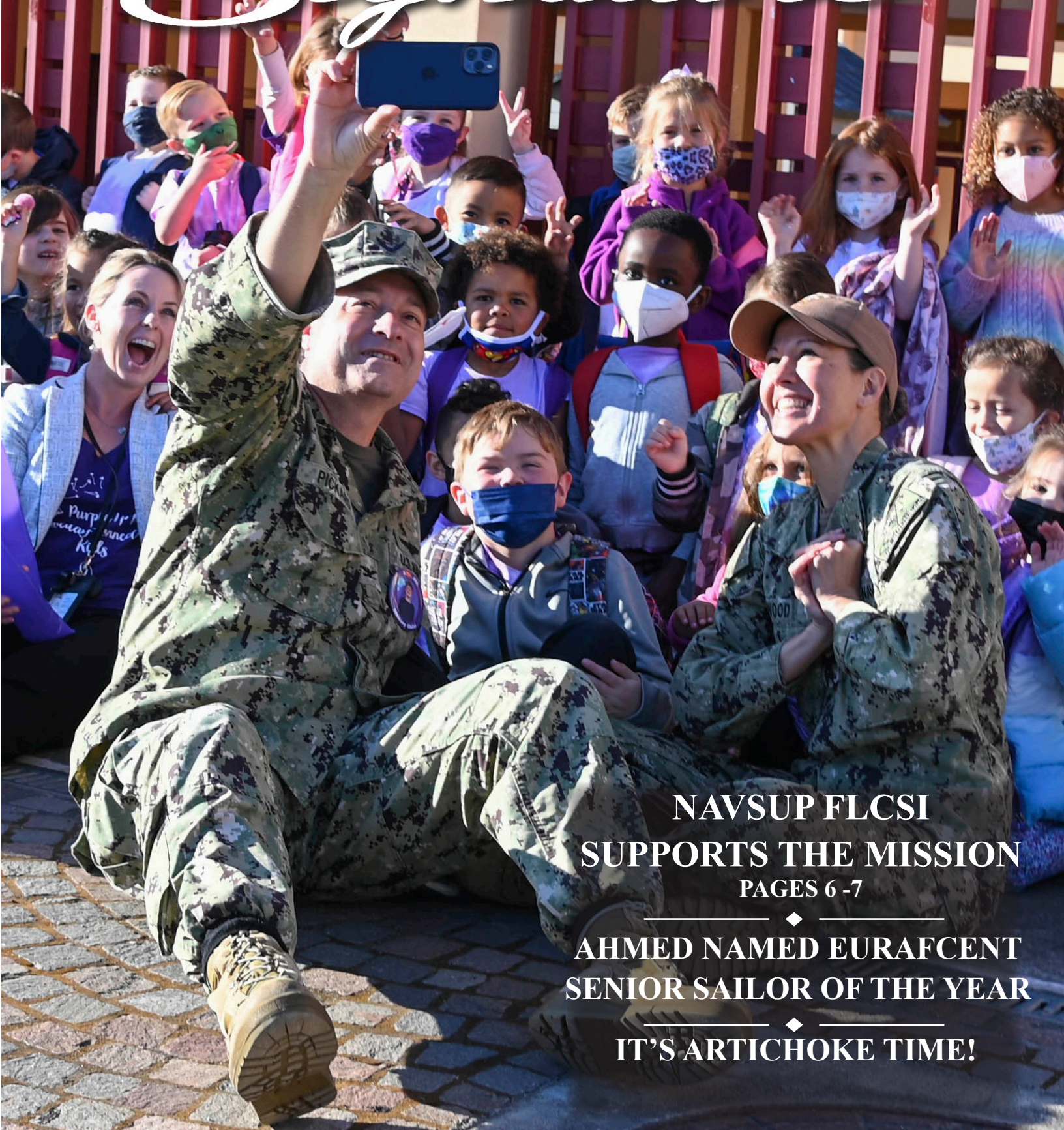


# *The Signature*



**NAVSUP FLCSI  
SUPPORTS THE MISSION  
PAGES 6 -7**

◆  
**AHMED NAMED EURAFCENT  
SENIOR SAILOR OF THE YEAR**

◆  
**IT'S ARTICHOKE TIME!**



## Direct Line

### Courtney Silvestre, Fleet and Family Support Center Sigonella

**B**uon giorno, Sigonella. Recently, I shifted from the Fleet Readiness Director to the Fleet and Family Support Center Director. I have been fortunate to work with many of the organizations on this installation that provide important support for the Sigonella community, and since April is a very important month for us, I'd like to tell you a little bit about how we at FFSC can help you and your families.

April is Sexual Assault Awareness Month, and our Sexual Assault Prevention and Response (SAPR) team has been working hard to educate the community about the resources available. From yoga to meditation, discussion groups to Denim Day, the SAPR team is always out in our community spreading the message to take care of yourself and each other.

Shannon Harden is our Sexual Assault Response Coordinator, and our community now includes 50 Unit Victim Advocates (UVAs), along with one full-time Civilian Victim Advocate (CVA) and a Victims' Legal Counsel (VLC). If you or anyone you know needs help at any time, please call one of these numbers. In fact, save them in your phone right now:

- SAPR Victim Advocate Hotlines: 335-642-8312 and 335-606-6146
- SAPR Civilian Victim Advocate: 335-773-3553
- Sexual Assault Response Coordinator: 338-670-0195
- DoD Safe Helpline: 1-877-995-5247 or [www.SafeHelpline.org](http://www.SafeHelpline.org)

April is also Child Abuse Prevention Month and Month of the Military Child, which is an excellent time to focus on the importance of supporting our children and families here in Sigonella. We all know that moving overseas and military life in general can be stressful, and children are not exempt from these difficulties. Our kids deserve both care and celebration, and everyone—not just parents—can do that. If you have concerns that a child is in danger of abuse or neglect, reach out to us at 624-4291 or 335-737-0978.

But that's not all that we do here at FFSC:

- Our Inter-cultural relations program at Indoc and our "Arrivederci" classes bookend your times at Sig, and we offer special spouse orientations as well.
- We are one of your first stops on the mental health roadmap, providing short term, non-medical counseling services to service members, civilian employees, and family members.
- Having a baby is a big life change, and we provide



new parent support in the form of Baby Boot Camps, playgroups and more.

- Interested in finding a job or a volunteer opportunity while you're here? We can help with resume classes and interview skills.
- Feeling stressed? Angry? Need help communicating or working through conflict resolution? Then one of our many life skills classes may be great for you or your working group.
- If you find yourself with financial problems or want to prevent them, take a look at our fiscal classes, including how to buy a home, save for a vacation, or just make the most of your money.
- Is it time to get out of the military? We're here to help you transition to civilian life with our Transition Assistance Program and VA benefits workshops.

Reflecting on what we offer, I'm reminded that so much of what's important in living overseas, far from family and what's familiar, is that we have to look out for each other. We have lots of systems in place here at FFSC, but we're not the only ones. The Chaplains, USO, Red Cross, MWR and so many more are here to support you. None of us are in this alone!





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

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## ENERGY SAVING TIPS



1) **Observe the speed limit!** Each 5 miles per hour you drive over 60 can reduce your fuel economy by 10%.

2) You can **raise the A/C thermostat setting up to 4 degrees F** without any decrease in comfort. Each degree you raise the thermostat above 78 degrees F, you save about 7 to 8 percent on your electric cooling costs.

3) If you need to rinse dishes before putting them in the dishwasher, use cold water. **Run the dishwasher with a full load**, not partial. Do the same with laundry!

4) **If you specify or order energy-using equipment, follow the law.** Federal purchasers are required to order equipment that meets ENERGY STAR or Federal Energy Management Program guidelines

for energy efficiency.

## THE SIGNATURE

U.S. NAVAL AIR STATION  
SIGONELLA

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Capt. Kevin Pickard

**Executive Officer**  
Cmdr. Ronald Cappellini

**Command Master Chief**  
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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](mailto:thesig@eu.navy.mil). All articles submitted by non-staff members will be considered contributing writers.

**Our MilKids are priority one.**  
#AllInToEndChildAbuse

Learn how to be a champion for child safety through your Family Advocacy Program:

624-4291 or 095-56-4291

Learn more at [MilitaryOneSource.mil/end-child-abuse](http://MilitaryOneSource.mil/end-child-abuse).





## In the Spotlight

**Name:** ABH2 Jared Remsing

**Command:** NASSIG

**Department:** Operations

By Megan Mills, *NAS Sigonella Public Affairs*. Photo by MC3 Trinita Lersch, *NAS Sigonella Public Affairs*

Being a Sexual Assault Prevention and Response Victim Advocate means supporting people in some of their darkest moments, and Aviation Boatswain's Mate (Handling) 2nd Class Jared Remsing of Vancouver, Wash. is happy to be able to help.

"I chose to be a SAPR VA because I saw it as an opportunity to be able to help people in an extreme dire time of need in someone's life," said Remsing. "The job's not for the faint of heart at all, but it's a great opportunity to be there for people."

The goal of the SAPR program is to eliminate sexual assault in the Department of Defense. According to the NAS Sigonella Fleet and Family Support Programs website, VA's "provide information and emotional support and help guide victims through the various medical, legal and investigative processes with a goal of minimizing the 're-victimization' of sexual assault victims." Becoming a VA requires an application, a background check, and professional training.

"Our unit victim advocates are the bread and butter of our program," said Shannon Harden, NAS Sigonella's sexual assault response coordinator. "They are the eyes and ears in the commands and the first line of defense in the prevention of sexual violence. Jared Remsing is an outstanding advocate who sets the standard for others to follow. I could not be prouder to have him on our Sigonella SAPR team."

When Remsing joined the Navy in 2015, he continued a family tradition of military service that extends back to his great grandfather. The GI Bill and the ability to "see the world" were also important factors in his decision to serve.

"Serving in the Navy has been an absolute privilege," he said. "I have been given the opportunities to travel to places

I never thought I would see, meet several incredible people, and get a chance to better myself."

His first command was the USS Makin Island (LHD 8), and he enjoyed the fast-paced working environment he found there as an ABH. He now works in the operations department on NAS Sigonella as the departmental career counselor.

"Every day on the flight deck was a different experience, and I enjoy the camaraderie in the AB community," said Remsing. "Here at NAS Sigonella, I have been given the privilege to work in a completely different environment with people from different rating communities."

"ABH2 Remsing is one of our most reliable 2nd class petty officers in the operations department," said Chief Logistics Specialist Justin Jenkins, NAS Sigonella operations leading petty officer. "He has a fantastic work ethic and brings a great attitude every day."

Remsing credits his parents for his success, especially the lessons they taught him. His father helped him learn to deal with stress by teaching him that "if it's in our control, we can worry about it, but if it's not in our control, there's no sense in worrying about it." His mother showed him how to live with no regrets. As Remsing recalled, he learned that "we look back on things and we might not be happy about what we did or decision we made, but don't look on it as regret; look on it as a lesson that you can move on and not make the same mistakes."

In addition to his day job and collateral duties, Remsing enjoys running, traveling, baking, and reading, and he is also pursuing a degree in elementary education through Grand Canyon University.



# SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH

*Step Forward.*  
Prevent.  
Report.  
Advocate.



Naval Air Station Sigonella hosted several events in honor of SAAPM, including the proclamation signing and a special meal and cake cutting at Ristorante Bella Etna Galley.



**IT ONLY TAKES ONE**  
ONE PERSON, ONE QUESTION, CAN STOP SEXUAL VIOLENCE





# NAVSUP in Europe Supports USS Donald Cook, USS The Sullivans During Copenhagen Port Visit

By Joe Yanik, *NAVSUP FLCSI Public Affairs* & Ensign Kelly Harris, *USS The Sullivans (DDG 68) Public Affairs*, contributed to this story



A team of logisticians assigned to Naval Supply Systems Command Fleet Logistics Center Sigonella (NAVSUP FLCSI) and their mission partners supported the scheduled port visit of the USS Donald Cook (DDG 75) and USS The Sullivans (DDG 68), conducted March 21, 2022 in Copenhagen, Denmark.

During the port visit, they coordinated deliveries of fuel, cargo, provisions, mail and critical parts for the two Arleigh Burke-class guided-missile destroyers.

The ships' presence in the Baltic Sea is a demonstration of the U.S. Navy's continued commitment to the collective defense of the European region as it reinforces the strong and historic bond between the U.S. and NATO allies.

"Our ability to support port visits at strategically significant High North locations, such as Copenhagen, is a concrete example of NAVSUP's expanding capabilities delivering operational readiness to the fleet where and when our warfighters need it," said Capt. Douglas S. MacKenzie, NAVSUP FLCSI commanding officer. "The successful port visit also demonstrates how NAVSUP and our mission partners are enhancing logistics interoperability and engagement with our Allied navies. In this case, the Danish Navy."

While in port in Copenhagen, the ships' crews had the opportunity to partake in the rich culture of Denmark and its citizens through tours and visits to historic sights.

Prior to pulling into port, Donald Cook and The Sullivans participated in NATO exercise Dynamic Guard

Feb. 22-25 with Royal Danish Navy Iver Huitfeldt-class frigate HDMS Peter Willemoes (F362). Dynamic Guard, hosted by Norway, is a biannual, multinational NATO electronic warfare exercise series designed to provide tactical training for the NATO Response Force and NATO national units. For the first time in three years, two U.S. vessels attended the Dynamic Guard exercise in an effort to enhance the ongoing cooperation, strength and interoperability between the NATO nations and its allies.

"The continuing cooperation between NATO partners is essential to supporting peace in the region," said Cmdr. Matthew Curnen, Donald Cook commanding officer. "I'm extremely grateful for the opportunity to visit Copenhagen in order to engage in meaningful talks with Danish officials."

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.

U.S. Naval Forces Europe, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.



# NAVSUP, NAVEUR/AF Mission Partners Increase 'Logistical Reach' with Food Purchase Through NATO Allies

By Joe Yanik, *NAVSUP FLCSI Public Affairs*, Photos by MC2 Claire Dubois

Naval Supply Systems Command Fleet Logistics Center Sigonella (NAVSUP FLCSI) partnered with U.S. Naval Forces Europe and Africa (NAVEUR/NAVAF) and created an acquisition and cross-servicing agreement (ACSA) task order with their NATO allies to fulfill food orders for USS Ross (DDG 71) and USS Roosevelt (DDG 80) in late March and early April 2022.

An ACSA is an international agreement between the United States and a host nation that enables a military-to-military exchange of logistics support, supplies, and services between the two country's militaries.

"Due to time constraints and unique global supply chain challenges, the ACSAs to procure food entirely through our NATO allies were crucial to our acquisition strategy to keep our ships in foreign waters at an optimal fill levels to maintain readiness and the health and well-being of personnel," said Capt. Douglas S. MacKenzie, NAVSUP FLCSI commanding officer.

USS Ross' ACSA order was submitted with the French Navy, while USS Roosevelt's ACSA was submitted with the Norwegian Defense Logistics Organization.

"The ACSA order with the Norwegians solved the problem we encountered of various gaps in product availability via standard and substitute orders through the prime vendor," said Lt. Justin Burdett, USS Roosevelt supply officer. "The agreement also enabled us to purchase many protein items that were not available

through standard orders."

"To my knowledge, this was the first time we directly ordered from the supply catalog of a NATO ally utilizing their logistics system," said Lt. Brandon Birkoski, USS Ross supply officer.

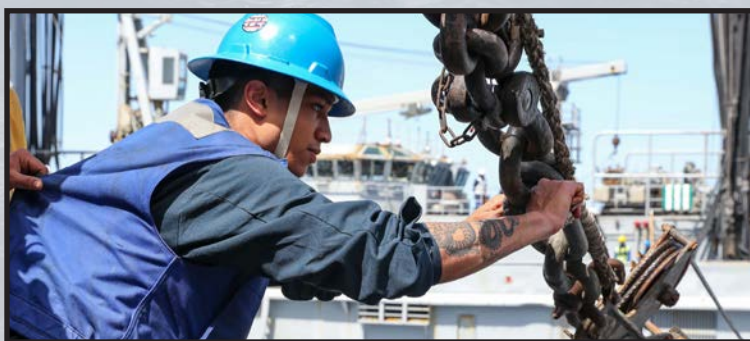
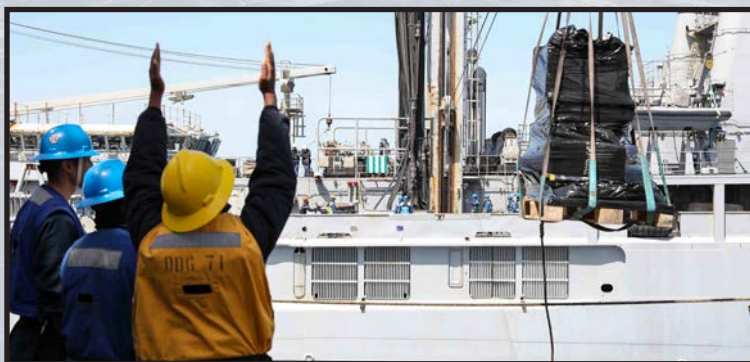
To complete the ACSA order for the food purchases for the Ross and Roosevelt, the NAVEUR ACSA program management team and NAVSUP FLCSI personnel coordinated with the ships' supply officers to validate the ship Class I requirements, match food items, convert metrics and money currencies and work other policy pieces between the fleet, type command, NAVEUR/NAVAF and NAVSUP.

The ACSA management team then communicated the Navy's requirements with the appropriate French and Norwegian military officials to fulfill the ships' food provision requirements.

"This incredible logistics support feat to fulfill this time-sensitive food order was possible as a result of determined leadership and true teamwork between NAVSUP, its mission partners, the French and Norwegian navies," MacKenzie said. "The result is a major step forward in our continuing effort to use this new lever to increase the interoperability and logistical reach we have with our NATO allies."

NAVSUP's mission partners and NAVEUR/AF's ACSA management team coordinated with other mission

**"Food Purchase" cont'd on Page 11**





# Italian News

## Artichoke Festivals Kick Off This Weekend in Niscemi and Ramacca

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

It's carciofi time again! After two years of suspension due to the COVID-19 pandemic, two of the most popular Sicilian festivals honoring artichokes will return to the historic centers of Niscemi and Ramacca this weekend. Tons of Violetto di Niscemi and Ramacca artichokes will be the highlight of these annual mouthwatering festivals, which celebrate two of the largest artichoke-producing towns in Italy.

Niscemi's "Sagra del Carciofo" (Artichoke Festival) will be held this weekend through Monday, April 25 (Italy's Liberation Day).

The Italian word for artichoke "carciofo" comes from the Arabic "al qarshuf." It is a thistle-like plant that originated in the Mediterranean region over 2,000 years ago.

Ancient Greeks and Romans loved artichokes. Roman writer Pliny wrote that artichokes were delicacies enjoyed only by the upper classes. An artichoke recipe also appears in the writings of Roman chef Apicius, showing that those vegetables were very popular in ancient times.

During the Middle Ages, the Arabic Muslims known as 'Saracens' cultivated artichokes in Sicily, Southern Spain, and Northern Africa. Historic chronicles tell that, in the 16th century, noblewoman Catherine de Medici brought chefs and artichokes to the French court with her when she moved there after marrying King Henry II of France. In 1806, artichokes were brought to the United States by French immigrants who settled in Louisiana.

Artichokes are very healthy and delicious. Scientists maintain that this vegetable can lower blood cholesterol, promote bile secretion, help diuresis and prevent liver problems.

In Niscemi, the 40th edition of the sagra kicked off yesterday and will run in the historic center through April 25th. Half of Italy's artichoke production comes from Sicily, with the Niscemi area artichoke harvest making up around half of the total Sicilian output. Italy is indeed the largest artichoke producer in the world, accounting for the 54% of the global production. This festival is a major event in the entire region as it draws about 80,000 visitors annually.



Signonella artichoke-lovers will be happy to hear that the annual "Sagra del Carciofo (artichoke festival) in Niscemi and Ramacca returns this weekend, after two years away due to the COVID-19 pandemic, offering events, food and entertainment as well as good live music, folklore parades and tours of local archeological sites. (Photo by Giuseppe Stimolo)

Food stalls will sell delicious artichoke-based dishes. Festivalgoers can enjoy a wide variety of tasty selections featuring a different specialty every day. Cooking shows will be held every evening at 6 p.m. in Largo Mascione. Other highlights include Vintage Car Show (Sunday, April 24 – 9 a.m. and 1 p.m. – via XX Settembre), Bersaglieri Fanfare Bands Concerts (Sunday, April 24th – 10 a.m. in piazza Martiri di Nassiria) and a fashion show in piazza Vittorio Emanuele (Monday, April 25th at 9 p.m.). The festival will also feature artistic and dance performances, folklore parades, arts and crafts booths, live music and cooking contests.

Artichoke-based specialties available at the festival typically include "mezze penne con carciofi" (half-penne with artichokes), "carciofi gratinati" (artichokes au gratin), "cacucciulata" (grilled artichokes that are seasoned with bread crumbs, pecorino cheese, anchovies and garlic), "caponatina di carciofi in agrodolce" (caponata is a traditional Sicilian sweet and sour vegetable dish with eggplant, onions, pulped tomatoes, celery, bell peppers, pine seeds, olives, capers, sugar, vinegar, and oil; Niscemi's festival cooks will also add artichokes to that traditional recipe), "frittata di carciofi e prezzemolo" (omelet with artichokes and parsley) and "carciofi cotti a vapore all'olio extra vergine d'oliva" (steamed artichokes

"Italian News" cont'd on Page 11



# Sigonella Invests in Our Planet

By Antonio Piluso, *NAS Sigonella Installation Energy Manager*, Images from National Safety Council

This year, the title of the largest environmental campaign on the planet is: Invest in Our Planet.

Earth Day, celebrated on April 22, is an opportunity for us to act for our planet and create a partnership to help it. I like this title a lot, and I want to suggest everybody in Sigonella to participate as much as possible in this event.

Created on April 22, 1970 as a university movement to emphasize the need for conservation of the Earth's natural resources, over time Earth Day has become an educational and informative event. Environmental groups use it as an opportunity to assess the problems of the planet: the pollution of air, water and soil; the destruction of ecosystems; the disappearance of thousands of plants and animal species; and the depletion of non-renewable resources.

On the website [earthday.org](http://earthday.org) this year, we can find 52 ways to get involved in the campaign to save our planet and build a prosperous and equitable future.

On Naval Air Station Sigonella we take this goal very seriously and are investing in our planet by "going to green" our military installation. In the last 11 years, we have developed a well-structured energy savings program that has reduced energy intensity in NAS Sigonella by 37% since 2006. In addition to the several energy projects completed in recent years, a few months ago we accomplished an ambitious energy project to achieve the federal mandated energy efficiency and green energy targets. This project, called an energy savings performance contract (ESPC), will increase the energy efficiency and the renewable energy in our installation to provide up to 30% of the electrical power demand from renewable resources using solar power.

The construction involved both NAS I and NAS II with projects ranging from new photovoltaic systems to boiler replacements to HVAC upgrades, and now it will enter a new phase: a 20 year partnership between NAS Sigonella and the contractor in charge for the maintenance of the newly installed energy savings measurements.

This does not mean we are done with energy saving. The

Energy Program is now even more important than in the past years. Why? I will try to give you a fair answer. Due to the current political crisis, the utilities rate have increased by 250%. It is even more crucial to reduce our usage of water and energy as much as possible. We can do our part!

What can you do to help?

Here are an easy list of energy-saving tips:

- **Lights:** This is an easy one – turn them off when not needed.
- **Refrigerators:** For refrigerators to operate most efficiently, they must be de-frosted at least once a year.
- **Windows and Doors:** During heating and cooling season, keep windows and doors closed.
- **Air Conditioning:** This is probably the most important thing to do; turn off the A/C at the end of the work day.
- **Water faucets and toilets.** Be sure to turn off the water faucet completely and report running toilets. These leaks seem small, but add up quickly. Leaks waste not only water but the energy it takes to treat and pump it.
- **Appliances:** Coffee makers, computers, monitors, modem, TVs, chargers, and other "plug loads" use energy. Even in stand-by mode, they consume energy. At the end of the day and whenever not needed, unplug it or turn it off.

I am sure you will be able to find even more innovative ways to help the Sigonella community reduce energy consumption.

A green future is a prosperous future.







# ABF1 Oladunni Ahmed Named EURAFCENT Senior Sailor of the Year

By MC2 Erika Kugler, *EURAFCENT Public Affairs*

Commander, Navy Region Europe, Africa, Central (EURAFCENT) selected Aviation Boatswain's Mate (Fuels) 1st Class Oladunni Ahmed, from Naval Air Station (NAS) Sigonella, as fiscal year 2021 EURAFCENT Senior Sailor of the Year, April 13, 2022.

Ahmed, a native of Lagos, Nigeria, will continue on to the next echelon to compete for the Commander, Navy Installation Command Shore Sailor of the Year in May. If selected, Ahmed would be meritoriously promoted to chief petty officer.

"I truly appreciate the honor and the opportunity to represent the region, but the highlight of this week is meeting with senior leadership and getting to know all the nominees present," said Ahmed. "It is the best night of my life. And it was made better by the support of [the other nominees]. I never felt like I was competing against you; you just make me better."

While it was a hard decision, Ahmed stood out due to his excellent boardmanship, professionalism and outstanding leadership initiatives.



"I would like every Sailor and every future Sailor out there to know that there is a lot of benefit in the Navy," said Ahmed. "There is room in the Navy not just for yourself, but for every individual you meet out there. Seek to make people better."

Ahmed immigrated to the United States in 2013 and joined the Navy in 2014. He said he was inspired to give

back to the country he chose to be his new home.

"I believe that I owe a quarter of what I have, my skill, my commitment, my dedication and work to my new country," said Ahmed. "I believed I could make a difference."

Ahmed competed against four other Sailors of the Year from various installations in the EURAFCENT Region.

"This is the most diverse group I have ever seen," said Command Master Chief Jonathan Fields, Naval Support Activity, Naples. "You should all be proud. This was such a difficult decision for us. Seeing you here tonight, I know the future is in great hands with such capable, strong leaders."

All five nominees spent time getting to know each other and visiting various locations in the Naples area as part of Sailor of the Year Week.

Each of the members said despite being in competition with each other, they were impacted by the comradery they experienced being together.

"When you have an abundance mindset, nothing is impossible," said Rear Adm. Scott Gray, commander, Navy Region Europe, Africa, Central. "You all are winners because you show the best the region has to offer and that is the teamwork you all displayed this week."

Teamwork was a theme that rippled throughout the week and, for Ahmed, the biggest lesson learned.

"If there is one thing I will take away, it is indeed true that we can work as a team, even when we are competing, and all still achieve the Navy's mission and still be better individually."

Navy Region EURAFCENT oversees nine installations in seven countries, enabling U.S., allied and partner nation forces to be where they are needed, when they are needed in order to ensure security and stability in the European, African, and Central Command areas of responsibility.



**"Food Purchase" cont'd from Page 7**

partners to fulfill and deliver food orders to the Ross and Roosevelt: SURFLANT, Command Task Force-63, NAVEUR/NAVAF/SIXTHFLT N415 Logistics Plans & Programs, NAVSUP Navy Food Management Team, Bureau of Naval Personnel, Norwegian Defense Logistics Organization and the French Navy.

"Through the unified efforts of these organizations, the ACSA program office was able to process and confirm delivery to the Roosevelt within a five-day window from receipt of requirements reinforcing the flexibility and expeditionary characteristics of the international method of procurement stipulated by the ACSA program," said Steven Ingle, NAVEUR/AF's ACSA program manager.

Operating in the Mediterranean, Ross was attached to the French Navy's Charles de Gaulle Carrier Strike Group (CTF-473). Forward-deployed to Rota, Spain, Ross is on its 12th patrol in the U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet area of operations in support of regional allies and partners and U.S. national security interests in Europe and Africa.

Roosevelt is one of four U.S. Navy destroyers based in Rota, Spain and assigned to Commander, Task Force 65 in support of NATO's Integrated Air Missile and Defense architecture. These forward-deployed Naval Forces-Europe ships have the flexibility to operate throughout the waters of Europe and Africa, from the Cape of Good Hope to the Arctic Circle, demonstrating their mastery of the maritime domain.

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.

U.S. Naval Forces Europe, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.

**"Italian News" cont'd from Page 8**

with olive oil).

For detailed Nicsemi festival schedules, visit <https://www.facebook.com/SAGRA-DEL-Carciofo-Niscemi-101853904700640>

Anyone who enjoys eating artichokes should also visit Ramacca's Sagra del Carciofo, which will run through April 25. The artichoke industry is an important part of the culture and economy of Ramacca, making it the main source of employment.

Ramacca's economy is mainly rural. Farmers grow oranges, olives, cereals, legumes and vineyards, but artichoke is the 'king' of their blooming agricultural economy. The two main varieties are Violetto Ramacchese and the larger sized Teramo. Ramacca also boasts the nickname of "Bread Capital" for its mouthwatering pane (bread), which is still baked the old way using stone ovens fueled by wood.

This year's festival kicks off this evening at 5 p.m. with a parade and music show in the historic center along via Risorgimento. Tomorrow and on Sunday morning, artichoke specialties' tasting will be held at 12:30 and 8 p.m. at the local restaurants. During the festival, there will also be live musical entertainment, arts and crafts, and guided tours to the archeological area, as well as Sicilian pastries, bread and artichoke tasting events.

Food booths will sell delicious artichoke-based dishes. Artichokes are grilled, stuffed with Pecorino cheese or mixed in omelets. Cakes and ice cream made with Violetto Ramacchese artichoke are also prepared. The Teramo variety is typically prepared only as salad. Festival visitors can buy other local products such as cheeses, citrus, and ceramics.

Ramacca, which is located on the edge of the Southwestern

plain of Catania, was founded at the beginning of the 18th century. It boasts a territory with a surface area of 30,538 hectares, one of the largest in Sicily. The population is about 10,800 inhabitants.

The history of Ramacca is relatively short. Scholars still debate today about the origin of the name, which some believe is derived from the Arabic meaning "Rammullah" (land or garden of Allah) or "Ramaq" (observatory) or even "Rammak" (guardian of mares). Other historians believe that the town's name has a Hebrew derivation i.e. "Ramach" (offshore).

In 1709, the son of the mayor of Ramacca, Ottavio Gravina, was granted permission to begin the construction of the town. Besides the cultivation of the fine "violet artichoke" which is famous throughout Italy, wheat has traditionally been the main product. In recent years, some farmers have created new varieties of wheat such as the Margherito.

Sheep farming and dairy production are also an important part of the town's economy.

Ramacca has archeological sites that date back to the Paleolithic. They were first excavated in the 1950s when archeologists found an extraordinarily large number of flint tools, animal bones and human burials. The main site, which is called La Montagna (the mountain), is located at the top of Mount Ramacca (559 meters) and houses a necropolis of caves and the remains of an ancient Greek town (8th Century BCE) named Erjke. Some of the fragments of pottery and ceramics found in this site are currently on display at the local Archeological Museum.

For more information detailed Ramacca festival schedules, visit <https://www.facebook.com/Comunediramaccaufficiale/>



**MAY  
20**

**TEE OFF  
8:30 am**

TITLE SPONSOR



**\$125  
per player**

Must sign up as a complete foursome

**2nd Annual Swing for the Summit**

# GOLF TOURNAMENT



**SICILIA'S PICCIOLO ETNA GOLF**



## PRICE INCLUDES

- 18 Hole Captain's Choice**
- Transportation**  
Available for an additional \$15 per person
- Cart** (limited availability)
- Driving Range**
- Breakfast (7:30 am)**

- Lunch**
- Team Prizes**
- Trophies to the Top Team**
- Closest to the Pin  
(on all 5 par 3's)**
- Tee Gift/Swag**

Mulligans and Beverage Cart will be available for purchase on-site.

**Register your foursome by May 9. For more information please contact:  
Community Rec at 624-4777**

GET MORE DETAILS ON  
[WWW.NAVYMWRSIGONELLA.COM](http://WWW.NAVYMWRSIGONELLA.COM)

