughter and son in the Army with another son currently attending college after his tour with the Marines. Her youngest daughter attends San Diego State University and will be graduating next month to become a social therapist.

"Women's History month means a lot to me because I believe that a lot of changes have happened for the better and I can see it in me and in my daughter's lives," said Garcia. "I wanted them to grow up knowing that they can accomplish any goal that they set for themselves. I am truly proud of them and it makes me happy to see them succeed not only because they are my daughters, but because they are women and they are setting the path for many other women."

International Women's Day

On Tuesday, March 8, 2022, Italian and American service members from Sigonella and host nation police/armed forces came together for a panel discussion, hosted by local Rotary, Lions and Kiwanis Clubs, that celebrated the International Women's Day. Uniformed women talked about their career experiences, motivation and challenges.



Photos courtesy of Donatella Turillo

Reservists Add Strategic Depth to NAVSUP's Mission Sets in Europe

By Joe Yanik, *NAVSUP FLCSI Public Affairs*

Navy reservists assigned to Naval Supply Systems Command Fleet Logistics Center Sigonella (NAVSUP FLCSI) provide essential contributing support to the command's logistics and supply mission sets delivering combat readiness to Naval, Joint and Allied warfighters operating across the U.S. Naval Forces Europe and Africa (NAVEUR-NAVAF) area of responsibility.

Some of FLCSI's reservists leverage their experience at the command's evolving operational site at Defense Munitions Crombie, Scotland, United Kingdom. Site Crombie is one of FLCSI's cooperative security locations strategically positioned to support NAVEUR-NAVAF, U.S. Sixth Fleet and Joint warfighters as they routinely conduct operations with High North Allies and Partners to ensure the region remains stable and free of conflict.

"Our Site Crombie team performs seamless door-to-door, last-tactical-mile delivery and re-supply services for the Fleet's growing demand signal in the High North, with a vision to ever-increasing end-to-end predictability and velocity for the warfighter," said Jeff Criger, FLCSI's supply chain director. "This approach, in-turn, reduces supply chain delays, unnecessary storage and transportation costs for the Navy."

To accomplish the site's support role in the High North, FLCSI's reservists and their active-duty and civilian counterparts perform customs clearance and logistics sustainment, while also managing the movement of cargo and mail to and from ships.

"In order to perform my job, I must possess a

proficiency to operate equipment and understand all aspects of logistics specialist position," said Logistic Specialist 3rd Class Achilles Konguep, a reservist assigned to Site Crombie.

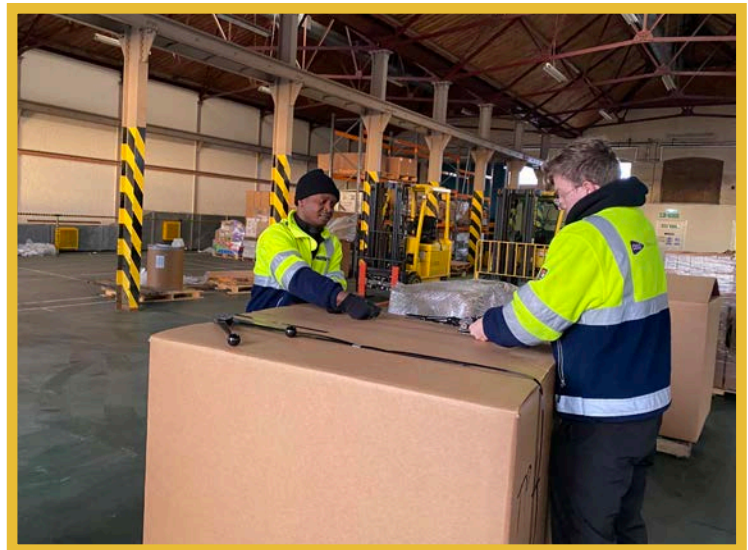
At FLCSI's other strategic locations in Europe, reservists provide fully integrated support in logistics functions, fleet mail center operations and contracting services.

"There's no aspect of our logistics and supply mission that we do not look to reservists for support in some capacity," said Capt. Douglas MacKenzie, FLCSI's commanding officer. "Their invaluable expertise, experience and leadership add a strategic depth to how we provide critical support to the Fleet. We would not be able to do what we do without our reservists and what they bring to our total force approach to our mission."

Since 1915, the Navy's Reservists have been providing operational capabilities to the Navy and Marine Corps teams by amplifying the U.S. Navy's core capabilities and operations, which include forward presence, deterrence, sea control, power projection, maritime security, humanitarian assistance, and disaster response.

Reservists assigned at NAVSUP's command in Europe ensure this tradition of service continues to the present.

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.



SIGONELLA AREA BEHAVIORAL HEALTH ROADMAP



Stressed and want help, but don't know where to start? We got you!

LOW

INDIVIDUAL LEVEL OF STRESS

HIGH

1 **FRIENDS & FAMILY**
Meet, Call, Text, or Message

- Trusted and personal
- Least intrusive
- Multiple battle buddy options
- Non-medical

2 **CHAPLAINS**
Duty Chaplain: (+39) 335-831-4493



- 100% Confidential
- More than spiritual counseling
- No reporting requirement
- No referral needed
- No health record documentation

4 **MILITARY & FAMILY LIFE COUNSELING**



Phone: (+39) 347-405-0244 (DoDEA)/
(+39) 349-518-4087 (CYP)

- Non-medical counseling & classes
- Children and youth in DoDEA/CYP
- Minimal reporting requirements
- No referral needed
- No health record documentation

3 **FLEET & FAMILY SUPPORT CENTER**



Appointments: (+39) 095-56-4291/
624-4291 (base landline)

- Individual counseling and life skills, i.e. financial, stress management, coping skills, and relationships
- Non-medical counseling
- No referral needed


5 **MILITARY ONESOURCE**



Contact: 00-800-342-9647/
MilitaryOneSource.mil

- Non-medical counseling for military personnel and family members
- No referral needed
- No health record documentation
- Life skill building i.e. stress, coping, relationships, finances

6 **MEDICAL PROVIDER IN PRIMARY CARE CLINIC AT USNH**



Appointments: (+39) 095-56-2273/ 624-2273 (base landline)/1-800 TRICARE


- Medication management/specialty referral as needed
- Collaborate with clinical providers and communicate with the CO when necessary
- Health record documentation

7 **BEHAVIORAL HEALTH AT USNH**

Appointments: (+39) 095-56-6095/ 624-6095 (base landline)

- Outpatient services by referral from Primary Care Manager
- Individual therapy, psychiatry, substance use treatment
- Military duty determinations
- May communicate with CO and other medical providers
- Health record documentation
- Active Duty priority for Behavioral Health services

8 **EMERGENCY ROOM**



911 from base landline
(+39) 095-56-1911

- Danger to self, others or gravely disabled
- Not for routine access to care

MARCH
19

11 AM - 4 PM
NAS II TURF FIELD

FREE FESTIVAL



Shenanigans

MUSIC * KIDS' ACTIVITIES * MINUTE-TO-WIN-IT CELTIC GAMES
BEER TENTS * FOOD STANDS * PHOTO OPS
SIGONELLA WILL BE SEEING GREEN!

EXTRA
EVENT

7.2 Mile Challenge Run with Professional Obstacles

COST: \$40 (REGISTRATION FEE, MEDAL, TSHIRT FOR THE FIRST 100 PARTICIPANTS) AGES 14+

For more information and to register: sigshenanigans.eventbrite.it

Base mandated masks will be required for all participants when not actively running.
For anyone attending the festival portion of the event, a Super Green Pass will be required.

GET MORE DETAILS ON
WWW.NAVYMWRSIGONELLA.COM



Get the App!



MWR Sigonella



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