

Motorcycle safety stressed

Article by
**MCSA Whitfield Palmer/
 MCSN Jonathan Idle**
 Fleet Public Affairs Center
 Detachment Sigonella/
 Signature Staff

Thirty-three Sailors Navy-wide perished in motorcycle related accidents in Fiscal Year 2008, resulting in the Chief of Naval Operations (CNO) imposing further reporting, training and monitoring requirements for those wishing to operate this type of vehicle.

Effective immediately, Sailors purchasing a motorcycle must consult with the first Khaki in their chain of command to make sure they are aware of the responsibilities of ownership.

These responsibilities include proper licensing, insurance, registration, training and mandatory wear of personal protective equipment, or

PPE. Also, all military personnel who own motorcycles, including those not intending to ride on base, are required to personally report their ownership to their Commander, Commanding Officer, or Officer in Charge via the first Khaki in their chain of command after notification of the NAVADMIN. Noncompliance with the order is a violation of the Uniform Code of Military Justice (UCMJ).

The Sigonella community, which has the highest amount of registered motorcycle riders in the European region, according to Naval Air Station (NAS) Sigonella's riding coach, Senior Chief Boatswain's Mate Scott Sandquist, already has strict requirements in place, due to necessary compliance with already tough Italian laws regarding motorcycle operation.

"The Safety Department and the measures it takes to make sure

everyone is properly registered are to keep Sailors from dying," said Sandquist. "With the required instructions, we can observe riders' tendencies and educate them on the hazards of driving in Sicily."

Safety measures already in place at NAS Sigonella include mandatory rider courses, inspections, and mandatory PPE. Rider courses include the Basic Rider Course (BRC), Experienced Rider Course (ERC), and the Sports Bike Rider Course.

Also, the NAS Sigonella safety office coordinates two events per year that both are similar to the ERC that is offered. One of the two events is a Motorcycle Rodeo that was held on Nov. 14 at NAS I. The purpose of the rodeo was to evaluate and reinforce safety techniques for operating



Photo by MCSN Jonathan Idle, Signature Staff

Riders attend the Motorcycle Rodeo, held on NAS I on Nov. 14. The event was held to refresh riders about motorcycle safety.

MOTORCYCLE, continued on page 13

Lunch time 'Kill-A-Watt' results are promising for Sigonella community

Article and photo by
MCSA Whitfield Palmer
 Fleet Public Affairs Center
 Detachment Sigonella

The results from the lunch time "Kill-A-Watt" operation that took place from Oct. 20-24 have revealed significant information that could help Naval Air Station (NAS) Sigonella meet required energy conservation measures.

During the operation, personnel throughout the Sigonella community were asked to turn off lights and other nonessential electrical devices between 1100 and 1300 hours. Meter readings for that time were gathered in order to obtain a snapshot of potential energy conservation measures that could be taken.

According to CE2 Mark Thornsley, the energy manager for NAS Sigonella, the operation resulted in \$206 saved on the base per day during the duration of the operation.

"Just by turning off the lights, computers and other equipment that



Meter readings are just one way to track energy usage. The base energy department has been tracking energy use on NAS Sigonella as a part of their 'Kill-A-Watt' program.

CONSERVATION, continued on page 12

United States Postal Service mailing guide for the holidays

Article by **Tracie Barnthouse**
 Signature Editor

It's the morning of Christmas, everyone's gathered around the fire, getting ready to open gifts when...

wait a minute, there's no gift from Aunt Sue or Uncle Bob who live in Italy! They must not have taken the advice of the United States Postal Service (USPS) and mailed their gifts within the suggested timeframe. This year, don't be Aunt Sue or Uncle Bob. Follow the recommended mailing guidelines so that your gifts get to your loved ones before that special holiday.

As per usual with mailing items with USPS, there are various methods one can choose. The post office, which is located on both NAS I and NAS 2, recommends the following mail dates for the various methods of shipping:

For space available mail

(SAM), which means that you pay the Parcel Post rate of postage and your package is first transported domestically by surface before being sent overseas via air on a space available basis, the recommended date to mail items is Nov. 28.

For parcel airlift (PAL), which provides parcel air transport, the recommended mailing date is Dec. 4.

For First Class Priority mail, which also includes letters and cards, USPS recommends getting your items in the mail by Dec. 11.

If you still don't have your gifts sent out by Dec. 11, don't worry. You can still ship them via Air Express. Air Express packages are recommended to be mailed by Dec. 18 to make it to their final destination by Dec. 25.

The post office recommends

MAIL, continued on page 12

At a glance
 USPS recommends the following mailing dates to ensure your packages reach their destination before Dec. 25.
 Space Available: **Nov. 28**
 Parcel Airlift: **Dec. 4**
 First Class Priority: **Dec. 11**
 Air Express: **Dec. 18**

WEATHER UPDATE	November 21	November 22	November 23	November 24	November 25	November 26	November 27
	H:68F L:52F	H:70F L:48F	H:63F L:43F	H:66F L:48F	H:70F L:39F	H:59F L:39F	H:57F L:50F

TOP STORIES
 November is American Diabetes Month, and the Center for Disease Control and Prevention has a great article published on www.cdc.gov that gives detailed explanations on this condition. Let's look at some basic history and some general information.

The personnel of Commander, Task Force Six Seven (CTF-67) Fleet Maritime Patrol Mobile Operations Command Center Mediterranean (FMPMOCC MED) offers a variety of services designed to assist various commands with their mission.

You've exchanged your flak jacket for a suit jacket - or maybe slacks and a sweater. Reveille sounds at 7:30 a.m., not 0-dark-30. Now you're one of them - a civilian. Better yet, a vet. Learn how to make the transition from Navy to civilian seamless.

During the fall you can see those brown smoker pans in every street corner surrounded by a cloud of smoke and perfume of "caldaroste" or roasted chestnuts. The fall is that time of the year when the chestnuts are ripe so they are ready to be cooked with different recipes.

Nestled in the hills South of Messina, Savoca is a beautiful little village full of winding roads, classic churches and "Godfather" nostalgia. Savoca is off the beaten path and is a delightful get-a-way location to enjoy an afternoon taking in the breathtaking views of the sea from its nearly 1000 ft altitude.

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TRAFFIC NUMBERS

	Jan.- Nov. '08	Jan.- Nov. '07	Diff.
Accidents	240	248	-8
Injuries	44	39	+5
DUIs	7	7	0
Traffic Deaths	2	0	+2

PLEASE,
 DON'T BECOME
 A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

I want to thank the NAS Sigonella Naval Hospital and their staff for coordinating and putting on this year's Holiday Safety Standdown that occurred Wednesday, Thursday and Friday. The presenters spent a lot of time preparing important and useful information to help you make our holiday season a safe one. We do these safety standdowns twice a year and they are extremely beneficial for the entire community. This year's emphasis was on encouraging awareness on health issues and the signs of stress and depression which can go a long way in helping people make the right choices.

In addition to the material at the stand-down I want to emphasize a few safety points which are vitally important to ensure that you all have a safe and fun Holiday Season:

Cooking, grilling and frying food is a key part of most holiday celebrations but it must be done in a safe and responsible manner keeping these things in mind:

Whether you are cooking indoors, grilling or using a turkey fryer always watch what you

are cooking and never leave them unattended. Even turning your back to it could lead to fire damage in the home.

-When grilling place your grill in a well-ventilated area and away from the children's play area. Also stand upwind from the grill when lighting the fire and wear tight fitting clothing because loose clothing could easily catch on fire.

-If using a turkey fryer for your Thanksgiving feast, ensure that you read the instruction manual in its entirety. Ensure that your turkey is completely defrosted and dry. Operate the fryer at the end of your driveway to ensure that no one gets burned and have either CO2 or dry fire extinguishing agent on hand.

Driving safely in Sicily can be more of a challenge than in the states and is best accomplished following these tips:

-Maintain a safe speed as posted on traffic signs. GO SLOW SIGONELLA.

-Don't pass other cars illegally and use caution when a legal pass is possible.

-Get enough rest before long drives and force yourself to stop and rest if you become tired on the road.

-Ensure you use caution and reduce your speed in wet weather conditions. The roads can become very slick and you could easily lose control of your car if you are driving too fast.

-Never drink and drive. When going out for drinks have a plan that includes a designated driver or taxi which covers you for that night and the next morning to ensure enough time to sober up.

Lastly, I want to emphasize that we all need to look out for our friends, family members, coworkers, and housing neighbors. If you notice that a buddy or loved one has the winter blues, talk to them about it. Find ways to include them in Holiday activities and make them feel included. Holidays far away from family and friends can be stressful and depressing. Catching these signs early will ensure the safety and well being of our entire community.



Health WATCH

Diabetes: What is it?

Article courtesy of the Patient Safety Office, Naval Hospital Sigonella

November is American Diabetes Month, and the Center for Disease Control and Prevention has a great article published on www.cdc.gov that gives detailed explanations on this condition. Let's look at some basic history and some general information.

Diabetes is a disorder of the metabolism which affects how the food we eat is broken down into glucose, a type of sugar in the blood; becoming energy for our body's cells. There are two types of diabetes: Type I is most commonly found in males and females, but can also occur in children, and Type II, is most common in elderly who have a higher than normal level of glucose in their bloodstream.

The history of diabetes goes as far back as 1552 B.C. when an Egyptian physician found that polyuria (frequent urination) was one of the symptoms. During the 1st Century A.D. c. 164 A.D. Arateus described this condition as "the melt-

ing down of flesh and limbs into urine". Also during that period, a Greek physician named Galen of Pergamum made the mistake of diagnosing diabetes as an ailment of the kidneys. Another disturbing fact was discovered during the 11th century were diabetes was diagnosed by so called "water tasters." These were people that drank the urine of those suspected of having this condition. If the taste was determined to be sweet, a person was then diagnosed. From this, the word Diabetes Mellitus was coined.

In the summer of 1921 insulin was discovered while experimenting on dogs, and in 1944 insulin syringes were developed. But it was not until 1960 that the purity of insulin improved. Ten years later, blood glucose meters and insulin pumps were developed, and laser therapy was introduced for those who were going blind and needing treatment.

Diabetes is a costly and serious disease that can be controlled, but if it is not, may lead to a premature death. It causes heart disease, stroke, and is

DIABETES, continued on page 13

NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

ROMAN CATHOLIC		PROTESTANT	
Sunday		Sunday	
0830	Catholic Mass (NAS I Chapel)	0900	General Protestant (Mineo Community Center)
1200	Catholic Mass (Mineo Community Center)	1000	Liturgical Protestant (NAS I Chapel)
1600	Catholic Mass (NAS II Chapel)	1130	Contemporary Protestant (NAS I Chapel)
Monday - Wednesday, Friday		Wednesday (NAS I Chapel)	
1130	Catholic Mass (NAS II Chapel)	1700	Protestant Fellowship Dinner
		1800	Bible Studies for All Ages

CHURCH OF CHRIST LAY SERVICE

Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Latter-day Saints: Please email ldssig@gmail.com or call 624-1671 or 349-197-7119
Jewish Services: Please call 095-86-1205
AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 339-344-9332

Thanks for the memories!

Article courtesy of Chaplain Paul Rumery



Bob Hope's signature song, "Thanks for the Memories" seems to fit as I reflect on my tour here at NAS Sigonella, Sicily. I have not only enjoyed my three years here, truly it has been a joyful time of service, but also I know deep in my heart that this is where I and my family were supposed to be. The Lord God Almighty has richly blessed me in many ways, actually too numerous to mention, however I would like to take this wonderful opportunity to name just a few highlights.

First and foremost I desire to give my eternal thanks to my Lord and Savior, Jesus Christ, for giving me life and that more abundantly. It is God who

orchestrated and ordained this time and is the One who blessed it. Thanks be to God for my devoted wife Stacie and often times dear children Daniel and Isabel. They are a joy to my heart and refreshment to my weary soul. Long, arduous days melt away in their presence. To my amigos of this great island of Sicily and our wonderful hosts, who work alongside us to accomplish our missions I say Grazie Mille! It has been so much fun interacting with you and delving into your rich history and culture. From now on greetings to friends and even perfect strangers will never be the same! Your graciousness will be

MEMORIES, continued on page 13

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Electrical Consumption at NASSIG

The following graph charts the last four weeks of energy consumption on both NAS I and NAS 2 in comparison to the same week last year, as well as our target usage for the week.

4 WEEK USAGE DATA

Week	FY08 USAGE	FY09 GOAL	FY09 USAGE
OCT18-24	1100	1000	1050
OCT25-31	1150	1050	1000
NOV1-7	1000	900	950
NOV8-14	1050	950	900

WEEKLY TRAFFIC/SAFETY UPDATE

Traffic Court Results

E5: Other moving violation. Member was awarded three points.
 E5: Failure to use safety restraint, failure to obey traffic instruction of an officer. Member was awarded five points.
 E5: Improper turning. Member was awarded three points.
 E3: Operating a vehicle without ever obtaining a license. Member was awarded three points.

NAVY News

CTF-67 provides services for Navy

Article by
MC2(AW) Jason Poplin
Fleet Public Affairs Center
Detachment Sigonella

The personnel of Commander, Task Force Six Seven (CTF-67) Fleet Maritime Patrol Mobile Operations Command Center Mediterranean (FMP MOCC MED) offers a variety of services designed to assist various commands with their mission.

When ships hoist their anchors or when aircraft start turning prior to leaving the tarmac in preparation for their respective deployments, it marks the culmination of several weeks of planning and workups. Several elements had to be considered to ensure a successful departure, including training, logistics, and communication.

Additional support is required

from various agencies during the duration of deployment. Whether assistance comes in the form of replenishment taken from a military sealift command ship or repairing parts at an aircraft intermediate maintenance department, these organizations play an important role in service support to ensure continued mission success.

FMP MOCC MED offers command and control, computer, communication and intelligence services for deploying P-3 Orions when it's on detachment to remote sites in the

EURCOM and AFRICOM area of responsibility (AOR) says Lt.j.g. Brian Snook, FMP MOCC MED Nav

Ops LDO. As the U.S. continues to work with multiple nations in the development and strengthening of partnerships in those respective AORs, members of FMP MOCC MED will continue to deploy with these aircraft to provide crucial services such as information gathering for safety of flight and maintaining the requirements for its following. During non-training exercis-

es their personnel disseminate all information such as photos, videos, and acoustic data prior to its transportation to the end user.

Snook offered an example by recounting his recent trip to Cameroon.

"We were the communication hub between the U.S. Navy P-3, Cameroon port authorities, their surface units and Equatorial Guinea's surface assets," said Snook. "We worked from various ground locations to help bring all assets together with hopes to strengthen interoperability with the different participating nations and to facilitate ground training ranging from how to employ aircraft and surface vessel to conduct search and rescue to the setup of a communications control center to coordinate rescue efforts."

The unique combination of a P-3 and the MOCC form an asset that allows the Navy to reach out to multiple nations more efficiently than it could with its surface fleet says Lt.

Cmdr. Rick Beatty, FMP MOCC MED officer in charge.

"I think it's a valuable thing because we not only go down there and fly operations when we work with these nations, but we also conduct ground training, we teach them about maintenance on different aircraft in addition to search and rescue training," said Beatty.

FMP MOCC MED is able to complement the detaching P-3 community and accomplish a feat of communication due to its scalable and self-sustaining nature. Depending on mission requirements, the MOCC can be called upon to move up to 20,000 lbs or as little as 500 lbs of communication gear operated by as few as two personnel. It maintains its own power systems and their own capabilities to maintain NIPR and SIPRNET, satellite communications, high-frequency and ultra high-frequency communications and provides those to the P-3 where there wouldn't be support otherwise.

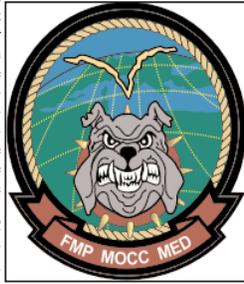


PHOTO FROM THE FLEET

Check in weekly to find out what our fellow shipmates are doing around the fleet.



U.S. Navy photo by Cmdr. Erik Etz

An F/A-18C Hornet assigned to the "Stingers" of Strike Fighter Squadron (VFA) 113 flies above the Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76) before a final approach to make an arrested landing. The Ronald Reagan Carrier Strike Group is on a routine deployment in the U.S. 7th Fleet area of responsibility.

NEW Arrivals



Do you have a passion for writing and enjoy seeing your name in print? The Signature is continuously seeking volunteers to help cover base-wide events as well as feature stories, like travel articles. If this sounds like an opportunity for you, please call the Public Affairs Office at 624-5440 for more information.

Protestant Women of the Chapel



ALL WOMEN WELCOME!
Women's Ministries
Tuesdays: 9:15 a.m.
NAS I Chapel, 7 p.m. Mineo & Marinai Community Centers
For more info
www.pwocsig.com

New Monika Hop

Volcano

 COMMUNITY CALENDAR				FRIDAY	SATURDAY	SUNDAY
				21 NOVEMBER Arrivederci BETD x9201 Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745	22	23
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
24 Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745 IA Discussion Group FFSC 11:30 p.m. - 1 p.m. x4291	25	26 Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745 Disaster Action Team Meeting Red Cross 11:30 a.m. - 12:30 p.m. x4900 Survive & Thrive FFSC 8 a.m. - 2:30 p.m. x4291	27 Thanksgiving Holiday 	28 Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745	29	30
1 DECEMBER	2	3	4	5	6	7
Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745		Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745		Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745	Santa's Helper's Sale NMCRS 10 a.m. - 1 p.m. x4212	

Motta

Orange Park

Stags

Sol

Did you know that . . .

NMCRS Thrift Shops help stretch your budget when you need to buy household items at a fraction of the original cost? You can find bargains on pots and pans, books, furniture, uniform items, and lots more. These shops are well stocked with children's clothing - sweaters, winter jackets, shoes, etc. Thrift Shops are especially good for saving you money on expensive items you may not use often - such as sports and camping equipment, tap shoes, or musical instruments. Before spending your hard-earned paycheck on new white elephants, check out the savings available at Thrift Shops in your neighborhood.

NMCRS: A Helping Hand!
www.nmcrs.org



FFSC
 Bldg. 319 (NAS I)
 Monday-Friday
 7:30 a.m. - 4 p.m.
 DSN: 624-4291
 Commercial: 095-56-4291

From 'Yes, Sir' to 'Yes, Sal': making a successful transition

Article Courtesy of
 Lifelines Services Networks

It's the first day of the rest of your life. You've traded in the Seven Seas for the water cooler. You've exchanged your flak jacket for a suit jacket - or maybe slacks and a sweater. Reveille sounds at 7:30 a.m., not 0-dark-30. Now you're one of them - a civilian. Better yet, a vet.

But you need to understand that your military career has provided you with positive attributes that translate directly to success in a civilian career. You are hardworking, dedicated, mission and team oriented, loyal, disciplined, and well trained. You may have experience working with expensive government property and computers or other high-tech equipment, and have had vast amounts of responsibility heaped upon you.

Days Inn

Yet you're understandably apprehensive about your first day in the civilian workforce - what should you expect? Who are these creatures called civilians? What are they like? How will they accept you? Knowledge is the key to success in making a successful transition. Here are a few insights to help you double-time into a successful civilian career.

Expect that many of your co-workers, including your boss, probably don't know anyone in the military. They might have negative ideas if they don't understand your culture or lifestyle, so be willing to answer questions about the military and where you come from so they can appreciate your contributions.

Civilian time is different from military time. Civilians will look at you funny if you set up a meeting for 1400. It's 2 p.m., and you're in their world now. On the other hand, many employers are delighted when vets show up every morning for work on time!

Rank can be invisible within the organization, even though it's there. The boss doesn't wear stars on her collar, and you won't be able to tell the difference between the secretary and the senior executive by the way they dress.

For clues on how to act, look around you and watch how your co-workers behave. Some employers find vets to be too stiff and formal - remember that "Yes, sir" is probably not part of the vocabulary. Most

AWARENESS, continued on
 page 12

Pentagon

Cold
 Noses



WARM
 HEARTS

A reminder to the community that feeding feral or wild animals on the installation is prohibited.

Signonella's Stray Animal Facility (SAWS) has many cats and dogs looking for a warm home and someone to love. Each week, the Signature will feature animals in need of adoption.

Jersey (Right) is a small dog but don't let her petite stature mislead you; she can be very independent. She is also very lovable. Jersey loves the attention and affection of others and would be a wonderful addition to any family.



Nix (L) is a great girl. She needs a patient family who can show her love, affection and how to belong. She would love a warm bed to snuggle in each night.

For more information, contact the Stray Animal Facility at 624-3936 or a SAWS representative at 345-502-2266.

SEXUAL ASSAULT / VICTIMS INTERVENTION

SAVI offers a Sexual Assault Hotline staffed with trained advocates who man the SAVI Hotlines 24/7.

The number is 335-642-8312 or 335-606-6146.

Alberto Lunetta
Signature Staff



Italian NEWS



Sicilian Culture, Events and Lifestyle

Italy's 'caldarroste' tradition



During the fall you can see those brown smoker pans in every street corner surrounded by a cloud of smoke and perfume of "caldarroste" or roasted chestnuts.

The fall is that time of the year when the chestnuts are ripe so they are ready to be cooked with different recipes. One of the best ways to eat them is to buy them warm, roasted and tasty! They are perfect for cold winter evenings.

Roasted chestnuts are cooked with salt on special pans with holes. Chestnuts are cut on the rounded side to avoid popping during cooking and roasted until the peel becomes whitish. The custom of eating chestnuts dates back to the ancient Roman world when castagne were considered as food for the aristocracy. A famous chef from Imperial Rome prepared them with a pepper sauce and other spices including mint, vinegar, honey and "garum" (sauce made up of fish entrails). In the Middle Ages and following centuries, chestnuts progressively became the staple

food of peasants across Italy. Chestnuts are easy to find in the woods and rich of proteins. For centuries they helped the population to survive during famine. During wars, Medieval and Renaissance European armies used to store chestnut flour because it can be preserved for a long time and used to bake as substitute of bread. In the 18th century an Italian company from Piedmont called Marengo created "Marron Glaces" (glazed chestnuts) covering with sugar syrup the best quality of large chestnuts called "marroni" or marrons. Today, chestnuts can be cooked in a thousand ways and represent the symbol of the upcoming Christmas. A French chef suggested eating them roasted while sitting around a fire with friends sipping a light wine such as "Beaujolais Nouveau!"

The chestnuts and wine coupling is a delight which is typical of one of the most important fall's attractions in Italy: the "Estate di San Martino" or

"Summer of St. Martin," a festi-

city, falling during a period of unusual warm weather, similar to the Indian summer, which is celebrated in late autumn. The Summer of St. Martin is named after St. Martin of Tours and remembers the wine-racking (separation of wine from its sediment) period, when farmers used to pay visits to each other to compare the products of the winemaking process and dine together with fresh bread, salami, cheese and obviously, "caldarroste."

Legend has it that, during a cold day in the 4th century (on Nov. 11), during a cold night, Roman officer Martino, who later became a bishop and then a saint, rescued a beggar by giving him half of his cloak. As Martino was on his way back home, there was a sudden weather change; weather became beautifully warm! Today, this festivity still keeps alive a tradition blending of pagan (celebration of fertility, end of harvest and wine-making season etc.) and Christian (remembering the good heart of St. Martin) elements.



Chestnuts are roasted in a very particular manner, over an open fire and usually on the side of the road. Fall is known for roasted chestnuts and the best way to enjoy them is when they are warm.

Weekend & upcoming concerts in Catania and surrounding areas

Top music events' picks for the upcoming weekend: "Roberta Gambarini & Her Trio" Roberta Gambarini, a energetic Italian swing vocalist, lives in New York where she has perfected her jazz singing technique performing with jazz legends. In 2006, Gambarini released "Easy to Love," her debut album made in the United States. The concert is on Nov. 21 at 8:45 p.m. at Y's Club in Catania- For tickets and more info call: 095-7233120 or 392-9266069. Alessandro Sorbello, who plays the cello will perform at the Benedictine Monastery in Catania on Nov. 21 at 11 a.m. Rino Cirinnà Trio will perform on Nov. 21 at the Glamour Café in Catania #11 via Carcati at 9 p.m.

"4diango" This eclectic group was created when two guitarists specialized in "Manouche Jazz," a Paris-based style of music blending gypsy music with American jazz and swing, joined forces in 2006. The group performs regularly all over Italy. See them on Nov. 22 at 8:45 p.m. at Y's Club in Catania. For tickets and more



info call: 095-7233120 or 392-9266069. "YagaYaga LS Wildcat" reggae music will play on Nov. 22 at Epicentro in Paternò at 10 p.m.

Diane Schuur, a two-time Grammy award winner and legendary American Jazz musician and pianist, Schuur (pictured above) was born in Tacoma, Washington in 1953. Music critics say her voice is "as eclectic as she is brilliant." She has been a longtime disciple of Dinah Washington and other legendary jazz singers of the '40s and '50s. During her 30-year career, Schuur has been performing the jazz of her parents' generation and the pop music of her own youth during the late 1950s and '60s. At her Catania concert, she will

present "Some Other Time," her latest release featuring songs by jazz musicians whom she first discovered during her childhood, including George and Ira Gershwin, Irving Berlin, Sammy Cahn, Rogers and Hammerstein and more. Catch her performance on Nov. 23 at 8:45 p.m. at Y's Club in Catania. For tickets and more info, call 095-7233120 or 392-9266069.

Martin Romero Trio in concert on Nov. 23 at AvidaDiva in Catania # 6-b via Pulvirenti at 10 p.m. Legendary Italian rock band "Negramaro" (picture top page 7) will perform on Nov. 25 in Trapani and Nov. 26 at the Palatupparello Sports Arena in Acireale at 9 p.m. For more information and tickets visit www.ctbox.it "Quartetno" in concert Nov. 23 at La Chiave Club in Catania # 64 via Landolina at 10 p.m. Punkititi Ensemble (Music by Mozart- Sangiorgi Theatre) # 233 via Sanguiliano on Nov. 23 at 11 a.m.

Enrico Rava (Enrico Rava, trumpet, Gianluca Petrella trombone; Giovanni Guidi, piano; Pietro Leveratto, double bass and Fabrizio Sferra drums). Trumpeter/flugelhornist is one of the most famous Italian **CONCERTS, continued on page 7**

Kartodromo

Stampa



jazz musicians. He is nicknamed the Italian "Miles Davis." The concert will be held on Nov. 25 at 8 p.m. and 10:45 p.m. at Y's Club in Catania. For tickets and more info call: 095-7233120 or 392-9266069. Steve Grossman Two Tenors Quintet (Steve Grossman, tenor saxophone Valerio Pontrandolfo, s tenor saxophone ; Nico Menci, piano Aldo Zunino, double bass and Alessandro Minetto, drums). Steve Grossman is a legendary American jazz saxophonist who has been performing "hard bop" jazz since the 1970s. He will share

the stage with the young and talented Italian saxophonist Valerio Pontrandolfo on Nov. 27 and 28 at 8 p.m. and 10:45 p.m. at Y's Club in Catania. For tickets and more info call: 095-7233120 or 392-9266069.

Please note that all the above events, performances' dates, fees and times are subject to be changed or cancelled without notice.

For the latest information and to get directions to the shows' venues, please contact the: Catania tourist office at 095- 7306266/277.

Weekend Fairs and Events

Make sure you don't miss the following events taking place this weekend in Catania and its province: "Arte e Sposa" Wedding Fair - Acireale -Tupparello Sports Arena - Nov. 21 through Nov. 23. Opening Hours: Nov. 21 and 22: 4:30-10:30 p.m. Nov. 23: 10 a.m.-1 p.m. and 4:30-11 p.m.; "Caltagirone Antiquaria"-Antique Fair in

Caltagirone- Villa Comunale (Public Gardens) - Nov. 21 through Nov. 23. Opening Hours: Nov. 21 and 22: 10 a.m. - 1 p.m. and 5-9 p.m. / Nov. 23: 10 a.m.-10 p.m.; "Expobit 2008"- Computer and Technology Fair - Ciminiere Convention Center, Piazzale Asia, Catania- Nov. 21 through Nov. 23- Opening hours: 10 a.m.-8 p.m.

S. Vito

Days Inn

Strike

NASSIG participates in Tremestieri WWI War Memorial

On Nov. 9, a NAS Sigonella delegation attended the "November 4th War Memorial Ceremony" that was held in Tremestieri Etneo, a picturesque Sicilian town located about 1,300 feet above the sea level between Catania and volcano, Mount Etna.

A state holiday in Italy, Nov. 4 is the country's "Day of National Unity and Feast of the Armed Forces," a day marking the 1918 Battle of Vittorio Veneto in which Italy prevailed over the Austro-Hungarian Empire, a defeat that led to the cessation of the first destructive world war. Memorial ceremonies are typically held all over the country. This year, those memorial services marked the 90th Anniversary of the end of the First World War.

This was the first time the Navy participated in such an event, held in Tremestieri, which remembered the sacrifice of Italian First World War soldiers, as well as the fallen from all the wars.

"We are here tonight to honor the ones who fought to make us free and give us a better future. The sacrifice of those soldiers included in the memorial reminds us of the high

human cost of war, warning us that all wars are always terribly destructive conflicts," Tremestieri mayor, Nino Basile said.

The program included a holy mass, a flag raising ceremony and the laying of a wreath in Piazza Dante by the war memorial.

"It was a privilege to be invited and participate in this commemoration paying tribute to those Italian fallen soldiers," NASSIG delegation leader Cmdr. Barbara Drobina said.

"Even though we were on different sides of WWII, we are here tonight with our American friends to honor all the ones who served in conflict on both sides. The American presence at our memorial ceremony sends an important message of brotherhood and friendship between our two countries," master of ceremonies Giuseppe Di Gregorio noted.

In attendance of this solemn annual memorial service were the local civilian and military authorities. Tremestieri townspeople gathered to watch the ceremony and honor the sacrifices of all the men and women in uniform who in gave their lives during World Wars.



The NASSIG delegation, the mayor of Tremestieri and 41st Stormo stand in front of the memorial for the Italian service members during the Day of National Unity and Feast of the Armed Forces, held on Nov. 9.



NASSIG Cmdr. Barbara Drobina parades with the town authorities during the Nov. 9 ceremony for the sacrifice of Italian First World War soldiers.

NEWS BRIEFS

Immediate Job Openings

U.S.Naval Hospital Sigonella is seeking applicants for three full-time and part-time Nurses. Nurse Clinical (Emergency Room Nurse): Full or part time - 16-32 hours per week, Nurse Consultant (Patient Safety Manager): Full time, Nurse Clinical (Multi-Service Ward Nurse): Full or part time - 16-32 hours per week.

U.S. Naval Hospital Sigonella is also seeking applicants to fill a full-time secretarial position for the

Commanding Officer and Executive Officer at the Hospital. Application close date is 15 Oct., 2008. For inquiries concerning job applications, call the Human Resources Office at (095) 56-4165/or DSN 624-4165 or visit: <http://www.sicily.navy.mil/> and click on local job vacancies.

Need a Gift for Mom or Dad for the holidays?

Want to meet Santa? Come to NMCRS Santa's Helper Sale on Dec. 6 from 10 a.m. - 1 p.m. Teen volunteers help kids shop for their families while moms and dads enjoy fresh-baked goodies. Enjoy free gift wrapping and free pictures with Santa! The children's sale will be held in the Youth Center next to the Nearly New Store.



Do you have a passion for writing or looking for a little experience in journalism? The Signature is seeking volunteers to help cover base wide events as well as feature stories. If this sounds like an opportunity for you please call the Public Affairs Office at 624-5440.

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Get out and explore Savoca

**Article and photos by
Lt. j.g. Matt Knight
NASSIG Public Affairs
Officer**

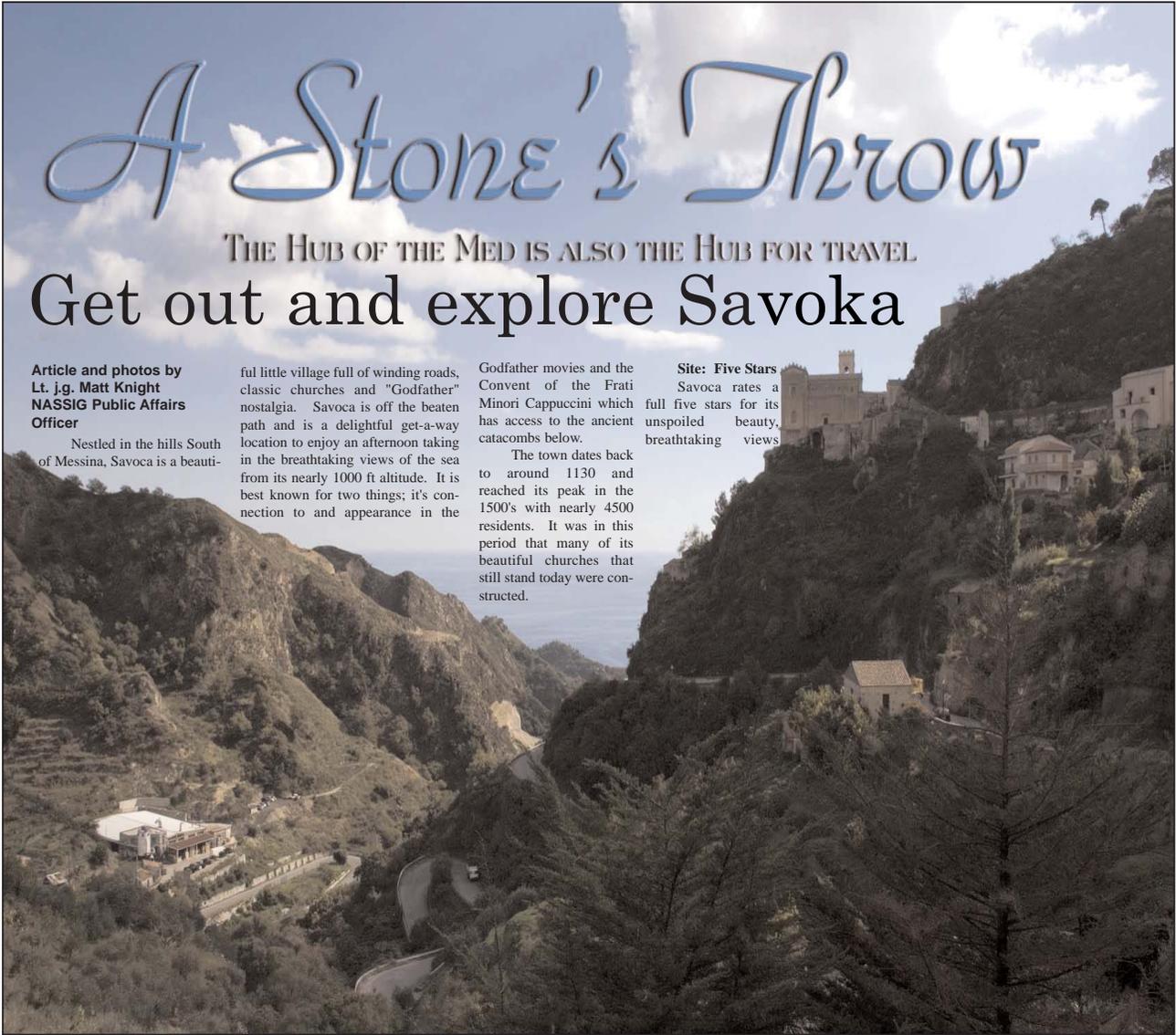
Nestled in the hills South
of Messina, Savoca is a beauti-

ful little village full of winding roads,
classic churches and "Godfather"
nostalgia. Savoca is off the beaten
path and is a delightful get-a-way
location to enjoy an afternoon taking
in the breathtaking views of the sea
from its nearly 1000 ft altitude. It is
best known for two things; it's con-
nection to and appearance in the

Godfather movies and the
Convent of the Frati
Minori Cappuccini which
has access to the ancient
catacombs below.

The town dates back
to around 1130 and
reached its peak in the
1500's with nearly 4500
residents. It was in this
period that many of its
beautiful churches that
still stand today were con-
structed.

Site: Five Stars
Savoca rates a
full five stars for its
unspoiled beauty,
breathtaking views



Alphios

Rigattiere

and wonderful mix of historic churches and nostalgic businesses. The town is supremely peaceful and amazingly free of the tourist crowd that visits nearby Taormina. Savoca gained notoriety in the 1970's when Francis Ford Coppola picked it as a stand-in for Corleone because Savoca had a much more rugged and undeveloped look than the modern Corleone. Two must-see landmarks for Godfather fans are "Bar Vitelli" where Michael asked padrone for the hand of his delightful daughter Apollonia and "Chiesa di San Nicolò" where he was later married.

Additionally, Savoca is full of historic churches and convents that offer a glimpse at a grim and somewhat grisly past. The Convent of the Frati Minori Cappuccini has a small collection of mummies on display in the catacombs below the Convent. The mummies are open for viewing for a small fee but because of the gruesome nature of their condition

they should only be viewed by those not easily disturbed.

There are several coffee bars at the town square which offer rest rooms, a variety of food and drinks as well as a place to sit and enjoy the view.

Family Friendly: Two Stars

Savoca is a wonderful place to go if you are looking for peace and quiet, to see a piece of the Godfather saga or to view the somewhat gruesome mummies. However, there are not a lot of activities or things available to entertain younger children. Additionally the somewhat steep and winding roads throughout the town are too rugged for a normal stroller and require the off road version.

Accessibility: Three Stars:

Savoca is relatively easy to find simply get on A19 towards Catania, merge onto A18 towards Messina then exit A18 at the Taormina Nord exit. Continue towards Letojanni, S. Alessio

Siculo and then towards S. Teresa di Riva. At the crossroad turn to Savoca. Two stars were taken away because the last few kilometers are all hairpin alpine turns making the final few minutes of the trip much more difficult. Remember to bring a couple euro for each leg of the trip, as A19 is a toll road.

Travel Time: Three Stars

The trip to Savoca takes just over an hour from NAS II which is why it only rates three out of five stars.

(Right) Bar Vitelli was one of the locations used in the Godfather to represent Corleone and is still very much the same as it was in 1971 during the filming.

(Below) S. Nicolò Church dates back to the thirteenth century but gained more recent notoriety as the location of Michael's wedding in the movie "The Godfather."



(Above) The "Mother Church" dates back to the Norman domination and is consecrated to "S. Mary Taken up into Heaven."



REVIEW SUMMARY

Site:



Family Friendly:



Accessibility:



Travel Time:



These ratings are out of five stars, and are the opinion of the Signature staff and in no way constitute a professional travel review. If you have comments or questions on this review contact:

thesig@nassig.sicily.navy.mil

Magnolia

Tamoil

Musco



New Galley Menu Hours

Monday-Friday
Breakfast 0600-0830
Lunch 1100-1300
Dinner 1630-1830

Saturday-Sunday-Holiday
Breakfast 0700-0900
Brunch 1000-1300
Dinner 1630-1830

Friday
21

Lunch: Cream of Mushroom Soup, Beef Stir Fry, Tempura Fish, Steamed Rice, Calico Cabbage, Steamed Broccoli, Tartar Sauce, Ginger Molasses Cookies, Lemon Meringue Pie.

Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes

Dinner: Bean and Bacon Soup, Veal Paprika Steak, Pilaf, Southern Green Beans, Savory Squash, Ginger Molasses Cookies, Lemon Meringue Pie.

Made to Order: Vegetarian Burger, Turkey Wrap, French Fried Potatoes

Saturday
22

Breakfast: Farina, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hash Brown Potatoes, Blueberry Pancakes, Asstd Doughnuts, Bran Muffin.

Brunch: Breakfast Items, Chicken Noodle Soup, Sloppy Joe, Cottage Fried Potatoes, Green Rice, Steamed Peas, Stewed Tomatoes, Brown Gravy, Carrot Cake, Vanilla Cream Pie.

Dinner: Vegetable Beef Soup, Baked Sausage, French Fried Portion Fish, Rice Pilaf, Glazed Carrots, Southern Collard Greens, Chicken Gravy, Carrot Cake, Vanilla Cream Pie

Sunday
23

Breakfast: Hominy Grits, Biscuit & Gravy, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hash Brown Potatoes, French Toast, Asstd Doughnuts, Cherry Coffee Cake.

Brunch: Breakfast items, Knickerbockers Soup, Macaroni and Cheese, Aztec Rice, Hot Spiced Beets, Green Beans, Brownies, Shortbread Cookies.

Dinner: Chicken Rice Soup, Roast Beef Au Jus, Parmesan Fish, Mashed Potatoes, Mixed Vegetables, Steamed Asparagus, Natural Pan Gravy, Brownies, Shortbread Cookies.

Monday
24

Lunch: Chicken Jumbo Soup, Beef Yakisoba, Mambo Roast Pork, Steamed Rice, Oven Brown Potatoes, Green Peas, Seasoned Summer Squash, Brown Gravy, Peanut Butter Cookies, Brownies.

Speed line: Sub Sandwich, Cartoccia.

Dinner: Minestrone Soup, Savory Baked Chicken, Meatloaf, Boiled Pasta, Oriental Rice, Lima Beans, Steamed Cauliflower, Marinara, Peanut Butter Cookies, Brownies.

Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread.

Tuesday
25

Lunch: Cream of Asparagus, BBQ Spareribs, Fried Chicken, Creamy Chicken Gravy, Mashed Potatoes, Rice Beans, Corn on the Cob, Collard Green with Ham Hocks, Corn Bread, Devil's Food Cake, Pecan Pie.

Speed line: Chicken Fillet Sandwich, French Fried Potatoes, Onion Rings.

Dinner: Cream of Broccoli Soup, Braised Beef Cubes, Seasoned Pasta, Steamed Rice, Spanish Style Beans, Stewed Tomatoes, Devil's Food Cake, Pecan Pie.

Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.

Wednesday
26

Lunch: Beef Noodle Soup, Pepper Steak, Chicken Pasta Primavera, Bruschetta, Steamed Rice, Oven Brown Potatoes, Cream Style Corn, Turnip and Bacon, Almond Cookies, Cheese Cake.

Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.

Dinner: Cream of Mushroom Soup, Roast Porkloin, Mashed Potatoes, Steamed Rice, Brown Gravy, Club Spinach, Steamed Peas and Celery, Almond Cookies, Cheese Cake.

Made to Order: Sicilian Submarine, Grilled Cheese, Onion Rings.

Thursday
27

Ristorante Bella Etna Thanksgiving Dinner
1400-1630

French Onion Soup, Shrimp Cocktail, Roast Turkey, Baked Ham, Garlic Cheese Potatoes, Rice Pilaf, Marshmallow Sweet Potatoes, Fruit Sauce with Raisin, Giblet Gravy, Horseradish, Cranberry Sauce, Green Beans, Corn on the Cob, Bread Dressing, Sweet Corn Bread, Deviled Potato Salad, Waldorf Salad, Roasted Nuts Selection, Cheese Cakes, Eggnog, Holiday Candies, Assorted Pies.

Breakfast: 0700-0900 \$2.10, Snack: 1000-1200 \$2.45, Dinner: 1400-1630 \$6.35

KNIGHTS OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.

Attention all good standing Catholic gentlemen! Come join the ranks of Sigonella's newest Knights of Columbus Chapter! We meet the first Sunday of every month at 1000 a.m. (after Catholic Mass) at the NAS I Chapel Fellowship Hall. You may also contact a fellow Knight after the Sunday Mass service in the NAS I Fellowship Hall, or Mineo community Building. (Pizza and soft drinks provided at the meetings!) For more information visit - www.kofc.org/

NAS Sigonella Ombudsman Program

Our Mission:

- Primary liasion between families and the command
- To be an advocate for families and single sailors
- To disseminate information regarding command policies, services available, deployments, and Individual Augmentee (IA) support
- To be the primary POC for families and single sailors and to refer them to the appropriate agency for questions, concerns, help, or intervention

Our Commitment:

- We are committed to representing and supporting the command as well as the families and single sailors
- We are committed to presenting accurate and up-to-date information for referrals
- We are committed to COMPASSIONATE and CONFIDENTIAL advocacy within the guidelines of OPNAVINST 1750.1F
- We are committed to being available 24/7. Please keep calls between 0900-2000 unless you are experiencing an emergency.

Call us at 624-4291 or 24/7 at 335-580-1269 for more information.

Armed Forces

ON THE GO WITH MWR

MWR hosts Thanksgiving events starting with Friday night Turkey Bowl

Thanksgiving is just a few days away and MWR is hosting a number of community events starting with tonight's Turkey Bowl II, an evening of ladies only flag football fun.

Tonight's Turkey Bowl II at Land Annex Field on NAS I at 6 p.m. is a must-see event. Ladies only flag football is as much fun for spectators as it is participants.

Hot on the heels of the Turkey Bowl II is the Family Turkey Trot, a fun run/walk. All are welcome to the event on Nov. 22 with registration at 10 a.m. and at 10:30 a.m. the "trot" begins at Midtown Piazza. Participants have a choice of courses - 1 mile, 2.5K or 5K. All finishers receive a



ticket for the noon matinee Shrek the Third and a chance to win a free turkey.

Signonellans can gear up for their Thanksgiving feast with a two-hour Pumpkin Pie Spin Off led by Dr. and Mrs. Hall on Thursday, Nov. 27 from 8:15 a.m. to 10:15 a.m. at Fit District on NAS I. The dynamic duo hosts a drawing for their pumpkin pies. Sign up by Nov. 25.

Also on Nov. 27, MWR's Liberty Program hosts Sweet on Thanksgiving, a dessert buffet for single, unaccompanied sailors E-5 and below at SpareTime Bowling Center starting at 6 p.m. The special offer for single sailors features free bowling, free movies, free desserts and NFL football at Midtown on NAS I. A dessert buffet also starts at noon at NAS II's Take 5 with a guitar hero competition at 1 p.m.

Many of us know the best part of Thanksgiving are the great meals that follow the feast. Those with an appetite the day after Thanksgiving can stop by Take 5 for a free post-Thanksgiving cold buffet of all your favorite turkey and fixings - turkey, cranberry sauces, green bean salad, sweet potatoes and more. Raid the Fridge with Take 5 starts at noon on Nov. 28.

NOVEMBER 21 - NOVEMBER 28

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE & DESCRIPTIONS



Friday, November 21

3:00pm Madagascar Escape 2 Africa PG
5:00pm The Women PG-13
5:30pm High School Musical 3 G
7:30pm Ghost Town PG-13
8:00pm My Best Friend's Girl R
9:00pm Miracle at St. Anna R
FREE to E4 & below

Saturday, November 22

12:00pm Shrek the Third PG FREE
2:00pm Igor PG
2:30pm Burn After Reading R
4:30pm High School Musical 3 G
5:00pm My Best Friend's Girl R
7:30pm Eagle Eye PG-13
8:00pm Changeling R
9:30pm Bangkok Dangerous R
FREE to E4 & below

Sunday, November 23

2:00pm Igor PG
2:30pm Ghost Town PG-13
4:30pm Nights in Rodanthe PG-13
5:00pm Madagascar Escape 2 Africa PG
7:00pm Burn After Reading R

Monday, November 24

5:00pm Nights in Rodanthe PG-13
5:30pm My Best Friend's Girl R
7:30pm High School Musical 3 G
8:00pm Righteous Kill R

Tuesday, November 25

5:00pm The Women PG-13
5:30pm Igor PG
7:30pm Changeling R
8:00pm Eagle Eye PG-13

Wednesday, November 26

3:00pm The Women PG-13
5:00pm Madagascar Escape 2 Africa PG
5:30pm High School Musical 3 G
7:30pm Bangkok Dangerous R
8:00pm My Best Friend's Girl R

Thursday, November 27

12:00pm Quantum of Solace PG-13
12:30pm Changeling R
2:30pm Righteous Kill R
3:00pm Burn After Reading R

Single sailors enjoy \$1 admission to all Thanksgiving Day movies.

Madagascar Escape 2 Africa (PG-13)

Hoping to return to New York via a penguin-piloted plane, the four animal friends crash land in the plains of Africa. (89 min.)

High School Musical 3 (G)

High School seniors Troy and Gabrielle are facing the prospect of being separated from one another as they go to different colleges. Joined by the Wildcats, they stage a spring musical reflecting their experiences, hopes and fears about their future. (112 min.)

Ghost Town (PG-13)

Bertram Pincus is a man whose people skills leave much to be desired. Pincus dies unexpectedly, but is revived after seven minutes, he wakes to discover he has the ability to see ghosts. A ghost pesters him into breaking up the impending marriage of his widow Gwen. That puts Pincus in the middle of a triangle, with spirited results. (102 min.)

My Best Friend's Girl (PG-13)

Dustin has found and run off the girl of his dreams, Alexis. He hires his best friend, Tank, the rebound specialist. (101 min.)

Eagle Eye (PG-13)

Two strangers become the pawns of a mysterious woman they have never met, but who seems to know their every move. Realizing they are being used to further her diabolical plot, they must work together to outwit the woman before she has them killed. (118 min.)

Changeling (R)

A mother prays for the return of her kidnapped son. Her prayers are answered, however, she begins to suspect the boy who comes back is not her child. Inspired by true events that took place in Los Angeles in the 1920's. (121 min.)

The Women (PG-13)

Mary Haines seems to have it all - a beautiful country home, adorable 11-year old daughter, financier husband and a rewarding part-time career. Her friend, Sylvie Fowler leads another enviable life - as a happily single editor of a fashion magazine. But when Mary's husband has an affair with a "sprizer girl," all hell breaks loose. Mary and Sylvie's relationship is tested to the breaking point.

Igor (PG-13)

A hunchbacked lab assistant has big dreams of becoming a mad scientist and winning the first prize at the annual Evil Science Fair. (88 min.)

Quantum of Solace (PG-13)

Betrayed by Vesper, the woman he loved, 007 fights the urge to make his latest mission personal. Pursuing his determination to uncover the truth, Bond and M interrogate Mr. White who reveals the organization which blackmailed Vesper is far more complex and dangerous than anyone had imagined. Forensic intelligence links an M16 traitor to a bank account in Haiti where a case of mistaken identity introduces Bond to the beautiful but feisty Camille, a woman who has her own vendetta. Camille leads Bond straight to Dominic Greene, a ruthless businessman and major force within the mysterious organization. (106 min.)

SHOWING FRIDAY, NOVEMBER 28

12:00am Nightmare Before Christmas PG FREE
3:00pm Polar Express G FREE
5:00pm Beverly Hills Chihuahua PG
5:30pm Bolt PG
7:30pm Flash of Genius PG-13
8:00pm Nick & Norah's Infinite Playlist PG-13
9:00pm Burn After Reading R FREE to E4 & below

COMING SOON

Beverly Hills Chihuahua

Scilla and Reggio Calabria - The History of the Shipwreck statues

ITT Gear-N-Go has organized a day trip to these two amazing towns on November 29, which includes a stop at the Magna Grecia to view these two historic Riace warriors.

Scilla is traditionally the site of the sea monster, Scylla of Greek mythology. Situated some 22 kilometers from the city of Reggio Calabria, Scilla lies in front of the strait of Messina and is heavily frequented by tourists from neighboring towns and cities during the summer months.

At the tip of the Italian peninsula is Reggio Calabria, which has been rocked by several earthquakes but has been able to preserve important icons like the Bronzes of Riace, which are two larger-than-life Greek statues lost at sea during a shipwreck

almost 2,500 years ago. The Riace Warriors were found by Stefano Mariottini, a Roman chemist, vacationing in the area on August 16, 1972 and they are now kept in the National Museum of Magna Grecia at Reggio Calabria.

The remains of British, French, German, Italian, Greek and Cypriot vessels all lie on the Calabrian seabed, which now has the highest concentration of battle wrecked ships anywhere in the world after Pearl Harbor.

Depart: NAS II at 6:30 a.m. and NAS I at 7 a.m.

Return: 5:30 p.m.

\$54 plus euro for fees and food
For information call ITT at 624-4777.

All Nighter for girls set for Dec. 5



The Youth Center is hosting a free all-nighter from Dec. 5 to Dec. 6 for girls, ages eight to 12-years old. Those interested must be youth center members and register by Nov. 28.

The SMART Girls "Lock In" will feature movies, games and gifts. Parents may drop off their kids on Friday night at 6:30 p.m. with Saturday pick up at 8 a.m.

Attendees must bring a snack to

share, a sleeping bag, blanket and pillow.

The event is a program of the Boys & Girls Clubs of America that encourages healthy lifestyle and habits, higher self-esteem and life skills through training in a small group atmosphere.

For more information or to join the club, call 624-3712.

Monthly Special

Nerds Ropes and Lemon Fanta are 2 for \$1. Every Monday, the 3 p.m. show features a small popcorn and small drink for \$1.50. Call the movie hotline at x4216 for special showings of free matinees for kids and to confirm show schedule.

Navy-Marine Corps Relief Society's Santa's Helpers' Sale

Article by [REDACTED]
Signature Volunteer

Attention all holiday shoppers! The Navy-Marine Corps Relief Society (NMCRS) Nearly New Store is once again hosting Santa's Helpers on Saturday, Dec. 6 from 10:00 a.m. until 1:00 p.m. On this day, children shop for parents and siblings - and everything costs \$1 or less. NMCRS volunteers have been busy sorting and setting aside their best merchandise for this exciting holiday event. The children's sale will be held in the Youth Center next to the Nearly New Store. The Nearly New Store will also be open during this time for parents and other customers to do some shopping.

This event could not take place without the hard work and dedication of NMCRS's volunteers. In fact, somewhere between 15 and 20 volunteers are expected to help make this day a success. Furthermore, Santa's Helpers are youth volunteers who will assist the children when they arrive. Children will fill out a

form listing all the people for whom they need to shop. Then, a youth volunteer will then take them around and help them select their gifts. This way, mom and dad will be surprised! Wrapping paper will be provided at no additional cost, and shoppers can enjoy treats baked by volunteers and staff.



[REDACTED] a member of the NMCRS publicity team, noted that, "Sigonella children love coming out and buying surprise gifts for their families." The fun doesn't stop there because the kids can enjoy free pictures with Santa! Last year, nearly seventy-five families participated in this event, and this year NMCRS hopes for an even bigger turn out.

Donations are still being accepted for gently used items that are in good condition. The donation bin is located in the parking lot behind the library on NAS I, and it is open at all times. Proceeds help to support the Budget for Baby Layette Program, one of the many services NMCRS offers. NMCRS is a non-profit, charitable organization that

provides assistance to Navy and Marine Corps personnel and their families, such as free financial planning, interest-free need based loans, visiting nurses, and educational grants.

For more information on the Santa's Helpers' Sale, or any of NMCRS's service, please contact the office at DSN: 624-4212.

CONSERVATION, continued from page 1

is not in use during lunch saves the base 15 percent of what we are required to cut down," said Thornsley. "That is essential in our fight to conserve."

Due to the success of the operation, the chain of command is reviewing a new energy instruction that will eventually replace NASSIG instruction 4100.1A. The new instruction will be stricter and will include raising air conditioning thermostats one degree, and require doors to remain closed.

The base energy department has already implemented a building energy monitoring program that has placed 31 monitors in various buildings throughout the bases.

"The monitors cover about 75 percent of the buildings on the bases," says Thornsley. "They are going to be our eyes and ears in order to keep track of gaps in the fight to conserve."

Another conservation tactic includes irrigating NAS Sigonella with non potable water instead of treated water, ultimately saving five

million gallons of treated water, said Thornsley.

During the "Kill-A-Watt" operation, the base energy department received various emails about issues, such as lights on when they were supposed to be off and dripping faucets.

"People are already looking beyond the two hour trial period," said Thornsley. "I'd say that we've been successful."

MAIL, continued from page 1

paying a little extra postage to send your items Priority Mail. They also say that incoming mail that was sent Parcel Post will take around 45 to 60 days to arrive in Sigonella. It would be wise to tell your friends and family this to avoid getting their packages late.

The Postal Clerks also recommended telling the mailer not to write 'Italy' anywhere on the box. "This will only cause delays and the possibility of having to pay customs fees," they say.

It is recommended to purchase insurance whenever mailing valuable items. This is the only way you'll be able to claim a refund should something happen to your package. Another reminder: all items must be listed on the customs declaration form. The Postal Clerks say that if you don't want to display the contents, simply fill out the white customs form and present it to the clerk prior to sealing the box. Once the form is stamped, it can be placed inside the package. Then, a small green customs form will be affixed to the top of the box. This will indicate that there is a customs form enclosed, should Customs personnel feel the need to review or inspect the contents of your package.

The Sigonella community is

reminded that it is illegal to ship wine or cigars to the United States via USPS. If you want to ship these items, you can do so at Mail Boxes Etc. at 524 Zeronove5 S.R.L. 95124 Catania, 204, Via Vittorio Emanuele II (near Piazza Duomo), though it's fairly expensive. For example, to ship six bottles of wine, it costs approximately 180 euro. Base personnel are also reminded that it is illegal to ship Cuban cigars to the United States. For more information, call Mr. Di Graziani at Mail Boxes Etc. at 095 2503276.

For any questions about holiday mailing, contact the NAS 1 Post Office at 624-4477 or the NAS 2 Post Office at 624-5242.

AWARENESS, continued on page 5

people address each other by first names, or at the most Mr. or Ms. At a staff meeting, do participants lounge back in their chairs, drink coffee or soda pop, indulge in humorous banter? If so, you can relax a little. Over time, you'll find a balance that's comfortable for you.

In the civilian world, making money is the mission. The economy, changing markets, and company health all factor into your employment, so your job can disappear at any time. When you were in the military, your career path was pretty much laid out for you to follow. In the civilian world, it's up to you to decide what direction you want to go with your career. This is why you were serving your country - this freedom and opportunity.

Fleet & Family Support Center
Building 319 - NAS I
Open Monday - Friday, 0730-1600
(Closes at 1500 Tuesdays for training)
DSN 624-4291, Commercial
095-56-4291

Stampa

Oxidiana

Palermo

MEMORIES, continued from page 2

remembered and will instantly place a smile on my face and in my heart.

To my coworkers in ministry, who perform countless hours of support, often behind the scenes, I say God will reward your faithfulness. Thanks for allowing me to be the loud chaplain, for being professional in all you do, the giving of yourselves to our community, and with sharing with me personally. Remember to keep the faith...and share it too!!! It has been a pleasure to meet and serve so many excellent Sailors at this command. You all make our Navy great and many of you are shining examples of our nation to those we come in contact with outside the fence line. Thank you to my tenant commands, the leadership, and men and women who everyday make a difference by donning the cloth of our country and allow our Navy to forge ahead and accomplish its mission.

Finally I would like to personally thank our command structure who not only address the various issues of leadership, but also show their care of our community in demonstrative ways. From the quality of life areas, to housing, to training and all the other things that most of us will never know about, you put your money where your mouth is. Thank you Skipper Quinn, XO Beadles, and CMDCM Wilson for being the leaders you are. It is often lonely at the top and there are many critics, but I must say I have witnessed your involvement and concern in the lives of your people. The phrase that Captain Quinn stated when he assumed command at the change of command ceremony, "It is not about the me, but rather the we of this community", rings true on a daily basis. I have always enjoyed our

interaction and discussions. I leave this place a better person because of our relationship and your friendship.

In conclusion, and I know I have rambled on, but this is my last article for *The Signature* so bear with me, as I know you have often done. I would like to share this thought from Scripture which comes from another man named Paul who penned these words in conjunction with thankfulness, "I thank my God in all my remembrance of you, always offering prayer with joy in my every prayer for you all..." (Phil. 1:3, 4). And so Sigonella, one and all, truly, thanks for the memories!

DIABETES, continued from page 2

one of the leading causes to leg and foot amputation; due to the fact that blood flow to these parts is considerably reduced.

Uncontrolled diabetes can damage your nerves. If you have damaged nerves in your legs and feet, you might not feel heat, cold, or pain. This lack of feeling is called "sensory diabetic neuropathy." If you do not feel a cut or sore on your foot because of neuropathy, the cut could get worse and become infected. The muscles of the foot may not function properly because the nerves that make the muscles work are damaged. This could cause the foot to not align properly and create too much pressure in one area of the foot. It is estimated that up to 10 percent of people with diabetes will develop foot ulcers. Foot ulcers occur because of nerve damage and peripheral vascular disease.

Diabetes also affects the blood vessels and alters the flow of blood. Without adequate blood flow, it takes longer for a sore or cut to heal. Poor blood flow in the arms and legs is called "peripheral vascular disease."

Peripheral vascular disease is a circulatory disorder that affects blood vessels away from the heart. If you have an infection that will not heal because of poor blood flow, you are at risk for developing ulcers or gangrene (the death of tissue due to a lack of blood).

To effectively control this disease one must be extremely diligent. Routine medical examinations and tests should be scheduled; with special consideration of vital signs and lab values, dental exams, eye exams, and daily checks of ones feet. By paying close attention to all of these things, a person can live a full and healthy life.

For more information on diabetes and care tips please visit the following websites:

<http://www.medicinenet.com/script/main/art.asp?articlekey=93518>
or <http://www.cdc.gov>

MOTORCYCLE, continued from page 1

cruiser and sport-bikes and to conduct free safety inspections, Boatswain's Mate Senior Chief Scott Sandquist, a rider coach for the class, said.

"Over the last few months we've has several messages come out from the CNO," Sandquist said. "We've lost more sailors in Fiscal Year '08 to motorcycle crashes than we did in Operations Enduring & Iraqi Freedom combined. The majority of those are sport-bike riders. What we're doing here is we're doing a rodeo which is really evaluating and giving everybody a chance to practice these perishable skills, especially before the winter months."

A new course is now being offered for sport-bike riders through the base safety department, he said.

"There's a brand new course that was just developed and we started teaching it recently," he said. "It requires higher speeds and much greater lean angles."

Sandquist stated that the rodeo was an important way for him to help keep his fellow Sailors safe.

"If I can keep one person from going down and being injured or killed then all of this was well worth it," Sandquist said. "Accidents are usually a result of multiple factors, and we can reduce the factors by improving somebody's skills."



Photo by MCSN Jonathan Idle, Signature Staff

The Motorcycle Rodeo, that was held on Nov. 14 at NAS Sigonella, was designed to bring motorcycle riders out to review safety measures and help Sailors practice their riding skills. The day was broken in to two sessions, one for sports bike riders and one for cruisers.

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