

Ja Aleman of an Har Taxan Ja Agenetician (CO Konned Frank Mill Car Provins for Decrim the World Ref 772 (Constant of Mill Set 1 TO TO S MOTOR (Mill Con 1 TO TO S MOTOR (MILL) (Mill Con 1 TO TO S MOTOR (MILL) (Mill Con 1 TO TO S MOTOR (MILL) (MILL

100000

August 14-15, 2015

REMEMBERING

THOSE WHO CAME BEFORE US

04 REGION COMMANDER'S PERSPECTIVE Rear Adm. Jack Scorby



Tim McGough

Jacky Fisher MC2 Jeff Benson

Contents

- 06 THE DAY THAT WILL LIVE IN INFAMY Lt. Adam Yarochowicz
- **08 NSA BAHRAIN PHOTO SPREAD** NSA Bahrain Public Affairs
- 10 CLDJ TWO COUNTRIES, ONE GOAL VIDEO CLDJ Public Áffairs

12 CAN DO! MC1 Eva-Marie Ramsaran

14 HONORING OUR VETERANS: PAST, PRESENT, FUTURE MC1 Brian Dietrick

- 16 CNREURAFSWA SAILOR OF THE YEAR Mr. Tim McGough
- 18 UP TO CODE NSA Souda Bay Public Affairs
- 20 FOUNDING PRINCIPLE: THE FIRST FREEDOM PART 2

Lt. Cmdr. Robert Johnson

- 22 ASIST: SUICIDE PREVENTION MC3 Robert S. Price
- 24 SIGONELLA MOURNS WITH PARIS MC1 Tony D. Curtis/MC1 Cody R. Boyd
- **26 REGION VOICES**



EURAFSWA READER VOLUME 2 ISSUE No. 12 - DECEMBER 2015 "PEARL HARBOR DAY"

REGION EURAFSWA PUBLIC AFFAIRS OFFICER

Lt. Cmdr. Robert Johnson

CONTRIBUTORS

Capt. Christopher J. Dennis Cmdr. Charles G. McKinney II CMDCM Michael Kaszubowski Lt. Paul Newell MC1 Tony D. Curtis MC3 Ramon Go Alberto Lunettav Nicole Ybarra

Capt. Cory R. Howes Cmdr. Steven Williams **CMDCM Steve Timmons** Scott Ghiringelli MC2 John Benson

Capt. William A. Garren Cmdr. Angel Santiago CSCS Raymond Dean Lt Dan Day

Capt. Greg Pekari Cmdr. Neil Hoffman CMDCM Delbert Terrell Jr. Lt. David Carter MC1 Brian Dietrick MC2 Grant Wamack

Capt. Douglas Carpenter Cmdr. Jay Driskell CMDCM Ashley R. Drake Lt. j.g. Alexander Perrien Chaplain Don Biadog

- Rear Adm. Jack Scorby Capt. Larry Vasquez CMDCM Gregory Vidaurri Lt. Adam Yarochowicz MC2 Luke Meineke
- Capt. Geof Colpitts Cmdr. Charles William CMDCM Scott Martin Lt. Cmdr. Erik Wells MC1 Drae Parker
- Capt. Michael R. Moore Cmdr. James R. Bird CMDCM Kurtis Szyszka Heather Judkins

REGION COMMANDER'S PERSPECTIVE





Happy Holidays! As we prepare to close out another busy yet rewarding year, I would like to extend my personal gratitude for the success we enjoyed in 2015; success born from your efforts, your commitment, and your service to the United States Navy. From Rota to Deveselu, from Naples to Bahrain, the magnitude of your accomplishments spanning the entire range of programs and infrastructure for which we are responsible has enabled us to achieve impressive results and build upon our reputation as ambassadors for the United States and stewards of the public's trust. 2015 will be remembered as a year of firsts: NSF Deveselu - the first new overseas installation built by the United States Navy in more than 20 years; the barracks on Camp Lemonnier, Djibouti (CLDJ) – the first permanent

U.S. structure on the African continent. It will be remembered as a year of growth - the final DDG arriving in Rota, Spain; military construction projects in CLDJ, Bahrain, Souda Bay and throughout the region that significantly enhanced our warfighting capabilities. It will be remembered as a year of personal and organizational achievement - Mrs. Ronyé McCarthy, NAVSTA Rota Ombudsman Assembly Chair and Ombudsman for CTF 68 winning the 2015 Mrs. Sybil Stockdale Ombudsman of the Year Award for Shore Installations; our numerous accolades and awards for customer service, innovation, and energy conservation.

More than anything I will remember 2015 as a year of people...talented professionals who poured their hearts and souls into the business of shore installation management...compassionate individuals supported by families and friends who joined together to achieve more than we thought possible.

As we approach the holidays, I ask that you take care of yourselves and your loved ones, for you are our nation's most precious resource. I ask that you take all necessary precautions to ensure that you are safe wherever your travels might take you, and to keep your chains of command informed of your plans so that we can account for you should a crisis occur. And finally, I ask that you take some time recharge and relax, for you have earned it.

2016 promises to be another challenging year as we build upon the achievements of 2015. We have a great amount of work ahead of us, but I have complete confidence that we will rise to the challenges that await us and meet with success once again. I look forward to seeing you all after the New Year ready to continue the work for which you are respected and appreciated. Please extend a warm holiday greeting to your families and loved ones and thank them for their sacrifice and efforts that make your service possible. Happy holidays to all, and my best wishes for a safe and happy New Year!

Commander, Navy Region Europe, Africa, Southwest Asia

Dear Friends and Families,

As always, take care of yourselves, your shipmates, and your families!

Rear Admiral Jack Scorby

The Day that will live in Infamy

By Lt. Adam Yarochowicz CNREURAFSWA Public Affairs

For most people the month of December is a time of celebration, happiness, and gatherings. Most recall on events of the past year, and begin planning for the next year. It seems everyone gets swept up in the holiday season; Thanksgiving has just passed and Christmas is just around the corner. Throughout the world, military commands are planning their holiday stand-downs and families are looking forward the quality time they get to spend with their Sailors.

However, in the middle of all of the celebrations and parties stands one of the biggest events in the U.S. Navy's and America's history: Dec. 7, 1941, the date President Franklin D. Roosevelt said "will live in infamy". **Every year Navy commands and installations remember** the events of this day and hold ceremonies to honor the 2,403 Americans who were killed during the attack at Pearl Harbor. While each ceremony is important, the sacrifices that day and all the sacrifices to come are remembered, no ceremony is arguably as powerful as the one held every year in Pearl Harbor, Hawaii.

Each year thousands of people from around the world gather either on the lawn of the Pearl Harbor Visitor Center or Kilo pier at Joint Base Pearl Harbor-Hickam for a remembrance ceremony. Included are several World War Il veterans and Pearl Harbor Survivors. This ceremony is a fitting tribute to those who gave their lives on that day and to those who survived and rebuilt in the following days. The ceremony includes a wreath laying, moment of silence, a flyover, 21-gun salute, and the rendering of honors to USS Arizona by a single destroyer. On December

2012, USS Chung-Hoon (DDG 93) was chosen to complete the sail around Ford Island and participate in the Pearl Harbor Remembrance Ceremony. USS Chung-Hoon is named after the late RADM Gordon Pai'ea Chung-Hoon, a native of Honolulu, Hawaii and recipient of the Navy Cross and Silver Star while commanding USS Sigsbee from May 1944 to October 1945.

This task is done meticulously and with full appreciation and respect. It is an exemplary show of seamanship, rightly so, to be in the exact required position, in full view of all in attendance, at the right time to render honors during the moment of silence. The entire crew participates; either operating the ship or manning the rails in whites. Following the ceremony there are other wreath laying ceremonies at the other memorials around Ford Island, USS Utah, USS Oklahoma, and at Hickam Field.

The conclusion of events for the day is the yearly internment ceremony conducted at USS Arizona. Any member of the crew who survived that day has the option to have their remains interned within the hull of the ship. This year's internment ceremony will be for Ensign Joe Langdell, USN.

For Sailors stationed in Hawaii, it is a great honor to be included in this ceremony. Every day Sailors stationed at Pearl Harbor are reminded of the historic events of that day seeing the Arizona Memorial in the middle of the harbor. The view is a constant reminder of the history of the Navy and the shoulders of the giants Sailors stand on.

On Nov. 6-7, 2015, the Bahrain School Boys Volleyball Team took first place at the DODDS-Europe boys' volleyball championship match at Aviano Air Base, Italy. The Bahrain Falcons swept the Marymount International School 25-23, 25-19, 25-22 in sets and went undefeated in the tournament. The Falcons faced five teams to take top honors winning all 14 sets. Falcon's captain and senior Anas Abed, named Most Valuable Player with 17 kills, and also made the All Europe Team along with teammate Fadi Aghim. The All Europe Team is selected from all the players at the tournament and nominated by the coaches. (By NSA Bahrain Public Affairs)









The Naval Support Activity (NSA) Bahrain, Naval Branch Health Clinic (NBHC) held a Health Fair on Nov. 4, 2015 to promote health and wellness. The event was an opportunity for service members and civilians to create "the road map to a healthier you" leading to a happier and healthier lifestyle. There were health and wellness booths with a multitude of free samples including food and drinks from GNC and the Gourmet Bean. Participants learned the dangers of driving while under the influence by riding tricycles wearing "drunk goggles." "The event is a great way to bring units together who care about the health of our community and encourage people to get involved with their own health," said Lt. Karen Downer, Health Promotion Coordinator, NBHC, Bahrain. (Photos by MC2 John Benson)



Camp Lemonnier Two Nations, One Goal



DJIBOUTI FIRST





Can Do!

By MC1 Eva-Marie Ramsaran NAVFAC EURAFSWA Public Affairs

Within the gates of the Navy's newest shore installation, Naval Support Facility (NSF) Deveselu, Romania, stands a small detachment of five Seabees from several Public Works Departments (PWD) in the Europe, Africa and Southwest Asia region.

Their mission to the installation is to support any upgrades for the temporary camp, quality of life projects to boost morale, as well as facilitate building acceptances and movement to the permanent site. They also provide safety supervision of crane operations, quality assurance for the base operating support contractor, and assistance in Navy logistic and fueling operations.

"As we support our NATO allies and this Aegis Ashore dream becomes a reality, we are forging new territory which is forcing us to adapt to and overcome a lot of unique challenges presented by meshing a ship and a shore installation," said PWD Deveselu Deputy Public Works Officer Lt. Cmdr. Jon Angle. "One of our biggest successes has been to bring a very diverse team of U.S. Army Corps of Engineers, U.S. Army, U.S. Navy, U.S. contractors, Israeli contractors and Turkish contractors together to achieve mission success; all while improving relations between the U.S., our Romanian Army hosts and the local community."

With the limited amount of personnel assigned to NSF Deveselu, this small group of Seabees overcomes every obstacle with a "Can Do" attitude. They put in long working hours and dedicate their expertise and ingenuity to every task they receive.

Romania's first permanent party Seabee and PWD Deveselu Leading Chief Petty Officer, Chief Utilitiesman Scott Kristek, explains some of the challenges he and his Seabees face. "We face many difficult challenges, ranging from the austere location to the continuity of personnel. Until we get more permanent party personnel, we will continue to do a 90day turnover of members," said Kristek. "Other challenges include receiving supplies and materials in a timely manner to complete our projects and scheduling around so many different operations with a very small staff, but with teamwork and networking we always succeed."

Even with only a small fire team of Seabees, the NAVFAC team of Deveselu has made a large impact. By tackling tasks with the "Can Do" spirit they are known for, they have managed to develop a lasting positive image amongst the rest of the base populace and improve overall moral. In a place like Deveselu, even routine things, from responding to faulty light plants in the middle of the night, to creating new temporary berthing locations for boosted manning numbers with little to no

notice are appreciated.

NSF Deveselu was established Oct. 10, 2014, in south-central Romania. When completed, its mission will be to provide installation facilities, resources and services to support and enable the Aegis Ashore Missile Defense System (AAMDS). AAMDS is part of Phase II of the European Phased Adaptive Approach (EPAA) to ballistic-missile defense in Europe and will become fully operational later this year. Utilizing the U.S. Navy's proven at-sea missile defense capability adapted for a shore application, the plan for EPAA builds on the Standard Missile-3 now deployed around the world.



Seabees assigned to Public Works Department Deveselu, Romania work together to lift a light plant onto a X-boom fork lift hitch to be moved at Naval Support Facility (NSF) Deveselu Oct. 26. NSF Deveselu is Commander, Navy Region Europe, Africa, Southwest Asia's latest installation for providing efficient and effective shore service support to U.S. and Allied Forces operating in Europe, Africa and Southwest Asia. (U.S. Navy photo by Mass Communication Specialist 1st Class Eva-Marie Ramsaran/Released)

> Equipment Operator 2nd Class Cody Stultz assigned to Public Works Department Deveselu, Romania moves a light plant with a X-boom fork lift at Naval Support Facility (NSF) Deveselu Oct. 26. NSF Deveselu is Commander, Navy Region Europe, Africa, Southwest Asia's latest installation for providing efficient and effective shore service support to U.S. and Allied Forces operating in Europe, Africa and Southwest Asia. (U.S. Navy photo by Mass Communication Specialist 1st Class Eva-Marie Ramsaran/Released)

Honoring Our Veterans Past, Présent Future

By MC1 Brian Dietrick NS Rota Public Affairs

More than 60 veterans gathered inside U.S. Naval Hospital Rota to receive updates about their base benefits while living abroad and had the opportunity to ask questions to senior leadership during the 2015 Rota Veterans Day Fair, Nov. 10.

This was the fourth year that the brief with senior leadership coincided with the health fair, which was held later that afternoon in the hospital's courtyard.

Capt. Greg Pekari, commander, U.S. Naval Activities Spain, kicked off the morning by providing updates on base projects and procedures that have a direct impact to the veterans in the community, like extending the base and care pass to up to a year before it needs to be renewed and extending vehicle ITV inspections and certifications at the Navy Exchange Autoport. He also touched on various awards that Naval Station Rota has received this year.

"All of these great things have happened because we have worked together as a team," said Pekari. You've helped Rota grow and I want to wish you a happy Veterans Day and thank you for the service that you provided."

Then the guests were treated to a conference call with Rear Adm. John Scorby Jr., commander, Navy **Region Europe, Africa, Southwest Asia.**

After an area of operations brief and answering questions, Scorby wanted to thank the veterans.

"Our retired community, along with our active community, has been part of the continuity that joins our past and our present," said Scorby. "The motto for Naval Installation Command is 'Fleet, Fighter, Family.' I want you to know that I consider **Communication Specialist 1st Class Brian Dietrick**)



the retired community as a major part of our Navy family. While some of the formal agreements limit what we can do for you, you have a voice through me to ensure that your issues are going to be heard."

Later that afternoon, the veterans gather in the hospital courtyard for a Veterans Day Health Fair, where they were honored with a small ceremony and cake cutting. Various hospital departments, as well as many other organization, hosted tables with health care information and other resources that are available to them to increase their quality of life in Rota.

"I am very grateful that the hospital could host this event for our veterans," said Capt. Lavencion Starks, commanding officer, U.S. Naval Hospital Rota. "This event is a by-product of what we are able to do because we care about those who have served and we have to take care of one another. We all come together and this is our way of saying thank you very much for what you've done and the sacrifices you have given. It is our pleasure to have you here today."





CNREURAFSWA Sailor of the Year

CNREURAFSWA Public Affairs

After a week-long competition at Naval Support Activity Naples, Italy, Commander, Navy Region Europe, Africa Southwest Asia (CNREURAFSWA) announced its 2015 Sailor of the Year (SOY).

Hospital Corpsman 1st Class (FMF) Mark A. Francesco from the Expeditionary Medical Facility Camp Lemonnier, Djibouti took top honors, besting the seven other Sailors of the Year from within the Region.

"This was unexpected," said Francesco. "It was just about the deployment and my mind was focused on the mission and taking care of my Sailors."

The 30 year old Palm Bay, Fla. native was humbled with his achievement and very appreciative of the honor, crediting his fellow SOYs, his leadership, and the Sailors he has served with for his success.

"I am proud to represent all the Sailors I served with," he said. "I am just here representing my unit. There are plenty of 1st classes at my unit that could have done this."

Also, this year's group of competing Sailors gave the eight command master chiefs a "run for their money" selecting a Sailor to represent CNREURAFSWA at the next level of completion at Commander, Navy Installations Command in Washington, D.C.

"Selecting the Sailor of the Year at any level is never easy. Each of our installation Sailors of the Year should be rightfully proud of how they represented themselves and their commands this week," said CMDCM Gregory A. Vidaurri, CNREURAFSWA command master chief. "HM1 Francesco was selected because he was the best all-around Sailors amongst the eight other candidates. He was engaged at all levels and was excelling in a joint operational environment. I am confident he will represent our Region well at the Commander, Navy Installations Command (CNIC) SOY competition."

"Yes, I feel like all the commands sent their best Sailors," Francesco agreed. "It was extremely competitive."

Although the SOY competition was serious it was not all boards and score cards. Francesco said, there was down time and time to build relationships.

"It was fun," said the 12 year navy veteran. "The CMCs and the mess gave us a small tour of Naples and we got to hang out and I saw the group coming together. The experience was special. It was an honor to be part of this."

The Sailor of the Year competition may seems like just another Navy board but it is much more than that.

"We often discuss being 'Brilliant on the Basics.' One of the key components of BOB. is recognition," said Vidaurri. "Our Sailors work long hours, deploy away from their family and friends, and make personal sacrifices throughout their careers in support of their commands in the Navy. Recognizing our Sailors for a job well job can make a day, even change a life. Our Sailor of the Year Program was designed to recognize the best of the best at each installation."

Vidaurri add, "... appreciation or recognition is important on a daily basis, not just annually at SOY functions. Our Sailors respond best when they are treated well and they know they are valued members of the organizations."

And valued they are, but the busy life of being a SOY competitor doesn't end for the young Corpsman. For that matter, the busy life of a Sailor doesn't end for Francesco. As soon as the competition was completed and he was announced as CNREURAFSWA Sailor of the Year HM1 Francesco boarded a plane for Marine Corps Base Camp Pendleton, Calif., where he is now attached to Combat Logistics Regiment 15, 1st Supply Battalion after completing his deployment to Camp Lemonnier. Also once the dates are announced for the CNIC SOY he will be headed to the Washington Navy Yard, Washington, D.C. to represent CNREURAFSWA.

It seems there is no rest for the Sailor of the Year.



After a week-long competition at Naval Support Activity Naples, Italy, Commander, Navy Region Europe, Africa Southwest Asia (CNREURAFSWA) announced its 2015 Sailor of the Year (SOY). Hospital Corpsman 1st Class (FMF) Mark A. Francesco from the Expeditionary Medical Facility Camp Lemonnier, Djibouti took top honors, besting the seven other Sailors of the Year from within the Region.



UP tocode

By NSA Souda Bay Public Affairs

Naster Station (NCTAMS) Detachment Souda Bay recently completed a refurbishment to all One-Net data cabinets located throughout the installation. The refurbishment spanned 150 man-hours and consisted of fixing 31 Data Closets throughout 25 buildings requiring 2,500 feet of cable to be rewired.

"The staff charged with this daunting task worked diligently replacing 100 percent of all switches, patches and the rewiring of all patch panels to the strict standards required by the U.S. Navy," said Gary Khan, Technical Director, NCTAMS Detachment, NSA Souda Bay. The configuration management included an updated wire diagram posted within each data closet reflecting the latest cable service and repairs.

"With this upgrade, cable service average repair time has decreased from four hours to 20 minutes saving time and money for the U.S. government," said Khan.

The team of Liv Martin and Grace Lubbers, replaced 100 percent of all switches, patches and rewired all patch panels.

Naval Computer and Telecom Area Master Station (NCTAMS) Detachment Souda Bay employees, Liv Martin and Grace Lubbers, checks connections on a Data Closet during scheduled maintenance inspection. NCTAMS Det. Souda Bay recently refurbished all One-Net Data Cabinets, replacing 100 percent of all switches; patches and rewiring all patch panels in accordance with Navy regulation. (U.S. Navy photo by Konstantinos Fantaousakis/Released)





Go to FVAP.gov to learn more about absentee voting and request your ballot, or contact your Voting Assistance Officer for more information.

JHNSON

Founding Principle: The First Freedom Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

Story by Lt. Cmdr. Robert Johnson CNREURAFSWA Public Affairs

First Amendment Part 2

id America have a Christian is now no more that toleration is spoken of, influenced in important ways by Christian all occasions their effectual support.' ideas, and generally thought it appropriate for civic authorities to encourage Christianity.

who embrace non-Christian faiths or no accurate account of the nation's past cannot faith at all? Although the Founders were afford to ignore the important influence of profoundly influenced by Christianity, they faith on many Americans, from the Puritans did not design a constitutional order only for to the present day. fellow believers. They explicitly prohibited religious tests for federal offices, and they were committed to the proposition that all key tenets of America's constitutional order. men and women should be free to worship For instance, the Founders believed that God (or not) as their consciences dictate.

1790 letter to a "Hebrew Congregation" in dignity. Because they were convinced that Newport, Rhode Island, the new nation was humans are sinful, they attempted to avoid to be open to a wide array of individuals who the concentration of power by framing were willing to assume the responsibilities a national government with carefully of citizenship:

Founding? History is complicated, as if it was by the indulgence of one class andweshouldalwaysbesuspicious of people, that another enjoyed the exercise of simple answers to difficult questions. of their inherent natural rights. For happily There is little evidence that the Founders the Government of the United States, which wanted religion excluded from the public gives to bigotry no sanction, to persecution square, or desired the strict separation of no assistance requires only that they who church and state. On the other hand, most live under its protection should demean identified themselves as Christians, were themselves as good citizens, in giving it on

Yet it does not follow from this openness that Americans should simply forget about What do these facts mean for Americans their country's roots. Anyone interested in an

Judeo-Christian ideas underlie some humans are created in the image of God, which led them to design institutions and As evidenced by George Washington's laws meant to protect and promote human enumerated powers.

As well, the Founders were committed "All [citizens] possess alike liberty and conscience and immunities of citizenship. It to liberty, but they never imagined that

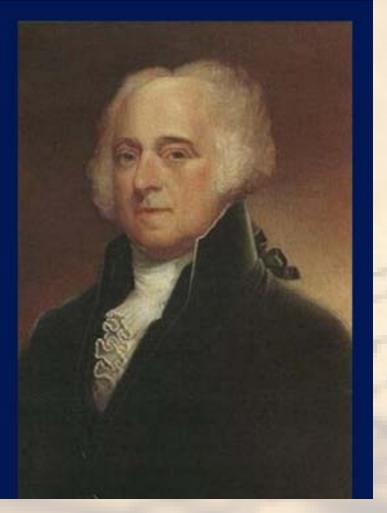
provisions of the Bill of Rights would be academics who would strip religion from used to protect licentiousness. And they the public square. We should certainly clearly thought moral considerations should reject arguments that America's Founders inform legislation. intended the First Amendment to prohibit neutral programs that support faith-based America has drifted from these first social service agencies, religious schools, principles. We would do well to reconsider and the like.

the wisdom of these changes.

Finally, we ignore at our peril the The Founders believed it permissible Founders' insight that democracy requires a for the national and state governments moral people and that faith is an important, to encourage religion, but this may no if not indispensable, support for morality. longer be prudential in our increasingly Such faith may well flourish best without pluralistic country. Yet the Constitution government support, but it should not does not mandate a secular polity, and we have to flourish in the face of government should be wary of jurists, politicians, and hostility.

> "Statesmen may plan and speculate for Liberty, but it is Religion and Morality alone, which can establish the Principles upon which Freedom can securely stand"

> > John Adams









Naval Support Activity Naples Chaplain, Cmdr. Tommy Myhand, from Overton, Texas, center, teaches a free ASSIST workshop Nov. 20, 2015. The ASSIST model teaches effective intervention skills while helping to build suicide prevention networks in the community. (U.S. Navy photo by Mass Communication Specialist 3rd Class Robert S. Price/Released)

ASIST suicide prevention

By MC3 Robert S. Price Navy Public Affairs Support Element East

Applied Suicide Intervention Skills Training (ASIST) offered a free two-day workshop at Naval Support Activity Naples Capodichino Nov. 19-20, 2015. The ASIST course offered participants mentorship in areas of suicide prevention and intervention to help guide people at risk onto a healthy pathway of choosing life.

"We want to include as many people as we can to be trained in the community to help intervene when there are people who are at risk for suicide," said ASIST facilitator, Dr. Gary Carr, NSA CREDO.

ASIST workshops engage participants in suicide prevention roleplay scenarios, teach methods of guidance and suicide indicators, and discuss conversation turning points to identify during an intervention. The course also offers feedback and guidance from CREDO ASIST facilitators and U.S. Navy Chaplains trained in suicide prevention.

"Oftentimes people don't think about the fact that they could be a real helper to someone who is close to them; whether, that is a friend, a relative, a neighbor, or a colleague and co-worker," Carr said. "We'd like to train as many people as possible in the community to have these kind of skill sets to respond to people who are at risk, thinking about suicide, or whose thoughts and events in life are overwhelming them. They can be a real helper for them. Since the military is paying, this is a great value added at a great cost to the military."

Naval installation CREDO offices offer the ASIST training monthly through-out Commander, Navy Region Europe, Africa, Southwest Asia's area of responsibility. The maximum amount of participants for each monthly course is limited to 30 people, however a course will be conducted with a minimum of 10 attendants.

"I think I have become more confident if I were to meet anyone who are having thoughts of suicide," said ASIST seminar participant Tirne Pedersen. "Hopefully I can prevent someone from harming themselves. It would save a lot of pain for the individual, their family and friends, and the big picture — the whole community."

"Once someone is trained after this two-day seminar, they are trained forever," Carr said. "They are welcome to comeback for refresher training, but it is a one-time skill set."

Sigonella Mourns with



BY MC1 TONY D. CURTIS AND MC1 CODY R. BOYD NAS SIGONELLA PUBLIC AFFAIRS

During a trip to the City of Lights to celebrate her 40th birthday, Sigonella's Carie Tonovitz rested unknowingly through an event now dominating the news and social media. Tonovitz had been planning the birthday celebration to Paris for months with her three children and husband, Lt. Cmdr. William Boller, Department Head of NAS 2's flight line clinic, making reservations at the Eiffel Tower, Moulin Rouge and some of the world's most famous museums. Then, on a rainy Friday the 13th, she sent her son home, visited Notre Dame, and made her way back to the AirBnB around 8 p.m. to wait for her girlfriend's flight to arrive from the United States.

Her trip was going according to plan, but after a night of restless sleep, she woke to more than 40 texts and Facebook messages, some to tell her 'happy birthday' and others asking about her safety.

"I read about the terrorists attacks ... that I was supposed to stay in place, and I used the safety check that Facebook had put up to notify family members that I was fine," said Tonovitz. "My mom was very worried, of course, because they hadn't heard from me all night. I was able to notify people via Facebook that I was fine before I was even able to talk to my husband."

What Tonovitz slept through was a true nightmare; a night of infamy not experienced by city inhabitants since World War II; a string of terrorist attacks that took 129 lives and injured more than 300 around Paris. "The worst part is thinking about those poor young people who were just out to enjoy life with their friends, and never made it home," said Tonovitz.

The next day, Tonovitz and her friends went

out around town to try to continue with their trip, but understandably, some places, like the Moulin Rouge, were closed following the attacks. "Paris seemed subdued, but mostly seems to want to return to normal," said Tonovitz. "When we did finally make it to the Moulin Rouge, I made sure I knew where all the exits were."

Tonovitz is just one of many Sig' Citizens with a strong connection to Paris. Traveling throughout Europe is one of the main perks of being stationed here and Paris is a top destination. After the attacks, Sigonella community members shared photos from recent trips to Paris, a show of support and mourning for the beautiful city and France in whole.

"It's terribly sad," said NAS Sigonella Command Master Chief Mike Kaszubowski. "Many military members here have a special connection to that unforgettably charming city. We've laughed there, we've loved there, and we've returned to its many enchanting sites. Now we mourn with our many French brothers and sisters who value liberty much the same way Americans do."

The horrific acts haven't just affected U.S. members here; they've hit home with Sicilians as well. One of Sigonella's local national employees was just outside of Paris visiting Disneyland with his entire family during the attacks.

"Both of the parks were closed the day following the attacks, which has never happened in the 20 years since the park opened," said Angelo M. Raciti, an employee at NAS Sigonella's Human Resources Office. "I immediately felt sorrow for the relatives of the victims of such a brutal and unreasonably violent act. Italy, like every other country in the world, has a severe challenge ahead of them." "Tour Eiffel 360 Panorama" by Armin Hornung - Own work. Licensed under CC BY-SA 3.0 via Commons

"TourEiffel BleuBlancRouge (pixinn.net)" by XtoF - Own work

REGION VOICES

What was your most memorable moment of 2015?



LTJG Micah Wallin FSO, NAVSUP, TAD to NAS Sigonella I was on leave in Budapest and Austria and Hungary closed their borders because of the refugee crises. so we were stuck in Budapest and we had to find a way to get back to Italy, by train. It was very interesting just playing it by ear -will we?, won't we? - it was very interesting.



LS2 Michael B. Behrends NSA Souda Bay My favorite moment of 2015, or of any year for that matter, is January 1st because it is means a fresh start in a new year. I can glance back and see all I accomplished and move forward to new challenges to conquer.



PS2 Heather Gavis Camp Lemonnier I had two major events in 2015. In May, I earned my associate's degree in health services and on Halloween I received my mobilization orders to Djibouti.



MC3 Weston Jones NSA Naples My favorite memory from 2015 is being swarmed for days by Russian aircraft while deployed on the Black Sea aboard the USS Jason Dunham.





NC1 Ashley Vanrens NAVSTA Rota

The best thing that I did in 2015 was compete in my first CrossFit competition. I had many doubts that I couldn't do it and I ended up coming in fourth place. I became more motivated and I have goals to get stronger and faster. I will be competing again in January with hopes of standing on the winner's podium.



IT2 Erwin Godinez NSA Bahrain I was very proud to receive my Security + certificate for my Information Systems Technician rate, but my most memorable moment for 2015 was proposing to my girlfriend and asking her to be my wife.

5 EVERY SAILOR ESHOULD KNOW: THE BENEFITS OF RENEWABLE ENERGY

THE DEPARTMENT OF THE NAVY (DON)'S RENEWABLE ENERGY PROGRAM OFFICE IS WORKING ON BRINGING 1 GIGAWATT OF RENEWABLE ENERGY INTO PROCUREMENT BY THE END OF THIS YEAR.



ONE GIGAWATT IS ENOUGH ENERGY TO POWER ABOUT 250,000 HOMES, OR A CITY ROUGHLY THE SIZE OF ORLANDO, FL.

WITH RENEWABLE ENERGY, EVERYBODY WINS.

THE DON ENHANCES ITS ENERGY SECURITY, AND THE COMMUNITIES WHERE MANY SAILORS LIVE BENEFIT FROM ENERGY RESILIENCE AND INCREASED ECONOMIC ACTIVITY.

RENEWABLE ENERGY WILL SIGNIFICANTLY ENHANCE THE DON'S ENERGY SECURITY, ALSO KNOWN AS ASSURED AND RELIABLE ACCESS TO ENERGY.

A NEW ENERGY SOURCE MEANS STABLE ENERGY AND BUDGET COSTS FOR THE DON.

17 \$\$\$

IT ALSO MEANS MORE FLEXIBILITY AND RESILIENCE IN TERMS OF HAVING THE ABILITY TO CONTINUE MISSION-CRITICAL OPERATIONS. FOSSIL FUELS CANNOT BE RELIED UPON AS THE NAVY'S SOLE SOURCE OF POWER.



THE NAVY HAS ALWAYS BEEN A PIONEER IN THE FIELD OF ENERGY INNOVATION AND WILL CONTINUE TO DO SO WITH RENEWABLE ENERGY DEVELOPMENT.

FOR MORE INFORMATION, VISIT HTTP://GREENFLEET.DODLIVE.MIL/ENERGY/REPO/