THE
Signature
SIGONELLA, SICILY

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U.S Naval Hospital Sigonella marks Change of Command

By MC3 Whitfield Palmer
NPASE East Det. Sigonella

Capt. Cynthia M. Feller of the U.S. Navy Nurse Corps relieved Capt. James 'Jim' R. Bloom of the U.S. Navy Medical Corps as Commanding Officer of the U.S Naval Hospital Sigonella in a ceremony held at the Fit District Gym at the Midtown Complex on Naval Air Station (NAS) Sigonella Wednesday, Feb. 24.

Rear Adm. William R. Kiser of the U.S. Navy Medical Corps was guest speaker for the ceremony and spoke of the importance of the ceremony in terms of continuity of command.

"The words are simple and the ceremony is simple, but the elegance of that simplicity speaks vitally of the continuity of command," said Kiser. "It speaks of the responsibility of an individual over a crew, how that crew is maintained, and how that responsibility is transferred from one soul to another."

Outgoing U.S. Naval Hospital Sigonella Commanding Officer Capt. James R. Bloom speaks during the hospital's Change of Command ceremony held at the Fit District Gym at the Midtown entertainment complex at Naval Air Station Sigonella. Capt. Bloom also received his second Legion of Merit Award during the ceremony for his various acomplishments during his tour at the hospital.

Kiser continued his speech with praises for Capt. Bloom.

"The work he's done here will not only benefit Capt. Feller, but also the countless souls who seek repose in this place," said Kiser. "He's fulfilled his obligation and accomplished his mission. Marine Corps Gen. Jim Madaus once said the sign of a superlative leader is the affection and loyalty they engender in their crew, and by that standard there is no better leader in this room than Jim Bloom."

After words of welcome to Capt Feller, Kiser presented Bloom his second Legion of Merit Award for his various accomplishments during his tour in Sigonella.

Bloom, who continues his career at Commander, United States Naval Forces Europe Surgeon at U.S. Naval Hospital Naples, then addressed the Sigonella community and his crew.

"The Sigonella community

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Ristorante Bella Etna wins prestigious award

By MC3 Jonathan Idle
The Signature Staff

Ristorante Bella Etna, the galley on the operational side of Naval Air Station (NAS) Sigonella, was recently awarded the Capt. Edward F. Ney Memorial Award for the best galley at a shore command outside of the continental U.S.

The Ney Memorial Awards were established in 1958 by the Secretary of the Navy and the Internationals Food Service Executives Association to improve food service operations and recognize the best general messes in the Navy.

Senior Chief Culinary Specialist Choy Lucero, Ristorante Bella Etna Food Service Leading Chief Petty Officer, is a veteran of the Ney competition and won the award at his previous command aboard the USS Ronald Reagan (CVN-76).

" The competition looks at how many people you're feeding, what services you offer, what menu you offer and does the command like the menu," Lucero said.

Lucero looks at this as a huge honor not only for the galley and its staff, but for the Sigonella community as a whole.

"This is really a prestigious award for this base, because in 50 years this is the first time we have won it," said Lucero. "So, we're very pleased and very proud with what we've accomplished."

Lucero said there were several challenges to overcome to get the galley to the point is at today.

"There are only three military members here and we have 58 local nationals," Lucero said. "That really called for a lot of

***NEY,* continued on page 13**

CNREURAFSWA announces workforce changes in Italy

From Commander, Navy Region Europe, Africa, Southwest Asia Public Affairs

The Commander of U.S. Navy Region Europe, Africa, Southwest Asia is starting workforce realignment processes for its operations in Italy. This realignment supports current and future military responsibilities and will impact approximately 150 positions at U.S. Navy facilities in Naples and Sigonella.

Positions impacted by realignment were identified as the result of an overall review of the regional personnel structure in Italy. Positions identified for realignment have been determined to no longer be necessary to support command activities.

"Review of the personnel structure we currently have in place to support our military mission has revealed that our staff is larger than required," said Rear Admiral David Mercer, commander, U.S. Navy Region Europe, Africa, Southwest Asia. "As a result, approximately 150 positions will be subject to realignment in 2010."

"These actions will impact both U.S. and local national employees; they are not designed to replace local national employees with U.S. employees," he said. "We will treat each employee fairly and seek to keep them

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Weather Update

March 5	March 6	March 7	March 8	March 9	March 10	March 11
H:68F L:47F	H:59F L:42F	H:56F L:41F	H:55F L:38F	H:58F L:36F	H:58F L:45F	H:59F L:42F

Top Stories

"Nothing is unthinkable, nothing impossible to the balanced person, provided it comes out of needs of life and is dedicated to life's further development"
--Lewis Mumford

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Navy Medicine Information Systems Support Activity (NAVMISSA) based in San Antonio, announced Feb. 22 the development of an online program that will support every Sailor.

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By now the Elevator Speech is a fairly well-known tool, not only for job-seekers but for organizations and individuals with products and services to sell.

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The word "bread" is synonymous with Ramacca in Eastern Sicily. This picturesque town, nestled in the hills of the plain of Catania, boasts a unique "pane di casa" home-baked bread making tradition which goes back a long time.

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An array of colors, scents and sounds greet you. The excited chatter of deal making resounds. These are the street markets of Catania, a feast for the senses.

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Traffic Numbers

	Jan. 10-Feb. 10	Jan. 09-Feb. 09
Accidents	47	43
Injuries	5	4
DUIs	1	0
Traffic Deaths	0	0

Please, don't become a statistic!

Direct Line NASSIG Commanding Officer Capt. Thomas J. Quinn

President John F. Kennedy once said "Change is the law of life. And those who look only to the past or present are certain to miss the future." Spoken at Frankfurt Germany in June of 1963 these words underscored the deep and fundamental changes in civil rights, world politics, and technology that defined the world around him. I think the young and visionary President was trying to convey that despite the very painful and life altering changes going on around the world, change was inevitable and instead of focusing on the past it was better to work towards a solution for a better future.

U.S. Navy forces in Europe have also been undergoing major changes over the past few years, reshaping our roles, lowering our numbers and ultimately changing the way we do business. This past week Commander Navy Region Europe, Africa and Southwest Asia announced that approximately 150 personnel in the region's civilian workforce will be realigned, with the ultimate goal of matching the workforce to the future mission requirements. The workforce realignment impacts both U.S. and local national employees and focuses on a position's function and future role in our organization, not on the employee or job performance.

The realignment will heavily impact us with around 90 positions coming from NAS Sigonella. While this is a major impact, I want to put it in context to the changes the base has already undergone in the past 10 years. In 2000 the base had nearly 10,000 personnel including dependants and civilians on board. By 2004 base population had decreased to 7000 and today we are below 5000. Some notable changes that accompanied the decrease in population or occurred alongside them were the closing of the NAS I galley, the shifting from the locally managed computer network to the contracted regionally controlled One Net, and the upcoming closure of Mineo. These changes have dramatically changed the manpower requirements in certain areas which normal attrition due to retirements, transfers or resigning have not kept pace, leaving more personnel in certain areas than the mission requires.

These difficult actions must occur to meet the long-term mission of the U.S. Navy in Italy and the fair treatment of our employees will always continue to be our focus. That principle applies throughout this workforce realignment process. A primary goal of this process is to minimize the impact of personnel actions on our employees and their families. We will try to fill current vacancies from the group of potentially affected personnel prior to hiring new personnel from outside the organization.

While many of these decisions were made at higher levels, I can assure you that they were not made lightly. All decisions and actions in this process have been and continue to be carefully coordinated with host nation officials, the U.S. government, and U.S. military, who will abide by the applicable laws and agreements during this process in order to lessen the impact as much as possible.

Each and every employee on NAS Sigonella is a valued member of our team and this time of transition will be difficult. I ask that everyone focuses on the skills and talents that each person has and how

they fit into our future missions in order to successfully realign our workforce and prepare NAS Sigonella for the future.

Hand Hygiene

By HM1 Kennedy
Naval Hospital Sigonella

Did you know that dirty hands can lead to a nosocomial infection?

Nosocomial is an infection that a patient can acquire while in the hospital. Averages of 7 to 10 percent of adult patients and 30 percent of critically ill patients are infected. Nosocomial infections can be prevented by doing one simple thing, hand hygiene.

Health Watch

Hand hygiene simply means washing your hands with a waterless solution or soap and water solution. Washing your hands before and after eating, drinking or smoking a cigarette can eliminate hidden organisms that can make you sick. Even if you think your hands are clean you should still use an alcohol base hand sanitizer before contacting someone or something.

To use hand sanitizers, follow these simple steps: (Duration of the entire procedure: 20-30 seconds)

1. Put at least a quarter size amount of product into the palm of your hand.
2. Rub hands palm to palm, right over left and vice versa.
3. Palm to palm with fingers interlaced.
4. Back of fingers to opposing palms with fingers interlocked, to clean nails.
5. Rub over both thumbs.
6. Once the liquid is dry, your hands are safe.

To wash your hands with soap and water, follow these simple steps: (Duration of the entire procedure: 40-60 seconds)

1. Wet hands with water.
2. Apply enough soap to cover all hand surfaces.
3. Rub hands palm to palm, right over left and vice versa.
4. In-between fingers.
5. Back of fingers to opposing palms with fingers interlocked, to clean nails.
6. Rub over both thumbs.

***HANDS,* continued on page 12**

NASSIG Worship Services

ROMAN CATHOLIC

Sunday

0830	Catholic Mass (NAS I Chapel)
1200	Catholic Mass (Mineo Community Center)
1600	Catholic Mass (NAS II Chapel)

Monday - Thursday

1130	Catholic Mass (NAS II Chapel)

PROTESTANT

Sunday

1000	Traditional Protestant (NAS I Chapel)
1130	Contemporary Protestant (NAS I Chapel)

CHURCH OF CHRIST LAY SERVICE

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

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Latter-day Saints: Sunday 1300 Catania Chapel, Please email jarreb@yahoo.com or call 624-1393 or 095-705-6108

AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745

Chaplain Corner

Chaplain Kennedy

"Nothing is unthinkable, nothing impossible to the balanced person, provided it comes out of needs of life and is dedicated to life's further development"

- - Lewis Mumford

I really like

Neutral buoyancy: Working toward a balanced life

Mumford's quotation, "Nothing is unthinkable, nothing impossible to the balanced person." I'm sure we all desire a balanced life. The so-called experts tell us we should have balance in our lives. Is your life balanced? I recently had my 40th Birthday. I carefully thought about my years on this earth. I thought about balance in my life. I thought about the difficulty of achieving balance in the face of some many external forces. It takes thought, experience and skill to achieve balance. Then I thought about my last dive, near Acitrezza, on New Year's Day. That's a picture of me on this dive taken by LT Adam Borsman. My son, Nicolas, told me, "Daddy, you're holding Patrick!" It was a great dive. It was my fourth open water dive here in Sicily, just one more for my PADI certification. I was finally able to achieve neutral buoyancy, at least during most of this 45 minute dive. Neutral buoyancy is the state in which the forces of gravity and buoyancy are in equilibrium, or balanced. Archimedes of Syracuse said,

***BUOYANCY,* continued on page 12**

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Emergency Management Office

Be prepared to be on your own for at least three days. Seven is better! The BASIC FIVE: Water, Food, Heat, Cash, Radio; Family Communications Plan: Phone Numbers & Rally Points; Public Protection Strategies: Evacuation and Shelter-in-Place; Web info: Ready.gov; Emergency info: AFN 106.0 FM; Questions? Call the EM Office at 624-2630, 8265 or 2621.

Navy News

New program allows sailors to verify medical readiness online

By Lt. Cmdr. James R. Hagen
Navy Medicine Information Systems Support Activity
Public Affairs

SAN ANTONIO (NNS) -- Navy Medicine Information Systems Support Activity (NAVMISSA) based in San Antonio, announced Feb. 22 the development of an online program that will support every Sailor.

NAVMISSA's new Web-based application allows Sailors for the first time to monitor their Individual Medical Readiness (IMR) status online.

Sailors can now review IMR medical and dental data from the Medical Readiness Reporting System (MRRS) via BUPERS Online (BOL). IMR status determines if a Sailor is medically eligible to deploy.

"This additional application within BOL allows Sailors to ensure that all of their IMR requirements are current and see what their current IMR status is," said Elaine A. Shorkey, a NAVMISSA external liaison and project lead.

Maintaining accurate IMR status through MRRS is a high priority within Navy Medicine and directly supports Navy Medicine's goal of a fit and healthy force.

"The ability for individuals to monitor their IMR status will help to promote a healthy naval force and ensure our warfighters are medically prepared to meet their mission," said Capt. Tina L. Ortiz, NAVMISSA commanding officer. "It's every Sailor's responsibility to maintain their individual medical readiness. This tool empowers them to keep track of their IMR status and update it as necessary."

The new application is a module that displays information in an easy-to-follow format that resembles a report card. Sailors can review their physical health assessments, laboratory results, dental readiness, and any medical conditions that may prohibit or limit deployment and post-deployment health assessments. It also shows when immunizations should be administered and when upcoming assessments should be completed. A Sailor's overall IMR status is assessed into one of four categories: fully medically ready, partially medically ready, not medically ready and medical readiness indeterminate.

A fully ready status means the Sailor is current in all medical categories and is not considered at risk to experience a dental emergency, thus deployable worldwide. A partially ready status means the Sailor lacks one or more immunization, laboratory results or medical equipment such as a gas mask insert. These limitations can be quickly resolved and allow the member to deploy once corrected.

Not medically ready means the Sailor has a chronic or prolonged deployment-limiting condition and cannot deploy. This status includes Sailors who are hospitalized or convalescing from serious illness or injury, or they fall into a dental class three – considered to be at an increased risk to experience a dental emergency.

The last category, medical readiness indeterminate, applies to Sailors whose health status cannot be determined because of missing information such as lost medical records or an overdue assessment.

Hospital Corpsman 2nd Class (SW) Amado A. Rivera is an administrative assistant for the Navy Medicine Support Command (NMSC) headquarters in Jacksonville, Fla., NAVMISSA's parent command.

"The IMR status has long been a potential problem for deploying Sailors," said Rivera, who has served aboard three ships. "IMR verification will allow Sailors simple access to helpful medical information as they prepare to deploy."

For Chief Storekeeper (SW) Sierra Elam, NAVMISSA's new Web-based application is a major breakthrough.

"I've served on four ships," said Elam, NMSC command career counselor and administrative leading chief petty officer. "Knowing who's in and who is out could turn a bad situation into a manageable one. For a leading chief, this is ground breaking."

To view medical readiness status, visit https://www.bol.navy.mil and select the IMR Status link under the BOL Application Menu.

For more news from Navy Medicine Support Command, visit www.navy.mil/local/nmsc/.

Photo from the fleet

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

U.S. Navy photo MC1 Chad Runge

100224-N-3857R-068 ANNAPOLIS, Md. (Feb. 24, 2010) Midshipman 3rd Class Jordan Sugars drives towards the basket during the final home game of the season at the U.S. Naval Academy, in Annapolis, Md. The Midshipmen lost to American University, 80-77 in double overtime.

U.S. Navy photo by MC2 Adrian White

100210-N-2953W-016 ATLANTIC OCEAN (Feb. 10, 2010) Sailors use computers in the Learning Media Resource Center to check personal email aboard the aircraft carrier USS Carl Vinson (CVN 70). Carl Vinson is taking part in Southern Seas 2010 as part of a scheduled homeport shift.

Calvary Nero di Cenere Muscle

Community Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				5 March **FFSC** Anger Management 1 p.m. - 3 p.m. Arrivederci 8 a.m. - 11:30 a.m. x4291	**6** **NMCRS** Nearly New Shop Open x4212	**7**
8 **FFSC** Single Parenting/Stress 2 p.m. - 4 p.m. Nurturing Program 9:30 a.m. - 11:00 a.m. x4291 **Alcoholics Anonymous** NAS II Chapel 5:30p.m. - 6:30 p.m. x3267	**9** **NMCRS** Volunteer Oreientation x4212 Breast Feeding Orientation x4212 **FFSC** Sponsor Training 9:00 a.m. - 10:30 a.m. x4291	**10** **NMCRS** Budget for Baby x4212 **FFSC** Playgroup 1-4 yrs. old 9:30 a.m. - 11 a.m. Men's Group 1:30 p.m. - 3 p.m. x4291	**11** **FFSC** Playgroup 0-12 months 10 a.m. - 11 a.m. Ombudsmen Assembly 3 p.m. - 5 p.m. Ricotta Cheese Workshop 9 a.m. - 3 p.m. x4291	**12** **FFSC** ICR 12:30 p.m. - 3:30 p.m. x4291	**13**	**14**
15 **FFSC** TAP (pre-retirement) 8 a.m. - 4 p.m. Nurturing Program 9:30 a.m. - 11:00 a.m. x4291 **Alcoholics Anonymous** NAS II Chapel 5:30p.m. - 6:30 p.m. x3267	**16** **FFSC** TAP (pre-retirement) 8 a.m. - 4 p.m. ICR 8 a.m. - 3:30 p.m. x4291	**17** ***Saint Patrick's Day*** **FFSC** TAP (pre-retirement) 8 a.m. - 4 p.m. Playgroup 1-4 yrs. old 9:30 a.m. - 11 a.m. Men's Group 1:30 p.m. - 3 p.m. x4291	**18** **FFSC** TAP (pre-retirement) 8 a.m. - 4 p.m. Playgroup 0-12 months 10 a.m. - 11 a.m. Stress Management 9 a.m. - 11 a.m. x4291	**19** **FFSC** Arrivederci 8 a.m. - 11:30 a.m. x4291	**20**	**21**

Eno

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Waxy

Motta

Did you know that . . .

The Navy-Marine Corps Relief Society has a Vision? "We are a private, non-profit, Volunteer, service organization. As a Center of Excellence, we are committed to ensure that all available resources are used to assist personnel of the Naval Service - active, retired, and their eligible family members - to achieve financial self-sufficiency and find solutions to emergency needs."

Located at approximately 250 offices ashore and afloat throughout the world, the Society's work is accomplished mainly by its 3,600 dedicated, trained and caring Volunteers who are supported by a small cadre of employees.

NMCRS: A Helping Hand!
www.nmcrs.org

The Fleet & Family Support Center

Fleet and Family Support Center Administration Building 319 NAS I

Monday-Friday 0730-1630 DSN 624-4291 Commercial 095-56-4291

The elevator speech is the swiss army knife of job-search tools

Adapted from Katharine Hansen, PhD (Quintcareers.com)

By now the Elevator Speech is a fairly well-known tool, not only for job-seekers but for organizations and individuals with products and services to sell. Authors of numerous Internet articles on the Elevator Speech offer speculations on the origin of the term -- ranging from the notion that we often run into important people in elevators to the more common explanation that the Elevator Speech is a clear, concise bit of communication that can be delivered in the time it takes folks to ride from the top to the bottom of a building in an elevator.

Whatever the exact origin, the Elevator Speech is an exceptionally useful and versatile tool in numerous situations:

- Events designed specifically for networking.
- The casual networking opportunities we encounter nearly every day -- the kids' soccer games, plane flights, waiting in line to buy tickets, and on and on.
- Career or job fairs.
- Cold calls to employers.
- Opportunities within your own company to talk with higher-up honchos, let them know you're doing a great job, and position you for promotion.
- Job interviews, where the Elevator Speech can provide the answer to at least two common interview queries: "Tell me about yourself" and "Why should I hire you?"

Wide variation exists among experts as to the ideal length of an Elevator Speech. Some authors say as few as 15 seconds; others say up to two minutes. There's no reason, however, that you can't employ both short and long versions. Different situations, after all, may well call for diverse approaches.

The Sound Bite is equivalent to, let's say, an Elevator Speech for a low-rise building or a building with a very fast elevator.

It's is a very short introduction of yourself used in situations where you are meeting a lot of people and probably not spending a great deal of time with any one of them. Events specifically designed for networking were made for the Sound Bite, which lasts about 15-30 seconds and may or may not be the prelude to a lengthier conversation. The trick is to make your Sound Bite so intriguing that people will want to spend more time talking with you. The Sound Bite also might be incorporated into an initial phone conversation with a prospective new member of your network. At its most basic level, the Sound Bite's structure is:

Hi, my name is _____. I'm in the _____ field, and I'm looking to_____. I have _____ years of experience as a_____. My education and training have prepared me for _____. In my work, I have_____. I firmly believe my skills and experience could benefit you (or your company) in the following ways _____. I am eager to _____.

Beware of a Sound Bite/Elevator Speech that inspires the thought "so what?" in the listener. If, however, you add an element of intrigue -- a "hook" -- by incorporating your Unique Selling Proposition, the ensuing conversation now has considerable potential. Let's look, for example, at how a conversation might go that starts with an intriguing Sound Bite:

Networker #1: Hi, my name is Betty Joiner. I'm responsible for this country's future.

Networker #2: This I've got to hear about.

Networker #1: I'm a teacher! I love shaping the minds of the next generation, but I'm also interested in getting into corporate training.

The concern, of course, with the intriguing sound bite is that you'll sound corny or hokey. And, in fact, chances are you will. But they work by hooking your conversation partner into finding out more about you.

You just have to decide whether or not you're comfortable with incorporating an intriguing line into your Sound Bite. If not, go for a more basic Sound Bite/Elevator Speech. One way to test the effect is to try both approaches out on members of your inner circle.

For information on mastering your Elevator Speech speak with your Work and Family Life Educators at the Fleet and Family Support Center.

marchi

Maryland

Pietro's

Alberto Lunetta
The Signature Staff

Italian NEWS

Sicilian Culture, Events and Lifestyle

Ramacca honors St. Joseph

The word bread is synonymous with Ramacca in Eastern Sicily. This picturesque town, nestled in the hills of the plain of Catania, boasts a unique "pane di casa" home-baked bread making tradition which goes back a long time. Bread is the most important staple food for farmers' families. It traditionally brings good luck and keeps evil away. Pane is linked to St. Joseph, the patron saint of the fathers, the poor, the workmen, the sick and families.

Every year, Ramacca honors him on March 19 with a spectacular religious festival featuring the traditional "Tavole o Altari di San Giuseppe" (St. Joseph's tables or altars) that are a sort of ritual potluck lunch hosted by devotees to publicly show gratitude to their celestial patron for a miracle received in time of need or illness, or just to thank him for a good harvest. There are several stories and traditions on the historic origins of this heartfelt custom (which Sicilian immigrants brought with them all over the world) and nearly all the legends refer to a St. Joseph's intervention, at some point in history, for an end to a terrible draught and famine that struck somewhere in Sicily.

St. Joseph's Tables, which are also set up in several Italian towns, are always meatless because it's Lent, but I guarantee you that they are as mouthwatering to the eye as to the palate! There is literally everything-but meat; tables display all sorts of Sicilian cakes, cookies and sweets (cannoli, fucacani, crostate, almond cookies, fig cakes, cucciddati), vegetarian omelettes, artichokes, asparagus, fava beans, fruit, chickpeas, flowers, fish etc.

The fresh bread on display on the altars is baked into distinctive and symbolic shapes including "a cuddura," (ring shaped), the hearts (Holy Family), the Cross (Jesus' Martyrdom) and the saint's walking stick which, according to legend, miraculously sprouted flowers.

Those beautifully ornate altars also showcase images of St. Joseph, Jesus and the Holy Family as well as laurel branches adorned with citrus fruits to symbolize the fertility of the earth. The altars are basically set up in fulfillment of a believer's vow to be displayed to the community and to perform the ritual meal which is one of the highlights of the festival.

Before the meal begins, devotees in Ramacca traditionally pray loudly referring to the Saint as (St. Joseph the Patriarch). According to tradition, on March 19, each believer hosting a lunch invites three needy people representing the Holy Family ("I tri pirsuni") and serves them the food that is displayed on the altars. The food is later shared with onlookers and friends.

On the festival's eve (March 18), guides from the local tourist office (located in # 7 via Luigi Capuana) typically offer tourists a free tour of the main altars that are set up in private houses scattered throughout the historic center. Volunteers devote countless hours of preparation for this heartfelt festival.

The altars have to be ready by March 18. If you decide to go back to the festival the following day, (March 19) you can sample for free the traditional "Pasta Co' Maccu" (pasta with lentils and mashed fava beans) that will be offered to tourists at 12:30 p.m. in piazza Umberto (main square). This pasta distribution is shared by the entire community in the main square. Later in the afternoon around 3 p.m., foodstuff and offerings will be auctioned for charity in the main square. Holy masses will be held in the morning at both the St. Joseph Church and the Matrice (Main Church).

Before you leave the festival don't forget to visit Ramacca's churches and the local archeological sites.

Due to its extensive and large fertile lands, Ramacca is a town of great farming tradition which has been known as a melting pot of Sicilians, mainly farm laborers coming from all the provinces, since the 18th century. So, make sure you check the variety of local produce from the farmers' market. For more detailed information, call the Pro Loco Tourist Information at 095-7931141.

Photo by Ramacca Pro Loco Tourist Office

The "Altari di S. Giuseppe" or St. Joseph's Altars are the one of the most heartfelt religious tradition that Ramacca has to offer. On March 19, devotees thank their beloved patron saint by setting up decorated altars at their houses which showcase an impressive variety of foods including elaborate loaves of bread baked in symbolic shapes.

Caravaggio stands alone in new Rome exhibit

By REUTERS

"This is pure Caravaggio, the most inspiring of his works separated from the myths surrounding his life and collected together in celebration of his artistic mastery," Claudio Strinati, head of Rome's museums authority, told Reuters.

Michelangelo Merisi, who was known as Caravaggio, pioneered the Baroque painting technique of contrasting light and dark known as "chiaroscuro." Legend has it that he died on his way to Rome to seek pardon for killing a man in a brawl.

Twenty-four of his paintings have been brought together from museums worldwide for the exhibit at Rome's Scuderie del Quirinale museum that opened on Saturday. It has already accepted over 60,000 advance reservations.

"Many works have been falsely attributed to Caravaggio over the years," said Strinati, the brains behind the show. "We have chosen paintings that are of unquestionable authenticity -- just those that have original certificates from the 16th century or are mentioned in books by historians of the time who knew him personally." The exhibition is the first since World War II that focuses exclusively on the Baroque master, rather than placing his paintings alongside those of artists who inspired him or followed in his footsteps. "The idea was to create a setting that echoed the artist's style, as if it had been organized by Caravaggio himself," Strinati said.

"Just as his painting is sober and basic, the exhibit is simple, providing only the most essential details of each work."

The exhibition is divided into three distinct periods from Caravaggio's life: his youth (1592-1599), the years spent in Rome (1600-1606), and finally his flight into exile (1607-1610), after he was sentenced to death for murder.

The early paintings are notably

EXHIBIT, **continued on page 7**

Photo by Reuters

A new Caravaggio exhibition has opened in Rome to mark the 400th anniversary of the Baroque master's death and to re-focus attention on his artistic prowess rather than his notoriously wild life.

Eno

Alphios

EXHIBIT, **continued from page 7**

softer and more serene than the grandiose works of the mature period, while the gloomy and dramatic works produced during his years on the run reflect his increasing preoccupation with death, said Strinati.

"The fact that he was persecuted by time, enemies and creditors has helped create the image of a damned artist that we all associate him with," Guerrino Mattei, Italian art historian and writer said. "In truth, he was simply a real painter."

It is the first time that several of the works have been put on display together, giving viewers the unusual opportunity to compare paintings such as "Basket of Fruit" from the Ambrosian Library in Milan with the 'twin' basket in "Boy with a Basket of Fruit," from the Borghese Gallery in Rome. The intricate depiction of texture, form and light captured in the worm- and insect-eaten fruit led to the artist's reputation as the father of Roman still-life painting.

Other "paired" works placed alongside each other include the "The Musicians," which depicts four youths making music together and "The Lute Player," featuring a lone, wistful-looking young boy with lute and violin. The works are in high demand during the year of the painter's anniversary. Several museums, including the Hermitage and the Uffizi Gallery in Florence, agreed to loan paintings on the condition that they are returned before the exhibition closes in June. "It's fantastic to see so many of my Caravaggio favorites collected together in one place," said 30 year-old Camilla Haukedah, an art critic from Norway. "The exhibition is everything I expected, though for me it's impossible to separate the artist's paintings from his life, I see him in every one of them."

The exhibition runs until 13 June and bookings can be made on the Scuderie website http://www.scuderiequirinale.it or by calling 06-39967500.

Do you have batteries that you do not know what to do with?

By Filippo Rosolia
Assistant HazWaste Manager

The Installation Environmental Office has a program to dispose of used batteries of any size. Used batteries are considered hazardous waste, and proper disposal is simple and helps protect the environment. Here is how it is done:

1. The first step is to protect the terminals with any kind of tape in order to prevent short circuiting during transportation. Tape and place in small plastic bag.

2. Take the batteries to the nearest Hazardous Waste Accumulation Point Coordinator (APC) in your area. If you do not know who that is, please call 624-2625 or 624-2463. The APC will collect and separate the various types of batteries in different drums. Once one or more drums are full, the APC will call to schedule an appointment to turn in the batteries.

3. If you need more info please call me at 624-2625, or email filippo.rosolia.it@eu.navy.mil.

News Briefs

Alcoholics Anonymous

Alcoholic Anonymous meeting will be held on Monday evenings from 5:30p.m. to 6:30 p.m. at the NASII Chapel.
If additional meetings are needed or for more information-

please call x3267.

Sigonella to celebrate 40th Earth Day anniversary

By Victor Gasso
Public Works Department

'Strengthening community relations through environmental awareness'

On Saturday, 24th April 2010, NASSIG will be sponsoring the 2010 Earth Day Celebration.

NASSIG with the Town of Motta Sant'Anastasia will be cleaning up the Strada Policara (Front Motta Road), between the town of Motta and SS 192. After the event, NASSIG will be hosting a BBQ for the Motta Community and Sigonella's volunteers at the NAS I soccer field. All the volunteers are to muster at the NAS I Bowling Alley parking lot, on Saturday morning at 9.00. All personnel are encouraged to join. For more information contact Mrs. Antonella Grillo at 624 6931 or Mr. Wayne Hagwood at 624 2463 or email at: antonella.grillo.it@eu.navy.mil or wayne.hagwood@eu.navy.mil.

Antica Badia

Dott. Sterla

Nova Auto

TLA

School News

Catania Elephants offer free youth clinic

Provided by MWR Sigonella

MWR once again partners with the Catania Elephants who play American Football in the Italian Football League. This year, the team has two American coaches and three American players who will share their expertise with the Sigonellan youth. Middle School ages have an opportunity to improve their technique and meet the American players on Tuesday, March 16, from 3 to 5 p.m. at the Land Annex on NAS I. Sign up prior to event Monday through Friday at Fit District. Call 624-4945 for details.

Participants from last year's clinic learned new drills, plays, and techniques from the American Pro's of the Catania Elephants.

Protestant Women of the Chapel

WE ARE WORKERS TOGETHER FOR CHRIST
PWC

ALL WOMEN WELCOME!
Women's Ministries
Tuesdays
9:15 a.m. - 11:30 a.m.
NAS I Chapel
Fellowship Hall
Childcare Provided
For more info.
www.pwocsig.com

A Stone's Throw

The Hub of the Med is also the Hub for travel

Catania's Markets - the sights, the sounds

Article and Photos by Lt j.g. Glen Sanders

An array of colors, scents and sounds greet you. The excited chatter of deal making resounds. These are the street markets of Catania, a feast for the senses. Every morning from Monday to Saturday the Pescheria, or fish market, comes alive in the shadows of Piazza Duomo. The market's center, just below the Fontana dell'Amenano, is full of the day's catch. An abundance of fish, from mussels to swordfish, is offered. The fish is only the beginning, as the market winds its way through serpentine streets to offer fruits, vegetables, nuts, poultry and meats. Piazza Carlo Alberto houses a larger market located between Via Umberto and Corso Sicilia, not far off Via Etnea. This market exudes produce. A wide variety of dry goods, clothing and small household wares, are also offered. The Carlo Alberto market is open mornings, Monday through Saturday.

Site: Five stars

The markets get 5 out of 5 stars for the experience, the sights and sounds of people and products all vying for attention. The experience of shopping in the open air is a chance to see culture in action. Come to the market not only to shop but to see the people of Catania. This is the everyday; this is where culture can be found in the busy, noisy bustle of the street.

Here are a few tips to keep in mind. If you plan on buying, wait until about an hour before the market closes. At this point vendors may start to drop prices to encourage sales. If you know enough Italian, haggle a bit for better prices. Mind your handbags and wallets as crowded markets are always susceptible to pick-pocketing.

Family Friendly: Four stars

One star was detracted because small children may tire of a busy market. If children are older, this likely won't prove an issue. When visiting the fish market, a family could find a break from the crowds at an Italian bar in or near Piazza Duomo.

Accessibility: Four stars

The markets get 4 out of 5 stars in this category. One star was detracted because driving and parking in Catania requires vigilance and patience in equal parts. Parking by the city's arches, which are near the port, will place you very close to Piazza Duomo and the Pescheria. Take Via Etnea to Via Pacini to find the market in Piazza Carlo Alberto.

Travel Time: Five stars

Catania rates 5 out of 5 stars because the travel time is only 20 minutes by car making the markets easy to reach.

The market is full of products; everything from fruits and vegetables to meats and cheeses.

Dott. Milici

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@eu.navy.mil

The Signature
Sigonella, Sicily
Days Inn

Vivid colors add to the market experience; freshness is the order of the day and quality products can be purchased at a good price.

Fish is not the only item to be found at the fish market. Varied food items line the streets that wind out from the market's center.

Moroboshi

The center of the fish market is full of activity; from this central point the market coils out along several steets in the shadow of Piazza Duomo.

Protestant Women of the Chapel

Protestant Women of the Chapel Summer Program
June 23-July 28
10 a.m. - 11:30 a.m.
NAS I Chapel
Childcare Provided to age 12!
www.pwocsig.com

Casa Brasil

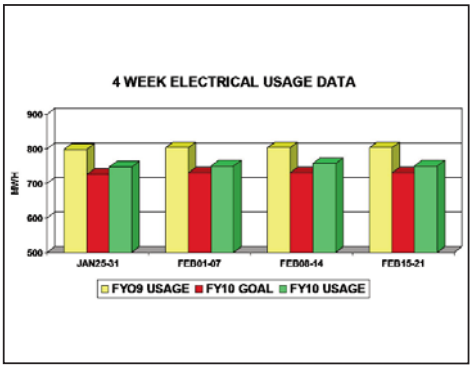
The Signature Sigonella, Sicily

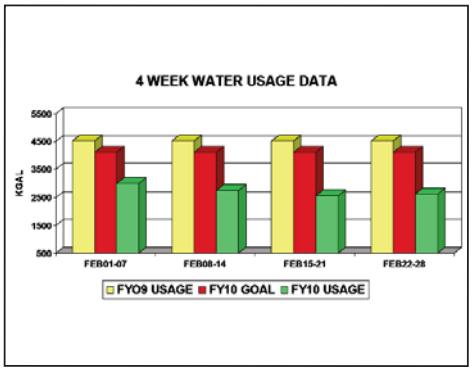
Do you have a passion for writing or are you looking for a little experience in journalism? The Signature is seeking volunteers to help cover base wide events as well as feature stories. If this sounds like an opportunity for you please call the Public Affairs Office at 624-5440.

Go Green Sigonella!

Water/Energy Consumption at NASSIG

The following graph charts the last four weeks of water/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.





Ristorante Bella Etna

5	**Breakfast:** Hot Oatmeal, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Cinnamon Rolls. **Lunch:** Cream of Potato Soup, Beef with Broccoli, Baked Fish, Tempura Fish, Tossed Green Rice, Seasoned Mix Vegetables, Summer Squash, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding. **Speed Line:** Grilled Hamburger/ Cheeseburger, French Fried Potatoes, Baked Beans, RIKPAK. **Dinner:** French Onion Soup, Oriental Pepper Steak, Grilled Chicken Breast, Steamed Rice, Spinach, Cauliflower Polonaise, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding, RIKPAK.
6	**Breakfast:** Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake. **Brunch:** Breakfast Items, Beef Barley Soup, Chicken Caesar Roll Up, Buttered Pasta, Brown Gravy, Sprouts Superba, Fried Cabbage w/ Bacon, Snickerdoodle Cookies, Apple Crisp. **Dinner:** Pepper Pot Soup, Baked Parmesan Fish, El Rancho Stew, Mediterranean Brown Rice, O'Brien Potatoes, Peas w/ Celery, Okra Melange, Snickerdoodle Cookies, Apple Crisp.
7	**Breakfast:** Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast Puff, Asstd Doughnuts, Italian Croissant. **Brunch:** Breakfast items, Chicken Gumbo Soup, Chili Macaroni, Stir Fry Vegetable, Lima Beans, Peach Cobbler, White Cake w/ Frosting. **Dinner:** Manhattan Clam Chowder Soup, Teriyaki Chicken, Ginger Pot Roast, Paprika Buttered Potatoes, Pork Fried Rice, Normandy Carrots, Cream Style Corn, Peach Cobbler, White Cake w/ Frosting.
8	**Breakfast:** Hot Grits, Minced Beef on Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Butterfly Rolls. **Lunch:** Creole Soup, Turkey Curry, Baked Fish Fillet, Steamed Rice, Savory Style Beans, Cauliflower, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin. **Speed line:** Assorted Pizza, RIKPAK. **Dinner:** Tomato Bouillon Soup, Baked Stuffed Pork Chops, Grilled Chicken Breast, Steamed Rice, Brown Gravy, Green Beans Nicoise, Carrot Slices, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin, RIKPAK.
9	**Breakfast:** Farina, Oven Fried Bacon, Baked Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Biscuits and Gravy, Asstd Doughnuts, Bran Muffins. **Lunch:** Spanish Soup, Beef and Fish Tacos, Burritos, Chicken Fajita, Mexican Rice, Refried Beans, Calico Corn, Herbed Broccoli, Jalapeno Cornbread, Raspberry Filled Cake, Pecan Pie. **Speed line:** Philly Cheese Steak Sandwich, Onion Rings, Macaroni and Cheese, RIKPAK. **Dinner:** Navy Bean Soup, Barbecued Beef Cubes, Roast Turkey, Steamed Rice, Mashed Potatoes, Chicken Gravy, Seasoned Asparagus, Honey Dijon Vegetables, Raspberry Filled Cake, Pecan Pie, RIKPAK.
10	**Breakfast:** Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Danish Diamonds. **Lunch:** Puree Mongole Soup, Fish Amandine, Country Fried Steak w/ Gravy, Potatoes Au Gratin, Steamed Rice, Collard Greens, Peas w/ Carrots, Strawberry Shortcake, Vanilla Cookies, Tapioca Pudding. **Speed line:** Grilled Hamburger/Cheeseburger, French Fries, Baked Beans, RIKPAK. **Dinner:** Beef Barley Soup, Chicken Roll, Meatballs, Steamed Rice, Savory Squash, Club Spinach, Vanilla Cookies, Strawberry Shortcake, Tapioca Pudding, RIKPAK.
11	**Breakfast:** Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Danish Diamonds. **Lunch:** Velvet Corn Soup, Tortellini, Baked Chicken, Oriental Rice, Oven Browned Potatoes, Steamed Cabbage, Cauliflower AuGratin, Easy Chocolate Cake, Crisp Drop Cookies. **Speed line:** Assorted Pizza, RIKPAK. **Dinner:** Cream of Asparagus Soup, Chicken Tetrazzini, Baked Italian Sausage, Ratatouille Eggplant, Lyonnaise Rice, Mustard Greens, Easy Chocolate, Crisp Drop Cookies, RIKPAK.
12	**Breakfast:** Rolled Oats, Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Apple Fritters. **Lunch:** New England Clam Chowder, Lemon Pepper Catfish, Grilled Pork Chops, Steamed Rice, Garlic Roasted Potatoes, Asparagus, Creole Green Beans, Sugar Cookies, Cheese Cake, Vanilla Cream Pudding. **Speed line:** Grilled Hamburger/Cheeseburger, French Fries, Baked Beans, RIKPAK. **Dinner:** Vegetable Supreme Soup, Baked Fish, Teriyaki Chicken Breast, Oven Browned Potatoes, Spinach, Stir Fry Vegetables, Sugar Cookies, Cheesecake, Vanilla Cream Pudding, RIKPAK.

Geico

On the Go with MWR

MWR March Fitness Schedule

MARCH FITNESS SCHEDULE

Fit District

	Monday	Tuesday	Wednesday	Thursday	Friday
6 – 7 am		Spin w/ Jill		Spin w/ Angelica	
8:30 – 9:30 am	Kickboxing w/ Jill B	Spin w/ Jill	Kickboxing w/ Jill B	Spin w/ Jill	Yoga w/ Danielle
9:30 – 10 am		Core & More w/ Jill		Core & More w/ Jill	
9:30 – 10:30 am	Pilates w/ Danielle		Pilates w/ Danielle		
4:30 – 5:30 pm	Spin w/ Lisa	Pilates w/ Danielle	Spin w/ Lisa	Pilates w/ Danielle	
5:15 – 6:15 pm		Spin w/ Lisa		Spin w/ Lisa	
5:30 – 6:30 pm	Yoga w/ Luisa	20/20/20 w/ Angelica	Yoga w/ Luisa	Zumba w/ Angelica	

Flight Line Fitness Center

	Monday	Tuesday	Wednesday	Thursday
5:15 – 6:15 pm	Pump It Up w/ Angelica		Pump It Up w/ Angelica	

Mineo Community Center

	Monday	Tuesday	Wednesday	Thursday
8:30 am – 9:30 am	Pump it Up w/ Michelle	Step w/ Michelle	Pump it Up w/ Michelle	Step w/ Michelle
5:30 – 6:30		Triple Shot w/ Melinda		Triple Shot w/ Melinda

Maranai Community Center

	Monday	Tuesday	Wednesday	Thursday
5 – 6 pm		Yoga w/ Luisa		Yoga w/ Luisa

Midtown Movie Theaters
Schedule & Descriptions

Friday, March 5
5:00pm Leap Year PG
5:30pm Valentine's Day PG-13
7:30pm Daybreakers R
8:00pm Youth in Revolt R

Saturday, March 6
2:00pm Alvin and the Chipmunks PG
2:30pm Percy Jackson & the Olympians PG
5:00pm The Lovely Bones PG-13
5:30pm Daybreakers R
7:30pm Up in the Air R
8:00pm The Wolfman R

Sunday, March 7
2:00pm Sherlock Holmes PG-13
2:30pm The Lovely Bones PG-13
5:00pm Nine PG-13
5:30pm It's Complicated R
7:30pm Precious R

Tuesday, March 9
5:00pm Valentine's Day PG-13
7:30pm Daybreakers R
8:00pm Youth in Revolt R

Wednesday, March 10
5:00pm The Lovely Bones PG-13
5:30pm Invictus PG-13
7:30pm The Wolfman R
8:00pm Up in the Air R

Thursday, March 11
5:00pm Percy Jackson & the Olympians PG
5:30pm Alvin and the Chipmunks PG
7:30pm Valentine's Day PG-13
8:00pm It's Complicated R

Friday, March 12
5:00pm Leap Year PG
5:30pm The Spy Next Door PG
7:30pm Legion R
8:00pm The Book of Eli R

Movie Hotline: 624-4248

THE LOVELY BONES
Rachel Weisz, Mark Wahlberg, Susan Sarandon, Stanley Tucci
Susie Salmon, a young girl who has been murdered watches over her family and her killer from heaven. She must weigh her desire for vengeance against her desire for her family to heal. (135 min.)

ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL
Jason Lee, Zachery Levi, Anjelah Johnson, Wendi Malick
Get ready for the world's first Squeakquel in which superstar Munks Alvin, Simon and Theodore finally meet their match in a newly arrived female trio the Chipettes. (89 min.)

VALENTINE'S DAY
Jessica Alba, Kathy Bates, Jessica Biel, Bradley Cooper
A diverse group of Los Angelenos navigate their way through romance and heartbreak over the course of one Valentine's Day. Couples experience the pinnacles and pitfalls of finding, keeping, or ending relationships in a day in the life of love. (117 min.)

LEAP YEAR
Amy Adams, Matthew Goode, Adam Scott, John Lithgow
Following an Irish tradition in which a man must say yes if proposed to on a leap day, a woman travels to Dublin to propose to her boyfriend. (100 min.)

UP IN THE AIR
George Clooney, Vera Farmiga, Jason Bateman, Danny McBride
Ryan Bingham is a corporate downsizing expert whose cherished life on the road is threatened just as he is on the cusp of reaching ten million frequent flyer miles and just after he's met the frequent traveler woman of his dreams. (109 min.)

NINE
Daniel Day-Lewis, Penelope Cruz, Marion Cotillard, Nicole Kidman
Film director Guido Contini reaches a creative and personal crisis of epic proportion while balancing the numerous women in his life. (110 min.)

YOUTH IN REVOLT
Michael Cera, Portia Doubleday, Jean Smart, Zach Galifianakis
The journal of Nick Twisp, an 18 year old high school student who goes on a quest to lose his virginity after his parents break up. (90 min.)

THE BOOK OF ELI
Denzel Washington, Gary Oldman, Mila Kunis, Ray Stevenson
A lone hero must fight his way across the wasteland of post-apocalyptic America to protect a sacred book that holds the key to saving the future of humanity. (118 min.)

PERCY JACKSON & THE OLYMPIANS
Logan Lerman, Uma Thurman, Pierce Brosnan
In a modern world where twelve gods of Mount Olympus are alive, Percy Jackson, the son of Poseidon, is suspected by Zeus of stealing his lightning bolt, the universe's most powerful weapon. Percy must prove his innocence, save his mother, and avoid a devastating war among the gods. (120 min.)

For more information on MWR's programs and services, call 624-3968.

Sell old treasures or find new ones

It's that time again: spring cleaning! Bring your cleared-out items to the Community Flea Market. Bring your oldies, goodies, and crafts. Whether selling treasures or looking for some gems, this event is sure to please. There is a fee to reserve a spot that includes a table and two chairs. Register at Fit District front desk Monday through Friday from 8 am - 4:30 pm. Registration deadline is Thursday, March 25. For more info call 624-4941.

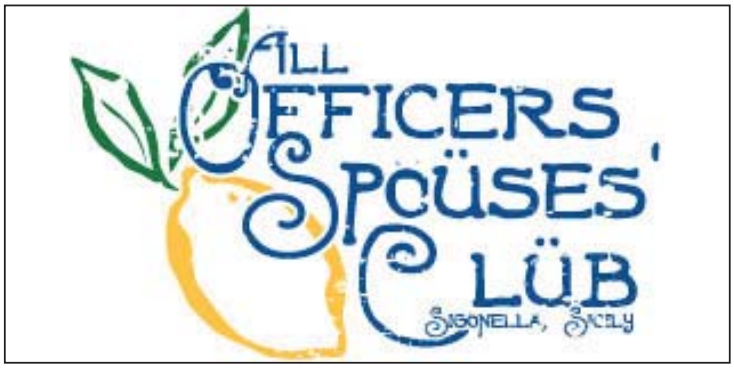
Friday night dinners are back

Every Friday, the Liberty program explores new places to dine out on the town. The only cost is the meal. Shuttle leaves at 7 p.m. from Take 5 Recreation Center on NAS II.

The Liberty program gives single, enlisted military priority reservations. Other authorized patrons welcome if space is available. For more information or to reserve your spot today, call Take 5 at 624-5602 or Connections at 624-4264.

Mad Monkeyfoot at Jox

Stop by Jox Pub Friday, March 5, for the premiere show of new local cover band Mad Monkey foot. Show begins at 9:30 p.m. For more info call 624-5603.



Sigonella All Officer's Spouse's Club would like to support the wonderful organizations that contribute to our community. AOSC is now accepting written requests for funds from any NASSIG sanctioned group or DODDS organization. Written requests outlining the need for funds must be received no later than March 31st, 2010. The requests will then be reviewed by the AOSC Board and funds will be earmarked by April 15th, 2010.

Please send requests to:

Sigonella All Officer's Spouse's Club PSC 812 Box AOSC FPO, AE 09627 If you have any questions or if you would like more information, please contact AOSC at the following email address: aoscsigonella@ yahoo.com

***HOSPITAL,* continued from page 1**

has enjoyed a fair amount of success in the time that I was blessed to be here," said Bloom. "I like to think the hospital was at least a part of that. We were a part of it in and because we were working with the rest of the people on the base that we served. It's been my privilege to be here."

The traditional reading of the orders followed and Bloom officially relinquished the command to Feller.

"I am thrilled to be here standing before you as Commanding Officer," said Feller. "Commanding Officer is the pinnacle of a naval officer's career. To me, that means I have an opportunity to shape the mission, to affect the lives and careers of the Sailors here at Naval Hospital Sigonella. I am ultimately accountable and responsible for the command and consider it an honor and privilege to lead you. I believe in what we do I will lead by example and do my best."

The ceremony concluded with a reception and lunch for all guests.

***CHANGES,* continued from page 1**

informed throughout this process."

Many strategies will be used to realign staff structure to meet the goals of this action. They include, but are not limited to, retirement for those who are eligible, placement into other job vacancies where skills permit, separation incentives if approved, and re-training, where possible. Some employees will likely face involuntary separation during this process.

Most of the affected positions are part of the Public Works department or Fleet & Family Support programs.

The Italian government and union organizations received notification of the planned actions today.

"Over the past five years, our organization has become smaller and more efficient but our personnel structure has not," said Mercer. "These difficult actions must occur to meet the long-term needs of the U.S. Navy in Italy."

Since 2005, the U.S. Navy has reduced its number of bases in Europe. Many of the activities performed at these bases no longer require the same number of employees. The need for some positions has also decreased as technological advances have been adopted.

The U.S. Navy Human Resources staff will support all affected employees during the realignment. All applicable laws and regulatory policies, as well as the conditions of employment, will be followed throughout the realignment process.

"Fair treatment of our employees is always our focus," said Commander Chris Harris, director of Manpower for Navy Region Europe, Africa, Southwest Asia. "We are working diligently to minimize the impact of personnel actions on our employees and their families."

The realignment process is likely to be ongoing through 2010.

Commander, Navy Region Europe, Africa, Southwest Asia is headquartered in Naples. For more information about Navy Region Europe, Africa, Southwest Asia, visit http://www.cnic.navy.mil/europe.

***HANDS,* continued from page 2**

7. Rinse hands with water.
8. Dry hands thoroughly with a single use towel.
9. Use towel to turn off faucet.
10. Your hands are now safe.

When should you wash your hands?

•After using the toilet
•After coughing, sneezing, using a handkerchief or disposable tissue, using tobacco, eating or drinking
•After food preparation, as often as necessary to remove soil and contamination and to prevent cross-contamination when changing tasks
•After switching between working with raw food and working with ready-to-eat food
•After touching another person, whether the person is a baby, child, teenager, adult or elderly.

For more information on hand hygiene please go to the Centers for Disease Control and Prevention website.

***BUOYANCY,* continued from page 2**

"Any object, wholly or partially immersed in a fluid, is buoyed up by a force equal to the weight of the fluid displaced by the object." Consider this quotation taken from the PADI Open Water Manual, "If an object floats, we call it positively buoyant; if it sinks, we call it negatively buoyant; and if it neither floats nor sinks, neutrally buoyant." Again, neutral buoyancy takes skill and experience. I remember during my first two dives getting frustrated at my clumsy movements, and struggle to achieve neutral buoyancy…I hit the bottom like a rock (not good for sea life). I also remember watching more advanced divers swimming effortlessly through the water. I thought to myself, "How do they make it look so easy?" This quote was also taken from the manual, "As a diver, it's important to learn to control your buoyancy at the surface and underwater because it lets you control where you are in the water." I wanted to enjoy this new recreation, but I needed to learn how to control myself underwater. Maybe you feel like your life is getting pulled in many different directions by external forces. Is your life filled with a lot of activities which are largely unfulfilling? Spend some time engaging in meaningful activities that nourish your life. What is your plan to grow while you're in Sicily? I'm not sure why I waited so long to get my scuba certification. If you're interested don't wait any longer, contact Sylvie at the dive shop. Maybe you want to take up snowboarding or some other sport. This is a great place to travel. A balanced life means you try new things and grow. Spend quality time with friends and family. If you have a family, build lasting memories with them. Of course, I'm a chaplain; I believe the most important area for growth is your faith. All of this adds up to a well-balanced life. A well balanced life takes effort and focus. The goal is clear. Let's strive to have balanced lives.

Agip
Oxidiana
New Place
Agip

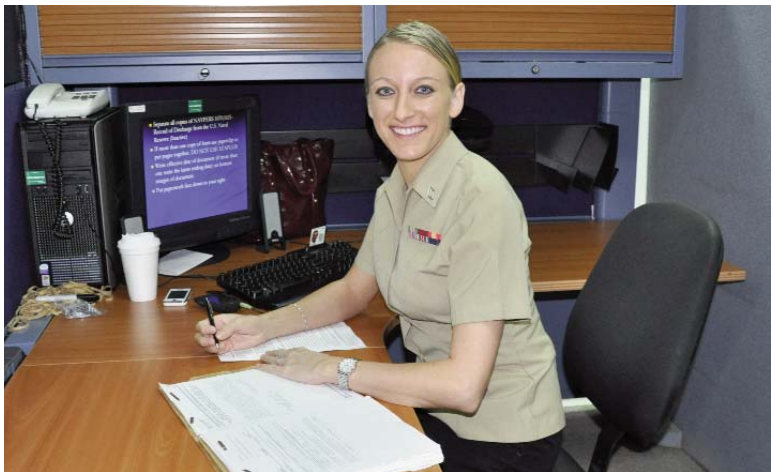
PSD Sigonella closing out service records

By PSC Jesus Chavez
PSD Sigonella

Recently, PSD Sigonella commenced the monumental task of closing out the Enlisted Field Service Record (EFSR). As announced in NAVADMIN 040/10, the closeout is expected to be completed Navy-wide by September 30th, 2010. This is one of many steps the Bureau of Naval Personnel (NPC) is taking towards realizing a "paperless" Navy. In the last few years, more and more pay and personnel functions have been migrated to an Electronic Format. For instance, in 2006 the Navy announced the exclusive use of the Electronic Service Record (ESR) for qualifications and awards. This marked a turning point where all entries previously recorded in the EFSR were now required to be entered electronically. Additionally, it introduced the "self-service ESR" which enables individual Sailors to manage their personnel records online.

Another such change was announced in early 2009 when the Web-enabled Record Review (WERR) system was introduced. This system took the place of the microfiche/CD format of obtaining an Enlisted Sailor's Official Military Personnel File (OMPF). Now Sailors can login to their Bupers On Line (BOL) account and are able to view their record without having to wait for their CD to arrive. As a result of these radical changes, PSD is now in the process of scanning and submitting the documents from Sailors' current enlistment to the OMPF so that Sailors can view the most current information online. Once the EFSR's are closed out, paper records will no longer be maintained by PSD's and service record information will only be available through the ESR or the WERR.

PSD Sigonella is currently in the process of sending in the EFSR's via the e-submission system. Once this action is complete and BUPERS confirms that they have updated the WERR, PSD will ensure that Sailors are given back their service records in accordance with NPC's disposition plan. As always, PSD is taking a proactive role in ensuring that the Sigonella community is taken care of. Please contact PSD Sigonella at 624-5656/6132 if you have any other questions or refer to NAVADMIN 040/10 posted on the BUPERS NPC website.



PSSN Jill Schultz closing out an enlisted field service record

Magnolia

Medusa

Pet Grooming

Sig Inn

***NEY,* continued from page 1**

hard work, because of things like the communication and barrier. So, we've had to train them and convince them that this is the way you have to do it if you want to win."

Now, Lucero feels that the local national employees have become the backbone of what makes the galley the awarding mess that it is.

"They listened, they followed and that's why they deserve this too," said Lucero. "They deserve everything. We were just their guides. We've made them a winning team. Whereas before it was just a job. Now it's more about pride and professionalism. That's what we've instilled in them."

Along with instilling a team attitude, the staff have changed the menu, installed wood cabinets, upgraded the bathrooms, installed more lighting, added decorative ceramics and table settings, and upgraded all the tables and seating to nicer wooden ones.

"What we have instilled in them, is that this is a restaurant. Treat it like a first class restaurant. Don't think of it anymore as just a galley."

The staff of Ristorante Bella Etna is not resting on their laurels as there are already plans to install more granite counter tops, add more lighting in certain areas and improve the menu however possible, said Lucero.

So far, the feedback and accolades that the galley has received has been nothing but positive, Lucero said. Like the feedback he received from a group of Marines traveling through Sigonella two weeks ago.

" To them a galley was just a place to eat," said Lucero. "So, I walked inside and showed them where to get their food and then I came back asked them how it was. They said, 'Senior Chief, we would have never thought this was a galley. We were lost and thought this was a high class restaurant.'"

Lucero and his staff feel a great sense of pride in winning the Ney award, but at the end of the day they are there to give Sigonella service members good food and great service and that's what they enjoy the most.

Il Mercato

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