

THE Signature

SIGONELLA, SICILY



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APRIL 3, 2009

Sigonella comes out for Opportunity Day

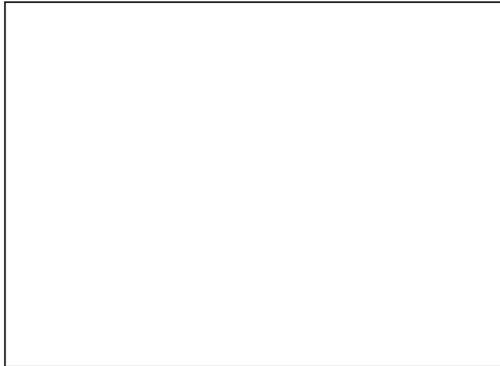


Photo by MC1 Chris Delano, *The Signature* Staff

Child Development Center (CDC) Director, Nicole Knight explains the benefits of working at the CDC to two prospective employees. Knight was at the NASSIG Opportunity Day, held on March 27 at the Midtown Complex.

Heritage Committee celebrates Women's History Month



NAS Sigonella NCTS Commanding Officer, Cmdr. Kathy Creighton, Dr. Marlene Casel, NAS Sigonella Fleet & Family Support Center Director, and NAS Sigonella Command Master Chief Rosa Wilson, cut the cake to celebrate Women's History Month on Thursday, March 26.

Article and photo by Tracie Barnthouse, *The Signature* Editor

National Women's Day was first observed in the United States on Feb. 28, 1909. International Women's Day is now held on March 8 and is a time to reflect upon the accomplishments that women have made over the years, and to call on leaders to change

legislation to garner more women's rights. It's also a time to celebrate women and their acts of courage in the face of discrimination and those who seek to improve women's rights. In 1987, Congress decreed that the month of March would be Women's History Month. In order to celebrate

WOMEN, continued on page 13

Sailors, Marines work together to bring books to Djiboutian schools

Article by MC3 Jonathan Idle, *The Signature* Staff

CAMP LEMONIER, Djibouti – Approximately 15,000 educational books were unloaded off the Military Sealift Command (MSC) vessel USNS Big Horn (T-AO 198) Mar. 21 in the port of Djibouti near Camp Lemonier.

The books arrived in Djibouti thanks to a cooperative effort put forth by Sailors and Marines working in conjunction with non-profit organizations to foster good community relations and bring educational material to a developing country.

The crates have been sorted at Camp Lemonier, Djibouti and will be distributed to five different schools across the country by the Marines of the 9th Provisional Security Force (9th PSF), a reserve unit out of St. Paul, Minn.

The project began when Marine Lt. Col. Lawrence White, Commanding Officer of the 9th PSF, contacted Patrick Plonski, the Executive Director for Books for Africa (BFA), a non-profit organization in St. Paul.

DJIBOUTI, continued on page 13



Photo by MC3 Jonathan Idle, *The Signature* Staff

Local Djiboutian students from the Chabellier School read newly donated educational books Mar. 24 in Chabellier, Djibouti. The Marine 9th Provisional Security Force, stationed in St. Paul, Minn., delivered 1,050 educational books and 11 new bookcases to the school. Chabellier is the first of five towns across Djibouti that will receive shipments of educational books that were sent here by the Books for Africa program in St. Paul, Minn. Camp Lemonier, located in the Horn of Africa, is the only U.S. military infrastructure located in Africa. The camp supports more than 23 tenant commands and activities which support Commander, Combined Joint Task Force – Horn of Africa (CJTF-HOA), under Africa Command (AFRICOM).

EODMU-8 concludes participation in Loyal Mariner 09 exercise

Article by MC2 Jason Poplin
Navy Public Affairs Support Element-East Detachment Sigonella

Seven members of Explosive Ordnance Disposal Mobile Unit 8 (EODMU8) Platoon 801 concluded a three-week deployment in support of NATO's Loyal Mariner 09 exercise.

The exercise, whose overall focus was on the interoperability of various Navies from multiple NATO nations, specifically conducted operations within the mine counter-measures (MCM) field, Amphibious and Electronic Warfare Operations (AO/EW), as well as Maritime Interception and Non-Combatant Evacuation Operations (MIO/NEO).

EODMU8 Platoon 801 deployed aboard the FGS Bad Bevensen as it conducted exercise operations off the coast of Sardinia,

EOD, continued on page 13



U.S. Navy Photo

EODMU8 Platoon 801 stand aboard the German vessel FGS Bad Bevensen during NATO's Loyal Mariner 09 exercise.

WEATHER UPDATE

April 3
H:66F
L:56F



April 4
H:67F
L:51F



April 5
H:69F
L:54F



April 6
H:68F
L:48F



April 7
H:65F
L:48F



April 8
H:66F
L:49F



April 9
H:71F
L:47F



TOP STORIES

Approximately every two minutes someone in the United States becomes the victim of a sexual assault. According to the Rape, Abuse, & Incest National Network, 1 in 6 American Women will become the victim of an attempted or completed sexual assault.

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USS Chinook (PC 9) departed Umm Qasr, Iraq, March 25, marking the first overnight port visit to Iraq by a U.S. ship.

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Sigonella residents are far from home and far from the support of family who often provide aid when families are in stress. It is during these times that child abuse is more likely to occur. Navy statistics are showing that child abuse is on the rise for deployed families where the service member is out of the home.

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The Caltanissetta "Settimana Santa" or Holy Week in Caltanissetta is a unique display of folklore and religious devotion. This tradition is handed from father to son. On Palm Sunday, (April 5), the "U Siguri 'na la varca" (the lord on the boat) procession will begin in piazza Garibaldi at 6 p.m.

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You shouldn't let time go by during your tour here in Sigonella without taking a side trip up north to Rome, the capital of Italy. The great thing about Rome is; there's enough stuff to see and do that you can spend a whole week there, but you can also go all out over a long weekend and see just as much.

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TRAFFIC NUMBERS

	Jan. 09- Apr. 09	Jan. 08- Apr. 08
Accidents	61	84
Injuries	7	12
DUIs	0	5
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

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DIRECT LINE NASSIG COMMAND MASTER CHIEF ROSA WILSON

April 1st marked the 116th birthday of the U.S. Navy Chief Petty Officer. On this day, Chiefs past and present, around the world will all reflect on the traditions and history that go into being a Chief and the aspects of leadership that make us unique. One aspect of that has always stood out to me is the fact that there was no "first chief" because in 1885 nearly all ratings carried as Petty Officers First Class were automatically shifted to the Chief Petty Officer level. This set the standard of all Chiefs being on equal footing and in a horizontal organization.

116 years ago the Navy recognized a need for a class of Sailors who could lead from the deck plates, developing junior Sailors and supporting the mission. Former MCPON Joe

Campa, reinforced this unique aspect of the Chief and directed that we return to our roots and focus on deck plate leadership. I believe that this is one of the cornerstones to being a Chief; being able to shape the lives and careers of our junior sailors, and making sure that our Navy is in good hands in the future.

Today the NAS Sigonella Chiefs are formally celebrating the 116th birthday with a series of events on NAS I. All hands are invited to attend and the events which kick off at 7:50 a.m. with the flag ceremony at the NAS I Flag pole followed by a 9 a.m. CPO history presentation in the theater, a 10:30 a.m. formation run and ending with a 11:30 a.m. BBQ at the Midtown plaza.

I highly recommend that everyone, no mat-

ter if you are an officer or enlisted, very senior or extremely junior, come out and join the NAS Sigonella Chiefs as we commemorate our 116 years of service as a CPO. This might be an opportunity for some to learn new things and for others to reflect on what they already knew, but for all it is a chance to acknowledge a historic milestone in our Navy's history.



Health WATCH

Sexual Assault reporting, prevention

Article by Lt. Emily Bukauskas, NC, USN

Approximately every two minutes, someone in the United States becomes the victim of a sexual assault. According to the Rape, Abuse, & Incest National Network, one in six American women will become the victim of an attempted or completed sexual assault. The statistics for the male population are lower at one out of every 33, but certainly not non-existent.

While the Sigonella community is somewhat "protected" against these statistics given the nature of our location, we are certainly not immune. In 2008, there were nine reported cases of sexual assault here in Sigonella. While these statistics do not appear to be alarming, one must keep in mind that more cases of sexual assault go unreported. Regardless, any assault is one too many, especially in a small community.

Many active duty sailors have been exposed to the mandatory annu-

al sexual assault training via GMT's and Navy Knowledge Online. Despite the efforts to inform, there is still lingering confusion over the different reporting options the Navy offers: Restricted reporting vs. Unrestricted reporting.

So just what is the difference anyway and why are there two options? Because sexual assault is so often underreported, victims do not get the assistance needed for recovery from such a traumatic event. The DOD implemented an alternate reporting option with the hopes that more victims would come forward to obtain the necessary assistance. Restricted reporting is available to any active duty member.

If a member elects unrestricted reporting, NCIS, security, and the chain of command are notified. The member is offered victim advocacy resources, medical care, sexual assault forensic exam, and other services. This option also brings with it

ASSAULT, continued on page 12

NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

ROMAN CATHOLIC

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

Monday - Wednesday, Friday

1130 Catholic Mass (NAS II Chapel)

PROTESTANT

Sunday
0900 General Protestant (Mineo Community Center)
1000 Traditional Protestant (NAS I Chapel)
1130 Contemporary Protestant (NAS I Chapel)

Wednesday (NAS I 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)

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Latter-day Saints: Please email ldssig@gmail.com or call 624-1314 or 349-1977-116

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



Mind, body and spirit

Article by Chaplain Al Concha

Mind, body and spirit are three essential components of a human being. We must take care of them if we wish to have a well balanced and successful life. Continuous learning enriches our minds. Simply, we cannot stop learning in our life time. Our body also requires balanced nutrition and regular fitness. What do we do with our spirit? How do we take care of it? We need time to look to our Creator, the source of everything we are, and to ask for nourishment for our

souls.

There is a story of a churchgoer who wrote a letter to the editor of a newspaper and complained "It made no sense to go to church every Sunday" he said. "I've gone for 30 years now," he added, "and in that time I have heard something like 2,500 sermons. But for the

life of me, I can't remember a single one of them...So, I think I'm wasting my time and the chaplains and pastors are wasting theirs by giving sermons at all".

This started a real controversy in the "letter to the editor" column, much to the delight of the editor. It went on for weeks until someone wrote this note back and said "I've been married for 30 years now. In that time my wife has cooked some 32,000 meals. But for the life of me, I cannot recall the entire menu for a single one of those meals." But I know this...They all nourished me and gave me the strength I needed to do my work. If my wife had not given

CHAPLAIN, continued on page 12

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Dott. Alberto Lunetta

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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

PHOTO FROM THE FLEET

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



U.S. Navy photo by MCSN Adam K. Thomas

Civilian technician Sean Glase uses a hand-held remote control to lower the new 9D6 underwater egress trainer during a test at Aviation Survival Training Center Jacksonville.

USS Chinook makes first overnight U.S. ship visit to Iraq

Article by Lt. Nathan Christensen, U.S. Naval Forces Central Command Public Affairs
UMM QASR, Iraq (NNS) -- USS Chinook (PC 9) departed Umm Qasr, Iraq, March 25, marking the first overnight port visit to Iraq by a U.S. ship.

"The U.S. Navy has operated in the region for more than 60 years, and Chinook's visit marks the first time a U.S. ship has remained overnight in Iraq; that's extremely significant," said Rear Adm. T.C. Cropper, deputy commander, U.S. Naval Forces Central Command (NAVCENT).

"Chinook's visit exemplifies the great confidence we have in our Iraqi partners and reflects the excellent improvements in security that they have achieved. It also demonstrates our commitment and partnership with the Government of Iraq, its people and the Iraqi Navy."

While in port, the ship's crewmembers were able to participate in friendship-building activities with several senior Iraqi officers as well as conduct a logistics' replenishment, where the ship took on fuel and other various supplies.

"This is an important day for us and for Iraq," said Lt. Allen Maxwell, Chinook's commanding officer.

"Our visit gave us a chance to interact with senior Iraqi Navy leadership and further enhance cooperation with the Iraqi Navy and Marines. Today was an extraordinary opportunity,

and I am proud to have made a positive difference in Iraq's future."

USCGC Aquidneck (WPB 1309)'s daylight-only port visit to Umm Qasr Dec. 15, 2008, marked the last visit by a U.S. ship to the Iraqi port. Cropper was pier-side for Chinook's arrival to Umm Qasr and said he hopes more coalition ships will visit the Iraqi port in the months and years to come.

"Visits like this are important because they help reinforce the strong ties that already exist between our two navies," said Cmdr. Thomas Cawley, NAVCENT's country engagement officer to Iraq.

Coalition maritime forces in the North Arabian Gulf maintain a naval and air presence to safeguard the region's vital links to the global economy. These key maritime infrastructure nodes are the foundation for the region's economic growth, stability and prosperity as well as significantly impact the global economy.

"Our forces are here to foster security and cooperation in the region and conduct operations that contribute to peace and stability," said Cropper. "U.S. and coalition forces provide the assurance of security and stability that enables the economic development and growing prosperity throughout this region."

For more news from Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet, visit www.navy.mil/local/cusnc/.



U.S. Navy photo by Lt. Owen Morrissey

Senior Iraqi officers greet Lt. Allen Maxwell, commanding officer of the coastal patrol craft USS Chinook (PC 9), during a port visit by Chinook to Umm Qasr, Iraq. Chinook departed Umm Qasr March 25, marking the first overnight port visit to Iraq by a U.S. Navy ship. While in port Chinook took on fuel and other supplies and crewmembers participated in friendship-building activities with several senior Iraqi officers. A port visit by the U.S. Coast Guard Cutter Aquidneck (WPB 1309) to Umm Qasr on Dec. 15, 2008 was the last visit by a U.S. ship to the Iraqi port.

Torva Monika
to

Volcano

				FRIDAY	SATURDAY	SUNDAY
				3 APRIL Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Military Sports Bike Training Bldg. 407 8 a.m. - 4 p.m. x2301	4 NMCRS Nearly New Shop Open 10 a.m. - 1 p.m. x4212 Shelter Operations Workshop Red Cross 9 a.m. - 12 p.m. x4900	5
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
6 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Stress Management FFSC 9 a.m. - 11 a.m. x4291	7 Retirement Planning CSB/Redux FFSC 1 p.m. - 3 p.m. x4291 Healthy Pregnancy Day 1 Red Cross 4:30 p.m. - 7 p.m. x4900 Motorcycle Basic Rider Course Bld. 407 8 a.m. - 4 p.m.	8 Motta Castle Tour FFSC 10 a.m. - 12:30 p.m. x4291 Budget for Baby NMCRS 5 p.m. x4212 Motorcycle Basic Rider Course Bldg. 407 8 a.m. - 4 p.m.	9 Ombudsman Assembly FFSC 9 a.m. - 11 a.m. x4291 10 Steps to a Federal Job FFSC 12 p.m. - 4 p.m. x4291	10 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Conflict Resolution FFSC 1 p.m. - 2:30 p.m. x4291 Motorcycle Experienced Rider Course Bldg. 407 8 a.m. - 4 p.m. x2301	11	12 Easter Sunday
13 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 AAA Dip Bldg. 407 8 a.m. - 4 p.m. Italian Holiday Easter Monday	14 Marriage & Money FFSC 10 a.m. - 11 a.m. x4291 Healthy Pregnancy Day 2 Red Cross 4:30 p.m. - 7 p.m. x4900 Volunteer Orientation NMCRS 10 a.m. x4212	15 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291 Child & Infant CPR Red Cross 10 a.m. - 12 p.m. x4900	16 Anger Management FFSC 1 p.m. - 3 p.m. x4291 CPR re-cert Red Cross 10 a.m. - 12 p.m. x4900	17 FFSC Volunteer Open House FFSC 3 p.m. - 4 p.m. x4291 SAVI Walk FFSC 4 p.m. x4291	18 NMCRS Nearly New Shop Open 10 a.m. - 1 p.m. x4212	19

Motta

Days Inn

Rigattiere

Magnolia

Did you know that . . .

Visiting Nurses working for the Navy-Marine Corps Relief Society will make home, hospital, or clinic visits? They provide health education and instruction while acting as a liaison with other resources. During 2008, the Society's Visiting Nurses made nearly 44,000 patient contacts, offering emotional support in times of stress; assisting patients' understanding of medication, diet, and follow-up care; and providing continuity between patient, doctor and community resources. Ask about feeding newborns, postpartum care and parenting skills. For more information, contact your nearest Navy-Marine Corps Relief Office. NMCRS: Service with a Smile!
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

April is Child Abuse Awareness month

Article courtesy of
preventchildabuse.org

Signonella residents are far from home and far from the support of family who often provide aid when families are in stress. It is during these times that child abuse is more likely to occur. Navy statistics are showing that child abuse is on the rise for deployed families where the service member is out of the home. You can keep fellow neighbors, coworkers and friends in mind during these deployments and offer support in many ways. The following is published thanks to "preventchildabuse.org".

Ten Ways to Help Prevent Child Abuse

- Be a nurturing parent.
- Children need to know that they are special, loved and capable of following their dreams.
- Help a friend, neighbor or

relative.

-Being a parent isn't easy. Offer a helping hand take care of the children, so the parent(s) can rest or spend time together.

-Help yourself.

When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don't take it out on your kid.

-If your baby cries...

It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.

-Get involved.

Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.

-Help to develop parenting resources at your local library.

-Promote programs in school.

-Teaching children, parents and teachers prevention strategies can help to keep children safe.

-Monitor your child's television and video viewing.

Watching violent films and TV programs can harm young children.

-Volunteer at a local child abuse prevention program.

For information about volunteer opportunities, call 1.800.CHILDREN.

-Report suspected abuse or neglect.

If you have reason to believe a child has been or may be harmed, call your local department of children and family services or your local police department

Strike

M o n d o Animale

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.

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



General is one of our newest dogs. He is one and a half years old and he is quite the mellow character. He likes to be outdoors socializing with dogs and people. General is also the quintessential lap dog.



Lance (left), Crista (center), and Rocket (right) are the newest siblings at the facility. They are eleven month old puppies and they are social dogs who like to play around. They would be the perfect addition to any family that had the time to teach a puppy what it means to have a family.

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

Easter Week to be celebrated in Caltanissetta

The Caltanissetta "Settimana Santa" or Holy Week in Caltanissetta is a unique display of folklore and religious devotion. This tradition is handed from father to son. On Palm Sunday, (April 5), the "U Siguri 'na la varca" (the lord on the boat) procession will begin in piazza Garibaldi at 6 p.m. On Wednesday, April 8 the Real Maestranza brotherhood, which has been around since 1806 when it offered a spectacular parade to King Ferdinand IV, will officially start this year's Easter Week celebrations. The "Captain" of this ancient religious club will wear a black period costume just like all the other members of the brotherhood. He will lead the parade, which will begin at 10:30 a.m. in the historic center, by holding a crucifix veiled in black. The tone of this parade is mournful as it recalls the Passion of Jesus. Later, after a stop

for prayer at the Cathedral, the parade will begin again, but this time, it will be replaced by a gleeful celebration.

All the members of the Real Maestranza will change clothes switching from black to white while the city bands will perform joyful marches. In the evening, the traditional "Varicedde" procession will start at 8 p.m. "Varicedde" are groups of small papier-mâché statues depicting the Passion of Christ, which date back to the 18th century. A similar vibrant procession featuring bigger statues called "Vare," depicting the same religious subjects and starting at the same time, will mark the second day (Thursday, April 9) of the Easter Week. Believers carry those replicas depicting the Passion of Christ while chanting "lauda."

Friday, April 10, it's penitence time. The mournful Good Friday

"Procession of the Black Christ" will feature devotees dressed in black, clergymen led by the local bishop and "Fugliamari" (wild herb pickers), who will all take part in this solemn and mournful procession starting around 7 p.m. in the most ancient part of the city (lower Caltanissetta). Fugliamari will sing sorrowful chants called "Lamintanze" and will carry on their shoulders a black wooden crucifix that is called "Signore della Città" (The Lord of the City or "Cristo Nero" (Black Christ). Before 1625, the "Black Christ" was venerated as the city patron. According to legend, Fugliamari found this wooden crucifix that was placed inside the Sabbucina cave between two lit candles. For more information and detailed schedules, call the Caltanissetta Tourist Office at 0934-530471.



Photo by Giuseppe Stimolo

The traditional Holy Thursday, parade of 16 religious floats with papier-mâché statues, or Vare, is one of the highlights of the Caltanissetta Easter Week.

Cannoli Festival kicks off in Piana degli Albanesi

Satisfy your sweet tooth at this mouthwatering festival taking place in Piana degli Albanesi, a town in the Palermo province which has kept its Albanian heritage over the centuries. The festival, which will be held from April 16 through April 19, celebrates one of the most popular sweets of the Sicilian tradition. On April 18, there will be a "Cannoli



Photo by Feedback Press Office

and Friends Award," a food competition during which cannoli will be compared with other international popular sweets such as the Vienna Sacher Torte, the Catalan Cream, the Neapolitan babà, the Tryrolean apple strudel and the French St. Honoré Cake.

The Piana degli Albanesi cannoli (canojet) are famous for their big size (about ten-inches long). The secret of lies in the shells (shkorça) which is deliciously

crunchy and crumbly. The filling is an irresistible mix of fresh sheep ricotta, sugar and chocolate drops.

The festival will take place in the town historic heart, featuring entertainment, free tasting, live music, food workshops etc. For more information and detailed schedules, send an email to info@feedback.it

Medusa

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

Kartodromo

Easter in Caltagirone

Make sure you don't miss what Caltagirone has to offer during the Settimana Santa (Easter Week). You will be impressed by the intense religious activity which include processions, religious plays, Holy Masses, and sacred music concerts, all taking place in the historic center.

On Palm Sunday, (April 5 at 7:30 p.m.) there will be a religious play re-enacting the Passion of Jesus. The mournful "Via Crucis" procession of "Cristo Morto" (Dead Christ) will be held on Friday, April 10. Hundreds of penitents and town officials will accompany the statue depicting Jesus Christ (the "Cataletto," a wooden life-size sculpture depicting dead Christ, which is preserved inside a glass case) and the grieving Virgin Mary, who is dressed in mourning. Devotees carry on their shoulders those heavy religious floats.

There is no difference of age, social status or political opinion. Typically, the "penitent" bearer is someone who has had a recent death in the family or wants to express his devotion to Jesus' agony through his own physical.

On Easter Sunday (April 12), in the afternoon, "A Giunta," (The Reunion) religious play will be staged in piazza Municipio (the main square) at 4:30 p.m. and will reach piazza Marconi around 6:15 p.m.

This spectacular show features three statues depicting Jesus, the Virgin Mary and St. Peter and consists of a series of scenes illustrating Saint Peter's announcement of the Jesus resurrection to the Virgin Mary, the following meeting between the figures of Vergine Maria or Virgin Mary and Jesus, and their sorrowful final separation, which takes place in piazza Marconi.

The play begins with the imposing ten-foot tall papier-mâché statue of St. Peter that wanders around the crowd of devotees in search of the Virgin Mary to announce the resurrection of her beloved son.

2009
Caltagirone
in Primavera
fiore e colori,
chiese, mostre e musei aperti e visite guidate

PASQUA
La Passione di Cristo
Via Crucis Vivente
5 Aprile - Domenica delle Palme

Processione del Cristo morto
10 Aprile - Venerdì Santo

'a Giunta
12 Aprile - Domenica di Pasqua

Trekking nel Carruggi
Marsò - Aprile - Maggio

MAGGIO
La Nuit des Musées
La notte dei Musei
al Museo Civico di Caltagirone
Sabato 16 Maggio

LA SCALA INFIORATA
Grandioso disegno in omaggio
alla Madonna di Conadomini
dal 17 Maggio al 7 Giugno

Festa di Conadomini
Lunedì 1° Giugno

Info: tel. 0933 41360 - 41600 - 0933 53809 - www.comune.caltagirone.it

UNESCO Patrimonio Mondiale

BANCA AGRICOLA POPOLARE DI BAGUSA

After several unsuccessful attempts, Saint Peter eventually finds the Virgin Mary and tells her the good news. Thus, the meeting of the Virgin Mary and Christ takes place between piazza Loggia and via Luigi Sturzo.

The black mantle that covers the Virgin Mary as sign of mourning falls after the meeting with her risen Son, and a blue and white dress replaces it to express joy. Meanwhile, two surprised figures depicting Roman soldiers named "Cicchittu" and "Nancittu," who surround Christ, witness the miracle.

During the play, the crowd follows with attention and anxiety the events featured. And when the meet-

ing occurs, townspeople express their joy by shouting "Viva Maria" (Long live the Virgin Mary).

After that, the procession moves to piazza Marconi, where the "Spartenza" (separation) takes place.

In the end, the Virgin Mary bows three times to Jesus and bids farewell to him. Christ is resurrected!

For more information and detailed schedules, call the Caltagirone Tourist Office at 0933-41809.



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. 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/

Navy women tell their stories at Catania FIDAPA meeting on career development



Article by Alberto Lunetta,
Deputy Public Affairs Officer

"To be among such an elite group of professionals was an honor. I felt like a military celebrity. I really enjoyed the event and look forward to it again," said CMDCM (AW/SW) Rosa L. Wilson of her attendance at the U.S. military women career development meeting that was hosted by the Catania FIDAPA (Federation of Business and Professional Women). Wilson was one of the three Navy service women, with the other two being Sigonella NCTS Commander Cmdr. Kathy Creighton and Cmdr. Barbara Drobina, an Emergency Physician from the U.S. Naval Hospital, who spoke about their personal and professional achievements. The meeting was aimed at understanding how American women have been empowering their military job and career development opportunities.

FIDAPA Catania President Maria Pollizzi Pettinato opened the meeting by welcoming the American uniformed guest speakers. "We are much honored to have with us three committed Navy service women who have surpassed milestones," said Pettinato.

FIDAPA Italy belongs to the

International Federation of Business and Professional Women (BPW International) and was founded by Dr. Lena Madesin Phillips in 1930. BPW's mission is to "enable women to economically sustain themselves by offering personal development programs for members such as mentoring, leadership, training and e-Business training."

"It was exciting to see that different cultures have the same goals of wanting to empower women and to expand the role of women. It was interesting to note that each of our cultures is very similar in the ideas of expanding the role of women and that each culture understands the importance of developing the women's role the workplace to better enhance the overall society. It speaks a lot to the dedication of this goal by the Country of Italy in that an entire month is dedicated to an active Celebration of the Woman," said Drobina.

"It was an honor to have been given the chance to share my experiences in the Navy with this distinguished group of Italian professional women. I hope that I communicated that I am very proud of my service to my country and proud of the way that the Navy values my contributions," said Creighton.

Concerts in Catania this weekend

Music director Yaron Traub will conduct the Catania Bellini Opera House Orchestra tonight at 9 p.m. and tomorrow (April 4 at 5:30 p.m.). Traub, who is also an accomplished pianist, has been performing all over the world with prestigious orchestras such as the Israel Philharmonic, the BBC Philharmonic, the Rotterdam Philharmonic as well as symphony orchestras in Chicago, Seville, Barcelona, Bilbao, Tenerife, La Coruña and Asturias. He is currently the Music Director and Principal Conductor of the "Orquesta de Valencia," Spain, since autumn 2005. The concert

program features music by Rimskij-Korsakov and Tchaikovsky. For more information and tickets visit <http://www.teatromassimobellini.it>

Kalamos Ensemble is a Sicilian folklore music group from the Nebrodi Mountains area whose musicians play traditional wind instruments. They will be on the stage of the Biscari Palace in Catania tomorrow night (April 4) at 9:15 p.m. For more information and tickets call A.M.E. (Associazione Musicale Etnica) at 095-321252.



Photos by Catania Bellini Opera House Press Office

Gegomotor

Palermo



A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Roaming Rome

Article by **Tracie Barnhouse**,
The Signature Editor

You shouldn't let time go by during your tour here in Sigonella without taking a side trip up north to Rome, the capital of Italy. The great thing about Rome is: there's enough stuff to see and do that you can spend a whole week there, but you can also go all out over a long weekend and see just as much. It's really up to you as to how packed or relaxing you want your itinerary to be.

To say Rome's history as a city is impressive is putting it mildly. It spans over two and a half thousand years as one of the founding cities of Western Civilization. It's hard to put into words just how many historical sites there are to see in Rome. Each turn gives a glimpse of something new... you could spend days wandering around and seeing the sites. The city was at one point the center of the Roman Empire, which dominated Europe, North Africa and the Middle East for four hundred years from the 1st Century BC until the 4th Century AD. Rome is the home of the Roman Catholic Church and the site of the

Vatican City, an independent city-state run by the Catholic Church.

Site:

Where to start? There is so much to see in Rome, and it seems like everywhere you turn, there's something else to marvel at, which is why it ranks five out of five stars. From the Trevi Fountain, with its cameos in various famous movies such as "Le Dolce Vita" and the tradition of throwing a coin over one's shoulder to ensure a return trip to Rome to the awe-inspiring Colosseum, built in 70-80 AD, the largest amphitheatre ever built in the Roman Empire, capable of seating 60,000 spectators and used for gladiatorial combat, it is thought to be the symbol of Rome. Palatine Hill, the Pantheon, Roman Forums... if you love history, you'll love Rome. Even if you don't love history, you'll surely find yourself sucked in and marvel at the amazingness of the city's past.

Don't love history? No worries. Rome has so many stores and is quite metropolitan in its offerings. You'll definitely be busy hoofing it up and down the main shopping district with

its mainstream stores. Just make sure you bring plenty of Euro!

A trip to Rome shouldn't be complete without a visit to Vatican City, officially the State of the Vatican City. It is a landlocked sovereign city-state whose territory consists of a walled enclave within the city. The Vatican is about 110 acres with a population of around 900 and is the smallest country in the world by both population and area. The Vatican City is where the Roman Catholic Church reigns. The Pope is the man of the Vatican. He holds total legislative, executive and judicial power over Vatican City and is elected for a life term. Either join up with a tour to browse St. Peter's Basilica, the tombs of past Popes, and the Sistine Chapel, which is in the Vatican Museum and houses works of artists such as Botticelli, Bernini, Raphael, and Michelangelo. The Vatican is served by an independent telephone system, the Vatican Pharmacy and a post office. They also have the Vatican Radio and a newspaper called L'Osservatore Romano. A visit to the Vatican on

Sunday might grant you a view of the Pope as he gives his weekly sermon when he's in town. On Sundays, chairs line the square as thousands gather to listen to the Pope's message.

If you're a foodie, and even if you're not, Rome is the place for you. If you've been in Sicily for awhile, chances are you're getting a little tired of the same 'ol same 'ol for dinners out in town. In Rome, choose from American style restaurants such as Hard Rock Café to Japanese, Thai, and Mexican. There's something for every taste bud. There are gelato shops all over the place to cap off your dinner, too.

Family Friendly:

This is a tough one, because on one hand, the city is extremely child friendly, but on the other, Rome is crowded, so maneuvering the city with a stroller can be frustrating and difficult, which is why it ranks three out of five stars. The transportation system is quite easy to navigate, but unless you want to pay every time you go somewhere, you're going to have to do a lot of walking. Keep that in mind when deciding to bring your young ones with you. Of course, you could always strap your baby in a wearable carrier and call it a day. Older kids will enjoy seeing and learning about the historical sites and you should take the opportunity to teach them about Rome's historical past. As with most places in Italy, the restaurants are extremely family friendly and will welcome children of all ages. Just use common sense. If you visit in the summer, check out the Villa Borghese. With its 80 hectares and 35 fountains that encourage splashing, it's a good place to set the kids loose after you see the sites. Rome also has a children's museum and is a great place for the kids, as is Luna Park, which is the only enter-

tainment park where you can still find rides, a haunted house, games and more.

Accessibility:

From Catania, getting to Rome is a cinch. There are literally dozens of flights daily with various airlines and you can usually find fares for a pretty decent price, so it rates four out of five stars. There are a few ways to get from the airport to the city, and it's really up to you to decide which you are most comfortable with. Taxis cost around 40 euro and can be found outside of the airport. Or, you can take the Leonardo Express train, which takes you into the city and catch a cab from there. It costs around 10 euro for the train and it departs on a regular basis. If you'd rather forgo taxis altogether, once you get off the train, you can walk to the Metro station and take the Metro to your hotel. Just a word of warning, though; it is easy to get lost, so don't be afraid to pull out a map of the city to make sure you're headed in the right direction. Getting around the city is quite easy, but definitely pack your walking shoes, as you'll be logging some miles to get around. There are also many open-air hop on, hop off busses that go around the city and they are a great way to see the sites without having to deal with the crowds or getting too tired. As for hotels, there are a lot of them, from high end to low end hostels. Do your research on sites such as tripadvisor.com to find the best place for you and your family.

Travel Time:

Since you'll be traveling most likely on planes, trains, and automobiles, the travel time rates two out of five stars. The flight from Catania is about one hour, 20 minutes and then navigating into the city takes another hour or so.



Photo by Lt. j.g. Matt Knight, NASSIG Public Affairs Officer

St. Peters Basilica is one of the cornerstone buildings at the Vatican and not only serves as a place of worship but also a major historical center with statues and artwork depicting many of the saints and popes of the past.

Alphio

Oxidiana





Photo by Tracie Barnhouse, The Signature Editor

St. Peter's Basilica is a must see during a vacation to Rome. The walls feature ornate carvings and intricate and detailed frescos.



Photo by Lt. j.g. Matt Knight, NASSIG Public Affairs Officer

The Colosseum is one of the most famous and impressive monuments of the Roman empire left in the modern world and is open daily for tours.



Photo by Lt. j.g. Matt Knight, NASSIG Public Affairs Officer

Trevi fountain is one of the most famous and beautiful fountains in Rome. The fountain was constructed in 1762 and is fed by an aqueduct which was constructed in 19 B.C.



Photo by Lt. j.g. Matt Knight, NASSIG Public Affairs Officer

Trajan's Column was built by Emperor Trajan in 113 A.D. as a future burial site for himself and his wife. The hollow tower hides a staircase which gives access to the top and its exterior depicts the two Trajan wars. The tower originally was topped by a statue of the emperor but was replaced in 1578 by a stature of St. Peter.



Photo by Lt. j.g. Matt Knight, NASSIG Public Affairs Officer

The Arch of Constantine is a large triumphal arch next to the Colosseum constructed in 315 A.D. The arch commemorates the Battle of Milvian Bridge that led Emperor Constantine to convert to Christianity which was a major turning point in the history of the western world.

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) Nurse Consultant (Patient Safety Manager) Nurse Clinical (Multi-Service Ward Nurse)
For inquires concerning job applications, call the Human Resources Office at (095) 56-4165/ or DSN 624-4165 or visit: www.sicily.navy.mil and click local job vacancies.

FISC Sigonella is soliciting for one full-time DENTAL ASSISTANT personalized service contract for the Dental Department at the Naval Hospital, Sigonella. Closing date is 13 March 2009. Source must be eligible for US employment. Solicitation packages will be available at the FISC Department, NAS II. Point of contact are Mr. Guiffrida, at 095-865725 (DSN 624-5725) or Ms. Randazzo, at 095-563792 (DSN 624-3792).

All Officers Spouses Club Annual Donations Notification

Any NASSIG sanctioned group, including DODDS, that would like to submit a request for donations from the AOSC will need to submit a specific request in writing no later than March 31, 2009. The requests will then be reviewed and voted on by the AOSC General Membership and funds will be earmarked by April 15, 2009. Please include in your request, (1) the total amount of money requested, (2) a description of what the funds will be used for, and (3) your fund raising efforts, planned and to-date.

Please submit requests by LOCAL MPS to:
All Officers Spouses' Club
PSC 824 NAS I General Delivery
FPO, AE 09623

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

Sushi

Tamoil

Casa
Brasil

Go Green Sigonella!

Article courtesy of
www1.eere.energy.gov
U.S. Department of Energy
Energy Savers
Lighting

Making improvements to your lighting is one of the fastest ways to cut your energy bills. An average household dedicates 10% of its energy budget to lighting. Using new lighting technologies can reduce lighting energy use in your home by 50% to 75%. Advances in lighting controls offer further energy savings by reducing the amount of time lights are on but not being used.

Indoor Lighting
Use linear fluorescent tubes and energy efficient compact fluorescent light bulbs (CFLs) in fixtures throughout your home to provide high-quality and high-efficiency lighting. Fluorescent lamps are much more efficient than incandescent (standard) bulbs and last about 6 to 12 times longer.

Today's CFLs offer brightness and color rendition that is comparable to incandescent bulbs. Although linear fluorescent and CFLs cost a bit more than incandescent bulbs initially, over their lifetime they are cheaper because of how little electricity they use. CFL lighting fixtures are now available that are compatible with dimmers and operate like incandescent fixtures.

Indoor Lighting Tips
Be sure to buy ENERGY STAR qualified CFLs.

- They will save you about \$30 or

more in electricity costs over each bulb's lifetime.
- Producing about 75% less heat, they are safer to operate and can cut home cooling costs.

- Visit www.energystar.gov to find the right light bulbs for your fixtures. They are available in sizes and shapes to fit in almost any fixture.

- They provide the greatest savings in fixtures that are on for a long time each day. The best fixtures to use qualified CFLs in are usually found in your family and living rooms, kitchen, dining room, bedrooms, and outdoors. Consider ENERGY STAR qualified fixtures. They are available in many styles including table, desk and floor lamps - and hard-wired options for front porches, dining rooms, bathroom vanity fixtures, and more. ENERGY STAR qualified fixtures distribute light more efficiently and evenly than standard fixtures and they deliver convenient features such as dimming on some indoor models.

Controls such as timers and photo cells save electricity by turning lights off when not in use. Dimmers save electricity when used to lower light levels. Be sure to select products that are compatible with CFL bulbs; not all products work with CFLs. When remodeling, look for recessed downlights, or "cans", that are rated for contact with insulation (IC rated). Take advantage of daylight by using light-colored, loose-weave curtains on your windows to allow daylight to penetrate the room while preserving privacy. Also, de-

orate with lighter colors that reflect daylight. If you have torchiere fixtures with halogen lamps, consider replacing them with compact fluorescent torchieres use 60% to 80% less energy and do not get as hot as halogen torchieres.

Outdoor Lighting
Many homeowners use outdoor lighting for decoration and security. When shopping for outdoor lights, you will find a variety of products, from low-voltage pathway lighting to motion-detector floodlights. Light emitting diodes, or LEDs, thrive in outdoor environments because of their durability and performance in cold weather. Look for ENERGY STAR LED products such as pathway lights, step lights, and porch lights for outdoor use.

Outdoor Lighting Tips
Because outdoor lights are usually left on a long time, using CFLs in these fixtures will save a lot of energy. Most bare spiral CFLs can be used in enclosed fixtures that protect them from the weather. CFLs are also available as flood lights. These models have been tested to withstand the rain and snow so they can be used in exposed fixtures. Most though, cannot be used with motion detectors. Look for ENERGY STAR qualified fixtures that are designed for outdoor use and come with features like automatic daylight shut-off and motion sensors.

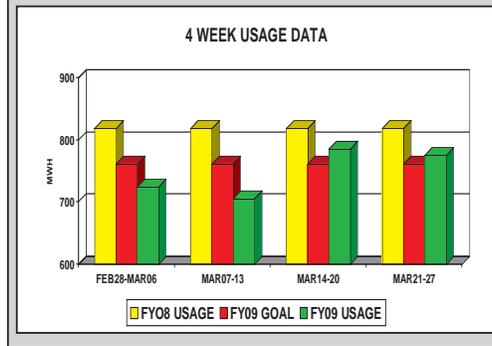


Ristorante Bella Etna

3	<p>Lunch: New England Clam Chowder, Fried/Baked Fish, Grilled Pork Chops, Penne Ala Norma, Mushroom Gravy, Steamed Rice, Roasted Garlic Potatoes, Steamed Asparagus, Fried Okra, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding.</p> <p>Speed line: Grilled Cheese/Hamburger, Turkey Burger, Pork and Beans, French Fried Potatoes.</p> <p>Dinner: Cream Of Mushroom Soup, Cantonese Spareribs, Pork Fried Rice, Steamed Whole Corn, Seasoned Spinach, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding.</p> <p>Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat, Potato Chips.</p>
4	<p>Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Assid Omelets, Eggs to Order, Roasted Pepper Potatoes, Buttermilk Pancakes, Assid Doughnuts, Butterhorns.</p> <p>Brunch: Breakfast Items, Vegetable Beef Soup, BBQ Beef Sandwich, Chicken Nuggets, French Fries, Mixed Vegetables, Broccoli, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp.</p> <p>Dinner: Manhattan Clam Chowder, Beef & Corn Pie, Jamaican Rum Chicken, Steamed Rice, Green Kales, Peas & Mushroom, Chocolate Drop Cookies, Apple Crisp.</p>
5	<p>Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Assid Omelets, Eggs to Order, Roasted Pepper Potatoes, Assid Doughnuts, Kolaches.</p> <p>Brunch: Breakfast Items, Bean & Bacon Soup, Reuben Sandwich, Chili Conquistador, Italian Roasted Potatoes, Seasoned Green Beans, Glazed Carrots, Yellow Cake w/ Frosting, Hermits.</p> <p>Dinner: Split Pea Soup, Kielbasa w/ Sauerkraut & Apples, Turkey Ala King, Aztec Rice, Blackeye Peas, Fried Cauliflower, Yellow Cake w/ Frosting, Hermits.</p>
6	<p>Lunch: Chicken Noodle Soup, Rosemary Turkey Roast, Baked Ham, Shrimp Farfalle w/ Tomato Sauce, Mashed Potatoes, Sweet Potatoes, Seasoned Summer Squash, Steamed Peas, Turkey Gravy, Cranberry Sauce, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie.</p> <p>Speed line: Sub Sandwich, Cartoccia, Pasta Primavera.</p> <p>Dinner: Pepper Pot Soup, Steak w/ Onions, Baked Potatoes, Collard Greens, Calico Cabbage, Brown Gravy, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie.</p> <p>Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Potato Chips.</p>
7	<p>Lunch: Cream of Asparagus Soup, BBQ Spareribs, Southern Fried Chicken, Spaghetti Carbonara, Chicken Gravy, Mashed Potatoes, Hopping John, Corn on the Cob, Southern Style Greens, Jalapeno Corn Bread, German Chocolate Cake, Cherry Pie.</p> <p>Speed line: Philly Cheese Steak Sandwich, Hotdogs, Onion Rings, Macaroni & Cheese.</p> <p>Dinner: Beef Rice Soup, Roast Veal w/ Herbs, Lyonnaise Rice, Vegetable Stir Fry, Steamed Asparagus, Brown Gravy, German Chocolate Cake, Cherry Pie.</p> <p>Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.</p>
8	<p>Lunch: Beef Vegetable Soup, Breaded Pork Steaks, Savory Baked Chicken, Rigatoni Zucchini Eggplant, Potatoes Au Gratin, Oriental Rice, Eggplant Parmesan, Tangy Spinach, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs.</p> <p>Speed line: Grilled Cheese/Hamburger, Turkeyburger, Baked Beans, French Fried Potatoes.</p> <p>Dinner: Minestrone Soup, Salisbury Steak, Steamed Rice, Brown Gravy, Peas & Carrots, Wax Beans, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs.</p> <p>Made to Order: Sicilian Submarine, Grilled Cheese, Onion Rings.</p>
9	<p>Lunch: Onion Soup, Asian Barbecue Turkey, Beef Stroganoff, Mashed Potatoes, Farfalle Pesto, Boiled Pasta, Chicken Gravy, Mix Vegetables, Simmered Cauliflower, Vanilla Cookies, Devil's Food Cake.</p> <p>Speedline: Hotdogs, Assorted Pizza, Baked Potatoes, Sautéed Mushrooms, Bacon Bits, Shredded Cheese, Fishwich.</p> <p>Dinner: Chicken Noodle Soup, Spinach Lasagna, Oven Browned Potatoes, Corn O'Brien, Simmered Carrots, Vanilla Cookies, Devil's Food Cake.</p> <p>Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Nachos.</p>

Armed

Electrical Consumption at NASSIG
The following graph charts the last four weeks of energy consumption on both NAS 1 and NAS 2 in comparison to the same week last year, as well as our target usage for the week.



Stampa

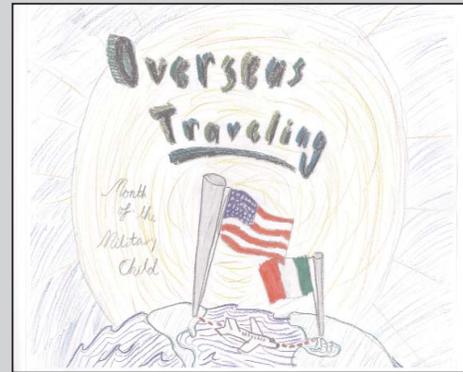
ON THE GO WITH MWR

mwr weekly island life fitness in April

monday	tuesday	wednesday	thursday	friday	saturday
NAS I Spin w/ Anna 7 - 8 am Cardio Jam w/ Danielle 8:30 - 9:30 am Pilates w/ Danielle 9:30 - 10:30 am Yoga w/ Shawna 4:30 - 5:30 pm Step w/ Angelica 5:30 - 6:30 pm NAS II Spin w/ Lorrie 7 - 8 am Pump it Up w/ Zee 4:30 - 5:30 pm MINEO Cardio w/ Melinda 5:30 - 6:30 pm	NAS I Spin w/ Dr. Hall 6 - 7 am Pump it Up w/ Zee 8:30 - 9:30 am Spin w/ Jill 9:30 - 10:30 am Spin w/ Lisa 5:15 - 6:15 pm Cardio Jam w/ Danielle 5 - 5:45 pm Pilates w/ Danielle 5:45 - 6:15 pm NAS II Spin w/ Anna 3 - 4 pm Yoga w/ Shawna 4:30 - 5:30 pm MINEO Cardio w/ Melinda 5:30 - 6:30 pm	NAS I Yoga w/ Shawna 7 - 8 am Spin w/ Anna 7 - 8 am Cardio Jam w/ Danielle 8:30 - 9:30 am Pilates w/ Danielle 9:30 - 10:30 am Yoga w/ Shawna 4:30 - 5:30 pm Step w/ Angelica 5:30 - 6:30 pm NAS II Pump it Up w/ Zee 4:30 - 5:30 pm MINEO Cardio w/ Melinda 5:30 - 6:30 pm	NAS I Spin w/ Dr. Hall 6 - 7 am Pump it Up w/ Zee 8:30 - 9:30 am Spin w/ Jill 9:30 - 10:30 am Spin w/ Anna 5:15 - 6:15 pm Cardio Jam w/ Danielle 5 - 5:45 pm Pilates w/ Danielle 5:45 - 6:15 pm NAS II Spin w/ Sara 3 - 4 pm Yoga w/ Shawna 4:30 - 5:30 pm MINEO Cardio w/ Melinda 5:30 - 6:30 pm	NAS I Yoga w/ Shawna 7 - 8 am Yoga w/ Shawna 8:30 - 9:30 am NAS II Spin w/ Lorrie 7 - 8 am MINEO Cardio w/ Melinda 5:30 - 6:30 pm	NAS I Kickboxing w/ Angelica 9-10 am



April is Month of the Military Child



Child and Youth Programs T-Shirt Competition, Month of the Military Child winning artwork by 6th grader

As Sicily's flowers start to blossom and spring takes root, our thoughts at MWR turn to the families of Sigonella. April is Month of the Military Child - and nearly 750 kids are growing up in small town Sigonella.

MWR has never been more committed to its youngest members of the community and has planned a host of special offerings that will ensure a childhood in Sicily that is fondly remembered.

A few of our favorite events this month start with the April 2 Spring Parade, sponsored by MWR's CDC.

Midtown 2 Theaters also opens its doors to those, 12 and under, for a golden egg hunt on April 5.

On April 11, kids of all ages can bring their basket for the annual Egg-stravaganza Egg Hunt at 9 am at the Land Annex on NAS I.

Spring Break offers numerous opportunities for kids to share in the fun with spring camps hosted by both the Youth Center and Teen Center including a \$100 teens-only trip to Naples with day trips to Pompei and Rome.

MIDTOWN MOVIE THEATERS SCHEDULE & DESCRIPTIONS

Friday, April 3

- 12:00pm Mulan G FREE
- 1:00pm Hotel for Dogs PG
- 3:00pm Inkheart PG
- 5:00pm Frost/Nixon R
- 5:30pm He's Just Not That Into You PG-13
- 7:00pm Monsters vs. Aliens PG
- 8:00pm Madea Goes to Jail PG-13
- 9:00pm 40-Year Old Virgin R FREE

Saturday, April 4

- 2:00pm The Pink Panther 2 PG
- 2:30pm Madea Goes to Jail PG-13
- 4:00pm New in Town PG
- 5:00pm Underworld 3 R
- 6:00pm He's Just Not That Into You PG-13
- 7:30pm Watchmen R
- 8:00pm Crank R FREE

Sunday, April 5

- 2:00pm Monsters vs. Aliens PG
- 2:30pm Madea Goes to Jail PG-13
- 4:30pm The Pink Panther 2 PG
- 5:00pm Underworld 3 R
- 7:00pm Taken PG-13

Monday, April 6

- 12:00pm High School Musical 3 G FREE
- 1:00pm Monsters vs. Aliens PG
- 3:00pm The Pink Panther 2 PG
- 5:00pm Underworld 3 R
- 5:30pm Taken PG
- 7:30pm The Uninvited PG-13
- 8:00pm Watchmen R

Tuesday, April 7

- 12:00pm Bolt PG FREE
- 1:00pm Hotel for Dogs PG
- 3:00pm Monsters vs. Aliens PG
- 5:00pm Inkheart PG
- 5:30pm He's Just Not That Into You PG-13
- 7:30pm Mall Cop PG
- 8:00pm The Uninvited PG-13

Wednesday, April 8

- 5:00pm Inkheart PG
- 5:30pm The Pink Panther 2 PG
- 7:30pm Taken PG-13
- 8:00pm My Bloody Valentine R

Thursday, April 9

- 12:00pm The Day the Earth Stood Still PG-13 FREE
- 1:00pm The Uninvited PG-13
- 3:00pm Monsters vs. Aliens PG
- 5:00pm Frost/Nixon R
- 5:30pm Hotel for Dogs PG
- 7:30pm Watchmen R
- 8:00pm Top Gun PG

FREE - Throwback Thursday

MOVIE HOTLINE:
624-4248

The Uninvited (PG-13)

Anna returns home after spending time in the hospital following the tragic death of her mother. Her recovery suffers a setback when she discovers her father has become engaged to her mother's former nurse. Anna is visited by her mother's ghost, who warns her of Rachel's intentions. Together, Anna and her sister try to convince their father that his current fiancée is not who she pretends to be, and what should have been a happy family reunion becomes a lethal battle of wills between stepdaughters and stepmother. (87 min.)

Madea Goes to Jail (PG-13)

After a high speed freeway chase puts Madea in front of the judge, her grievance is short lived as anger management issues get the best of her and land her in jail. When former drug addict Candace finds herself in jail, Madea befriends her in a motherly way. (103 min.)

Monsters vs. Aliens (PG)

When California girl Susan Murphy is unwittingly clobbered by a meteor full of outer space gunk on her wedding day, she mysteriously grows to 49 feet 11 inches tall. Alerted to the threat of this new monster, the military jumps into action and Susan is captured and secreted away to a covert government compound. There she is renamed Ginormica and placed in confinement with a ragtop group of other monsters: the brilliant but insect-headed Dr. Cockroach, The Missing Link, BOB and Insectosaurus. The President is persuaded to enlist the motley crew of monsters to combat the Alien Robot to save the world from imminent destruction. (94 min.)

Hotel for Dogs (PG)

When their new guardians forbid 16-year old Andi and her younger brother Bruce to have a pet, Andi has to use her quick wit to help find a new home from their dog, Friday. The resourceful kids stumble upon an abandoned hotel and using Bruce's talents as a mechanical genius, transform it into a magical dog paradise for Friday and eventually Friday's friends. When barking dogs make the neighbors suspicious, the kids use every intention they have to avoid anyone discovering who let the dogs in. (100 min.)

Not Easily Broken (PG-13)

Dave and Clarice are in their second year of marriage when a car crash seriously injures Clarice and they find themselves on a rollercoaster of emotions trying to figure out if they were really meant to be together. (100 min.)

Watchmen (R)

In an alternate 1985, someone is killing former costumed heroes, inspiring the few who remain to don their disguises again to uncover the truth. (165 min.)

The Pink Panther 2 (PG)

When legendary treasures from around the world are stolen, including the priceless Pink Panther Diamond, Chief Inspector Dreyfus is forced to assign Inspector Clouseau to a team of international detectives and experts charged with catching the thief and retrieving the stolen artifacts. (92 min.)

Movie dates and times are subject to change.

SHOWING FRIDAY, APRIL 10

- 12:00pm Transporter 3 PG-13 FREE
- 1:00pm Madea Goes to Jail PG-13
- 3:00pm Inkheart PG
- 5:00pm New in Town PG
- 5:30pm He's Just Not That Into You PG-13
- 7:00pm Push PG-13
- 8:00pm Friday the 13th R
- 9:00pm Smokin Aces R FREE

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SPORTS & Fitness

Making a splash for the Sigonella Swordfish

Article by **Tracie Barnhouse**
 The Signature Editor

Did you know there's a swimmer in our community who dominated at the European Forces Swim League championships? During the event, swam in six races, won six gold medals and broke six league records. In total this season, has broken 13 EFSL records. That's an amazing accomplishment for a swimmer of any age, but especially so for this talented 8-year-old.

More than 500 swimmers, and 25 from Sigonella - the largest team sent to the Championships from Sigonella ever - from 18 military communities competed in the two-day competition, held in Berlin's Olympic-sized pool. During the event, x swam the 100- and 200-meter individual medleys and the 200-meter freestyle and won with league-record times for her age group. She shaved more than 27 seconds off of the previously held best time, and shattered the 200 IM record, which was previously 3:36.35. x time? 3:18.19. Before the 200 IM, her final event of the competition, x was asked if she thought she'd win. Her response, "Well, I'm swimming with the 8-year-olds. Usually I swim with the 12-year-olds." That confidence has to have something to do with her wins.

"She owes a lot to natural talent," Rich McKeown, Sigonella Swordfish head coach said. "But that's not the whole story. She's happiest in the pool. She has a good work ethic and she's just really competi-

tive. She's a normal kid outside the water, but when it's time to race, she's looking around to see who's coming on."

Sigonella is one of the furthest bases from most of the competitions, but the travel doesn't take a toll on x. "When I'm swimming, I don't really think about it," she said. "And when I get really tired, I just think of Michael Phelps. He wouldn't quit."

In addition to x accomplishments, x also had a great meet. x, the defending boy's 10-year old champion, did a great job at the Championships, earning the title of the 11-year old boys high point champion.

x earned gold medals in the 100 and 200 IM, and the 50 Free and his silver medals were 50 Fly, 100 Free and 200 Free. According to head coach Rich McKeown, "In probably the most competitive year ever for the European Forces Swim League, Gold medals were extremely hard to come by. Many of the league's top swimmers came away with silver over the two day meet. In six fierce battles for the gold, Burke came away with three gold and three silver medals. The gold medals were hard earned, clear victories, however the silver medal races all came down hundreds of a



Photo by Mirko Seifert

competes during the European Forces Swim League Championships, held in Berlin. Kinsey came away from the tournament with six gold medals (one for every race she saw in) and broke six league records.

second. In each case x was just barely out-touched by his toughest competitor x of Rota, Spain." McKeown went on to say, "Considering that this is a sport where it is common to have kids starting competition as young as 5 or 6, and x is a relatively new swimmer (this is his second year) his performance is even more impressive." x also won the season Pentathlon title as well. The

Pentathlon consists of the combined best times from swimming the 50 Free, 50 Fly, 50 Back, 50 Breast and the 100IM over the course of the 7 month season.

ASSAULT, continued from page 2

the benefit of safety and protection in regards to housing location and duty assignment. Once a victim chooses unrestricted reporting, this cannot be changed.

Restricted reporting differs in that the traditional law enforcement, mentioned above, DO NOT get notified. The victim may still receive medical treatment, a sexual assault forensic exam, and necessary counseling services. Health care providers, chaplains, SAVI advocates, and the Sexual Assault Response Coordinator (SARC) are all "safe" people who are at liberty to keep a reported sexual assault restricted. Any individual who has knowledge of an alleged assault are mandated to inform law enforcement. Victims who choose restricted reporting may elect to change their report to unrestricted up to 365 days after the assault. If an evidence collection kit was performed, the kit would be retrieved from a confidential storing facility to be processed for court proceedings as applicable.

Armed with this knowledge, what can we do as individuals to prevent sexual assault from happening to ourselves or our shipmates? There are several ways to keep safe. Principles such as using the buddy system, drinking responsibly, and avoiding isolated places seem like "no-brainer" ideas, but can go a long way in maintaining safety. Other tips include:

- Not propping outside doors open.
- Keeping your own doors locked, even when home.
- Be aware of your surroundings, old and new.
- Only accept a drink from someone you completely trust.

CHAPLAIN, continued from page 2

me these meals, I would be physically dead today".

Likewise, if I had not look for the Lord nor gone to church for nourishment, I would be spiritually dead today! When you are DOWN to nothing...God is UP for something! Faith sees the invisible, believes the incredible and receives the impossible (NAB Hebrews 11:1-4, 8-12, 17-30, 40).

Thank God for our mental, physical AND spiritual nourishment readily available in Sigonella and just about everywhere in the world. Look at the several opportunities you have to continue growing in mind, body and spirit. Our Chapels NAS I and NAS II offer you an excellent time for worship services and pastoral ministry. There are different kinds of "flavors" or denominations, yet all of them will help you to contact the

Good Lord. For more information on Chapel events, contact these numbers: NAS I 624-3975 or NAS II 624-9049.

The Signature
SIGONELLA, SICILIA

Do you have a passion for writing or are you looking for a little experience in journalism? Do you ever read the stories here and think you'd like to add to our growing archive of travel articles? Does your command have something special going on that you think deserves to be in the paper? If so, The Signature is looking for you! We are 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.

Stampa

Fredrico

-Don't leave your drink unattended.

-Plan your night ahead of time. Make arrangements for transportation to and from home.

NAS Sigonella has an active Sexual Assault Victim Intervention Program. If you or someone you know has concerns, questions, or has been assaulted, please call 335-642-8312 to reach a trained victim advocate. The SAVI hotline is staffed 24 hours a day.

EOD, continued from page 1 marks one of the first times a US EOD team has embarked aboard a NATO MCM vessel. During the exercise, FGS Bad Bevensen used its equipment to locate and provide a position of exercise mines to the Platoon. Platoon 801 would then reacquire and identify the training mines before finally recovering them safely on board the ship.

In addition to the conducting MCM operations, Platoon 801 hosted a diving day and provided Force Protection training for 13 countries, which offered a community cultural exchange of sorts. NATO nation exercise participants were offered the opportunity to come aboard the ship and interact first-hand with EODMU8's sonar, underwater imaging system and diving equipment. "While diving, we would go down and take turns showing them how to use the equipment," said Explosive Ordnance Disposal Technician 3rd Class Kenneth Wieners. Wieners pointed out that the some of the MCM equipment operated by EODMU8 is slightly more advanced than some equipment utilized by other nations and that the dive day offered a means of sharing ideas and techniques in MCM.

During Force Protection train-

ing, Platoon 801 conducted a brief in Force Protection consisting of different search techniques then observed the different NATO nations during practical applications of vehicle and personnel searches providing input when necessary.

The exercise offered an opportunity for building relations with other NATO countries and an opportunity to hone skill sets not frequently used by today's EOD technician.

"Most of us in the community have been to Iraq and Afghanistan," said EOD1 Albert Alvarez. "So were all used to going out and doing all the land based stuff, but we do not get a lot of chances to do what we do in the ocean. All the training mines that were located and retrieved, gave the younger guys actual experience with the equipment and an idea of what it may be like to dive on the real thing."

In addition to an exchange of technical expertise and ideas, one final element was given from both parties, respect, an element that can be felt in an inscription imbedded on a plaque presented to Platoon 801 from Lt. Cmdr. Christian Meister, Bad Bevensen Commanding Officer.

"The integration of you guys was excellent and I can state with pride that I consider you a part of my crew."

WOMEN, continued from page 1 women's accomplishments in the United States Navy. Naval Air Station Sigonella's (NAS) Heritage Committee held a ceremony on March 26 to honor Navy women service members.

NAS Sigonella Command Master Chief Rosa Wilson opened the ceremony by sharing a poster that was published a long time ago in a Navy newspaper that looked back on

a Navy Recruiting center's marketing to get men to join. The poster showed a woman with a thought bubble over her head that said, "Gee, I wish I were a man, I'd join the Navy." Be a man and do it, United States Navy Recruiting Station." "My goodness, we've come a long way since this poster," said Wilson. She went on to say, "You don't have to act like a man or be like a man to get respect. As a woman in the United States Navy, we represent just by our presence and our conduct."

Today, 146,239 women serve in the Navy Total Force, which includes active, reservists and civilians. Women were granted access to the Navy 101 years ago, and during that time, many women have made invaluable contributions, including Capt. Kay Hire, who was the first woman to be assigned to a combat aircrew in 1993. She went on to become one of the first female Navy astronauts, and EMCM Mary Bonnin (ret.) who was the Navy's first and only female Master Diver.

NAS Sigonella NCTS Commanding Officer, Cmdr. Kathy Creighton introduced the guest speaker of the Women's History Day ceremony at Sigonella, Dr. Marlene Casel, Director of the Fleet & Family Support Center, and shared her thoughts about being a woman in the military. "Our story is not unique because we are women. It's the story of U.S. Sailors; of having pride, serving your country, leaving your families, going on deployments... all those things."

Dr. Marlene Casel has impressive educational credentials and a strong background with the United States Navy and the Fleet & Family Support Center. She said that the theme of this year's Women's History

Month, "women taking the lead to save our planet," was a tough one at first, but after doing research, was able to apply the theme directly to the women service members, by relating it to protecting our borders and helping to give freedom to all. "All successful women work from their hearts. They follow their passions. And by doing so, they automatically give back to our world, making it a much better place. And in the end, they make their own history. Bravo Zulu, ladies. Keep raising the bar," she said.

NAS Sigonella Executive Officer, Capt. Joseph Beadles closed the ceremony and said, "As a young female, if you are looking for role models, you don't have to look very far, because they live right here in your backyard. I implore you, look at these ladies, look at what they've done, and look at what you can do. There's no limit."

The ceremony concluded with a cake cutting ceremony in the atrium at the Midtown Complex.

DJIBOUTI, continued from page 1

"They found there was a huge need for books in the schools, and contacted BFA to facilitate delivery to the villages," Plonski said.

BFA has been working to end the book famine in Africa for more than 20 years. They ship \$20 million in used educational books from all educational levels annually, and they have sent more than 20 million books to 45 African countries over that time.

Once the project got underway a lack of funding to transport the books became apparent. BFA and the 9th PSF worked with Project Handclasp, a non-profit organization in San Diego, to arrange for the books to be transported from Norfolk, Va., to Djibouti. However, there was no money to get the books from St. Paul to Norfolk, said Marine Chief Warrant Officer Jay Testa, the project coordinator for the 9th PSF.

"I was put in touch with the chaplains in the European region, and they became involved by offering to fund the movement of books between St. Paul and Norfolk," Testa said. "They did that out of their religious offerings fund."

Navy Chaplain Russell Wilson, a chaplain at Naval Air Station Sigonella, Sicily, heard about the project and volunteered approximately \$2,200 from the chapel's tithes and offerings fund to get the shipment to Norfolk.

"When I arrived in Djibouti for my TAD, I met Chief Warrant Officer Testa and found out what the need was," Wilson said.

Testa stated that the 9th PSF has big plans underway for the distribution of the books.

"They will go to primary and secondary schools across Djibouti as well as the University of Djibouti in

the city," he said. "We've got books from every educational level, from the American equivalent of kindergarten to the university level. It's going to help children and students from all ages to bolster their learning ability."

Plonski believes this undertaking has been hugely successful so far due to the dedication of the Sailors and Marines involved.

"It has been a very good experience, and I'm impressed by the generosity of the people serving in our armed forces," he said.

Wilson looks at projects like this as a way of spreading good faith and helping those in need.

"For years, the church has cared for those who're in need in many areas around the world," he said. "Here we have the chance to continue this act of love by providing for those in need, specifically books for the children of Djibouti. For a community built on love, and sharing that love, it's extremely important for us to be involved in the lives of those who need to be loved."

Testa simply believes it's his responsibility as a Marine and human being to give back to those less fortunate.

He said, "Americans are better off than third-world countries are, and if we can provide assistance in some way to make their lives better, especially with a long-term benefit like educational material, than it's our duty as people."

<p align="center">NAS Sigonella Ombudsman Program</p> <p>Our Mission:</p> <ul style="list-style-type: none"> -Primary liaison 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 <p>Our Commitment:</p> <ul style="list-style-type: none"> - 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 COM-PASSIONATE 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. <p>Call us at 624-4291 or 24/7 at 335-580-1269 for more information.</p>

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All classified ads are free to the community. Their intent is for advertising personal property for sale, trade or giveaway. No commercial ads will be accepted. Ads run for two weeks. Classified ads are due no later than 5 p.m. of the Friday before the week of publication. For more information, call 624-5440, 624-2798 or 095-86-5440/2798. Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884.

Send Il Mercato advertisements to thesig@eu.navy.mil

If you are transferring to Sigonella and would like to see *The Signature* in its entirety, email us at thesig@eu.navy.mil from your .mil account to verify your affiliation with the U.S. Military.

Anyone interested in sending ads via email should leave a phone number and point of contact name at thesig@eu.navy.mil. Ads run for two weeks on a space available basis and must be sponsored by active duty military members, family members or Italian/American base employees. Ad must be 40 words or less and typed in regular upper case, lower case format. *The Signature* does not accept ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. AFRTS/AFN decoders must be sold only to another authorized individual: active duty or retired U.S. military, DoD direct-hire employees, and their spouse. If someone would like these types of services in *The Signature*, call Stampa Generale @ 081-568-7884.

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