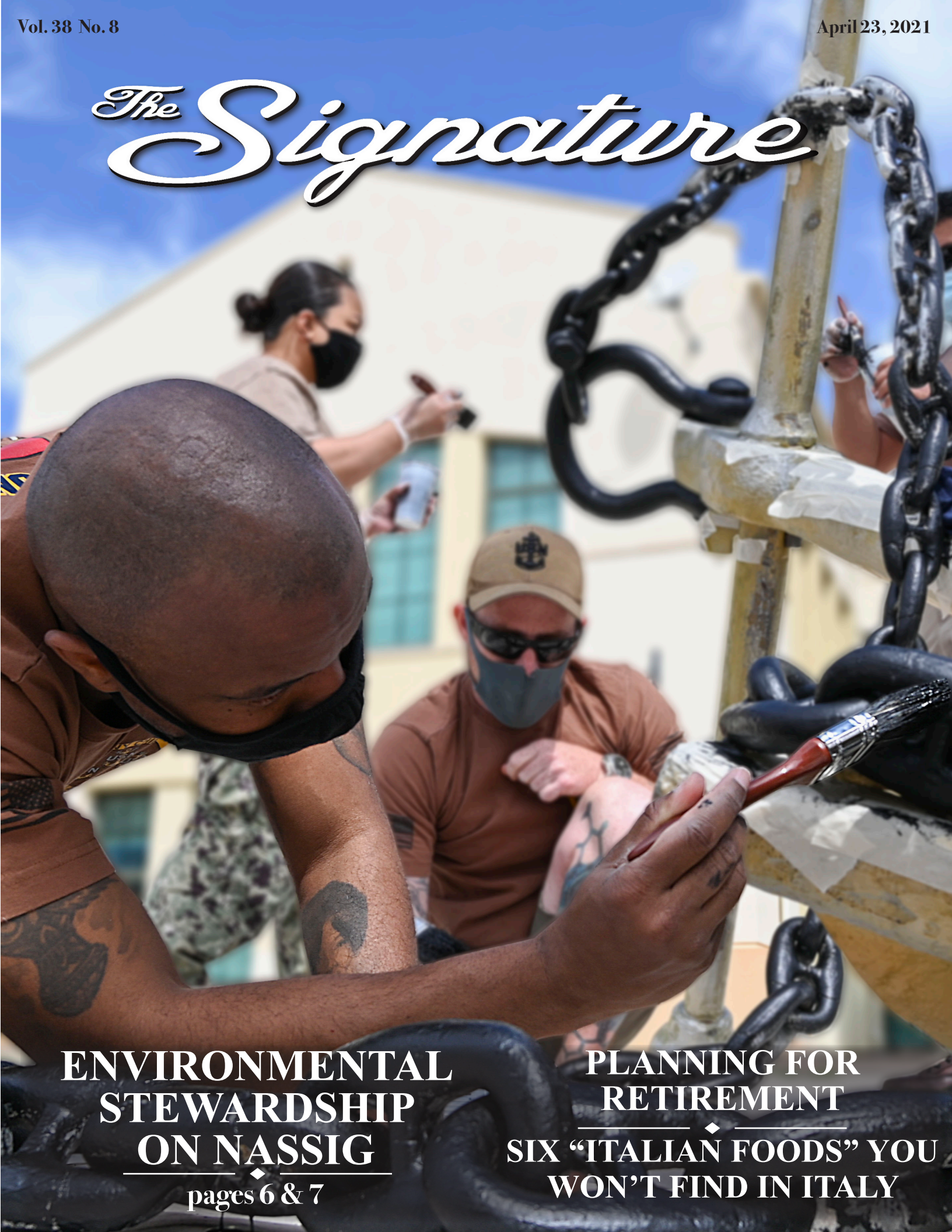
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Direct Line

Adam D'Amico, Child and Youth Program Director

Hi Sigonella! My name is Adam D'Amico and I am the new Child and Youth Program (CYP) Director for Naval Air Station Sigonella. I will be leading the Child Development Center, School Age Care, the Youth Complex, and Youth Sports and Fitness, all of which fall under the MWR umbrella. Many of you may have worked with me during the past two years at School Age Care when I was the Youth Director. I love supporting children and families here at Sig and am excited for this new opportunity.

I wanted to take a minute to let everyone know that we at CYP are committed to providing quality care and programs for young people on base, even through all of the changes and prevention strategies we have implemented in the past year. COVID-19 has brought a number of modifications to how we operate our childcare programs and facilities, to include enhanced health screenings, extra cleaning and sanitizing, limits on group sizes, the Youth Complex closure, and the cancellation of the Youth Sports Program. I can assure you that even amidst these additional challenges, our staff has worked tirelessly to maintain high quality programming and the overall accountability and supervision of the children in our care. I want to personally thank all of our families for supporting us through the uncertainties.

Our two main childcare programs at CYP are the Child Development Center (CDC, not to be confused with the Centers for Disease Control!) and School Age Care (SAC). The CDC supports families with care for children ages six weeks to five years old and not in kindergarten, and is accredited by the National Association for the Education of Young Children (NAEYC). SAC provides after-school and summer care for students ages five and in kindergarten through 12 years old and is accredited by the Council on Accreditation (COA). Our staff have been working hard to try and meet the childcare demand here at NAS Sigonella, and both of these programs have continued to function at reduced capacity through most of the past year. We know there are still families on our waitlist, and we are doing everything we can to meet the needs of our families.

Many of you may have noticed that CYP is actively hiring more staff. During the past year, we have lost a high number of experienced childcare employees, which has limited what we are able to provide. We are working to find qualified individuals for our programs, which will help us expand what we are currently offering. If you are interested in applying for a full-time, part-time, or flex position, please contact the NAF HR office at 624-0522.

As we celebrate Month of the Military Child in our facilities, we are also currently working on a plan to



reopen our Youth Sports and Fitness Programs as well as the Youth Complex in Marinai. In the past, we were able to offer various sports programs for children and youth age three to 18 throughout the year. Some of these programs included soccer, run club, wrestling, flag football, cheerleading, basketball and baseball. These have been well-loved and highly attended programs, and we are eager to resume as soon as we can.

The Youth Complex is a free facility for children ages 11 and in sixth grade through 18 and in high school. In the past, teenagers could visit the Youth Complex and play video games, pool, foosball, and air hockey, as well as watch TV and play keyboard, drums, and electric guitars. The Youth Complex also hosted trips to different local attractions, as well as go-karting, paintballing, hiking, kayaking, snorkeling, and much more.

We know that both the Youth Center and Youth Sports are important programs and facilities for our young people onboard Sigonella, and we want to offer them as soon as we are able. The changing CNIC and host nation COVID guidance makes this challenging, but it is our sincere hope to offer new programming soon. Be on the lookout for more information on what these programs will look like in the future.

In the meantime, if you have any questions, please do not hesitate to reach out to me at adam.damico@eu.navy.mil or 624-3736.

Let's Talk About Retirement

By MC1 Kegan E. Kay, *NAS Sigonella Public Affairs Office*

April is Financial Literacy Month, so we are kicking off a new series to help you improve your financial competency.

For this first installment, we are covering planning for retirement with a focus on the Thrift Savings Plan (TSP) for service members to include advice on how to get free money from the government!

Whether you plan to retire in five years or 50 years, the time to start saving for retirement is as early as possible. To do this, a person needs to consider how much it would cost to maintain their desired lifestyle after retirement. Where you live, the size of your house, future bills... all of these will be important in figuring out the amount of money you need to save now in order to live comfortably in your future retirement.

Similar to a 401k, the TSP is a retirement savings and investment plan for civilian employees of the United States Government and members of the uniformed services. Most service members are enrolled in the TSP, but how many of us have actually looked at our contributions since signing the enrollment form at boot camp?

As part of the TSP, the military offers two savings programs: High-3 (legacy) and Blended Retirement System (BRS).

High-3 is for service members who first entered active duty after September 8, 1980 but before January 1, 2018. For High-3, the service member is typically required to have 20 years of active-duty service to qualify for retirement pay (pension).

Service members who first entered active duty after January 1, 2018 are enrolled into BRS, as well as those who opted into it in 2018. BRS also typically requires 20 years of active-duty service to qualify for retirement pay (pension), but the main difference between the two is in how the TSP is funded.

In the BRS, the TSP is funded by service member's contributions plus automatic and potential matching contributions from your military branch (up to five percent). For High-3, the TSP is available, but is funded only by the service member's contributions. BRS also offers service members the potential for continuation pay and a lump-sum option.

So what does all of that mean? First, take a look at what you are contributing to your TSP, especially if you are enrolled in BRS. The service branches will match your contributions up to 5%, which essentially means giving you free money! If you just signed the form at boot camp and haven't looked your TSP since, then you are probably contributing 3% of your salary, meaning you are missing out having your service branch match you an extra two percent.

It may not seem like a lot, but it's the difference between putting a total of 6% of your salary (your 3% plus the matching 3%) or 10% into your retirement fund. Over the years, this could potentially be a difference of up to $25,000 by the time you retire.

If you are in the High-3, you also may want to evaluate how much you would like to contribute to meet your retirement goals, keeping in mind that your contributions will not be matched by your service branch.

You can review your contributions into your TSP through the myPay website, where you can also make alterations to the percentage amount and even choose between Traditional TSP, Roth TSP or both. However, to change where the contributions go as far as investment funds or cycles, you'll need to login to the TSP.gov website.

If there is at least one take away from this article, I hope that you take the time to check your contribution amount into your TSP and, for those in the BRS, max out for matching contributions from your service branch.

This article has only scratched the surface of TSP and preparing for retirement. For more information or questions, please reach out to your command financial specialist or to Fleet and Family Support Center for assistance.

THE SIGNATURE

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Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. **Editorial submissions** should be sent to the Public Affairs Office via thesig@eu.navy.mil. All articles submitted by non-staff members will be considered contributing writers.



In the Spotlight

Name: Debora Cicero
Command: NAS Sigonella
Department: Admin

By MCSN Triniti Lersch, *NAS Sigonella Public Affairs*

To reach the Naval Air Station Sigonella triad, you will have to first go through Debora Cicero from Caltagirone, Sicily.

As executive secretary, she not only provides a warm and friendly welcome to those entering the command suite in building 618, but also provides a great deal of behind-the-scenes support that benefits the entire command.

Cicero started working for NAS Sigonella in 1997. She considers her executive secretary position to be a dream job because it allows her to improve her skills and knowledge as well as interact with people from various nationalities.

As executive secretary, Cicero provides translations for official correspondence between NAS Sigonella and various tenant commands with the Italian Air Force and other Italian government offices throughout Sicily and the mainland. She also acts as an interpreter for the triad with the Italian military or civil officials as needed, as well as providing guidance on manners and customs of foreign dignitaries.

Cicero's daily duties include answering and screening telephone calls for the Commanding Officer, Executive Officer, and Command Master Chief, in addition to scheduling their appointments, visits, and meetings. She also composes thank you letters, holiday greetings, condolence messages, and VIP welcome letters and organizes luncheons, events and ceremonies.

Cicero's favorite part of her job is that meeting new people, but it's also the most difficult part of her job.

"I have seen many people come and go," said Cicero. "I have worked with great people, and when you build relationships it's hard to see them go."

Cicero offers a friendly face to all who come through her office, whether they are enlisted Sailors, high-ranking officers, or foreign dignitaries from a wide variety of countries.

Cicero's proudest achievements while working onboard NAS Sigonella are the numerous letters of appreciation and thank you notes for the jobs she has done.

"Debora has an amazing work ethic and always seeking areas to assist," said Command Master Chief Anna Wood. "Her ability to juggle all facets of her duties is met with ease; she makes it look so easy, but we know it's not."

In her free time Cicero likes to read, go for walks, and cook.

"I started after I graduated from high school while I was in Canada," said Cicero. "My aunt was a great cook, as they owned a restaurant when they lived in Canada. So, while I was staying there with them, she taught me how to cook."

Cicero enjoys the fact that she can be creative when cooking and add can add her personal touch to make the recipes unique. It is also a way for her to ease stress. She likes to make desserts and cakes, but also loves to cook pasta and rice.

Considering her international expertise, it's no surprise that Cicero has traveled widely, including to England, France, Switzerland, Holland and Canada. Her favorite places were London and Vancouver.

Closer to home, Cicero's favorite places in Sicily are Siracusa and Ortigia. She loves the traditions, landscapes, architecture, and of course the food and wine.

"I am very grateful for all my American friends near and far that I have met during my years onboard NAS Sigonella," said Cicero. "Thank you for being there for me always. You all have a special place in my heart. A special thank you to my parents for the love, care and support and for being so proud of me working for Naval Air Station Sigonella."

NASSIG Stays Golden

By MC2 Josh Coté, *NAS Sigonella Public Affairs*

Naval Air Station Sigonella was awarded the Retention Excellence Award for fiscal year 2020, an honor recognizing commands that either meet or exceed required retention goals put forth by U.S. Fleet Forces Command.

This is the fifth year in a row that NAS Sigonella has accomplished this feat.

The Retention Excellence Award is not a given. In order to earn it, a command has to put in the work and guide Sailors to make the best choices for their careers.

"A command wins the Retention Excellence Award by meeting or exceeding the annual benchmarks retaining the most talented Sailors in the Navy," said Navy Counselor 1st Class Christopher Hogan, NAS Sigonella command career counselor. "In order to retain the right talent, with the right skills, in the right rating, commands must meet or exceed reenlistment rates and attrition targets."

The award showcases just how much time and effort of both the command and departmental career counselors put in to support Sailors. Each Navy command is assigned a benchmark for retention, which is tracked quarterly. With exceptional performance, the command will be recognized in the quarterly Retention Honor Roll. The requirements are standardized across the fleet for both sea and shore commands.

"Earning this award was a team effort," said Hogan. "It is a reflection of the hard work of the career development team put in to educate and assist Sailors in making informed career decisions. This would not have been possible without the help of the chain of command as well as the departmental and divisional career counselors."

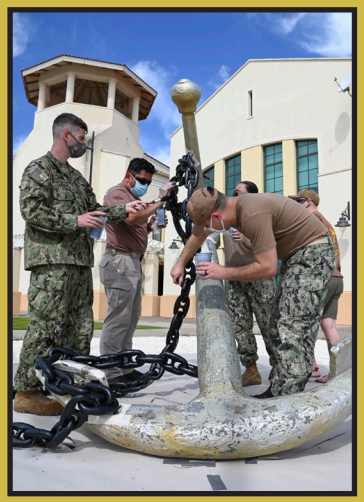
Not every command wins this award every year, and to do it for five consecutive years speaks volumes about the NAS Sigonella team.

"The Retention Excellence Award is awarded to recognize superior command accomplishment in executing programs and policies that best enable our Sailors to succeed in their Navy careers," said Hogan. "It also directly supports the concept of Brilliant on the Basics."

After winning the award, the command then has the right to fly a pennant as well as paint the ship's anchor gold.

"The Retention Excellence Award was previously known as the golden anchor award," said Hogan. "We still symbolically paint the ship's anchor gold upon receipt of this award."

Recently, NAS Sigonella relocated the base anchor to a new location in front of the command building on NAS II. As part of celebrating its fifth win in a row, the chiefs and Sailors of NASSIG worked together to paint the anchor gold. Now, the newly-golden anchor serves as a visible reminder of retention excellence to visitors on NAS II.













Environmental Stewardship at NASSIG

By Megan Mills, *NAS Sigonella Public Affairs*

Environmental stewardship happens both at an individual level and at a larger scale. Here onboard Naval Air Station (NAS) Sigonella, many initiatives are in progress to reduce the environmental impact of the installation as a whole, but change also happens one person at a time.

On Earth Day, Apr. 22, NAS Sigonella hosted a base-wide clean-up where volunteers combed the NAS II grounds and disposed of litter.

The Community Relations (COMREL) program also provides opportunities for commands and other groups to participate in volunteer activities around Sicily, including beach clean-ups. Whether you pick up litter on your own or with a group, your actions can have a large impact, so if you see litter around base or out in town, pick it up and throw it out! It doesn't have to be Earth Day for you to make a difference.

In addition to cleanups, there are many actions individuals can take to reduce their impact on the planet. New research states that one of the most effective actions is reducing food waste, which means shopping carefully and planning meals in order to minimize unused food. Planning ahead so you don't let food go bad in the back of the refrigerator not only protects your house from rotten smells, but also aids in protecting the planet.

Staff at the NAS Sigonella Environmental Department have more suggestions for people who want to be a little more eco-friendly. Crystal St. Clair-Canaii, Installation Environmental Program Director for NAS Sigonella, recommends learning about your local recycling program, whether in Marinai or out in town, and using reusable shopping bags as often as possible.

"In the economy, you have to pay for plastic bags every time you get one, which then may or may not end up getting recycled," she said. "Reusable bags have a onetime cost with a lifetime payback to the environment."

Kenny Eiford, environmental engineer at NAS Sigonella, also suggests reconsidering what you're buying in the first place.

"Make an effort to make less contributions to the landfill. The easiest way to do that is to buy less, buy used, and buy permanent," he said. "This means fewer plastic water bottles and more thrift store shopping, and it's a great way to justify buying that $250 pair of boots that will last forever instead of five $50 pairs that will break or go out of style in a year."

While it's important for people to reduce food waste, recycle, and shop responsibly, organizations can make large impacts through policies and collective actions, and NAS Sigonella has undertaken several initiatives to lessen the environmental impact of the base.

New photovoltaic systems on both NAS I and NAS II have increased the amount renewable energy, and the installation is transitioning a significant amount of boilers from diesel fuel to natural gas. This change provides for energy savings and reduces harmful air emissions.

In addition, construction is in process to upgrade the wastewater treatment plant, which will ensure that the base continues to discharge clean and unpolluted water to the environment into the future.

These efforts have an immediate effect not only on the base, but also on the local surroundings.

"Our location in proximity to agricultural fields that actually provide food for the community puts us in a unique spot to have either an adverse or positive impact," added St. Clair-Canaii. "The food we see in the markets comes fresh from fields we drive past every day and from those markets to our table."

Ensuring clean air and water, reducing waste and pollution, and protecting natural resources is important not just for the health of the community and the planet, but also for the mission of the "Hub of the Med."

"In order to accomplish the NASSIG mission, I recognize our fundamental role in protecting the lands and resources that are entrusted to us and consider environmental management one of our highest priorities," wrote Capt. Kevin Pickard, commanding officer of NAS Sigonella, in the installation environmental policy statement. "Environmental stewardship is essential to the safe, healthful, and compliant execution of our mission and the preservation and protection of the resources entrusted to us by our host nation."

Eiford agrees. "The best way for us to carry out our mission here is to maintain a good relationship with the local community, and being environmental stewards is part of that deal," he said. "Luckily, that also happens to be the right thing to do, so it should be an easy choice."







Grey Knights Participate in Sicilian Environmental Initiatives

By Lt. Andrew Staley, *VP-46 Public Affairs Officer*

The "Grey Knights" of Patrol Squadron (VP) 46 supported an environmental initiative held at Three Rock Beach, near the town center of the coastal village of Riposto, April 7, 2021.

The volunteers assisted in the initial phase of the project by gathering and consolidating garbage that had been littered and blown onto the beach near the marina.

"It was an awesome opportunity to get out in Sicily and strengthen relationships between U.S. Sailors and Sicilians," said Aviation Maintenance Administrationman 1st Class Zania Saunders, aviation maintenance administration leading petty officer. "What better way than to clean up a beach?"

Carmelo D'Urso, who serves as the Environmental Chairman in Riposto, said that the relationship between the squadron and the community serves an important purpose in bridging the gap between cultures, as well as preserving the area's historical significance.

"The initiative was part of an ongoing environmental program supported by volunteer organizations such as VP-46 that is aimed at promoting the natural beauty of this historic beach used by fishermen and beachgoers," said D'Urso.

Present at the clean-up to express the village's gratitude was Enzo Caragliano, mayor of Riposto. Happy to see the beach refurbished and the Grey Knights at the frontlines of the initiative, the Riposto locals expressed their gratitude to the volunteers with local Sicilian enthusiasm.

"Today's project was conducted by a group of volunteers from the Aviation Squadron VP-46 to give back as part of a community relations program which has started full speed ahead and will continue in the weeks to come," said Dr. Alberto Lunetta, Naval Air Station Sigonella Community Relations (COMREL) director.

COMREL projects such as this beach and marina clean up gives Sailors a unique opportunity to make a difference for the locals in Sicily.

As the Sicilians prepare for another Mediterranean summer after over a year lockdowns, Sailors like Lt. Andrew Staley, VP-46 public affairs officer and patrol plane pilot, said that it's essential that local attractions such as Three Rock Beach return to their natural state of beauty.

"To actively see the transformation of this beach as the Grey Knights reconditioned it truly developed an internal sense of accomplishment and satisfaction," said Staley. "The smiles and gratitude of the local citizens are what these programs are all about, and we are honored to be a part of such a unique opportunity for culture immersion and selfless service with our host nation."

With five previous COMREL events, the Grey Knights have logged 560 hours of community service during their Sixth Fleet deployment so far.

"Nothing ever becomes real until it is experienced, and cleaning Three Rock Beach was an experience I will never forget," said Chief Aviation Structural Mechanic Lonnell Taylor, maintenance control chief.

VP-46 is currently forward deployed to the US Sixth Fleet area of operations and is assigned to Commander, Task Force 67, responsible for tactical control of deployed maritime patrol and reconnaissance squadrons throughout Europe and Africa.





Italian News

Six "Italian" Foods That Don't Actually Exist in Italy

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

If you see a strange look on a Sicilian waiter's face after ordering fettuccine Alfredo, don't be surprised. You won't find this pasta dish in Italy because it's not authentic Italian food! There are many common "Italian" foods in America that are really only found stateside. Let's start with pizza:

Pepperoni and Pineapple Pizza

Pepperoni is undoubtedly the most popular American's pizza topping, but the word does not even exist in Italian. The Italian word "peperoni" sounds similar, but it means "bell peppers," not a spicy salami. According to American food writer and historian John Mariani, "pepperoni" is an Italian-American creation which dates back to 1919 when Italian butchers and pizzerias became popular in the US.

Here in Italy, if you don't like bell peppers on your pizza but you love American pepperoni, then order a pizza with "salame picante" or "pizza alla diavola" (devil's pizza).

As for pineapple on pizza, the story goes that the "Hawaiian Pizza" was created in Canada by Sam Panopoulos, a Greek immigrant, in 1956. You will have a hard time finding it in Italy, though, because Italians don't like fruit on pizza. A friend of mine who dared to ordered a pineapple pizza in a Nicolosi pizzeria kept saying there was something wrong with it as he was eating it!

However, Italian sentiment might be changing. Franco Pepe, an internationally-renowned pizza maker from the Campania region of Italy, created "AnaNascosta," a pineapple pizza for the 2019 Identità Golose congress in Milan in response to the theme "creating new memories." When asked if this new pizza was a "provocation," Pepe replied, "No, it's a reflection. It's a symbol of a philosophy and of how we are currently working on pizzas with all kinds of ingredients."

On the other hand, there are some popular Italian pizza toppings you rarely find in the United States, such as boiled eggs and fried eggplants. Italians have even created a pizza called "the American Pizza" with French fries and hot dogs on top, something most Americans have never seen!

Fettuccine Alfredo

To put it simply: Alfredo sauce does not exist in Italy! Well, mostly.

The origin of this popular American dish comes from the love story between Alfredo Di Lelio and his wife Ines. Alfredo, a young cook from Rome, prepared this dish for the first time in 1908 to entice his wife Ines to eat while she recovered from pregnancy; she was very weak and had lost her appetite after giving birth.

Alfredo made egg-fettuccine and dressed it with a mix of fresh butter and Parmesan cheese. After that, he said a prayer to Saint Anne, the patron saint of women in labor, and told his wife: "If you don't eat it, I will!" Fortunately, his wife not only loved the dish, but also suggested that he put this creamy pasta on the restaurant's menu.

But how did fettuccine Alfredo get from Rome to America? It was serendipity. Hollywood stars Mary Pickford and Douglas Fairbanks happened to dine at Alfredo's restaurant on their honeymoon in Rome. They loved this dish so much that they sang high praises of these special noodles after they returned back home. Soon, actors, film directors, producers, writers, musicians, sportsmen, owners, entrepreneurs and head of states from America and all over the world started a "food pilgrimage" to Rome to try the famous fettuccine.

Today, you can still eat fettuccine Alfredo in Rome at one of the two restaurants that claim to be the authentic one with the most traditional recipe. However, you won't find them on the menu in the rest of Italy, with the exception of generally low-quality touristic restaurants.

Lastly, the American version of this pasta is very different from the original Italian one. In the American version, the sauce is made with cream, garlic (generally speaking, Americans love garlic more than Italians), butter and Parmesan cheese, while in the Italian version you would simply toss the pasta in butter and Parmigiano Reggiano and mix it into a creamy consistency.

According to Lara Gilmore, a food expert who moved

from New York City to Modena, Italy, people in the United States are convinced that Italians love fettuccine Alfredo. "It is considered an elegant and refined specialty of Italian cuisine, the chic equivalent of spaghetti with tomato sauce," said Gilmore. "For Italian-American families, it is a special dish for holiday lunches and not a common dish because it requires skill in the kitchen."

In the United States, there are many variations of fettuccine Alfredo, but the one that makes Italians raise their eyebrows the most is undoubtedly the addition of chicken to this creamy sauce. In Italy, traditionally speaking you would never ever mix chicken with pasta!



Contrary to popular belief in America, Italians do not eat Fettuccine Alfredo. So, if you are excited to taste the authentic pasta with the delicious creamy sauce while you are in Italy, you will be disappointed to hear that it doesn't exist. This pasta is one of the Italian-American food that don't match the authentic Italian cuisine. (Photo by https://lilluna.com/easy-fettuccine-alfredo)

Marinara Sauce

Don't ask for pasta alla marinara when you are in a restaurant in Italy. In Italian the word "marinara" translates into "mariner's style" which is used to name dishes made with seafood and fish. But the American marinara sauce does not have any fish in it or even exist in Italy. However, you can find a close cousin to marinara sauce by visiting a local Italian pizzeria, as they use a similar sauce for pizza alla marinara, a basic pizza with tomato, garlic, oregano and olive oil.

As for the historic origin of the marinara sauce in America, food historian Mariani wrote that it became popular among Italian immigrants who worked at sea "supposedly because it was made quickly, as soon as the mariners' wives spotted their husbands' returning fishing boats in the distance."

Garlic bread

Italians love fresh bread, but they serve it plain with the exception of bruschetta. Here, bread is used to accompany food or to move it around the plate, or even to "fare scarpetta" (to scoop the last sauce left on the pasta dish that you have finished eating). However, Italians don't eat bread drenched with a buttery garlic sauce nor do they dip it in olive oil as an appetizer, so don't expect a plate when they bring you pane at an Italian restaurant. You're supposed to use it on the plate with your pasta or main dish.

In America, garlic bread is often eaten with pasta. This is a huge no-no for Italians who would never ever eat bread with pasta. That would equate to a carb and starch overload!

Spaghetti and meatballs

Every Italian is 100% certain that their mother or grandma never cooked spaghetti and meatballs for them, though they have probably seen this dish in the classic Disney movie "Lady and the Tramp." In Italy, meatballs are simply not mixed into pasta. Instead, they are served as a second course.

The spaghetti and meatballs origin story actually begins with the Italian immigrants coming to America at the end of the 19th century. According to Smithsonian Magazine, over four million Italians moved from Italy to the United States between 1880 and 1920. Many left poverty in Italy, where meat was a luxury, and they found that meat was more affordable in America. American meatballs, consisting of beef mixed with bread soaked in milk, also became bigger than their traditional counterparts.

Though combining meatballs with spaghetti is not traditional to Italy, Mariani quoted Sicilian restauranteur Niccolo de Quattrociocchi as saying in 1950, "I was introduced to two very fine, American specialties called "spaghetti with meatballs' and 'cotoletta parmigiana (chicken parmesan). As a matter of fact, I found them both extremely satisfying and I think someone in Italy should invent them for Italians over there."

However, you will never find Italians eating canned spaghetti. In Italy, pasta has to be eaten "al dente," which literally means "to the tooth." In other words, it has to be still "firm to bite" but not soft and mushy.

Child Abuse Prevention is 'All In to End Child Abuse'

By Regina Fivella, *Fleet and Family Support Center Director*

Since 1983, when Congress proclaimed April as National Child Abuse Prevention Month, we have taken this time each year to reflect on the well-being of children. However, prevention is a constant effort, one that we all must actively participate in and it must endure long after the month of observation has come and gone.

Therefore, the Navy is integrating a year-long child abuse awareness and prevention campaign. This April is the 'kick-off' to the year-long program, which will ultimately aid communities in sharpening their focus on prevention activities.

This year's theme is "All In to End Child Abuse." The 2021 campaign will focus on providing resources to help kids and families heal and prevent future abuse in the military community. The strength and unity of the military community presents a unique opportunity for this campaign, which encourages adults to go "all in" to end child abuse.

This year's call to action further heightens awareness around child safety and reinforces the Navy's commitment that all children deserve to be safe, nurtured, and cherished; that child abuse and neglect is a public health and a family issue; and that all adults play a significant role in prevention. Our first duty is to our next generation, and every caring adult in the community can play an ongoing role in prevention by supporting military children, including those impacted by trauma, abuse, or neglect.

This year, our goal is to inform our community about the signs of child abuse and provide resources for them to take action.

A child who is being abused or neglected may feel guilty, ashamed or confused. The child may be afraid to tell anyone, particularly if the person harming them is a parent, sibling or other relative, or family friend. The child may seem afraid of parents, older youth or adult caregivers or family friend. The following are red flags to watch for are if a child:

- Shows sudden changes in behavior or school performance.
- -Has not received help for physical or medical problems brought to the parents' attention.
- Has learning problems or difficulty concentrating that cannot be attributed to specific physical or psychological causes.
- Is always watchful, as though preparing for something bad to happen.
- Seems to always lack adult supervision.
- Has unexplained burns, bites, bruises, broken bones or black eyes.
- Has fading bruises or other marks noticeable after an absence from school.
- Seems frightened of their parent or caregiver and protests or cries when it is time to go home from a playdate, from school or another outside activity.
- Abuses animals or pets.

If you have concerns about a child's safety, make sure you know what to do and how to report suspicions of child abuse or neglect. Here onboard NAS Sigonella, to make a report, contact the Fleet and Family Support Center's Family Advocacy Program at 095-56-4291 or call emergency dispatch afterhours at 095-86-1911.

Throughout the month of April, you may have seen blue and silver pinwheels displayed around NAS 1, NAS 2 and Marinai. Traditionally, displaying these pinwheels during the month of April promotes child abuse awareness and prevention, and is an uplifting reminder of the bright future all children deserve.

To support the campaign, the Office of the Secretary of Defense Family Advocacy Program, in partnership with Military OneSource, has provided resources on their website at www.militaryonesource.mil/end-child-abuse. Sigonella resources include Family Advocacy Counselors, Military Healthcare Providers, Base Chaplains, and Base Security.

By learning to recognize the signs of healthy and unhealthy behaviors, you can help strengthen relationships and set the stage for a better life. The Fleet and Family Support Center offers counseling to help develop healthy relationship skills and addresses stressful situations. All children deserve a safe nurturing childhood, and it only takes one caring adult to make an impact on a child.

Reporting suspected child abuse is required by law for the military chain of command and covered professionals and is always the right thing to do. For more information or to make a report, contact the Fleet and Family Support Center's Family Advocacy Program at 095-56-4291 or call emergency dispatch afterhours at 095-86-1911.



It Takes a Region

By NAVSUP FLCSI Public Affairs, Photos by MC2 Kaleb Sarten

The Dwight D. Eisenhower Carrier Strike Group (IKE CSG) is a multiplatform team of ships, aircraft and more than 5,000 Sailors capable of carrying out a wide variety of missions around the globe. It brings multi-mission capable platforms to the U.S. 6th Fleet area of operations with strike, ballistic missile defense, and intelligence, surveillance, and reconnaissance capabilities.

Although the saying says "it takes a village," when it comes to supporting a CSG, it takes a region.



For four days in mid-March, the CSG's Nimitz-class, namesake flagship (CVN 69) was the first aircraft carrier to conduct a logistics and maintenance period (LMP) at Naval Support Activity (NSA) Souda Bay, Greece, during the COVID-19 pandemic.

During IKE's LMP at the pier and the CSG's replenishment-at-sea (RAS), logistics teams assigned to Naval Supply Systems Command Fleet Logistics Center Sigonella (NAVSUP FLCSI) joined efforts with NSA's departments and tenant commands like port operations, air operations and security to deliver critical parts, mail and provisions to the CSG.

"Our supply department's objective was to replenish Eisenhower while preserving the crew's bubble-to-bubble liberty as much as possible," Lt. Cmdr. Dale Lessner, FLCSI's Site Souda Bay site director. "To accomplish this, much of their cargo and provisions were received in Souda Bay during the IKE's time in port and were delivered to USNS Arctic (T-AOE 8) later."

Once loaded with supplies at NSA Souda Bay's pier, the fast combat support ship met up with and offloaded the supplies to, the CSG's ships at-sea.

"The transportation and delivery coordination of pallets loaded with provisions had to be carefully choreographed in order to support the Arctic's limited time pier side and throughput constraints at the local customs office," Lessner added. "The key to the timely movement of these pallets was our team's ability to obtain the sufficient amount of packing materials necessary to handle an entire CSG's worth of mail and have it ready to go."

Lessner added that his team's close coordination with Navy Exchange Command was critical for delivering ship store items to Arctic before operations were interrupted by Greece's national holiday on March 25.

As the IKE CSG's ships underwent RAS, thousands of their crewmembers enjoyed a few days of liberty leave at NSA Souda Bay. Some of which was spent joining members of the NSA community for a Fleet Landing Event held at the pier and hosted by the installation and its tenant commands.

In addition to NSA Souda Bay, FLCSI supported the RAS from strategic locations across the 6th Fleet area of operations, like at NSA Naples, Italy, Naval Air Station (NAS) Sigonella, Sicily, and Naval Station Rota (NAVSTA), Spain. FLCSI postal professionals processed crewmembers' mail through the installations' fleet mail centers (FMCs) and through aerial mail terminals (AMTs) located in Athens, Greece; Rome, Italy; and Madrid, Spain.

"For much of March, hundreds of our postal professionals moved tens of thousands of pounds of mail that originated from CONUS to IKE CSG's crewmembers aboard USNS Arctic," said Vic Gonzalez, FLCSI's regional postal program manager. "This herculean logistics feat was possible because of the diligent coordination and precision planning between FLCSI's logistics professionals and our mission partners, like NAVSUP N434 Mail Routers, Joint Military Postal Activity in Chicago, Commander Task Force, 63 and U.S. 6th Fleet N4 staff."

Gonzalez added that his postal teams prepared nearly 500 pallets weighing more than 133,000 pounds of mail, 75 percent of which was loaded onto USNS Arctic while moored at NAS Sigonella's Augusta Bay Pier.

IKE's LMP at NSA Souda Bay and IKE CSG's RAS followed a series of maritime exercises that it conducted beginning earlier in the month with Morocco, and later alongside Italy, Greece, and Turkey. After crewmembers enjoyed some liberty and once the CSG completed its RAS, it departed for the Eastern Mediterranean Sea to participate in Operation Inherent Resolve.



FLCSI is one of NAVSUP's eight globally-positioned fleet logistics centers that provides for the full range of the Fleet's military operations. The command delivers solutions for logistics, business and support services to the Navy, Military Sealift Command, Joint and Allied Forces throughout Navy Region Europe, Africa, Central.

NSA Souda Bay is an operational ashore base that enables U.S., allied, and partner nation forces to be where they are needed when they are needed to ensure security and stability in Europe, Africa, and Southwest Asia.

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

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