



EURAFSWA Reader

South West Asia... NAVFAC world finest
lanes forward deployed... strong
ecosystem stewardship **Go Green** water fuel
Sigonella

family support... **Go Green** Save the earth Navy shore energy **save money** water fuel
Naples clean air clean water **reduce reuse** nature walk honor commitment courage **freedom** conservation **sea**
power **bio green** **FUEL BIOFUEL** **ONIC** ecosystem recycling Bahrain **Go Green** Future trees ecosystem recycling
conservation **Go Green** Save the earth Navy shore energy **save money** water
Naples clean air

freedom ecosystem recycling conservation **Go Green** **Save the**
earth Navy shore energy **SAVE MONEY** water fuel clean air **reuse** alternative
nature walk honor commitment courage freedom **mission** conservation sea power **Bio green** **bio fuel** **ONIC** ecosystem
recycling Bahrain conservation **Go Green** Save the earth Navy Region Europe Africa South West Asia recycling **reuse** power projec-
tion open sea lanes forward deployed **strong** always ready NAVFAC world finest warfighters efficient timely **Rota**
ecosystem stewardship **Go Green** water fuel **Sigonella**

cutting edge **FREEDOM** liberty duty constitution **Be Ready** CLDJ budget
Save the self shipmate family support **reuse** recycling conservation **Go Green** Save the earth Navy shore
energy **save money** water fuel Naples clean air clean water **reduce reuse** nature walk honor commitment courage
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clean air

Energy Conservation

cutting edge **FREEDOM** liberty duty constitution
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Bahrain
conservation **Go Green** Future trees ecosystem
recycling conservation **Go Green** Save
the earth

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liberty duty constitution
Be Ready CLDJ
budget

Contents



- 04 REGION COMMANDER'S PERSPECTIVE
Rear Adm. John Scorby
- 06 EURAFSWA ENERGY BIGGEST LOSER COMPETITION
EURAFSWA Public Affairs
- 10 NSA BAHRAIN CHANGES COMMAND
MC2 John Benson
- 12 D-DAY REMEMBERED
MC1 David Krigbaum
- 16 FIT FOR DUTY
NSA Souda Bay Public Affairs
- 20 PLAYING BALL IN PATERNO
NAS Sigonella Public Affairs

- 24 725TH AMS CHANGE OF COMMAND
Master Sgt. Jeffrey Tedder
- 22 SHORTER AND SWEETER: TRANSLATING OUR CONSTITUTION
Lt. Cmdr. Rob Johnson
- 25 REGION VOICES
- 26 NEW BARRACKS AT CAMP LEMONNIER VIDEO



EURAFSWA READER VOLUME 7 ISSUE No. 01 - JULY 2015
"ENERGY CONSERVATION"

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REGION COMMANDER'S PERSPECTIVE



Dear Friends and Family,

It's been a terrific past month with a lot of great things going on in the region. I continue to see the best of all that you do, and I am extremely grateful for the hard work and effort you put into our mission and enabling the forward presence of our forces as well as our allies.

As is common with military service, Region bid fair winds and following seas to Capt. David J. Meron as he was relieved by Capt. Cory R. Howes as Commanding Officer, Naval Support Activity (NSA) Bahrain. I was there in early June for the change of command ceremony, and I am very pleased with the outstanding work of the NSA Bahrain team.

We also opened the first permanent structure for barracks at Camp Lemmonier, a great contribution to the Navy's mission in Djibouti and a prime example of how we enable our forward presence. This building is energy efficient and provides better accommodations for the men and women who serve at the installation. It is a prime example of how the Region supports the warfighter, as these service members have an improved quality of life in a challenging environment. Thanks for all of your efforts in getting this vital support to our service men and women in Africa.

We also had several visitors to our installations in June with visits by the Secretary of the Air Force, the Honorable Deborah Lee James to Naval Air Station (NAS) Sigonella, and Chairman of the Joint Chiefs of Staff, General Martin Dempsey visiting NSA Naples. They are some of our nation's top leaders, and it is a testament to your dedication to serve that they took time out to visit and see your efforts.

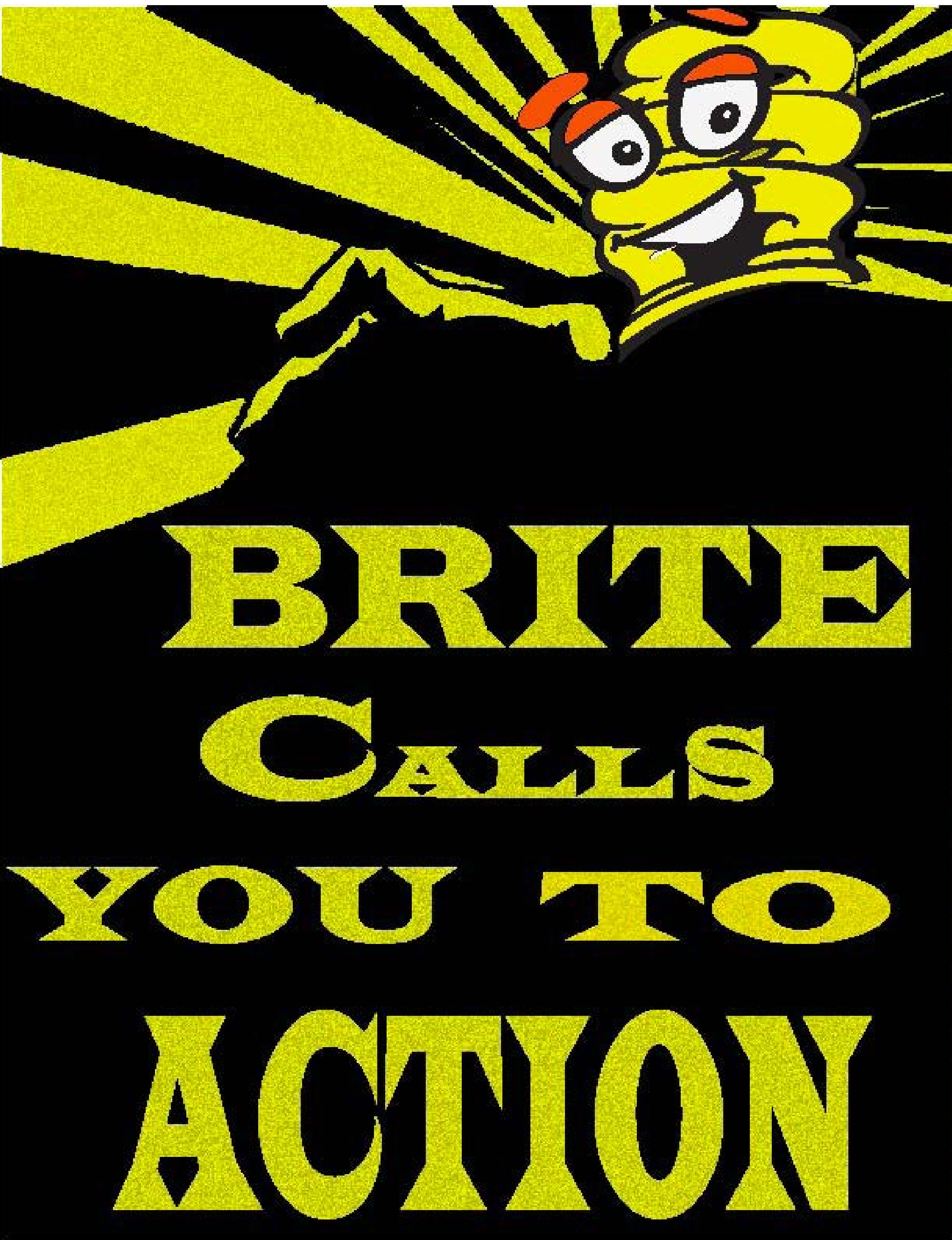
This month, I ask you all, once again, to join me in the effort to change the culture of energy consumption and reduce electricity use in the Navy at our shore installations. In an effort to raise energy consumption awareness, we are hosting the second annual "Energy's Biggest Loser" competition among the Navy Installations in our Region for the month of July. Reducing the Navy's overall energy consumption is a top priority for the Secretary of the Navy. To achieve this, we will have to change our mindset and habits about electricity use, as well as water and fuel consumption. If we all personally embrace a vision of changing the energy culture at work and at home, we will make our nation more secure by allowing the savings to be used for our operational forces. I look forward to congratulating this year's winning installation and the efforts at each installation to reduce energy consumption.

I also want to take this opportunity to wish everyone a Happy Independence Day. The events that transpired on the 4th of July 1776 not only changed the course of our nation, but also the history of the world. From humble beginnings our Nation would move on to become one of the world's greatest powers, and a beacon for democracy and freedom throughout the world. It hasn't all been smooth sailing, but we continue to provide opportunities for people seeking a better way of life. On that day, our forefathers realized that, despite all the potential hardships and trials ahead, we could not live another day under the thumb of tyranny denying our freedom and potential for greatness.

As I look at all of the work that goes on at our installations, I am inspired by how we continue to work closely with our allies to ensure safety and stability in our Region and around the world. Keep up the good work.

As always, take care of yourself, take care of your Shipmates, and take care of your family!

Rear Adm. Jack Scorby



EURAFSWA *Energy Biggest Competition Loser*

Story by CNREURAFSWA Public Affairs

Navy Region Europe, Africa, Southwest Asia (EURAFSWA) began their regional "Energy Biggest Loser" competition July 1.

The competition among the Region's installations runs July 1-31 and pits one base against the other to see which one can reduce energy-use the most during the month. The biggest energy loser will receive \$70,000 to use toward base improvements; second and third place "losers" will receive \$50,000 and \$30,000 respectively.

"This is a friendly way to bring about awareness, and encourage everyone's participation in reducing energy-use ashore," said Rear Admiral Jack Scorby, commander Navy Region EURAFSWA. "Currently, we are spending close to 30 percent of our shore budget on energy costs. Reducing our usage allows us to take that money and invest in other areas, such as alternative energy sources."

While the installations vie against one another for the top prize, the reality is that each base is truly competing against its own prior usage, as the competition compares current energy use to historical energy use.

Installations will use technology that records usage data. That data will be collected and reported weekly to the Region. Each week, the results will be posted so the bases can see how they are faring in the competition. At the end of the competition period, the top installations will be chosen based on the greatest percent reduction in electrical consumption. Each base must use less electrical energy than it has over the same time period in the past.

"We are really focusing on education in the competition" added Scorby. "Reducing usage is really a team effort. By taking simple actions, each of us can continually reduce annual electrical consumption."

These simple acts include turning off lights, unplugging devices and chargers when not in use, and turning off screen monitors and computers.

The EURAFSWA Energy Biggest Loser competition is part of the Navy's ongoing energy conservation initiatives and energy strategy, which is centered on energy security, energy efficiency and sustainability. Energy efficiency is vital as it improves mission effectiveness and saves money.

For more information on the competition, visit the website www.cnic.navy.mil/eb1.

For more news from Commander, Navy Region Europe, Africa, Southwest Asia, visit www.navy.mil/local/cnre/.

ENERGY CONSERVATION

Did you know...

- If you reduce the temperature setting of your water heater from 140 degrees to 120 degrees F, you could save over 18 percent of the energy used at the higher setting. Even reducing the setting 10 degrees will save more than 6 percent in water-heating energy.

- Air-conditioning energy use can be reduced 40 percent or more by shading windows and walls. Position trees and shrubs to keep the sunshine off the building and nearby ground.

- If every gas-heated home were properly caulked and weatherstripped, we'd save enough natural gas each year to heat about 4 million homes.

- If every household in the United States lowered its average heating temperature 6 degrees over a 24-hour period, we would save the equivalent of more than 570,000 barrels of oil per day.

- If every household in the United States raised air-conditioning temperatures 6 degrees, we'd save the equivalent of 190,000 barrels of oil every day.

- Approximately 80 percent of the energy consumed by a dishwasher is used to heat water; a typical dishwasher uses 14 gallons of hot water per load.

- The amount of solar radiation that reaches the earth's surface in approximately 3 days equals roughly the total energy content of all known supplies of fossil fuels.

- Fluorescent lights convert electricity to visible light up to 5 times more efficiently than incandescent lights and last up to 20 times longer.

- The incandescent light is the most common lighting source in U.S. homes. It also wastes the most energy. Ninety percent of the energy consumed by an incandescent light is given off as heat rather than visible light.

- Between 1978 and 1991, there was a 4-5 percent loss of ozone in the stratosphere over the United States, which represents a significant loss of ozone. A thinned-out ozone layer could lead to more skin cancers and cataracts; scientists are also investigating possible harm to agriculture. Destruction of stratospheric ozone is attributed to CFCs and related chemicals. CFCs are widely used as refrigerants in such appliances as refrigerators, freezers, air conditioners, and heat pumps.

- Replacing an incandescent bulb with a compact fluorescent will save the energy equivalent of 46 gallons of oil as well as one-half ton of carbon dioxide emissions over the lifetime of the bulb.

- A new model refrigerator uses about a third the energy to operate as a similarly sized refrigerator from the early 1970s. If you replace a 1973 18-cubic foot refrigerator with an energy-efficient 1996 model of the same size, each year you would save over 1,000 kWh of electricity and reduce emissions of carbon dioxide, a greenhouse gas, by over a ton and emissions of sulfur dioxide, the leading cause of acid rain, by over 20 pounds.

- Horizontal-axis clothes washers use a third less water than conventional vertical-axis clothes washers. This not only saves you water, but also the energy to heat some of that water when you use hot water.

- For every kilowatt-hour of electricity you save, you also avoid pumping over two pounds of carbon dioxide into the atmosphere. This helps the environment because carbon dioxide is the number one contributor to global warming.

- The American Council for an Energy-Efficient Economy estimates that if each of us increased the energy efficiency of our major appliances by 10 to 30 percent, we'd reduce the demand for electricity by the equivalent of 25 large power plants.

- The energy saved from recycling one glass bottle will light a 100-watt bulb for four hours.

- Waterbeds can be the largest consumer of electricity in the home, exceeding even the refrigerator and water heater. If you heat your water bed, practice simple energy conservation measures to reduce its energy consumption.

- It is estimated that as a result of the appliance efficiency standards that went into effect at the beginning of 1990, Americans saved more than 30 billion kWh of electricity in 1995.

- Approximately 90 percent of the energy consumed by a clothes washer is for heating water.

- Every year in the United States we throw away 1.741 billion incandescent bulbs - enough to fill two large stadiums.

- A typical soda machine uses 120 watts of non-essential lighting, costing more than \$60 per machine each year. If only one tenth of the 400,000 DOD buildings took out a soda machine lamp, over \$2.4 million could be saved annually!

- If 300,000 Navy personnel turned off their office lights during the lunch hour (4 fluorescent tubes off per person for 250 hours/year), the Navy could save each year \$1.2 million and reduce emissions by 51,600,000 pounds of nitrogen dioxide, 124,800,000 pounds of sulfur dioxide, and 13,656,000,000 pounds of carbon dioxide.



THE EASIEST THING YOU'LL DO ALL DAY.

Six more **bright** ideas to conserve energy:

1. Turn off lights and other equipment when not in use.

2. Shut down computer monitors when not in use.

3. Unplug chargers when not charging equipment.

4. Leave personal appliances at home.

5. Keep windows and doors closed.

6. Adjust blinds to deflect heat in summer and trap heat in winter.

NSA Changes Bahrain Command

*By Mass Communication Specialist 2nd Class John Benson
Naval Support Activity Bahrain Public Affairs*

Naval Support Activity (NSA) Bahrain hosted a scheduled change of command ceremony in Manama, Bahrain June 11, 2015.

Capt. David J. Meron was properly relieved by Capt. Cory R. Howes as commanding officer of NSA Bahrain.

"I am extremely honored for the support and friendship that NSA has received from the government of Bahrain," said Meron. "I consider myself fortunate to have served in this region for two years and during that time been able to provide exceptional service to the fleet which is our main responsibility."

Following the successful completion of his tour in Bahrain, Meron will be stationed at the University of Kansas as the Naval Reserve Officer Training Corps (NROTC) commanding officer.

NSA Bahrain provides operational support to U.S. and coalition forces operating throughout U.S. Central Command's Area of Responsibility (AOR).

The base operates and sustains superior facilities and services for its tenant commands, their deployed assets and military members, Department of Defense civilian personnel and dependents living in Bahrain and provides security to ships, aircraft, operational detachments and remote sites throughout the U.S. 5th Fleet Area of Operations (AOP).

"I have been deploying to Central Command since the 1990's and over the years I watched NSA Bahrain grow into a preeminent, state-of-the-art fleet headquarters and naval facility," said Howes. "The next few years will be another remarkable period of growth and change for NSA Bahrain. I am proud to be part of it. I look forward to the teamwork ahead to get the mission done!"

Howes grew up in Cedar Rapids, Iowa. He graduated from the United States Naval Academy in 1993 and was designated a Naval Flight Officer in March 1995. He has flown more than 3000 hours in variants of the S-3 and P-3 aircraft. He is reporting from Commander, Navy Region Europe, Africa, and Southwest Asia where he served as the deputy commander.

For more information, visit www.cnic.navy.mil/cnreurafswa/installations/nsa_bahrain.html



Following the successful completion of his tour at Naval Support Activity (NSA) Bahrain, Capt. David J. Meron, right, is properly relieved by Capt. Cory R. Howes, left, as commanding officer. NSA Bahrain's main mission is service to the fleet and staffs more than 8,000 military service members and Department of Defense (DoD) personnel. (U.S. Navy photo by Mass Communication Specialist 2nd Class John Benson/Released)



D-DAY

REMEMBERED

*Story and Photos by Mass Communication Specialist 1st Class
David Krigbaum, Naval Support Activity Naples Public Affairs*

June 6, 1944, is a date that changed the course of history; an Allied armada of ships and aircraft landed and dropped 100,000 troops into France's Normandy region, breaking through Hitler's Atlantic Wall.

After the Allies took Normandy the fall of Nazi Germany became a matter of time.

These first liberated towns celebrate D-Day annually and the days leading up to it are filled with numerous memorial services, remembrances and festivities.





Two U.S. Army paratroopers collect beach sand from Utah Beach, one of the two beaches taken by American forces June 6, 1944.



The Normandy American Cemetery in Colleville-sur-Mer overlooks Omaha Beach and is the final resting place of more than 9,300 American service members, most of whom participated in the Normandy campaign.

Crowds from around Western Europe and the United States descend upon these small towns in great numbers. Visitors included backpackers, veterans, the cast of "Band of Brothers" and even a Belgian firefighter motorcycle club.

Convoys of World War II vintage vehicles were a common sight and camps of re-enactors were established in Sainte-Mere-Eglise and Sainte-Marie-du-Mont, allowing many to view the tools used to win World War II up close.

The sight of active duty airborne and Rangers was common in what could be described as Fleet Week for Soldiers, especially paratroopers, as service members from the U.S., France, Germany and the Netherlands all came. The 380 members of Joint Task Force Normandy,

mostly composed of airborne Soldiers, were given tours of the battlefields their units fought and made their names in, such as Pointe du Hoc, Picauville, Sainte-Mere-Eglise and Carentan.

Also on hand were several surviving veterans of the battle for Normandy. These old warriors relayed their stories of the events that changed the course of World War II, 71 years ago.

The D-Day events were capped with an airdrop on to the historic La Fiere drop zone used by the 82nd Airborne on D-Day, June 7. More than 300 military paratroopers from the U.S. and European nations jumped, followed by civilians who jumped from a pair of C-47s, such as those that were used on D-Day.

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Fit for Duty

Story by NSA Souda Bay Public Affairs

It is one thing to get injured in the fight or even while training for the fight, but Weezy was severely injured Oct. 30, 2013 when he jumped up to retrieve his reward – a tennis ball. Weezy had just successfully completed a search training exercise in a warehouse on board Naval Support Activity (NSA) Souda Bay. Weezy, a 6-year-old chocolate Labrador Military Working Dog (MWD), landed incorrectly and sustained a tibia/fibula fracture; a clean break in back left leg.

“It was pretty serious,” recalled Master-at-Arms 1st Class Kyle Stewart, NSA Souda Bay’s Kennel Master. “Weezy was medivaced that same day to Naples for x-rays.”

This reward-gone-bad accident put Weezy on a 19-month long journey of three surgeries, rehabilitation, a light duty chit, and finally on May 1 of this year, a clean bill of health returning him to a ‘fit for duty’ status. Two weeks later, Weezy was command certified for explosive detection with his new MWD handler, Master-at-Arms Seaman Matthew Hollingsworth.

Weezy’s surgeries were performed at Dog Center Europe in Kaiserslautern, Germany. Specialist Monique Owens was one of the lead technicians both times Weezy was a patient at the facility.

“Weezy came to us the first time in Nov. 2013. We took him into surgery for the first time on the 6th of November and placed 12 screws in his leg to stabilize the fracture,” said Owens. The staples were removed two weeks after the surgery and Owens started physical therapy on Weezy using a water treadmill.

“We continued therapy for about a week and a half when he developed a sore, so we took him into surgery a second time to remove one screw that was too long,” said Owen. “This time we did not begin therapy again; instead Weezy went back home to finish his recovery process.”

Weezy returned to Souda Bay early January 2014 and for a while was on a light duty chit working at his own pace. In December the same year, Weezy returned to Dog Center Europe. This time his stay was shorter; he had the screws removed from his leg. According to Owens, Weezy “was a wonderful patient!”

By May 1, Weezy was back at NSA Souda Bay, and back on full duty. On May 15, Weezy walked the certification course with Hollingsworth.

A native of Lorain, Ohio, Hollingsworth joined the Navy in June 2014 and after completing Master-at-Arms “A” school, he followed up with Military Working Dog Handler’s Course, both located at Naval Technical Training Center Lackland Air Force Base in San Antonio, Texas. The three-month long training has prepared Hollingsworth for his first certification test with his MWD. Weezy’s road to recovery had done the same; this will be his second certification since the accident in 2013, but his first with his new handler, Hollingsworth.

“This is a pretty big deal for him (Hollingsworth). It’s his first certification as a dog handler ever,” said Ens. Eliot Fiaschi, NSA Souda Bay Security Officer, “and it’s a big deal for Weezy too.”

Hollingsworth guided Weezy around the training course where several types of explosive training aides were hidden in and amongst vehicles and pallets. To pass the course, he must identify all 11 aides. Weezy was all business, successfully identifying every target, enjoying a little tennis ball action in between hits.

NSA Souda Bay is Hollingsworth’s first duty station and tours are typically one year long. “I finished in the top percentile of my class so I chose to be a dog handler,” said Hollingsworth. “Applying yourself definitely has it payoffs; dog handler was my first pick.”

As a MWD handler, Hollingsworth must complete four years as a handler before he’s allowed to ‘drop his leash’ in pursuit of other aspects of security. It’s too early in his career for Hollingsworth to think about branching out in the security field. “I like my job and working with the dogs. I can see myself being a handler for some time to come.”

For now, Weezy and Hollingsworth will work together as a team over the course of the year. (See Weezy during his rehab at Dog Center Europe on YouTube - <https://www.youtube.com/watch?v=r-RIAeyhGd4>)





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Chairman of the Joint Chiefs of Staff, Gen. Martin Dempsey speaks to members attached to Naval Support Activity (NSA) Naples June 11. (Photo by D. Myles Cullen/Released)



Secretary of the Air Force, the Honorable Deborah Lee James speaks to base officials during a visit to Naval Air Station (NAS) Sigonella June 20. (U.S. Navy photo by NAS Sigonella Public Affairs/Released)

PLAYING BALL in Paternò

Story by, Naval Air Station Sigonella Public Affairs

Members of the Paternò Red Sox celebrate a walk-off score in the 9th inning against Collecchio BC, May 31. The Paternò Red Sox are the only a Series-A professional team based in Sicily. (Photo courtesy of Giuseppe Freni)

When U.S. members transfer to Naval Air Station (NAS) Sigonella, it is a unique and exciting opportunity to experience a new culture, scenery, and community. There are times when it can be difficult being so far away from the culture and amenities that come with it; convenient shopping, family, and also sports. The city of Paternò, a 20-minute drive from NAS Sigonella, provides a remedy for those homesick for some Americana. Home to the Red Sox, a Series-A professional team, Paternò is a nearby “baseball town” in a country smitten with soccer.

Perhaps not surprising, the team can even trace its roots to probably the most American of holidays – the 4th of July – which in 1972 was the day current Red Sox manager Ricardo Messina took in his first ball game. “During Independence Day weekend in 1972, the gates to NAS Sigonella were opened to the public,” Messina said. “My father took me and my brother, Massimo, to the base to get a taste of the American lifestyle. We watched a baseball game being played by the military personnel. That is when we fell in love with baseball and when everything got started for us bringing baseball to Paternò.”

Not long after watching his first game, Ricardo's brother was petitioning the Italian Baseball and Softball Federation, asking where they could practice. With some helpful guidance from the federation, it wasn't too long before a team in Paternò was established, a team that continues to play against other professional competition throughout Italy.

Italian baseball leagues are organized much like the soccer leagues in Italy. They range from Serie C (the lowest tier) to the IBL, the highest level of baseball in Italy. The Red Sox were playing in the Serie B league until 2014, when they were promoted to Serie A, one tier below IBL. As is the case in the Italian Serie A soccer league, teams can either be promoted or relegated between leagues (Serie A, B, and C) depending on their performance. Although this is the team's first year competing in Serie A, they are holding their own, currently atop their division. This is largely due to the team's diversity, fielding players from the Dominican Republic, Cuba, Puerto Rico, and even the United States.

Since Paternò is located so close to Sigonella's American population, it has given Messina the opportunity to recruit American service members, including one of our very own Sig' Citizens, Lt. Chris John of Naval Supply Systems Command (NAVSUP) Fleet Logistics Center, a pitcher with the team.

John played baseball throughout high school and opted to enlist in the Air Force instead of playing Division III ball at Eastern Connecticut State. He explained that money was really tight with his family and that he didn't want to put an extra burden on his father having to pay out-of-state tuition. Still, he participated in summer all-star leagues in New England during his summers, which helped him stay in the game.

Moving to Sicily turned into an opportunity for John to play for many reasons. To begin, his wife is Sicilian and he can speak Italian proficiently, so assimilating to the team was actually relatively easy. When there is an issue with comprehension, John said the guys on the team help him read and write Italian during road trips. "They are just an all-around great bunch of guys," John said. "I feel like I have 15 other brothers now."

Having the opportunity to play baseball in Italy is a dream come true. I get to serve my country abroad and play baseball while I do it. It's surreal."



Lt. Chris John wears two uniforms in Sicily. During the work week he serves in the Naval Supply Systems Command Fleet Logistics Center. On the weekends he pitches for the Paternò Red Sox as shown above during an April 12 contest against CUS Brescia. (Photo courtesy of Giuseppe Freni)



Members of the Paternò Red Sox celebrate a walk-off score in the 9th inning against Collecchio BC, May 31. The Paternò Red Sox are the only a Series-A professional team based in Sicily. (Photo courtesy of Giuseppe Freni)

The differences between Italian and American baseball are few. Perhaps the only noticeable difference is the in-dugout refreshments being served. Instead of Gatorade, John said it is normal to see players sip coffee while enjoying a light pastry during games.

Around the same time Messina fell in love with the sport, so too did Nunzio Botta, the Red Sox current hitting coach. "Since I was a little boy I had a special love for the USA, the American lifestyle, and for sports," said Botta. "I learned about baseball, hockey, and American football from my uncle, who immigrated to Boston from Sicily in 1902."

Though professional baseball in Italy does not yet boast the talent levels seen in the States, that is starting to change. Alessandro Liddi is from San Remo, Italy, a town bordering Monaco, and is the first Italian-born and developed player to play in the Major Leagues. He made his Major League debut with the Seattle Mariners on Sept. 7, 2011 and is currently playing in the Kansas City Royals minor league organization. The Italian baseball program also made a name for itself in the 2013 World Baseball Classic when they defeated both the Mexican and Canadian teams. Though they lost their next three contests all were very competitive, including one against eventual champion, Dominican Republic, a game Italy led most the way before DR pulled away late. Although they were eliminated, they had made a name for themselves in the international spotlight.

The Red Sox are the only Serie A team in Sicily and play in a division that takes them all over Northern Italy to the cities of Parma, Milan, Novara, and Brescia. They play a 28-game regular season which starts in April and ends in July before the playoffs start in August. They are currently 10-7 and expect to be playing ball through August as they are poised to make a deep playoff run. "Before opening day this season, my expectations for the team were simple," Botta explained. "To not be relegated back to Serie B, as this is our first year in Serie A and it was difficult to gauge the competition we would be facing. However, due to the team's high performance in this first half of the season, I believe we are in a position to fight for a top spot in this league."

The baseball complex in Paternò is a family-friendly environment and all are welcome to attend games free of charge. Baseball fanatics from the city flock to the stadium during each home stand to support their Red Sox. The team is also looking for fan support from the Sigonella community.

"Having fan support from the other Americans in the area would mean the world to us," John stated. "It's a great opportunity for our community to socialize with locals while sharing their love for America's, as well as Paternò's, pastime. I am thankful to Riccardo and Nunzio for including me in their baseball family and for giving me to the chance to contribute to an awesome organization."

For information on the team's schedule and stadium location, contact Lt. Chris John at cmjohn85@gmail.com.

725th AMS Change of Command

Story by Master Sgt. Jeffrey Tedder
725th Air Mobility Squadron



Members of the 725th Air Mobility Squadron (AMS) welcomed their new commander during a change of command ceremony at Naval Station Rota, Spain, June 19.

During the ceremony Lt. Col. Christopher Cunniff relinquished command to Lt. Col. Michael Good. The ceremony was officiated by Commander, 521st Air Mobility Operations Group, Col. Timrek Heisler.

"This is a significant day in the history of the United States Air Force, the day we pass the 725th Air Mobility Squadron guidon from one great leader to the next. It is also a special day, because we are going to recognize the 725th as the Global Reach Award recipient, identifying the unit as the best of 18 en-route squadrons," said Heisler. "Through their bold leadership, Lt. Col. Chris and Mandy Cunniff, alongside this amazing 725th team, have elevated this squadron to greatness. However, no unit can achieve this type of success in a vacuum. The great relationship we have with our Spanish and Navy partners have set the environment where we can all succeed together."

Before turning over command, Cunniff expressed his appreciation to the Airmen assigned to the 725 AMS and detailed how the squadron has been able to succeed at such a high level.

"The integrity and respect for others and constant high level of professionalism is exactly how the 725th pulls together across such a wide variety of career fields to set the example as the best en-route squadron in [Air Mobility Command]."

Once his speech was complete, Cunniff received a final salute from AMS members for the last time as commander and passed the squadron guidon on to Good.

"Colonel Heisler, sir, I know that without your true support, your backing, I would not be standing here today. Thank you," said Good. "I will have pretty straightforward expectations of us all. To the point, I will expect that we continue to crush our mission through compliance, professionalism, skill, and training. I will expect that we take care of our people and look out for each other, both in and out of the workplace. I will expect that we do our best to continue moving the squadron forward by improving processes where needed. I expect that we will be diligent, conscientious stewards of the resources given to us. And I will expect that we all contribute to a culture of respect, because each and every one of us deserves no less. That's really it."

Cunniff will go on to serve as an instructor at the Naval War College in Newport, Rhode Island.



Shorter and Sweeter: Constitution and More Translation Service

Story by Lt. Cmdr. Robert Johnson
CNREURAFSWA Public Affairs

Part Deux

239 years ago there was not much diversity in the soon-to-be United States; certainly not enough worth celebrating. A bunch of WASPs in powdered wigs was the norm. Political Correctness had yet to be invented. Nevertheless, they developed a brilliant document that has stood the test of time. And we love it, boy do we love it.

The men who created the Constitution were very wary of the consolidation of power. They didn't trust people with it. The English monarchy they broke away from had left them with political post-traumatic stress disorder. They deliberately installed safeguards that effectively made acquiring too much power as difficult as firing a semiliterate, unionized teacher. These checks and balances helped to distribute power and ensure the viability of the document and longevity of the government it crated. In other words-without the distraction of the Internet, Netflix, Smart phones and PS4 - these men were able to craft something that was farsighted and extraordinarily brilliant.

We love the constitution so much that we want everyone else in the world to love it just as much as we do. In fact, I believe some Americans are under the impression that this is the only country with a constitution. For that reason we often find ourselves entering other countries, propping up their insane, dysfunctional governments and coaching them to write a slightly customized version of our Constitution. "Try this," we tell them as if it were a cool mixtape. "It's awesome."

Inevitably we find ourselves profoundly disappointed that their insane, dysfunctional, medieval kleptocracy was unable to transition smoothly from government-by-warlord to one that embraced our noble democratic principles. We shrug our shoulders, hop in our tanks and rumble off to proselytize elsewhere. Then the warlords go back to government-by-warlord and promptly set to killing every one of our mixtape.

And again the most misquoted, misunderstood and to some the most confusing part of the Constitution. So more translation the bill of rights:

Fourth Amendment

The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but upon probable cause, supported by Oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.

Much like the First Amendment, the Fourth is regularly brushed aside when it became an inconvenience to something the officials want you to do. The Fourth Amendment guards against unreasonable searches and seizures, along with requiring any warrant to be judicially sanctioned and supported by probable cause. This poor amendment has fallen victim mostly to citizens not knowing their rights and surrender

this willingly out of habit.

Fifth Amendment

No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a Grand Jury, except in cases arising in the land or naval forces, or in the Militia, when in actual service in time of War or public danger; nor shall any person be subject for the same offence to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself, nor be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation.

Another amendment popular with people who are kind of familiar with the Constitution. Most of us recognize the saying "I am pleading the Fifth," this was masterfully depicted by the classically trained American actor, screenwriter and film producer Dave Chappelle or Colonel Oliver North if you have gray hair. In addition to the right to not incriminate yourself in court or under interrogation (better call Saul!), it's also the right to be properly indicted of the authorities decide they'd like you to sleep over at their place. It also states that your property cannot be taken without proper compensation, which is good to know. It also forbids standing trail for the same crime twice. But the Fifth Amendment cannot protect you from karma, see O.J. Simpson.

Sixth Amendment

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury of the State and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor, and to have the Assistance of Counsel for his defense.

The Sixth Amendment takes issue with the old-fashioned habit of letting people rot in jail with trying them. If you have ever been arrested before (I'm not judging you), you probably appreciate that. Sure, you are going to spend some time in jail as the police do their paperwork, take coffee breaks, chat, call their wives and solve crime, but letting you languish there for a great length of time is violation of your constitutional rights.

Seventh Amendment

In suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury, shall be otherwise re-examined in any court of the United States, than according to the rules of the common law.

If you have never heard of this I will give you a pass. You do not hear much about this amendment, which entitles you to a jury trial in

federal civil court cases, because there are not many civil court cases heard in federal courts these day. If you are running for elected office, this is one of the amendments you do not have to focus too much on before debate.

The United States is an island of stability in a world of turmoil. We have the same Constitution today that we had over two hundred years ago. Our concern to protect America from its enemies abroad, and to promote American leadership in the world, must never cause us to forget that our power to lead flows from our unique combination of a powerful but limited government with a dynamic and self-reliant society. When we see others abroad who share that vision, and who are struggling against tyranny, we should give them our friendship. When we see a tyranny fall, we should applaud cautiously, knowing that democracy is created from the bottom up, not the top down. Our role in the world flows from what makes us exceptional: to defend and promote the universal principles on which the American people founded their government.

Last three Amendment translation next month.

U.S. Constitution: Overview of Article I

Article I: The Legislative Power

The first three articles of the Constitution open with a "Vesting Clause," reiterating that government has no powers beyond what the people delegate to the separate branches. Article I grants specific legislative powers to the Congress. The powers granted are limited in scope, but they are complete within their areas of authority. The grant of power to do something also includes the means to do it. The "necessary and proper" clause is the basis for these implied powers. This clause only grants Congress the authority to make additional laws that are "necessary and proper" for the execution of the powers granted in the Constitution.



REGION VOICES



What is your favorite childhood 4th of July memory?



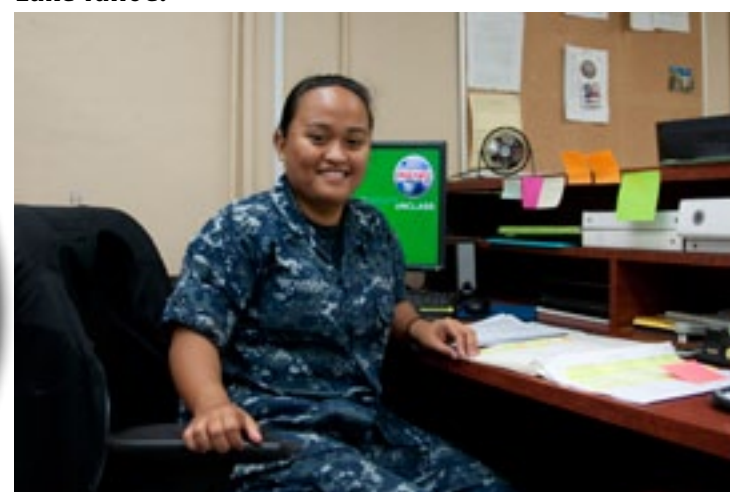
BU1 John P. Howard
NSA Souda Bay
My favorite memories of the 4th of July are the fireworks displays.



YNSR Gino Roverso
NSA Bahrain
Without a doubt my favorite memory would have to be shooting fireworks and cooking out with my family at Lake Tahoe."



ABH2 Peter Obeng
NAS Sigonella Fire Emergency Services
At the age of 12, the most memorable July 4th celebration was when the neighborhood put on a block party filled with food, dancing, reggaeton music, water fights and a late night fireworks show.



ET3 Class Katelyn Aquino
Air Operations Department, NAVSTA Rota
When I was young, I went to downtown Honolulu with my family and there was a parade and a fireworks show. It was super interesting since I didn't grow up on the mainland of America.



LSSR Donovan Anthony
NSF Deveselu
Every 4th of July, in Milford, we would go see fireworks in a field near a cemetery, where a lot of veterans from Milford were buried.



MA2 Kristina Vargas
CLDJ
I enjoyed setting off fireworks with my friends and family when I was a younger girl.

New Barracks at Camp Lemonnier

