

Newcomer's guide to NAS Sigonella



Benvenuti a Sigonella



Cover photo: Acì Castello - Castello Normanno
Photo courtesy of Provincia Regionale di Catania

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Contents



Benvenuti a Sigonella 3-6

Benvenuti a Sigonella!; How to use this book; Profile of Italy; Italian History & Government; History of Sigonella; "America in Italy"; Newspapers, Radio, TV & Web; Seasonal Climate; Environmental and Morale Leave; Emergency Leave

Preparing for Transfer 7-16

Region Legal Service Office and Legal Matters; You and the Law; Criminal Jurisdiction; Claims and the Protection of Personal Property; Drugs and Alcohol; Marriage; Defense; Legal Assistance; Other Walk-in Services; Volunteer Income Tax Assistance Center (VITA); Banking and Credit Cards; Money Exchange; Postal Matters; Bringing your pet

Getting Settled 17-34

Housing Office; Bachelor Housing Accommodations; Allowances; Living on the Economy; Loaner Furniture; Furnishing Items Available; Utilities; Motor Vehicle Registration Office; Shipping your POV; Registration; Driver's License; Gasoline and Oil; Purchasing Gas; Spare Parts; Auto Insurance; Buying, Selling, Scrapping; Vehicle Rental; Motorcycles; Driving in Sicily; Rules of the Road; Personal Property Shipping Office; Base Communication Office Services

Base Services 35-48

Navy Exchange Sigonella; Navy Lodge; Mini-Mart/Uniform Center-NAS II; NEX Depot; On Base Eating Places; Sigonella Commissary; Hospital; Overseas Screening; Tricare Europe; Dental Care; American Red Cross; Civilian Human Resources Office; Nex Employment Prospects; Welcome to the NAS Sigonella Security Department; Security Operations; Traffic Tickets; Vehicle Accidents; Pass & ID; Bike Patrol; Criminal Investigation Division (CID); K-9 Division; Force Protection; Physical Security; Security Training; Liaison Division; Nassig Safety

Morale, Welfare and Recreation 49-56

Welcome to MWR Sigonella; Community Activities; Recreation & Entertainment; MWR Aquatics; Fitness; Fit District; Flight Line Fitness Center; Child & Youth Programs; MWR Leisure Travel

Personal Support Organizations 57-74

Fleet & Family Support Center; Culture Shock; Italian Language; The Shopping Experience; Catania; Shopping in Catania; Eating in Italy; The Dining Experience; The Italian Meal; The Love of Pizza; Public Transportation; Sicilian Sights; NAS Sigonella Command Religious Program; The Navy-Marine Corps Relief Society; Substance Program

Telephone Directory 75-79

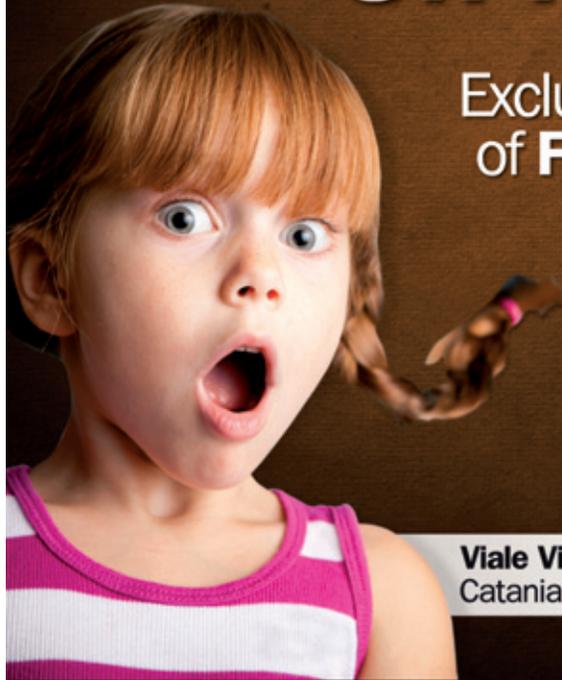
Conversion Tables 80

LIST OF ADVERTISERS

| | | | | | |
|---|-----------|---|-----------|---|-----------|
| AGOSTINA BEAUTY CENTER | 22 | GELSO BIANCO | 38 | NEX SIGONELLA | 36, 37 |
| ANGELA & BROS | 24 | IL PICCIOLO GOLF CLUB | 23 | NEW HOPE CHRISTIAN CENTER | 11 |
| AGIP DI DIO | 29 | MAGNOLIA | 9, 21 | PALERMO HANDMADE FURNITURE | 45 |
| ALL SERVICE | 50 | MARINA PALACE | 27 | PANTELLARO HOUSES FOR RENT & SALE | 19 |
| AMERICAN MUSCLE AUTO REPAIR | 26 | MOTTA | 52 | ▶ RESTAURANTS | |
| ANDREA PULEO ICE CREAMS | 63 | NEW PLACE | 25 | ALPHIO'S GARDEN | 68 |
| BURGER KING | 3RD COVER | PARC HOTELS ITALIA | 71 | CARLITO'S | 60 |
| CALVARY BAPTIST CHURCH | 70 | PIETRO'S TLA | 16 | CASABLANCA | 61 |
| CHIECHIO FRATELLI BREAKDOWN SERVICE | 44 | JOE'S GARAGE | 28 | DONNA FORTUNATA | 18 |
| CHRYSLER JEEP AND DODGE (CRAIVAN) | 33 | KARTODROMO CLUB DIANA | 10 | MOJITO | 64 |
| CITTADELLA DELL'INFANZIA | 34 | LA CASA DEL LAGHETTO | 8 | MOROBOSHI | 2 |
| COMMUNITY BANK | 13 | L'ANGOLO DI DODÒ | 54 | NERO DI CENERE | 58 |
| CRISTALDI FOOD SPECIALTIES | 39 | MAGGIORE RENTALS | 30 | OXIDIANA | 69 |
| EMBRY RIDDLE UNIVERSITY | 15 | MARCHI DR. MARCELLO PLASTIC SURGEON | 40 | SPAGHETTI HOUSE | 62 |
| ETNAPOLIS | 74 | MARIO & BROTHER AUTO REPAIR | 46 | SICILIA FASHION | 2ND COVER |
| FRENZ AMUSEMENT FRIENDS | 56 | MASSERIA PORTIERE STELLA | 43 | STELLA DR. MARCELLO PLASTIC SURGEON | 41 |
| FUNIVIA DELL'ETNA | 53 | MASTER SPORT BICYCLES | 59 | TAXI VIRGILLITO | 32 |
| GAMBINO | 65 | MONIKA HAIRSTYLIST | 6 | UNIVERSITY OF MARYLAND | 48 |
| ▶ HOTEL/TLA | | MWR | 51, 55 | VOLCANO | 31 |
| CASALE MAKATORION | 20 | NAVY FEDERAL CREDIT UNION | 73 | VOLVO | 3RD COVER |
| ETNA GOLF RESORT | 23 | NAVY LODGE | 4TH COVER | | |

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Benvenuti a Sigonella



Benvenuti a Sigonella

Welcome to Sigonella! You are about to take the first step in enjoying what will be an exciting and challenging tour in the center of Sicily. You may have heard many things about duty in Sigonella. Concerns about quality of life here led to the Navy's largest improvement initiative and if you've been here before, you won't recognize the military community. Construction of new facilities were just completed in 2010 and are now providing world class service. Our civilian and military populations have organized dozens of social, professional and recreational organizations, so whether you are active duty, civilian or family member, the community has something for you. Duty in Sicily offers opportunities of a lifetime. This goes for travel, recreation, professional development, education and more. The key to enjoying a successful tour lies in remembering that living in Sicily is not like living in the United States. The customs, culture and way of life here are significantly different than what you are accustomed to. Houses and apartments are constructed differently; electric power and utilities are different; shopping, driving and dining are all different. Some people find it hard to adjust, but embracing the food and the warmth of the people you meet will help you make the transition. Base projects have improved the quality of life for those assigned here, but remember, the key to a successful tour in Sicily lies in your willingness to learn and adapt to the differences you encounter. Any move is filled with stress and distractions, and your move here will be no different. Culture shock, jet lag and many other irritants will likely be a part of your PCS experience. Your command and your sponsor will help you adjust and get settled. Coming prepared will minimize your worries. Follow guidelines in this book, and you can smooth out many of the potential wrinkles in your upcoming move.

How To Use This Book

The information contained in these pages will help smooth your transition into the Sigonella Community, but do not throw it away once you get here. At some point in your tour, you may be asked to sponsor a new arrival. This information and your experience can certainly go a long way in helping someone else adapt to life in Sicily.

The Internet is full of valuable resources for those who are new to Sigonella, and the CNIC webpage is a great place to start. You can access base information, information about your specific command, job opportunities and more at www.cnic.navy.mil/sigonella. Also, NAS Sigonella has a very active Facebook page that is updated on a daily basis. Here you'll find the latest news from around the base, and can connect with others stationed here. Go to www.facebook.com/nassigonella and become a fan today!

For specific information that pertains to your situation or your specific command, rely on your sponsor, who can give you the most current information. If you have received this guide from the command sponsorship team, you should already have a sponsor assigned. If you have not yet been contacted, please contact 011-39-095-86-4291 for assistance.

Profile of Italy

Italy has a total land surface of about 116,000 square miles, with the Apennine mountain range serving as a geographic dividing line between east and west coasts. The Alps define Italy's northern border. The Northern provinces experience cold winters with rainfall in the spring and summers. Central and southern Italy enjoys a climate moderated by the Mediterranean Sea, with cool, rainy winters and moderate spring and fall, with heat creeping north from Africa in the summer. Italy's economy is more industrialized and high-tech in the north and agricultural in the south. Major industrial



Photo by MC2 Jonathan Idle

There are many places to travel to and things to see in Sicily, including the coastal town of Cefalù.



products are iron, cement and automobiles. Wine, cheese and wool are important to the Italian economy. Tourism is also a key industry for all of Italy, and visitors from around the world come to marvel at its history and architecture and enjoy its culture and its food.

Italian History & Government

Italy proclaimed its unification in 1861. In 1946, Italy became a republic, and in 1948, Italy's government became a democracy with a president, a prime minister and a parliament. Italy's government is run by a coalition of its numerous political parties, and since World War II, Italy has been governed by more than 40 separate coalitions. The leader of each coalition government is selected to serve as prime minister. Each new government in Italy is faced with numerous and frequent demands for change. These demands manifest in the form of strikes or demonstrations that are generally non-violent. As a U.S. and NATO representative, you should stay away from involvement in any political demonstration. The Status of Forces Agreement (SOFA) prohibits your involvement in any political demonstration or campaign. During a political campaign, banners and posters are displayed throughout the city, and it is a serious offense to tear down or deface any of this material.

History of Sigonella

The United States Naval Air Station (NAS), Sigonella, Sicily, was formally established June 15, 1959, by its first commanding officer, Capt. Walter J. Frazier. The idea of a U.S. naval base in Sicily was conceived during the early 1950s when it became obvious that the planned base loading of U.S. Navy P-2 Neptunes would result in overcrowding at the existing facility at Hal Far, Malta. On June 25, 1957, after the U.S. Navy received NATO backing to use Sicily, land for Sigonella was made available on a temporary basis under the terms of an agreement with the Italian government. 1959 saw the first Americans arriving in March, and by the end of August the NAS II airfield was available for daylight VFR flights, with 24 flights logged by Aug. 31. By Nov. 30, 1959, Sigonella had 320 enlisted men and 39 officers, with 194 enlisted men and 40 officers in deployed squadrons here.

NAS Sigonella is now the primary operational and logistical support element for U.S. SIXTH Fleet operations, earning the nickname "Hub of the Med". Due to its crucial location, NAS Sigonella plays a vital role in supporting joint and combined military operations in the Mediterranean, Middle East and Africa. Sigonella supports Commander Task Force 67, a rotational maritime patrol (VP) squadron, C-2, C-9 and C-130 detachments, shore-based fleet aircraft and transient Air Force and NATO aircraft. The air terminal, the second busiest in the European theater, is the primary divert field for the fleet. To help improve service to the fleet, Sigonella just completed a major recapitalization. New construction and renovation projects are a credit to Sigonella's significant role in this theater. "The upgrades and renovations will

ensure Sigonella can support emergent mission tasking well into the next century.

America in Italy

Your tour of duty in Sigonella will make you more than an American tourist. You will be a resident of Italy, and as such, a representative of both America and the U.S. military forces. The importance of providing a positive image is obvious. Your responsibility to help provide such an image extends to your daily interactions with your neighbors, shopkeepers and Italians you may encounter. Your job as a diplomat will be made easier if you attempt to learn and understand the language and customs of the host nation.

Newspapers, Radio, TV and Web

The Signature

The weekly base newspaper, *The Signature*, is produced by the NAS Sigonella Public Affairs Office, and is distributed every Friday at many locations throughout the base and local community. The paper contains local news, Italian cultural activities, local community events, movie schedules for the base theater, a travel section, and a classified ad section. The paper can also be found on the NAS Sigonella website at issuu.com/nas_sigonella, as well as on NAS Sigonella's Facebook page at www.facebook.com/nassigonella.

The editorial office is located in Building 622 on NAS II and the staff can be reached at Commercial: 095-86-5440 – DSN 624-5440, or thesig@eu.navy.mil.

In addition to putting *The Signature* together, the Public Affairs Office also has a very strong Social Media program. Check us out at the following locations:

www.facebook.com/nassigonella

www.issuu.com/nas_sigonella

<http://www.youtube.com/SigonellaVids>

American Forces Network Sigonella

AFN Sigonella is located in Building 212 on NAS I



Photo by GM2 Kris Carmody

The Public Affairs Office is located on NAS II in building 622. The office provides event coverage, maintains NAS Sigonella's internet presence, and organizes Community Relations events.





Photo by MC2 David Charleston

The on-air DJs at AFN are highly experienced and informational. Tune in to 106.0 The Eagle.

between Security and the MWR administrative building. AFN Sigonella is an affiliate of AFN South, headquartered in Vicenza, Italy. Our higher headquarters, AFN Europe, is located in Mannheim, Germany. AFN Sigonella receives the majority of its programming from the American Forces Network Broadcast Center (AFN BC).

AFN BC falls under the umbrella of the Defense Media Center (DMC), located at March Air Reserve Base near Riverside, California. The AFN BC is the sole programming source for military radio and television outlets overseas. These outlets serve American service men and women, Department of Defense (DoD) civilians, and their families stationed in over 177 countries around the world where English language broadcast service is unavailable or inadequate. The AFN BC is responsible for reflecting an accurate cross-section of what is widely available to stateside audiences of the American radio and television industry. Programs are uplinked from the DMC to a series of satellites and delivered worldwide via a secure transmission path using MPEG-2 digital compression technology. This global radio and television network service is called AFN, the American Forces Network.

The following channels are broadcast on AFN Sigonella television: AFN Prime-Atlantic, AFN Prime-Pacific, AFN Xtra, AFN Movie, AFN Family, AFN News, AFN Sports, AFN Spectrum, the Pentagon Channel and the Preview Channel.

Besides stateside programming, AFN Sigonella provides a local 5-minute tele-

vision newscast that airs twice nightly at 6:23 p.m. and 10:23 p.m. on AFN Prime-Atlantic in housing and on decoder channel 20 for those living on the economy. The news includes local events, weather forecasts, Euro exchange rates as well as schedules for the Movie Theater and MWR events. Morning News Updates and several News Breaks also air throughout the day. AFN Sigonella also produces local and regional commercials in support of area commands.

AFN Sigonella provides 8-hours of live Eagle radio, direct from our studios, everyday on 106.0 FM. Live shows run 6-10 a.m. and 2-6 p.m. You'll find a wealth of command information via Radio News, readers and live interviews while listening to the best mix of music this side of the Atlantic. During non-live times, AFN Sigonella broadcasts network

programming from Germany along with popular Eagle music from back in the States. AFN Sigonella also broadcasts on Powernet 107.0 FM with popular hosts such as Paul Harvey, Rush Limbaugh and Dr. Laura as well as popular programming like Sports Overnight, NPR and adult rock.

Finally, AFN Sigonella's website provides a wealth of information including news stories, important local and regional information, community calendars and, most importantly, publicity requests. If you have an idea for a news story or commercial, or need to publicize an event,



Photo by MC2 Jason Poplin

The AFN Detachment in Sigonella is responsible for television and radio broadcasts for the community.



simply fill out the online publicity request and let us know!

Points of contact:

General Number624-4265
(Comm: 095-56-4265)
 Station Manager624-4074
 Operations Manager624-4079
 Engineering624-4073
 News Department624-3971
 Radio Department624-4067
 On-air DJ.....624-3895
 Fax.....095-713-0101
(Commercial only)
 AFN Sigonella Web site:
<http://www.afneurope.net/sigonella/>

AFN TROUBLECALLS

Housing:

Maranai 624-1731
 Mineo 624-0417

Barracks:

NAS 1 624-4109
 NAS 2 624-7229

On the Economy: 3472292700



Photo by MCSN Jonathan Idle

Mt. Etna dominates the view from NAS I and provides a picturesque background for the Midtown Complex.

Seasonal Climate

Sicily's warm climate has two significant seasons: a dry, hot summer and a mild, wet winter. The transitional seasons, Autumn and Spring, are relatively short with little impact and they are associated with cool temperatures and partly cloudy skies. High pressure dominates the Mediterranean during the summer with an average temperature of 95 to 110 degrees Fahrenheit. Rainfall at this time of year is sparse and is usually only associated with afternoon thunderstorms. It is not uncommon to go weeks without seeing a drop of rain. Cloudy skies and rain are common during the winter months. Temperatures are relatively moderate with an average high of 50-60 degrees and an average low near 40 degrees Fahrenheit. Temperatures have been known to dip to freezing or slightly below during the months of December, January and February. Snow is rare except on Mount Etna's peak where winter sports enthusiasts can enjoy skiing, sledding and snowboarding.

Environmental and Morale Leave

Service members and their family members stationed in Sigonella are entitled to Environmental and Morale Leave (EML). EML allows you and your family members to travel Space-Available as follows:

Category II: Sponsors and family members traveling with their sponsors in an EML status will be assigned Category II travel priority when traveling Space-Available on all AMC aircraft to/from CONUS, Germany, Spain and England while in a leave status.

Category IV: Family members traveling unaccompanied under EML orders will be authorized Space-Available travel at Category IV priority when traveling to/from authorized destinations.

No more than two trips (only one back to CONUS) are allowed within a 12-month period for any one person.

Emergency Leave

While stationed in Sigonella, your commanding officer/officer in charge may grant you, or members of your family, emergency leave in the event of an emergency concerning you or your spouse's immediate family. Due to recent changes in the entitlement of transportation, specifically for family members, commercial air travel at government expense from Sigonella, to the nearest Continental United States International Airport will be arranged when AMC procured transportation is not available. When government transportation, AMC, is available, this mode will be arranged first. Contact the Navy Passenger Transportation Office (NAVPTO) for assistance or information.

Note: Be sure your family in the U. S. knows your rate, rank, Social Security Number and name of your command in case there is an emergency and they need to notify you.

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Preparing for transfer



Region Legal Service Office and Legal Matters

Passports, Visas and Sojourners Permits

Military personnel may enter Italy on official military orders and a military ID card. For most purposes, the Armed Forces ID card will enable travel throughout Italy and other NATO countries however, it is strongly recommended, for security reasons, personal should travel with a tourist passport vice a military ID card. As a rule, non-NATO countries require passports for military personnel. If your new duties in Sigonella require you to travel on official business to countries requiring an official passport, coordinate with your new command to obtain an official passport. Tourist passports are obtainable through the American Consulate in Naples. See your command travel representative for current information.

Military personnel with dependents and all other civilians, including DoD personnel, have additional requirements. First, they require no fee passports for entry into Italy. The "No-fee" passports must be obtained **before** leaving the United States. For purposes of receiving a visa and a Sojourner's Permit, a tourist passport is not sufficient, an official passport is required. Each military family member, regardless of age, must have a "no-fee" passport and a visa prior to entry to Italy. Visas require several weeks to obtain, and you cannot get a visa once you arrive in Italy. It is strongly recommended you start this process early so that your entire family may transfer with you. For additional information on visa requirements, see the Bureau of Consular Affairs Web site at <http://www.state.gov/travelandbusiness/> or check with your local NAVPTO or travel office. Again, obtaining the missione visa after

arrival in Italy is impossible and will **ALWAYS** require a return to the country of origin, often at your own expense. However, dependents who are citizens of European Union countries do not require a visa. See <http://www.usis.it/visa/> for additional information regarding Italian visa requirements.

All military family members and DoD civilian employees and their family members are required to apply for a Sojourner's Permit, which is much like an American "green card", within eight days of their arrival in Italy. This document, which is issued by the Italian government, permits civilians to legally reside in Italy. Before you travel to Italy, you must have all necessary documents for the permit, but the most important documents are the no-fee passport and missione visa. Again, please keep in mind, if you do not have a missione visa upon arrival in Italy, you cannot obtain a Sojourner's Permit. Additionally, you will need an updated copy of the sponsor's Page 2, a copy of the Permanent Change of Station (PCS) orders, copies of the no fee passport(s), copies of dependant Military I.D. cards, and five identical passport-type photos for each family member. It is vital to work with your sponsor and new command to ensure that you have all the necessary documents before you detach. The Region Legal Service Office (RLSO) will also help you with the application process, including



Photo by MC1 Brian Goyak

The "Motta Castle" located in the town of Motta Sant'Anastasia just outside of NAS I, is a classic Norman Castle built in 1070 A.D.



scheduling you for a fingerprinting session with the Italian authorities. Keep in mind, in order to remain in accordance with Italian immigration laws, all family members who have attained fourteen years of age must apply independently for a Sojourner's Permit and be fingerprinted by the Italian authorities.

RLSO advises civilians to always carry their sojourner permit and passport when traveling. While commuting in the local area, it is a good idea to carry a photocopy of your Sojourner's Permit in case police stops you. Military members should, of course, always carry their military ID cards with them.

You and the Law

Under the Status of Forces Agreement (SOFA) between the United States and the Republic of Italy, all U.S. military personnel, members of the civilian component, and their family members are subject to Italian law and come under Italian jurisdiction for most criminal offenses, unless the act was performed in the line of duty. As guests, we are obliged to comply with and refrain from activities inconsistent with Italian law. Specifically, we must refrain from any involvement in Italian politics.

If you are called or summoned to appear before an Italian court in connection with any offense under Italian law, you must report the contact or summons as soon as possible to your commanding officer and to the Regional Legal Service Office (RLSO) for assistance.

There is no immunity from prosecution granted under the SOFA. The government of Italy has jurisdiction over military members, members of the civilian component and their family members in both civil and criminal actions. This may include incidents occurring on military installations in Italy. Officials of both governments cooperate in investigating and prosecuting criminal offenses. Italian authorities have the power to arrest you.

If local law enforcement officials apprehend you, the following rules should guide you:

- DO NOT try to resist arrest.
- Go with the Italian authorities willingly.
- Promptly provide Italian police officials your name, rate/rank, organization, Armed Forces ID card (military, civilian or family member) and/or passport, command point of contact and phone number.
- Politely request the presence of NAS Security, a command representative and/or U.S. government-provided attorney prior to making any statement. Decline to make any statement unless U.S. representatives are present.

Different officials are tasked with law enforcement in Italy. The ones you will see most commonly are:

Polizia (police) – There are different branches, such as “stradale” (road police) and “ferroviaria” (railway police). The Polizia perform all the usual duties as the U.S. police and usually wear green-gray or blue uniforms.

Carabinieri – This is a special corps of the Italian military, which acts both as military and civilian police. They usually wear blue or black uniforms and are recognizable by the white shoulderbelt across their chest.

Guardia di Finanza (Finance Guard) – Comparable to Coast Guard or border police. They wear gray or blue uniforms. Their main task is to control alcohol, cigarette and drug smuggling. They are also in charge of customs, and they enforce tax payments in general.

Any law enforcement agent may perform his duty in civilian attire, in which case, it is sufficient for law enforcement to show an ID card.

Remember that in Italy, public servants (such as train and bus conductors or drivers, postmen, firemen and even soccer referees) are considered public officials while performing their duty. To strike or offend one bears the same penalty as striking or offending a policeman or any other public official. In Italy this is a very serious offense.

Criminal Jurisdiction

The NATO Status of Force Agreement (SOFA) recognizes the jurisdiction of the U. S. over its military personnel in the performance of their assigned duties. Under the SOFA, the U.S. may conduct courts-martial in Italy under the Uniform Code of Military Justice. The SOFA also recognizes the primary jurisdiction of the host nation (Italy) over criminal offenses that occur in Italian territory. All military members, members of the civilian component and their family members are subject to Italian jurisdiction for criminal offenses. The SOFA also spells out the rights to be accorded to military members, civilian or family members who are subjected to criminal trial in Italy.

At any trial of a military member, member of the

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 e-mail: magnoliaresidence@virgilio.it • www.magnoliacubresidence.com



civilian component, or family member, the SOFA guarantees the following rights:

- As prompt and speedy a trial as is provided to the citizens of the host nation
 - To be informed of the charges before trial
 - To compel the attendance of witnesses in his/her defense who are located in Italy
 - To have the services of a competent interpreter
 - To communicate with a representative of the U.S. Government
- Normally, to have a U.S. government representative present at the trial

Region Legal Service Office is responsible for monitoring and reporting all criminal trials in southern Italy involving U.S. personnel. The RLSO will provide an Italian attorney, free of charge for the defense of a military member, civilian component member, or family member being prosecuted in the Italian criminal courts. Prompt notification to the RLSO is essential when an arrest has occurred.

Claims and the Protection of Personal Property

The Military Personnel and Civilian Employee's Claims Act (Personnel Claims Act) is a federal statute that authorizes payment of claims filed by military personnel and DoD civilian employees for property losses occurring at places of assigned duty or in assigned quarters. Economy housing is considered to be assigned quarters. Claims are generally payable when property is damaged or lost due to natural disasters, vandalism or theft, provided the claimant did not contribute to the loss through their own negligence. Moreover, claims are also payable for damages or losses to household goods while such good are shipped from prior duty stations to Sigonella. On the other hand, claims are not payable if the claimant is an ordinary resident in Italy.

The RLSO processes claims for Navy personnel. All claims must be received at a military installation no later than two years from the date the claim accrues. Normally, a claim accrues on the date of the incident occurs, or in the case of household goods shipments, on the date of delivery.

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 Typical Sicilian Restaurant



Photo by Lt. Matt Knight

A baroque fountain decorated in flowers for the "Infiorata" Flower Festival stands in front of the San Francesco church in Noto, Sicily.

Personnel are advised to complete a comprehensive review of their personal property and to secure adequate insurance. DoD claims processors use depreciated value of stolen or damaged property to calculate the claims paid. Depending on the value of items, many choose to insure their property with replacement value policies. If their valuables are stolen, the insurance policy will pay the amount to repurchase those items.

If a claimant purchases private insurance, the claimant must first file with their insurance company prior to filing with the claims office. While claimants should promptly file claims to avoid missing the two-year statutory filing deadline, in this case, final adjudication must await the receipt of the insurance company payment data.

The adjudication of a claim under the act requires a number of steps. For more information, contact the RLSO.

Drugs and Alcohol

Drug and alcohol laws are different in Italy than in the United States. Under the NATO Status of Forces Agreement (SOFA) military members, civilian employees and family members are subject to Italian laws on drugs and alcohol. While the drinking age in Italian





Photo by MC1 Brian Goyak

The Temple of Concord in Agrigento, Sicily is one of the best preserved Greek Temples in the world rivaling those in Greece.

society may be more lenient, the penalties for drunk and disorderly conduct or DUI are not. Drunk driving is a serious offense under Italian law. Italian law prohibits driving with a blood alcohol level of 0.05.

Marriage

U.S. Armed Forces personnel wishing to marry while stationed in Italy must apply for permission. The RLSO will assist service members wishing to marry in Italy while stationed in Italy.

The purpose of the Naval Legal Service Office is to provide quality legal assistance and defense counsel services.

Defense

Defense services includes representation at Special and General Courts-martial and administrative separation boards. The NLSO also provides advice to individual servicemembers who are the subject of an investigation, referred to Captain's Mast, would like to file a grievance against their command, and have other concerns relating to administrative or disciplinary proceedings against them. These services are available to Department of Defense (DoD) active duty and reserve personnel, whenever required by law or regulation and authorized by the Judge Advocate General (JAG).

To schedule an appointment, please call Naval legal Service Office at DSN: 624-2991 or walk-ins visits are accepted at building 564 on NAS II, Monday through Friday from 0900 to 1200.

Via Risorgimento 14, Motta S.A., Sicily
www.nhccsignonella.org

Sunday Worship Service 1100
 Bible Study - Wednesday 1830
 Singles Fellowship – Friday 1830
 Men's Breakfast Meeting every 1st Saturday 0900
 Women's Fellowship every 3rd week of the month
 Family Fellowship – Last Sunday of the month

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Legal Assistance

A legal assistance appointment is a dedicated, personal consultation with an attorney. This service is provided BY APPOINTMENT ONLY and is available to active duty service members, their dependants, state-side hire civilian employees stationed overseas, retirees, and activated reservists.

Generally, legal assistance appointments are appropriate for the following issues: family law (divorce, paternity, child support, child custody, etc...); estate law and planning (wills, trusts, etc...); consumer law, creditor/debtor issues; tort law; immigration law; military benefits; deployment readiness (health care powers of attorney and durable springing powers of attorney). Additionally, for legal assistance matters that fall under Italian jurisdiction (such as a lawsuit due to an off-base traffic accident), please call to make an appointment with a local national attorney - this consultation is at the NLSO Office, but is by appointment only and based on the availability of the Italian attorney.

Legal assistance appointments with a Navy JAG Officer are available Monday through Friday at building 564 from 0900 - 1500. Child care services are not provided, so please make alternative arrangements prior to the date of your appointment (if alternative arrangements cannot be made, please advise the front desk and your appointment may be rescheduled).

To schedule a legal assistance appointment, please call Naval Legal Service Office at DSN: 624-2991. Priority for services is provided to deploying units.

It is NLSO DET SIGONELLA policy that NO legal advice will be given over the telephone or through third parties calling on behalf of perspective/current clients.

Other Walk-in Services

NLSO DET SIGONELLA provides several walk-in services at its front desk. Walk-in services do not require an appointment.

Walk-in services are available from 0900 to 1600, Monday through Friday. Generally, these services include: powers of attorney, notary services, and basic immigration information.

A power of attorney may be necessary, especially if the service member will be absent from home for extended periods of time. A power of attorney may be tailored and limited to accommodate particular individual needs.

There are two types of powers of attorneys, general and special. General powers of attorney are powerful documents and should only be used in limited circumstances. An attorney can provide advice on whether to get a general or special power of attorney. In most cases, a special power of attorney can be drafted that will protect the maker, and authorize the holder to complete all required business.



The Community Bank is located on both NAS I and NAS II and is one of the two banks that operate on NAS Sigonella.

Photo by MC2 Jonathan Idle

Individuals eligible for legal assistance appointments are eligible for walk-in services.

Volunteer Income Tax Assistance Center (vita)

The VITA program was established to support NAS Sigonella personnel eligible for legal assistance services with preparing and filing their federal income tax returns. The Tax Center is operated by NLSO DET SIG with IRS trained and certified volunteers from the community. The Tax Center operates during tax filing season on both NAS I and NAS II. If you require additional information, or are interested in volunteering at the VITA office, please contact Naval Legal Service Office at 624-2991.

Banking and Credit Cards

Community Bank

Community Bank, operated by Bank of America, is contracted by the DoD to provide stateside-like banking services exclusively to the military community. This relationship benefits customers by ensuring a wide range of services tailored for the unique requirements of the servicemen and women stationed overseas. Community Bank is the main source for currency exchange as well as paying local bills. *Community Bank is located on both NAS I and NAS II.*

The four Community Bank ATM's dispense both Dollar and Euro.

ATM Locations:

NAS I: *Outside* the Community Bank located in the Community Bldg #318 Inside Midtown by the movie theatre. Bldg #175

NAS II: *Outside* the Community Bank located by the NEX Depot Bldg #471 Outside the NEX 7-Day Store. Bldg #549.

On-base Euro changing service is available at the Navy Exchange and *both* Community Bank locations.





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Photo by GM2 Kris Carmody

The post office on NAS II is an operational part of NAS Sigonella, and is located near the NEX Mini-Mart. There is also a post office on NAS I, near the Library.

Navy Federal Credit Union

Navy Federal Credit Union (NFCU) has a full service Branch and ATM located on NAS II (near the Navy Exchange Mini-Mart) and two additional ATM's located on NAS I in front of the Commissary. The Branch is open Monday-Friday from 0815-1615. Navy Federal serves the entire DOD community in Sigonella including all military servicemembers and their family members, DOD civilians, contractor personnel and retirees.

Navy Federal Online, WebBill Pay and 24 hour member support via our toll-free number in Italy (00-800-0-842-6328) makes keeping track of your finances easy while stationed overseas. Members can make full use of their accounts while in Sigonella and continue to use them when they return to the States. Once a member, you're always a member.

NFCU Sigonella offers a variety of accounts and services to help you manage your money including:

- Checking accounts that offer ATM rebates (great for getting Euro from Italian ATM's out in town). On-base Euro changing service is also available at the Navy Exchange and Community Bank on both NAS I and NAS II
- Regular and Money Market Savings Accounts
- Certificates for all types of savings ranging from 13 Weeks to 7 years with starting deposits as low as \$100
- Visa and Mastercards along with our Visa Check Card which are very useful far from home
- Competitive rates on auto loans for new and used vehicles and signature loans for just about any purpose including family vacations!

If you are looking to buy a home while you are here or soon after you depart Sigonella, our Branch also offers in-house mortgage counseling

Not sure about what to do with your money or want to get assistance with managing your debt? Our staff offers individual financial counseling on a wide variety of financial topics. We also develop and deliver customized financial presentations to your Division, Department or Command upon request.

Money Exchange

There are various places to change money both on and off base and at two types of facilities - banks and exchange bureaus (cambio). Here are some options:

Money Exchange at NAS I

NEX Customer Service: euro or dollar sales. 7,500 Euro daily limit

NAS II: NEX Customer Service: euro sales only. 500 Euro daily limit.

Off Base:

Shop around for the best deal, and balance convenience with advantageous rate. For example, you may get a few more euros for your dollar at a cambio downtown, but if you are only changing a couple of hundred dollars or less, the inconvenience of going to the cambio probably will outweigh the advantage in rate. Also, recently more and more local banks will accept your ATM or Debit Card that has the "Plus" sign. Just look for the symbol at the Italian Bancomat.

Postal Matters

One of the closest and strongest ties to loved ones in the states is the mail. Fortunately, mail service is relatively quick and efficient despite being overseas here in Sicily.





Photo by GM2 Kris Carmody

The Post Office can be found on both NAS I and NAS II.

Postal services in Sigonella are provided on NAS I and NAS II. Sigonella military post offices provide mail receipt and mailing services, sale of United States Postal Service money orders, stamp sales, change of address processing for patrons, mail directory-locator services, and USPS claims and inquiry services.

In addition, the Fleet Mail Center on NAS II provides pick-up point for accountable mail and official mail services.

Only U.S. currency is accepted; however, you may use personal checks for the exact amount of purchase and major credit cards and bank debit cards. You cannot purchase money orders with personal checks or credit cards. You may use traveler's checks to purchase all services provided purchases total at least half the amount of the traveler's check. As an authorized military postal service patron, you are responsible to inform all correspondents of your correct mailing and forwarding address, prior to leaving your present duty station. You should obtain your new address for your new command from your sponsor and notify all your correspondents at least six to eight weeks prior to checkout. Do not include the country name in your address under any circumstance. Doing so will only create delays and your mail could be processed through the Italian postal system and would be subject to customs inspections and fees. Your new address should contain all of the following information:

FULL NAME, RANK, AND RATE
 NAME OF COMMAND
 PSC and CORRECT BOX NUMBER
 FPO AE and CORRECT ZIP CODE

An example would be:
 PCC(SW) Timmy Rollins
 Naval Air Station
 PSC 812 Box 9999
 FPO AE 09627- 9999

It currently takes an average of seven to ten days for a first class letter or priority parcel to reach the states. For best results, ask friends to use priority mail when sending your items by mail. For time sensitive matters, Express Mail Service is available to and from Sigonella. Parcel Post packages, magazines, newspapers, catalogs, non-profit book rate etc., can take six to eight weeks by

container ship. Do not mail perishable foods or meats, plants, soil matter, tobacco, firearms of any kind or alcohol to or from Italy.

Bringing your Pet

You may now bring your pet to Italy with you on Air Mobility Command (AMC) flights on a space available basis. There is an excess baggage fee per pet based on the pet's weight and only a limited number of pets may be shipped on each flight. AMC will not ship any pet over 150 pounds (including carrier). Be sure to inform your personnel department, who schedules your flight to Italy, that you will be traveling with a pet. There is a limit of two pets for each family, dogs and cats only, and you must provide the proper travel containers. Please check with your local AMC terminal to confirm the information for your travel arrangements.

If flying commercially, it's important to contact the airline on which you'll be traveling to Italy, for its specific requirements for pet travel. Some airlines, for instance, require that pet carriers have ventilation holes on all sides, so you may need to drill holes through the back of the carrier. Also, some airlines allow only one pet per carrier. Traveling in the summer can be difficult due to heat restrictions. Again, please call your airline for their specific requirements.

There is no quarantine period in Italy, but you will be required to have a current rabies immunization record on the animal(s). The pet must have had the rabies vaccine not more than 12 months and not less than 30 days



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prior to arrival in Italy. Contact your military or civilian veterinarian for the necessary paperwork and information on shipping your pet to Italy. You will need a trilingual rabies form as Italian customs agents may not speak English.

Forms are available through one of these offices:

Italian Consulate

690 Park Avenue
New York, NY 10020
(212) 737-9100

Italian Consulate

2590 Webster Street
San Francisco, CA 94115
(415) 931-4924

Italian Embassy

1601 Fuller Street
Washington, DC 20009
(202) 328-5500.

In addition, a veterinary health certificate with the following data is required: Personal identification of the owner and a detailed description of the animal attesting to its good health. This certification is good for only 10 days from the date of examination and must be certified by an official USDA veterinarian. Make several copies of this form when complete. One should be taped to the outside of the travel kennel, another taped well inside the kennel, and a third kept with the animal's health record.

The NAS Sigonella Veterinary Treatment Facility provides limited clinical, surgical and emergency care for privately owned pets. Availability of vet care is affected by the time spent on high-priority tasks such as

Military Working Dogs and by personnel strength. The Army veterinarian at NAS Sigonella has many missions including inspecting food products throughout Europe and Africa as well as an attending site at NSA Souda Bay and may not always be available for pet care. Specialized clinical, surgical, and in-patient care is not available on base; however, a list of local vets is available for emergencies.

Pet owners take note: Leishmaniasis, a parasite which can be deadly to animals, does exist in Sicily. The only way to protect against this disease is to avoid sandflies through effective insecticides such as prescription topicals or collars. Please see the Sigonella vet clinic for more information when you arrive. This disease is treatable but not curable and also has the potential to be spread to humans.

If your pet is old, requires special treatment or long term medication, it is recommended that you NOT bring it to Sicily. No special diagnostic facilities are available. If your pet has a special health problem, have your sponsor contact the veterinary service to determine if requisite medical care might be available.

Pets must be registered with the veterinary clinic within five days of their arrival.

Pet owners and custodians of pets are responsible for the cleanliness and sanitation of all areas used or frequented by their pets. Animals may not wander in the government housing areas unattended, or without a leash.

For any further information contact the Veterinary Clinic at (DSN) 624-4258 or comm: 011-39-095-56-4258.

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- ▶ Free shuttle service to/from Catania airport and NAS Sigonella
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Getting Settled



Housing Office

The Sigonella Housing Welcome Center assists all incoming military and DOD civilian personnel. Based on eligibility, accompanied and unaccompanied personnel are provided assistance in assignments to military family housing, bachelor housing accommodations, or economy housing in the local area. This section will answer many questions and help you get started.

All accompanied military personnel will have the option of being assigned to military family housing, or economy housing. There is currently a 1-4 month waiting period for military family housing. Depending on a service member's position on the wait list, he/she may be required to move into the economy as they wait for a military family housing unit to become available. Accompanied DOD civilian personnel are not eligible to reside in military family housing at this time.

Regardless of what your housing desires are, it is important that you establish early communications with your assigned sponsor to receive up-to-date information regarding housing eligibility and availability. It is

imperative that members do not secure any type of housing without obtaining prior approval or guidance from the Housing Office.

The Housing Department provides the following services to accompanied and unaccompanied personnel to assist with your housing needs:

For Accompanied Military Personnel:

1. Our military family housing inventory consists of over 526 government-leased three and four bedroom, and 8 four bedroom government-owned homes, which are designed to meet American standards. These housing units include a refrigerator, stove, dishwasher, microwave, and a washer and dryer. The units are town-house style, with approximately 1200-1400 square feet of living space per unit. Units have dual voltage for both U.S. and European appliances. Two pets are allowed in housing (either one cat and one dog or two cats or two dogs). Application for assignment to Government Housing will be done once you arrive at NAS Sigonella. You are required to report to the Housing Welcome Center within two days of your arrival. You must provide a government housing application DD 1746 <http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd1746.pdf>, a copy of your orders, and a copy of



Photo by MC2 Jonathan Idle

The Administration Building is home to the Housing Office and Fleet & Family Support Center. The FFSC office is where new arrivals also attend INDOC.



your updated Page 2. For further information you may contact an Assignments Counselor by calling DSN (314) 624-4311/3845 or commercial 011-39-095-56-4311/3845.

2. Temporary Loaner Furniture is available and may be kept for up to 90 days while awaiting your personal household goods shipment. Temporary Loaner Furniture consists of beds, nightstands, dressers, sofa, armchairs, end tables, lamps, coffee table, dining table and dining chairs. These items are available to both accompanied and unaccompanied personnel. It is important that you utilize your **unaccompanied baggage** shipment (express shipment) to ensure timely arrival of items such as cooking and eating utensils, sheets, blankets, etc.

For Unaccompanied Military Personnel (E-4 and Above) and Civilians:

1. House hunting tours: These provide the opportunity to see available private rentals on the economy. All listings of available rentals are inspected for suitability and must meet minimum standards for safety and security before a contract may be negotiated through the Housing Department.

2. Lease Negotiation: When you obtain your lease through the Housing Department, trained staff will help you negotiate a fair rental price, verify the presence of the Military Clause, and ensure compliance with Italian law. Rents are paid in Euro and range from €600 to €2000 per month. Because rents are established in Euro, the equivalency in U.S. currency will fluctuate with the exchange rate.

3. Translation Services: The Housing Department provides assistance throughout the duration of your tour, which includes, but is not limited to, maintenance service scheduling, utility billing discrepancies, lease amendments, legal advice (in reference to Italian lease laws) and termination services.

4. Mediation of landlord-tenant disputes.

5. Assistance in arranging utility contracts (including electricity and telephone) and ongoing liaison with utility companies throughout your tour (provided the contracts were arranged through the Housing Office).

6. Temporary Loaner Furniture is available and may be kept for up to 90 days while awaiting your personal household goods shipment. Temporary Loaner



Photo by GM2 Kris Carmody

The Housing Office is where you will find information on living out in the economy, paying your utilities, and about your household goods.

Furniture consists of beds, nightstands, dressers, sofa, armchairs, end tables, lamps, coffee table, dining table and dining chairs. These items are available to both accompanied and unaccompanied personnel. It is important that you utilize your unaccompanied baggage shipment (express shipment) to ensure timely arrival of items such as cooking and eating utensils, sheets, blankets, etc.

7. Full Tour Loaner Furnishings. These items will be loaned to you for the duration of your tour if you have signed an economy housing lease through the Housing Office. These items include a stove, refrigerator, washing machine, dryer, microwave, wardrobes, transformers, and carbon monoxide detectors.

Bachelor Housing Accommodations

Unaccompanied E1-E3 personnel: Bachelor Housing (BH) permanent party accommodations are mandatory for unaccompanied E3 and below. E3 and below service members should report to the Housing Welcome Center within one working day of arrival to Sigonella. Since the Housing Welcome Center is a Monday-Friday, 0730-1600 operation, arrival Temporary Lodging Allowance (TLA) is authorized for E3 and below service members **until the first working day after arrival**. Sponsors of E3 and below personnel may report to the Housing Welcome Center and arrange for a pre-check in for new arrivals, if desired, allowing in-coming E3 and below to move directly into their permanent party accommodations. If TLA is required, service members are required to utilize the Navy Gateway Inns & Suites (NGIS) facilities on base. Reservations may be made by visiting the website www.lodging.net, dialing 1-877-NAVY-BED, or dialing 011-39-095-6832.

Navy Gateway Inns & Suites (NGIS): Accompanied or unaccompanied service members, E4 and above, are eligible to reside on the economy during their tour. Upon arrival, they will reside in temporary lodging while aggressively seeking accommodations on the economy. Accompanied personnel should seek accommodations at the Navy Lodge on base. If there is not availability at

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Visit our web-site at the following address: www.pantellaroimmobiliare.com



Photo by MC2 Jonathan Idle

The Navy Lodge, located on NAS I, offers a convenient on base location to stay while checking in and finding a house or apartment.

the Navy Lodge, reservations may be made at an alternate temporary lodging facility. Reservations may be made by visiting the website www.navy-lodge.com or 1-800-NAVY-INN. Unaccompanied personnel are required to lodge at NGIS. Reservations may be made by visiting the website www.lodging.net, dialing 1-877-NAVY-BED, or dialing 011-39-095-6832. If there is not availability at NGIS, reservations may be made for the Navy Lodge or an alternate temporary lodging facility.

DOD Civilian Personnel (CIVPERS): Upon arrival, civilian personnel should report to the Housing Office to apply for economy housing. Housing personnel will assist you in locating a home in the local community. CIVPERS are authorized up to 90 days of temporary quarters substance allowance (TQSA). It is very important that you communicate with your sponsor as quickly as possible upon receipt of orders. Your sponsor must know if you will be accompanied or unaccompanied, the size of your family, if you are bringing pets, etc. Answers to these questions will help him/her make appropriate advance reservations for temporary accommodations. Following your two-week indoctrination class, you will begin an aggressive search for permanent housing. Generally, you should have a lease contract and a move-in appointment scheduled within 30-45 days of arrival. You will then arrange utilities, loaner and full-tour fur-

nishings, and household goods deliveries within 3 to 5 days of signing the lease.

Temporary lodging accommodations can be made at either the Navy Lodge or a hotel on the economy. While in a transient status, keep your receipts for hotel bills, meals, dry cleaning, and other expenses. These receipts will be required when you file your reimbursement documentation. Taxi fares to and from your accommodations and work, as well as vehicle rentals, are not reimbursable. You will in-process with the Human Resource Office (HRO) immediately upon arrival, to be briefed on living quarter's allowance (LQA) and TQSA entitlements.

Allowances

TLA: Temporary Lodging Allowance. This allowance is reimbursed to the member in 10-day increments while awaiting the assignment of permanent housing. It generally covers the cost of lodging plus meals and incidental expenses. The goal of the Housing Department is to have all incoming personnel housed within 30 days of arrival. Based on the availability of suitable housing, TLA can be authorized up to 60 days. All members on accompanied and unaccompanied tours are eligible until permanent housing (family, bachelor, or economy) is secured. TLA can be terminated if adequate permanent housing is declined. Since Bachelor Housing is not a 24 hour operation, E3 and below are authorized 1-2 days of TLA until their permanent party room is assigned. TLA is completed at the Housing Welcome Center, and then processed by PSD for payment. To be eligible for the full payment of TLA, accompanied personnel must make arrangements for lodging/hotel accommodation at the Navy Lodge and unaccompanied/single personnel must make arrangements at the Navy Gateway Inns & Suites. A Certificate of Non-Availability (CNA) should be obtained from the Navy Lodge and/or Navy Gateway Inns & Suites before making arrangements for economy hotel accommodations.

OHA: Overseas Housing Allowance is authorized to assist a service member in defraying the excess housing costs incurred when assigned to an overseas duty station. All service members authorized to live in private rental housing are entitled to OHA. Residents of military family housing do not draw housing allowances. OHA helps service members pay for housing costs, including rent, utilities, and recurring maintenance expenses. OHA consists of two parts; a rent portion and a utility and recurring maintenance portion. The rent portion of OHA is computed based on your actual rent (up to a maximum ceiling based on rank and whether member is accompanied or unaccompanied). Members are not limited by the rental ceilings. If the rent is above the ceiling, the member is responsible to pay the difference; if the rent is less than the ceiling, the allowance will only include the actual amount. The utility portion of OHA is added to the rent portion to help pay for utilities and recurring maintenance costs. The amount of OHA a member receives fluctuates with

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the dollar/euro exchange rate. Both portions of OHA are adjusted as a result of the annual OHA Utility Survey. It is important for service members to maintain complete records of rent and utility payments. Service members are advised to keep a file with all receipts and a notebook to record all expenses associated with repair and maintenance of their house or apartment. This will be helpful for reporting purposes in completing the annual OHA Survey. To obtain up-to-date information on rental ceilings and OHA entitlements, go to <https://secureapp2.hqda.pentagon.mil/perdiem/perdiemrates.html>. The required code for Sigonella is IT067. Required OHA documentation (DD Form 2367) is completed at the Housing Office, once a service member enters into a lease agreement, and is then processed at PSD for payment.

Important Note: Because many of these allowances fluctuate as the dollar/euro exchange rate fluctuates, paychecks will vary quite often. You should keep track of all these things and watch your leave and earnings statements carefully for errors. Also, when planning your budget, do not rely on a particular dollar figure each paycheck. It is more prudent to plan on needing a certain amount of euro each month and buying that amount; that way, the number of dollars left over after buying the euro should be roughly the same. Also, keep a notebook and enter every purchase you make for your home and all purchases you make on the economy. That way, when it is time for the annual allowance surveys, you have accurate figures.

Moving In Housing Allowance (MIHA): This is a

one-time payment to defray the costs as such items as cabinets, light fixtures, adapters, transformers, door/window locks, etc. that are sometimes not provided in economy housing. This allowance is not paid to those who occupy government-leased quarters. Because of many additions to permanent loaner furniture (i.e., washers, dryers, stoves, power transformers), MIHA has been reduced by almost half. Please double-check the amount that you are authorized so you do not depend on money that you will not be receiving.

What about allowances for civilians?

U.S. Civil Service employees recruited in the United States to work abroad for the U.S. Government are generally eligible to receive several overseas allowances. Temporary Quarters Subsistence Allowance (TQSA) is authorized for the reasonable cost of temporary quarters incurred by the employee and his or her family for a period up to three months after first arriving at an overseas duty location, or a period ending with the signing of an economy lease, whichever is shorter. A Living Quarters Allowance (LQA) is authorized to substantially cover the cost of privately rented housing. LQA payment is intended to cover the average cost of rent, electricity, gas, fuel, and water up to the applicable maximum rate. Maximum rates vary by duty location, by employee grade level, and by family size. A Post Allowance is authorized when the cost of living in the foreign area is significantly higher than in Washington, D.C. Currently, there is a Post Allowance authorized for Sigonella. Contact the Human Resources Office for further information.

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Living on the Economy

Finding a new home is one of the most important steps toward enjoying your time in Sicily. The home you choose will most likely be where you will live for the next few years. Be judicious about your choice; if you are uncertain about anything, make it a point to ask questions until you are satisfied with the answers. Once you sign a lease for an Italian home, you will find it hard to break. Italian law requires you to notify your landlord six months in advance of breaking the lease unless you are conducting a permanent change of station (PCS). The contract is a binding, legal agreement and is not easily revoked without serious justification.

Homes in Sicily are different from those in the United States. There are apartments, in-villas (generally one floor of a house) and villas (single homes within a fenced perimeter), and may be smaller than what you are used to living in as compared to the United States. Therefore, you should carefully limit the total weight and items being shipped. You should not ship American appliances (stoves, dishwashers, refrigerators, washers or dryers) as the voltage is different, as



Photo by Lt. Matt Knight

The Amphitheater in Taormina is the second largest in Sicily after the one in Siracusa. It is of Greek origin, but enlarged to the current size by the Romans.

because the Housing Department will provide these items for your usage during your tour.

Do a little research first!

It is helpful if your sponsor drives you around to see some of the surrounding areas. Review maps, note distances from base, and ask about availability of school buses and condition of roads near each area in order to make an informed decision. Sicily has a relatively high unemployment rate. As a result, home and car break-ins, as well as pick-pocketing can be a problem. Consider, however, that many times the reported cases have involved the “victims” leaving some very expensive items on the front seat of their vehicle—in open view. That said, the problem **is** real and you need to be aware of it and take it into account when looking for a home.

Often, word-of-mouth among co-workers is a good way to find a house or select an area. If you find a house on your own, provide housing personnel the landlord’s name, phone number and address of the home. Housing personnel will contact the landlord and follow up with the required inspections. Then, assuming the home passes the inspections, an appointment can be made with the landlord, housing representative, and the customer to negotiate and sign the lease contract. Rental contract negotiators at the Housing Department are written in both English and Italian, and take into account Italian real estate customs and law.

If you are uncomfortable or unsure of anything at any time during your home-finding process, ask questions. At the time of the contract signing, you must bring two month’s rent in euro — (one month’s rent is a security deposit against damages and the other is your first month’s rent). The deposit will be returned to you, less any amounts deducted for damages, when the lease is terminated. In the event that a home does not meet the standards set forth by the Housing and Security Departments, a waiver will be required acknowledging the limitations of services available by the Housing Office due to the noted discrepancies/shortcomings.

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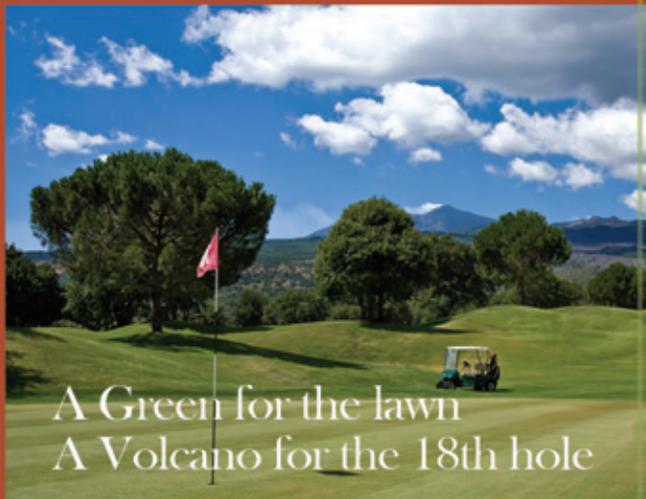
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Photo by MC2 Joshua Wink

A castle near Gela is one of many that dot the Sicilian countryside.

Loaner Furniture

NAS Sigonella's Loaner Furniture Program is open to all military and DoD civilian personnel. Both accompanied and unaccompanied personnel are eligible to receive temporary loaner, as well as full-tour packages. To be eligible, members must have a signed lease through the Housing Department. Although stock levels are sufficient to meet the demand, members are urged to request only those items actually needed to complete the household.

Generally, Loaner and/or Full-tour furnishing deliveries will be arranged when you sign your lease. In general, the furnishings branch needs at least 3-5 working days to schedule deliveries or pick ups. Any cancellation of a scheduled delivery, service call, or pick up requires at least one working day notice, or you may be charged for the service. You may also be charged for missed appointments without proper notification. You must ensure your electricity is on during the delivery so the delivery personnel can complete the required work (i.e., testing appliances). The contractors must deliver furniture and equipment in a clean and working condition.

Many of the items that will be delivered are not new, and scratches or dents are not grounds for refusal of the item. However, all appliances and items should be in good working condition. Damages to the items should be noted on the delivery receipt to avoid being charged for prior damage on pick up later.

Furnishing Items Available

In addition to the 90-day temporary loan program, there is also a Full Tour Appliances/Furniture Program designed to get you started in your new house or apartment. Some items, sizes, and quantities vary between the family and bachelor programs. Check with the Furnishings Branch at the Housing Department for more details:

A. Stove: 1 per household, white, American brand 21" or 30" (note: not all apartments have room for the 30" stove) size gas oven. *You will need to provide your own gas bombola, regulator and hose, if required.*

B. Refrigerator: 1 per household.

C. Washing Machine: 1 per household. Top loading American washer max 28" wide or a smaller Italian model, which is 21" wide.

D. Dryer: 1 per household.

E. Wardrobes: 2 per service member, 1 for additional family members. 2 doors, 1 shelf, 1 clothing rod.

F. Transformers: The transformers included in a full set are (1) 1,500W, (1) 1,000W, and (1) 500W. All have one male 220 male plug and one 110 female plug.

G. Gas and carbon monoxide detector: One per household.

H. 220V Microwave.

Utilities

Utilities are rarely included in the rent. Often, a "condominium fee" is charged, in addition to the monthly rent, to cover such things as janitorial services, the lighting and cleaning of corridors, stairways or elevators, garbage pick-up, etc. This fee is generally \$25 to \$50 per month. Landlords are also permitted to charge the resident half the cost of registering the lease contract with the Italian authorities, and raise the rent on an annual basis according to Italian law and published inflation rates. However, many landlords do not request the additional amounts.

Telephones: At this time, TELECOM Italia is the only company that offers landline service throughout the Italian territory. Contracts may be made directly with TELECOM through either the Housing Office or through the Navy Exchange (NEX). Packages differ between the two, and you will be required to evaluate which may work best for you.

Your telephone bill:

1. Bills are issued every two months. All bills include a flat fee plus taxes.

2. Telephone calls are calculated on the following factors: length of call, distance, and the time and day that the calls are placed.

3. Telephone calls from your home phone to cell phones can be expensive.

Note: In addition to phone service fees and equipment rental fees, your bill will include a charge for the "scatti" (units) you have used over the billing period. Phone calls are billed according to how many units you use. A unit does not represent a single phone call but rather it is a mix of distance called and time called. Calls to cellular phones may cost more than making international calls, depending on the time of day they



Photo by GM2 Kris Carmody

Marinai housing is for base personnel and is conveniently located between NAS I and NAS II.

are made. Reduced rates are available Monday through Friday between 6:30 p.m. and 8:00 a.m., Saturday between 1:00 p.m. and 8:00 a.m. and all day Sunday.

Electricity: All Italian electricity is 220 volts, 50 cycles. Therefore, you will need a both transformers to convert electricity for American appliances, and adapters for Italian outlets (round pronged). An important point to remember is that heat generated by a 60 Hz motor operating on 50 Hz can be a safety hazard. This problem is most critical with refrigerators. While most other motors are only used periodically or, by design, can get rid of heat, most refrigerators tend to build up heat. Electric supply is measured in kilowatts. Depending on the size of your dwelling, the number of water heaters, your family's size, your usage patterns and the number of electric

appliances you operate, the number of available kilowatts you need will vary. Electric contracts can be written for a three (3), four and a half (4.5), or six (6) kW supply to accommodate your individual needs. Standard homes in Italy normally require a three (3) kW supply, which is the most economical. The Housing Department will assist you in determining your needs. Be aware: electricity in Italy is expensive!

Your ENEL (electricity) bill: ENEL (the Italian Electric company) sends bills every two months, but reads your meter only about twice a year. In between readings, ENEL will send you estimated bills, based on historical patterns of usage. This practice may result in a high bill when the actual reading taken by ENEL is above the amount estimated and may result in a refund check when the actual reading is below the amount estimated. The housing office recommends that you perform the initial ENEL meter reading and forward it to the Utilities Branch upon receipt of your first electric bill. At this time, we will ensure that your contract was initiated with the correct reading and explain when to submit your readings to us. This practice should prevent you from receiving unexpectedly high (and expensive) bills. You should learn to estimate your own usage and set aside sufficient funds; a safe estimate is 28-euro cents per KW used.

Central Heating/City Gas: Should you select a house/apartment with piped city gas for heating, you shall be required to take over the gas contract, registering it under your name. This is done with the assistance of the landlord, directly at the gas company. It is recommended to take the initial reading and keep track of

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your usage, as some gas companies issue bills based on estimates instead of actual consumption. It is also recommended to set the timer of the furnace, if possible, to shut off the heat when you are not home and to keep the thermostat at a reasonable temperature. Gas is expensive and the price per cubic meter increases with usage, so please keep that in mind.

Independent Propane Tanks: Should you select a house or apartment with a large, independent, liquid propane tank (referred to as a GPL tank), you are required to schedule the appointments to have it supplied. Fuel oil is more expensive than city gas. However, if the tank is "AGIP" brand, you will be authorized to receive tax-free coupons from the Motor Vehicle Registration Office (MVRO) and will be able to schedule fuel delivery at the NEX.

Water: The water contract remains under the name of the landlord at all times. In most cases, the landlord pays only the water flat-fee and the resident is responsible for any excess usage. The cost of water is subject to variation on the basis of housing areas, cubic meter consumption and price of water established by the supply company. When you are asked to pay a water bill, we recommend that you ask for a copy of the bill and forward it to the Utilities Branch to ensure you reimburse the landlord the correct amount.

Motor Vehicle Registration Office

The military community in the Sigonella area is spread out among various locations, so a car may be a necessity, depending on your circumstances. Transit time for privately owned vehicles (POVs) can be up to three months, and rentals are expensive, but there is a substantial used-car market here, with vehicles advertised weekly in Signature newspaper. Italian public transportation, bus, train, taxis and Navy-sponsored shuttles, are also available.

Shipping Your POV

You are allowed to ship one POV from CONUS to overseas, at government expense. For DoD civilian employees, return shipment is only authorized if a vehicle was

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Photo by GM2 Kris Carmody

The Motor Vehicle Registration on NAS II handles all regulations and fees related to registering an automobile in Sigonella.

originally shipped under orders. The vehicle you ship enters Italy free of import duty (tax) and IVA (excise tax). The Italian Ministry of Finance (customs) authorizes DoD and NATO personnel to register up to three POVs per family. The second and third vehicles (car, motorcycle, truck or van) are subject to annual Italian property tax.

The Italian Department of Motorization defines a motor vehicle as either an automobile or a motorcycle with engine power exceeding 1.5 HP and engine size exceeding 50cc. Therefore, if you ship an automobile, in accordance with DoD rules, you can ship one motorcycle or moped with your household goods, but you must pay Italian property tax when it arrives and is registered. All mopeds, motorbikes and motor scooters shipped with household goods are entered tax free, but must be licensed and registered with the Motor Vehicle Registration Office (MVRO) prior to use on the road. The Personal Property Shipping Office provides information on how to arrange for shipment of your POV.

When turning in your POV for shipment, you must ensure that the vehicle identification number (VIN) on documents matches the physical description of the POV. An error may cause delay in receipt and registration of the vehicle.

There are no restrictions as to color, age, dimensions or special lighting of imported POVs. Vehicles shipped must be in mechanically safe operating condition and undergo a safety inspection upon registration.

Estimated transit times are 45 to 60 days from East Coast ports and 55 to 90 days from Gulf and West Coast ports. The purchase of a large new car just before leaving the United States is not recommended, but if you have a newer automobile and would incur costs by disposing of it, bring it. Driving conditions in Sigonella are not what they are in the States, so a big car will be more difficult to navigate in narrow Italian streets and under congested, erratic driving conditions. Supply of parts and maintenance for U.S. cars is often inadequate. You can purchase new American cars, as well as foreign models from various sources on and off the base. Make sure that any car you buy has all the equipment required for registration and for driving on base, including seat belts





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and child protective restraints. Automobiles other than Italian makes, when bought in Italy, are imported duty free and deliveries can be made to Sigonella. In addition, when buying Italian cars you are exempt from paying the Italian government excise tax.

Only two U.S. insurance companies are authorized to insure U.S. vehicles shipped to Italy: USAA and GEICO. Both companies have offices in the United States, and it is easier to coordinate an insurance policy before your arrival if you plan to ship your vehicle. Both companies also have offices in the local area.

Registration

Each service member/DoD civilian must register vehicles through the NAS Sigonella's Motor Vehicle Registration Office (MVRO). All U.S. autos and motorcycles must use cover plates, which are similar to standard Italian license plates.

If you register more than one vehicle, the second and third vehicles are subject to payment of Italian property tax, based upon the model year and engine brake horsepower rating, ranging from \$ 60 to \$ 900 per year.

Each year, one month before your registration anniversary month (i.e. register in July and revalidate in June) you will be required to revalidate your registration before you can receive your tax-free petroleum products. Upon receipt of any fees, MVRO will issue your base tags and tax-free petroleum ration card. All vehicles must meet the criteria set forth in NSA Naples Instruction 11240.19

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Photo by Tracie Barnhouse

The market is bound to be one of your favorite places while you're stationed at NAS Sigonella. The fresh produce and good deals are more than enough of a reason to check it out.

series and NAS Sigonella Instruction 5114.2 series. Vehicles failing to meet inspection criteria will have gas rations suspended until appropriate repairs have been made. All vehicles will be registered in the sponsor's name only.

Documents required for registration

- Vehicle for a VIN verification
- Valid original vehicle title, previous registration, or certificate of origin (with no liens or with written authorization from the lien holder, acknowledging vehicle description and location and amount and term of lien)
- Proof of insurance (originals only)
- Driver's license
- Proof of eligibility: military ID and PCS orders
- Shipping document
- Applicable registration fees

DoD civilian also need a Letter of Logistical Support from servicing HRO or Staff Judge Advocate, clearly establishing employee as part of the "civilian component" as defined in NATO Status of Forces Agreement (SOFA) and a copy of passport and soggiorno permit (or application receipt).

Documents the sponsor will receive after registration:

- Original military registration and Certificate of Title
- Italian (cover) license plates
- Petroleum products authorization

Driver's License

Anyone wishing to drive in Italy must have a current stateside driver's license or a valid license from another country. Eligible drivers must obtain a Allied Forces Italy (AFI) Driver License to operate and register an AFI-registered vehicle. The AFI Drivers license is a privilege granted by the NAS commanding officer as issuing authority, and as such, the commanding officer can revoke this privilege based on driving record.

Regardless of stateside licensing, those under 18 **are not allowed** to drive cars in Italy. If you plan trips to other European countries, an international license is not required, but highly encouraged.



Gasoline and Oil

Gasoline, diesel fuel, and oil are available to DoD personnel in Italy on a tax-free basis, at a substantial discount from the local market and comparable to prices in the United States. Rationed coupons are sold at customer service desks through various Navy Exchanges.

The basis for tax-free gasoline is the sponsor's need to commute from home to work as an official duty. The ration amount, and rationed fuel type, depends on the primary registered vehicle's engine size. Allotment is 100, 200 (engine over 660cc), 300 (engine over 1200cc) or 400 (engine over 2900cc) liters of fuel per month. Motorcycle ration is up to 200 liters per month.

Purchasing Gas

Gas coupons are only authorized to be used at AGIP and Esso stations. Esso stations are individually owned, so ask if they accept coupons before filling up.

When purchasing gas, be cautious of the person filling up your vehicle. Most gas stations are full-service. It is a good idea to always get out of the vehicle, tell the attendant how many "litri" you want, then sign your coupons while they are filling up the vehicle. Coupons must include signature, plate number and date. Selling, bartering, lending or giving coupons or the product itself to any person, or buying or borrowing from any person is

prohibited. Illegal use of coupons is a violation of the Uniform Code of Military Justice and Italian fiscal law.

Spare Parts

It is a good idea to include spare parts for your vehicles in your household goods shipment, as many items are not readily available through the NEX and auto parts are expensive on the Italian market. However, the NEX continues to improve its auto parts service, and parts may be ordered and received in about four to eight weeks.

Basic items or information you may want to ship:

- A detailed maintenance manual
- Two sets of spark plugs
- Four oil filters and four air filters
- Two sets of belts
- Name and address of mail source for parts
- One complete set of brakes

Do not ship extra parts, or anything of value in the car itself, as items may be missing by the time the vehicle arrives.

Auto Insurance

Vehicle insurance for the Sigonella area is expensive, and cost depends on make, model, year and age of the driver. Vehicles shipped at government expense cannot be registered or released for use without proof of valid insurance.

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Third-party liability insurance is mandatory in Italy for all autos, trucks and two-wheeled vehicles. Policy conditions and premiums are established by law and are standardized throughout the country. Premiums vary according to the horsepower of the vehicle and the location of registration. If a vehicle has been insured with only minimum coverage, liability for death or injuries to passengers in that automobile is not covered. To provide this insurance, the owner must specifically ask the insurance agent for coverage.

Comprehensive and collision coverage are not included in the compulsory insurance; they are optional and specifically must be requested. In addition, comprehensive and collision coverage is not always available through Italian insurance companies. Most stateside insurance companies are not licensed in Italy. When considering whether to obtain comprehensive coverage, remember that the maximum the U.S. government will pay for a damaged or stolen vehicle under the Personnel Claims Act is \$2,000, regardless of the actual value of the vehicle.

Check with your insurance company and the nearest government transportation office concerning insurance coverage during shipment overseas. It is a good idea to have new policies become effective upon arrival of the vehicle in Italy.



Photo by Tracie Barnhouse

One of the great things about Sicily is the access to fresh ingredients, including olive oil, which is pressed during the month of October. Check out one of the many tours that are offered to watch this fascinating process.

Buying, Selling, Scrapping

The sale of vehicles, shipped to Italy at government expense, is subject to the following restrictions:

- Sale to Italian nationals is prohibited.
- Sale to American personnel eligible for the same privileges as yourself is permitted only after you have driven the car in Italy for a minimum of six months.

The vehicle you import, if not shipping it back to the States, may be disposed of before your transfer from Italy in one of two ways:

- Sale to persons eligible for military registration.
- Transfer to U.S. Government for scrapping.

Selling a vehicle of any kind cannot be done via a Power of Attorney unless there are special circumstances, which MVRO may determine. POAs are no longer authorized for disposal of vehicles, except on a case-by-case basis.







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Vehicle Rental

Vehicle rental is available on base. If you rent a car while you are waiting for your vehicle to arrive from the States, you may obtain a temporary tax-free ration chit from MVRO. The chit is turned in to the NEX in exchange to purchase gasoline or diesel coupons.

GENERAL AUTOMOTIVE TERMS

- Alt:** Stop
Alt stazione: a stop station, usually a toll booth etc.
Attenzione! Attention
Automobile: Automobile
Autorimessa: Auto shop/garage
Autostrada: Similar to a highway
Banchina non transitabile: No traffic on this pavement or shoulder
Benzina: Gasoline
Biglietto: Ticket, as in a ticket you receive at a toll booth
Carta stradale: road map
Centro: Center of town
Conducenti circolate silenziosamente: Drivers drive silently
Divieto di transito dalle... alle...: Traffic prohibited from... to ...
Fermata: Stop, halt
Olio: Oil
Macchina: Car
Il Meccanico: Mechanic
Nella città' sono vietate le segnalazioni acustiche: No horn blowing within the city limits
Parcheggiare: to park
Pieno: Full (in reference to a gas tank)
Rallentare: Slow down
Scuola: School
Senza piombo: Unleaded
La strada: The street
La via: The way
Un chilo: One kilo
Due/tre, etc. chili: Two/three, etc. kilos



Motorcycles

In order to register your motorcycle in Italy, you are required to have a motorcycle endorsement on your license, from your state. Before you can operate any motorcycle, you will be required to attend a local Motorcycle Safety Course. Helmets and a reflective florescent vest are required and they must meet Department of Transportation and Italian specifications. They can be obtained at the Navy Exchange or on the economy. Riding motorcycles on Italian streets can be more dangerous than in the United States because traffic here is less regulated and road conditions are more hazardous. However, Italian drivers are generally more aware of motorcycles as the motorcycle is a major means of transportation here.

A motorcycle may be shipped at government expense as part of your household goods shipment. However, it is highly recommended that it be shipped in a separate crate, as motorcycles often take longer to clear customs. Ensure that the make, model and chassis numbers are clearly marked on the inventory of your household goods.

All motorcycles shipped in household goods must be registered with MVRO as soon as they arrive to avoid penalty fees from Italian Customs.

Driving in Sicily

Upon arrival in Sigonella, you will notice driving habits are considerably different from those in the U.S. While at first there may seem to be no logic to the traffic patterns, a closer look will show that there are distinct rules of the road. Learning these rules and some local driving customs will help you adjust quickly to driving in Sigonella. Because of the often congested roads and the hurried pace of the traffic, absolute alertness while driving is of the utmost importance. Despite the seemingly wild driving nature of Sicilian traffic, it is important to exercise the same caution in driving that you would at home.

Rules of the Road

The following are some basic rules that govern driving in Italy. While driving, you are required to have a valid driver's license with Italian translation, a Military Registration and Certificate of Title of Motor Vehicle and proof of insurance. If any of these are lost or stolen, report it immediately.

Drunken driving is an extremely serious offense in Italy. In Italy, a blood alcohol level of 0.05 is positive proof of drunk driving. If you are under the age of 21 or have been a licensed driver for less than 3 years, the legal limit for alcohol in your system while driving in Italy is 0.00.

NAS Sigonella has an aggressive drunk driving enforcement policy. A BAC of 0.08 and above onboard any



Photo by MC2 Jason Poplin

Sailors participate in a motorcycle safety course held in Agrigento.

NAS Sigonella installation will result in either administrative and/or nonjudicial punishment. Refusal to submit to a breathalyzer/BAC test will also result in immediate loss of the license for six months and a possible fine from Italian authorities, and loss of base driving privileges for one year. If you have had too much to drink, leave your vehicle and take a taxi, or call a supervisor.

Do not pick up hitchhikers.

Many intersections have no stoplights or traffic control. The vehicle on the right has the right-of-way, unless there is a stop sign.

Serving Americans since 1984

Volcano

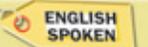
Car rental & Auto service
(open 6 days a week, call anytime)

Car Rental:
Punto, Brava, Fiesta, Seicento, Lancia, Alfa 145, Bmw.
All equipped with air conditioning & CD player.
Automatic transmission available on some models.

We can deliver to NAS I
Volcano Car Rental is the first car rental company
in providing "LOW COST" car rental for the Sigonella Community,
with us you save money and drive safe.

"WE MOVE YOU"
ALSO RENT TO BUY (agreements on this MUST be made in advance)

**Full Car Mechanic • Engine Overall
Tire Service, New/Used Available
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• Oil Change Center • Body Work and Paint**

Location: Sigonella, across NAS II Gate.  ENGLISH SPOKEN
Tel. 335-1025015 or 320-8709457
American Management Mrs. Michelle Cell. 345-9746023
volcanoct1984@yahoo.com



Low beams are now required by law on main highways or darker roads. Headlights should always be turned on in tunnels. Flashing headlights are also used to signal the approach to stopped traffic at crossroads, or to signal slower vehicles to move right and permit a faster vehicle to pass. When a car behind you flashes its lights, move to the right lane as soon as it is safe to do so.

Although some drivers may take what seem like unnecessary and dangerous chances to gain only a few feet of road space, Italian law requires you to allow overtaking traffic to pass you.

While horn blowing is technically illegal in many Italian cities, it is loosely enforced. Many people blow their horn to signal approach to an intersection or intent to pass.

Drivers also commonly use their hazard lights to signal danger, especially slow or stopped traffic.

Personal Property Shipping Office

All of us at the Personal Property Shipping Office (PPSO) would like to welcome you aboard. Benvenuti a bordo! We look forward to assisting you with your household goods shipment(s).

The PPSO is located on NAS I in Building 319, the Housing Welcome Center.

Our customer service hours are Monday through Tuesday through Friday, 0730 to 1600. Wednesday 07:30 to 14:00. Closed for Training at 14:00

We can be reached via e-mail at dlnassign41supplyppso@eu.navy.mil, or by phone DSN 314-624-4123, commercial 011-39-095-56-4123.

Signonella is not a weight-restricted area and you may ship your full weight allowance. However, it is not recommended to ship major appliances or large bulky items.

Unaccompanied (to include geographic bachelors) military personnel above pay grade E-4 are required to live on the local economy. E-3 and below unaccompanied personnel will be provided bachelor quarters.

Accompanied military personnel (all pay grades) have the option of government contracted housing (on a space available basis) or residing on the local economy.

Department of Defense civilian employees, as well as contract civilian employees are required to live on the local economy.

| NUMBERS | | |
|----------------------|------------------------------|-------------------------------|
| Uno: One | Nove: Nine | Sedici: Sixteen |
| Due: Two | Dieci: Ten | Diciassette: Seventeen |
| Tre: Three | Undici: eleven | Diciotto: Eighteen |
| Quattro: Four | Dodici: Twelve | Diciannove: Nineteen |
| Cinque: Five | Tredici: Thirteen | Venti: Twenty |
| Sei: Six | Quattordici: Fourteen | Cinquanta: Fifty |
| Sette: Seven | Quindici: Fifteen | Cento: One hundred |
| Otto: Eight | | Mille: One thousand |

Personnel requiring temporary lodging shall be directed to utilize the Navy Lodge until there is no space available, at which time, those personnel shall be directed to economy temporary living facilities. Personnel can expect to spend anywhere from 10-30 days in temporary lodging. It is therefore recommended to take advantage of express shipments as desired.

Non-Temporary Storage (NTS) at origin is authorized at government expense for the duration of your OCONUS tour. You are strongly encouraged to exercise this entitlement for major appliances, large bulky items, and items which will be of little or no use during your stay in Sigonella.

TRANSCAR is the receiving agent for privately owned vehicles shipped to Sigonella. The vehicle processing center is located on NAS II. Their customer service hours are Monday through Friday, 0730 to 1630. You may check on the status of your POV by contacting TRANSCAR at DSN 314-624-5529/5413, commercial 011-39-095-86-5529/5413, or e-mail vpcsigonella@transcar.de.

Base Communication Office Services

NAVCOMTELSTA SICILY is the Activity Providing Base Communication Services at NAS Sigonella to include personal telephone and Internet (ADSL) communication services in on base living quarters. The Base Communication Office is located on NAS II in building 465.

This information sheet is provided to facilitate new arrivals in the use of the phone system:

COMMERCIAL DIALING INFORMATION

- Within Italy to:
 - NAS II/Marinai/NRTF Niscemi/ Augusta pier site
 - 095-86-XXXX
 - Trouble Desk working hours 08:00/16:00..... 095-86-5561
 - Trouble desk after working hours 16:00/0800 095-86-5553
 - Auto Attendant & Directory Assistance..... 095-86-1110
 - Base Ambulance; Fire; Police 095-86-1911 or 095-56-1911
 - From within Europe but outside of Italy to:
 - NAS I..... 0039-095-56-XXXX
 - NAS II/Marinai/NRTF Niscemi/ Augusta pier site
 - 0039-095-86-XXXX
 - Trouble Desk working hours 08:00/16:00 . . . 0039- 095-86-5561
 - Trouble Desk after working hours 16:00/0800
 - 0039- 095-86-5553
 - Auto Attendant & Directory Assistance 0039-095-86-1110
 - Base Ambulance; Fire; Police
 - 0039-095-86-1911 or 0039-095-56-1911
 - From CONUS to:
 - NAS I..... 011-39-095-56-XXXX
 - NAS II/Marinai/NRTF Niscemi/ Augusta pier site
 - 011-39-095-86-XXXX



Photo by Lt. Matt Knight

The Italian style of driving is drastically different than American, using the entire road, from shoulder to shoulder, which can result in three to four vehicles across while passing.

Trouble Desk working hours 08:00/16:00
 011-39- 095-86-5561
 Trouble Desk after working hours 16:00/0800
 011-39- 095-86-5553
 Auto Attendant & Directory Assistance011-39-095-86-1110
 Base Ambulance; Fire; Police
011-39-095-86-1911 or 011-39-095-56-1911

DSN Dialing Information

• Within Italy to:
 NAS I/NAS II/Marinai Housing/NRTF
 Niscemi/ Augusta pier site624-XXXX

Trouble Desk working hours 08:00/16:00624-5561
 Trouble Desk after working hours 16:00/0800624-5553
 Auto Attendant & Directory Assistance624-1110
 Base Ambulance/Fire/Police624- 1911

• From within Europe but outside of Italy to:
 NAS I/NAS II/Marinai Housing/ /NRTF Niscemi/
 Augusta pier site.....624-XXXX
 Trouble Desk working hours 08:00/16:00624-5561
 Trouble Desk after working hours 16:00/0800624-5553
 Auto Attendant & Directory Assistance624-1110
 Base Ambulance/Fire/Police624-1911

• From CONUS to:
 NAS I/NAS II/Marinai Housing/ /NRTF Niscemi/
 Augusta pier site314-624-XXXX
 Trouble Desk working hours 08:00/16:00314-624-5561
 Trouble Desk after working hours 16:00/0800314-624-5553
 Auto Attendant & Directory Assistance314-624-1110
 Base Ambulance/Fire/Police314-624-1911

Personal Communication Information

The BCO provides telephone service and high-speed ADSL service for on-base living quarters. Activation of telephone service is within one workday upon establishing a Service Agreement with the BCO. ADSL service activation is within three workdays. The BCO Intranet also contains a current addition of the base telephone directory and additional base communications information and may be accessed from within the base ONE-NET network.

CRAIVAN

THE OFFICIAL DEALER

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From Misterbianco take Circonvallazione going toward Cannizzaro Hospital after the "Y" intersection at the top of the hill make the first right entering the Dealer Ship.
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FREE CHECK UP
 AND 10% SPECIAL DISCOUNT
 FOR MILITARY CARS

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Spring Class
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from 7 a.m. to 7 p.m. flex time
Monday through Friday.
From 7 a.m. to 2 p.m.
Saturday

We speak English 327-9389808
cittadellainfanzia@tiscali.it

Via E. Fermi, 7 - Misterbianco (CT)
near Post Office

GPS Coordinates:
37°31'21.05" N - 15°00'31.63" E



Base Services



Navy Exchange Sigonella

The Main Store Complex offers clothing for the entire family, shoes, jewelry, luggage, housewares, giftware, cosmetics, furniture, outdoor living, health & beauty products, beverages, snacks, books, greeting cards, souvenirs and much more. The Sight and Sound department carries an assortment of Apple Computers & iPods, Video Games & Consoles, Computer Accessories, Software & Games, DSLR & Digital cameras, Assorted Brand Laptops & Desktop Computers, Netbooks, GPS devices, DVDs and CDs.

The following services are located within the store: flower shop w/ FTD service, photo developing, cell phone shop and optical shop. Outside the store on the walkway are the following: Exchange New Car Sales, video rental, barber shop, beauty salon, business center, laundry/dry cleaning, pack-n-wrap, and 24/7 laundromat. Also included in the NEX complex is a food court that features Subway, BurgerKing, Prego Sicilian Express Cuisine, and Oasis Italian Café.

The Customer Service Department is located in the back of the store and provides the following services: check cashing (personal, military, and travelers' checks), Euro currency exchange, gas and oil coupons, Western Union, special orders, and Military Star Card payments/sign-up. Customers can also pay their Telecom (phone) and ENEL (Electricity) bills for off-base residents as well as register for home layaway, purchase school lunch tickets, sign up for Telepass (road tolls/fast pass) and much more.

The Navy Exchanges in Europe are very unique. We offer a variety of items, which are purchased locally through our European Buying Office. Locally purchased items are mostly found in giftware, jewelry, handbags, wine, beer, food, candy, appliances, and some electronics. Look for vendors such as: Antica Murrina, Alviero Martini, Caleca, Giannotti, Mele, Sorrento, Tommasi, Barolo, Principe di Corleone, Condorelli, and more. We also carry Michael Kors & Guess items.

Store operating hours: Sunday 1000-1800; Monday Closed;

Tuesday-Friday 1000 – 1900; and Saturday 0900-1900.



Photo by MC2 Jonathan Idle

The Navy Exchange Depot located on NAS II offers a wide variety of office supplies, tools, basic electrical items, and a selection of sporting equipment.





Photo by GM2 Kris Carmody

The Navy Lodge is a 52-room facility that's located on NAS I. There are pet friendly rooms available, as well as rooms with kitchenettes.

Navy Lodge

The Sigonella Navy Lodge has 52 beautiful rooms available for reservations and is located on NAS I. Rooms are oversized American-style with kitchenettes and private baths. "Pet friendly" rooms available. Please call ahead to reserve your room now or reservations can be made on-line at www.navy-lodge.com. Call toll free world-

wide: US 1-800-NAVY INN; DSN 942-5173; Comm: 095-713-0190 DSN 624-4082

Mini-Mart/Uniform Center - NAS II

The Mini-Mart offers items of convenience, such as beverages, tobacco products, food items, candy, snacks, health and beauty aids, stationary, CD's and DVD's, sporting goods, books and magazines. The Uniform Center is also located inside the Mini-Mart and carries Government issue and commercial uniform items. We have a Tailor Shop and Dry Cleaning is available. Utilize

our red phone for toll-free calls to our uniform support center for special order items. For more information, call DSN 624-5895 or (095) 86-5895.

Other services offered at NAS II include: barber shop, tailor shop, Dry cleaning, Video Rental Store, DVD/Blu-Ray Rental Kiosk Coming Soon (Located at the Mini-Mart), Exchange New Car Sales, and Autoport (BLDG 522).

Mini-Mart store hours: Monday-Saturday 0630-2100, Sunday 0900-2000.

Chock full o'Nuts
NEW YORK'S COFFEE SINCE 1932

Chock full o'Nuts Café

Hot & Iced Beverages
Baked Goods and
Breakfast Sandwiches

Hours of Operation
Monday to Friday: 6:30 a.m. to 2:30 p.m.
Saturday and Sunday: Closed

Info Call: 624-6025
Air Terminal NAS II

Only at my **NEX**

Have a party with

BIG AL'S
ITALIAN & AMERICAN FAST FOOD

- American and Italian Breakfast
- Pizza • Pasta Specials • Burgers
- Wraps • ...and much more

CALL AHEAD, WE'LL HAVE IT READY!!!!

CALL 624-5245

SPECIAL FUNCTIONS
Ask the manager for details
BIRTHDAY PARTIES, SPORTS GATHERINGS, LARGE GROUPS, BUSINESS MEETINGS

WE DELIVER EVERY DAY

We are located on NAS 2
adjacent to JOX MWR Sports Bar

Only at my **NEX**



Barber Shop

Pick up your VIP Card NOW!
The tenth cut is on us!

Located on
NAS I and NAS II
Phone:
624-3770 and 624-5957



Business Center

Located on Nas I outside the NEX

Tailoring, dry cleaning,
plaques, pack n wrap, gift wrap,
gold repair, watch repair



Tel. 624-4531
joeladelfa@yahoo.com



Call For Your Pizza Party
624-3873

American Breakfast • Grilled Hamburger
Chicken Sandwich • Coffee and Cappuccino



DSN 624-3872 - NAS I Food Court, Bldg. 225



Typical Sicilian Food

Parmigiana, Caponata,
Pasta alla Norma
Every Wednesday
Filipino Food
Pancit Lumpia and other ...



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inquiry e-mail us at:

IT.SM.SIGONELLANASII@mail.europcar.com

or call 624-5468 or 095-865468

Located at the Nas II Air Terminal



Piazza Pizza



Now serving



- American and Italian Breakfast
- Pasta Specials
- Burgers
- Wraps
- ...and much more



Monday - Friday 0630 - 2100

Saturday 0700 - 2200

Sunday 1100 - 1900

Phone: 624-4499



Nex Depot

The NEX Depot is located on NAS II just inside the Main Gate. This unique retail store carries a large assortment of stationary, household, hardware, bikes, office furniture, and fitness equipment. All authorized Navy Exchange customers are invited to shop. For details, call DSN 624-5791 or (095) 86-5791. NEX Depot store hours: Monday-Friday 0800-1600, Saturday & Sunday Closed

On Base Eating Places

Naval Air Station (NAS) I

NEX Food Court

- Subway
- Burger King
- Prego Sicilian Express Cuisine
- Oasis Italian Café

Mid-Town – Piazza Pizza

Library Brandi's Cappuccino Bar

Buon Java Coffee Bar at the USNH Sigonella

Naval Air Station (NAS) II

- Subway
- Chock full o'Nuts Air Terminal
- Big Al's Restaurant
- NASSIG All-Hands Galley



Photo by GM2 Kris Carmody

Chock Full O' Nuts is a café that serves coffee and breakfast pastries, along with lunch items. It's located on NAS II by the Air Terminal.

Navy Exchange Retired Employees Association (NEREA)

Membership applications are available at the NEX Human Resource office for interested personnel. Call (095) 56-4276 for details.

Important Telephone Numbers:

| | |
|---|--------------------------|
| Main Store Customer Service: | 624-4363 |
| Flower Shop: | 624-4384 |
| Beauty Salon: | 624-4234 |
| Barber Shop/NAS I: | 624-3770 |
| Video Rental/NAS I: | 624-3773 |
| Video Rental/NAS II: | 624-2547; |
| This location will close once Rental Kiosk opens. | |
| Mini-Mart at NAS II: | 624-5423 |
| Uniform Center at NAS II: | 624-5895 |
| NEX Depot: | 624-5791 |
| NEX HR Office: | 624-4276 |
| Navy Lodge Front Desk: | (095) 713-0208; 624-4082 |
| Autoport Service Desk: | 624-2814 |
| Europcar Car Rental: | 624-5468 |
| General Manager: | 624-4379 |

Sigonella Commissary

with over 10,000 items available it's worth the trip!

Sigonella Commissary

We provide Superior Customer Service, Every Customer, Every time!

Decorated Cakes

Cakes can be special ordered. All cakes, with the exception of the big events cake require a 48 hour notice prior to delivery. Big Event Cakes require one week notice.

Having a "Party?"

We offer Deli (meat or cheese trays), fruit or veggie trays made to order. See your Produce or Deli/Bakery. We request 48 hour notice.

Meat

We also have special cuts of meat available such as: Crown (Pork) Roast, Whole Skinless Ham, Whole Beef



IL GELSO BIANCO HOTEL

Immersed in green and maximum tranquility the "Gelso Bianco" hotel is located at the entrance to the CT-PA motorway, and near the ring roads linking up with the CT-SR highway and the CT-ME motorway. It is also a short distance from Fontanarossa Airport, and thus in an ideal position for those who come to Sicily for business as well as for pleasure.









ALL THE ROOMS ARE PROVIDED WITH
COLOUR TV, SATELLITE TV, DIRECT DIAL TELEPHONE,
WIRELESS CONNECTION, PAY TV, FRIDGE AND INDIVIDUAL AIR CONDITIONING

Il Gelso Bianco – A19 CT-PA, Km. 3 – 95045 Misterbianco - Catania
10 min. from NAS II and 5 min. from NAS I
Tel. 095-7181159 – Fax 095-7181270
www.gelsobianco.it - E-mail: info@gelsobianco.it



Overseas Screening

You should immediately begin the process of overseas screening for you and your family as soon as you have orders in hand. This typically consists of medical examinations, inoculations and an interview with a command representative. Your command's administrative department should have all the details on this process, so contact them immediately.

Additionally, if you or one of your family members has a change in their medical condition after completion of their overseas screening, notify your command at once.

You should contact your respective medical facility to begin the overseas immunization series far enough in advance so a last minute rush is avoided. Having to get several shots at once can be painful, especially for children.

An "International Certificate of Vaccination" (PHS Form 731) is required and will be issued before leaving the United States when you have completed the required shots. Booster shots are given as required at the U.S. Naval Hospital in Sigonella.

Because not all subspecialty medical and surgical services are available, an overseas screening process must be completed by all military, civilian personnel and their family members prior to their arrival in Italy.

Medical Treatment: Patients with medical problems that exceed Naval Hospital capabilities must be transferred either to local community healthcare services or other military treatment facilities in Europe or CONUS via the military medical evacuation system.



Photo by MC2 Jonathan Idle

The NAS Sigonella DECA Commissary stocks a full selection of fresh fruits, vegetables, and other goods that might be needed during a shopping trip.

Tenderloin, and Whole Beef Rib, Roast, Whole Beef Round Top, Whole Piglet, and more. Just stop by or call one of the managers and we will special order for you.

Food safety

Due to the extreme warm weather here in Sicily, it is recommended that all refrigerated products be transported home in an ice cooler to maintain its proper temperature. Once home, produce must be placed immediately in your refrigerator or freezer to maintain quality, freshness and shelf life. Any refrigerated product left out of its proper recommended temperature will deteriorate at a rapid pace.

Disabled patrons may begin shopping 30 minutes prior to normal commissary hours.

Store Hours

Sunday10:00-18:00
 Monday Closed
 Tuesday.....10:00-19:00
 Wednesday.....10:00-19:00
 Thursday.....10:00-19:00
 Friday10:00-19:00
 Saturday09:00-19:00

HOSPITAL

The Status of Forces Agreement (SOFA) permits the U.S. Naval Hospital to provide medical care to U.S. military personnel both active duty and retired, their bona fide family members, and other specified U.S. personnel who are present in Sicily, Italy by virtue of their support of NATO organizations.

international food store
CRISTALDI FOOD SPECIALTIES
Discovering a world of taste
 A wonderful journey, through the flavours, aromas and tastes of exotic cultures and traditional Sicilian specialties.
ethnic oriental regional organic wines and teas
 via pacini 66, 68, 72, 74 - catania
 tel. 095 316422 - fax 095 2501826
 www.cristaldi.it info@cristaldi.it



Primary Care Clinic: Urgent care appointments may be obtained by calling for a same-day or next-day appointment. Routine appointments may be scheduled as necessary. Call DSN 624-2273 or local commercial 095-56-2273 - Monday through Friday from 7:30 a.m. until 4 p.m.

Emergency Care/Ambulance Request: Emergency care is available in the Emergency Department 24 hours a day, seven days a week. The non-emergency Emergency Department phone numbers are: DSN 624-3844 or local commercial 095-56-3844.

The ambulance request line is DSN 624-1911/5255 or local commercial 095-86-1911/5255. The ambulance dispatcher will determine the most appropriate medical response team and have either an American or Italian rescue crew dispatched to your location.

Power Of Attorney: Minor children not accompanied by a parent or legal guardian cannot receive care unless a special power of attorney has been obtained from Naval Legal Services Office and is present in the child's medical record.



Photo by GM2 Kris Carmody

U.S. Naval Hospital Sigonella is located on NAS I, just past the Navy Exchange.

MARCELLO MARCHI, M.D.
Preferred Provider Network




*Diplomate American Board of Plastic and Reconstructive Surgery
Fellow American College of Surgeons*

- ▶ COSMETIC SURGERY OF THE FACE
- ▶ ABDOMINOPLASTY AND LIPOSUCTION
- ▶ BODY SCULPTURING PREPARING FOR PRT
- ▶ BREAST AUGMENTATION AND BREAST LIFT
- ▶ BREAST REDUCTION
- ▶ CHEMICAL PEEL, DERMABRASION, BOTOX REJUVENATION
- ▶ MICROSURGERY AND SURGERY OF THE HAND
- ▶ MALE COSMETIC AND RECONSTRUCTIVE SURGERY
- ▶ MAXILLOFACIAL SURGERY

LASER TREATMENT FOR:

- ▶ AGE SPOTS, BIRTHMARKS, TATTOO REMOVAL ▶ SKIN RESURFACING
- ▶ VARICOSE AND SPIDER VEINS ▶ LONG-TERM HAIR REMOVAL

ENDERMOLOGY CELLULITE TREATMENTS

Via De Caro 104, Catania
(Black Glass Building on Viale Ulisse near Ognina and McDonald's)
GPS Coordinates: 37°31'49.21" N - 15°06'30.38" E
For Appointments Call
095-712-6972 (Tel./Fax) - 333220-1048 (Cell)
Email: plasticsurg@tiscali.it

Questions concerning medical care should be directed to:

U.S. Naval Hospital,
Sigonella Italy
PSC 836 Box 2670
FPO AE 09636-2670
ATTN Head,
Patient Administration
DSN 624-4842,
comm. 095-56-4842

Important Phone Numbers

Central Appointment - DSN 624-4530
comm. 095-56-4530
Emergency Department - DSN 624-3844
Emergency Department - comm. 095-56-3844
Ambulance request line - DSN 624-1911/5255
comm. 095-86-1911/5255

Tricare Europe

TRICARE Europe offers beneficiaries two options in the TRICARE system. TRICARE Standard is your standard CHAMPUS benefit and will always be available.

TRICARE Prime is an enrollment plan for your healthcare. All active duty members are required to enroll in TRICARE Prime. By enrolling in TRICARE Prime you will be assigned a Primary Care Manager (PCM) who is responsible for your entire healthcare needs. Enrolling in TRICARE Prime costs you nothing. If you need to use a provider in the local community (for a covered benefit) you will not incur a cost share or deductible that is incurred under the Standard TRICARE/CHAMPUS plan.

Your PCM will be a military provider located at the U.S. Naval Hospital Sigonella located on NAS I or the Flight Line Clinic located on NAS II. If you need special-



ty care that cannot be provided at the Naval Hospital, you may be referred to our provider network in the local community. All network providers meet our credential standards. Most have signed a contract with International SOS and most speak English. We provide transportation and translation services to the network providers appointments.

For more information about TRICARE please contact the Managed Care Office at the U.S. Naval Hospital, Sigonella by calling DSN 624-4848 or commercial 095-56-4848.



Photo by MCSA Cameron Bramham

The Flight Line Clinic is located on NAS II by the NEX Mini-Mart.

Dental Care

Dental care is available at the Naval Hospital. For appointments call DSN 624-4205/3848. The dental clinics provide a wide range of dental services. Priority for treatment is highest for active duty and active duty family members, then retirees, family members of retirees, and DoD civilians, in that order. Appointments may be limited due to staffing constraints.

Prosthodontics and Orthodontics are limited in their availability. Prosthodontics is limited by the demand created by active duty personnel. Orthodontic care is provided primarily to continue treatment initiated in CONUS prior to receipt of orders overseas. Patients who have braces placed after receipt of orders to Sigonella are not eligible for continuation of treatment. Rarely, a few new orthodontic patients are accepted for treatment, and these are selected primarily based upon the severity of the case. It is strongly recommended that patients be in good dental health prior to departing the United States for their assignment to the Sigonella area.

DoD civilians and their family members are eligible for "space available care". Federal law makes DoD civilians INELIGIBLE for prosthodontics and orthodontics, even if treatment was started prior to receipt of their job assignment to Sigonella. A fee for treatment, as determined by DoD, is charged for all dental work and services rendered to DoD civilians. Space availability is extremely limited for DoD civilians and their family members, and it is strongly recommended that all dental treatment be completed prior to arrival in the Sigonella area.

American Red Cross

Location:

NAS I, Community Building 318, Second Deck next to the Base Library. We are open for regular business Monday through Friday, 0800 to 1630 (8:00 am to 4:30 pm).

Services:

The American Red Cross provides Emergency Communication services to assist service members and their families during a family emergency situation. Emergency messages can be initiated by family in CONUS, or by military members and spouses located in Sigonella.

The American Red Cross provides Emergency Communications coverage 24 hours a day, 7 days a week. The after hours emergency coverage is from 4:30 p.m. - 8:00 a.m. every day and 24 hour duty during weekends and holidays.

Happiness is in our hands because we care

Marcello Stella MD
Specialist in Plastic and Reconstructive Surgery
Consultant Plastic Surgeon

Giacomo Cannizzo MD
Specialist in Plastic and Reconstructive Surgery
Consultant Plastic Surgeon

Your consultation with Dr. Stella is just a click and a call away:
website: www.chirurgiaesteticadottstella.it
e-mail: marcellostellabisturi@yahoo.it
mobile: +39 333 719 9579

AESTHETIC PLASTIC SURGERY



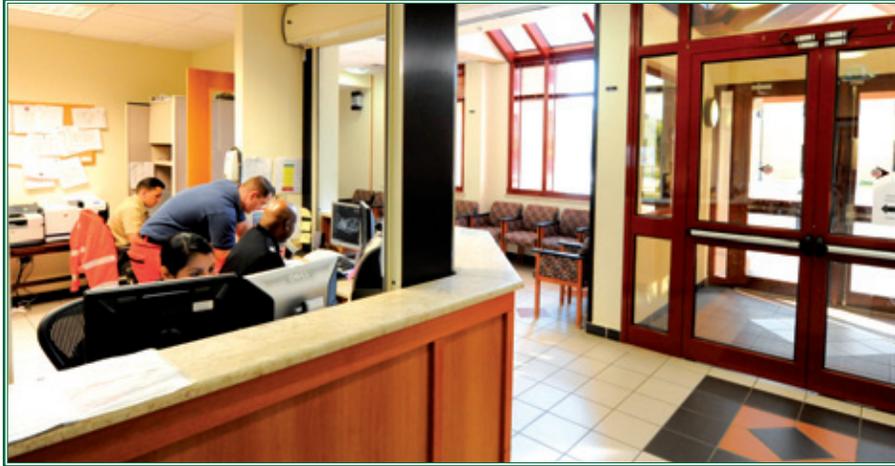


Photo by MCSA Cameron Bramham

The Flight Line Clinic is located near the NEX Mini-Mart on NAS II and is available for check-ups and other medical services.

In addition to emergency communications, the Red Cross offers classes in CPR for Adults, Infants and Children, and First Aid and Safety; Healthy Pregnancy/Healthy Baby; Babysitting; Disaster Preparation information and classes. Red Cross-certified instructors conduct Red Cross swimming and life guarding courses through MWR. Red Cross volunteers provide service to the Sigonella military community as workers at the Naval Hospital and Dental Clinic, Disaster Action Team (DAT) members, Instructors of Health and Safety classes. Volunteers also provide a variety of services by giving of their time at the Red Cross Field Office.

Our Mailing Address is:

American Red Cross
Office of the Station Manager
PSC 812 Box 3040
FPO AE 09627-3040

You can contact us at:

DSN Phone: 624-4900 (24 hours a day, 365 days a year); 624-4479 from 8:00 to 4:30 weekdays.

Commercial Phone: 095-86-4900.

E-mail Address: M-SI-REDCROSS-GD@EU.NAVY.MIL

Civilian Human Resources Office

Employment:

Naval Air Station Sigonella hosts a variety of DoD commands and activities that employ U.S. civilian and sponsored family members of civilian sponsors and military members. The U.S. civilian component positions are located in both appropriated (AF) and non-appropriated (NAF) fund organizations. The Civilian Human Resources Office provides HR services including recruitment to fill U.S. appropriated fund positions. Civilian family members interested in employment can apply for positions announced locally. The most frequently available local positions include Office Automation, Administrative Assistant, Child Development Assistant, Education and Training Technician, Recreation Technician, Training Instructor, and similar positions in the General Schedule pay system. We also have a few designated positions assigned to the National Security Personnel System (NSPS) pay system. Other sources of

U.S. family member employment opportunities are available with other on-base establishments providing services to U.S. forces. There is no opportunity for employment of a U.S. family member on the Italian economy. The number of civilian positions available to U.S. family members at Sigonella is significantly lower than the number available in the continental U. S. (CONUS). The NATO Status of Forces Agreement (SOFA) precludes the hiring into the U.S. civilian component any person who is either an Italian citizen or "ordinarily resident" in Italy. An "ordinarily resident" individual is a non-Italian citizen who has made Italy his/her permanent place of residence and remained in Italy six months with-

out becoming a member of the component force in Italy. Further, applicable statutes preclude U.S. citizens from being hired into local national positions. If an individual holds Italian citizenship, he or she is precluded from employment as a U.S. civilian, regardless of whether or not the individual is also a U.S. citizen. For spouses who are not U.S. or European Union citizens, it is extremely difficult to find employment. Specific applications are required for NEX positions, and MWR non-appropriated fund positions. Both the NEX and MWR advertise their specific vacancies. These activities apply military spouse preference procedures. Application for NAF positions can be accomplished upon arrival. A resume application is required for employment for appropriated fund positions. Prior to arrival overseas, family members who permanent appropriated fund employees who intend to immediately seek employment upon your arrival in Sigonella should contact their current personnel office to determine if s/he can be granted a period of leave without pay at the time of their PCS departure. A copy of latest Standard Form 50 (SF-50) to establish your status as a current or former federal employee is required when applying for a federal position. If you are not a current federal employee, the Fleet and Family Support Center (FFSC) offers a class on how to apply for federal, NEX and MWR positions. The FFSC also offers individual counseling on resume writing, interviewing skills and job referral procedures. Each personnel office requires various forms and documents when applying for positions. Such information can be found in individual vacancy announcements. Veteran's preference procedures apply to federal employment: the regulations require selection of a qualified veteran with the applicable preference (i.e. military spouse or family member) ahead of an applicant without such preference. DoD has a "Military Spouse Preference Program" and "Family Member Preference Program." Under the Military Spouse Preference program, qualified military spouses are referred before family members (defined as spouses of federal employees, military spouses who do not have spouse preference and family members of civilian and military members). Most family members of contract employees are not eligible for federal appointment as a family member. U.S. family members who are employed



overseas in federal positions will be appointed under a Schedule "A" appointment, which is a dependent hire authority provided specifically for the employment of family members residing with their military or civilian sponsor stationed in a foreign area. Depending upon your position and length of employment, you may be eligible for a non-competitive appointment in the competitive service when you return to CONUS. Spouses and family members who have or acquire competitive status may be appointed on a career/career-conditional appointment. It is important to note that in foreign areas, it is DoD/DON policy to limit civilian employment to five years. Employees who are dependents of military or civilian personnel stationed in the overseas area are exempt from such limitation. However, the length of appointment is tied to the sponsor's tour of duty and date of departure from the area. Appointments may not be extended longer than the transfer from the area or the separation of the appointee's sponsor, or beyond the time the employee ceases to be a family member.

Depending on available funds, Summer jobs may be announced under the Dependent Youth Employment Program. Each student applicant must have a Social Security Number, which should be applied for while in the U.S. In addition, each student must have their own bank account so that their salary can be deposited directly into that account. The rules applicable to regular employment (Italian citizenship and ordinarily resident status) apply to this program as well. Finally, in addition to the requisites indicated above for employment, U.S. employees and U.S. citizen family members assigned to Sigonella must have an official passport and visa for entry into Italy regardless of dependent or employment status. It is important to note that U.S. citizens must satisfy the requirement of being considered "a member of the civilian component" as defined in the North Atlantic Treaty Organization (NATO) of the Status of Forces Agreement (SOFA). To meet this requirement, one must have been selected from the United States for assignment to a U.S. Government position in Italy, have travel orders, an official passport, have a VISA issued from the Government of Italy for "missione" purposes, and be issued a sojourner permit upon arrival. Dependent family members who accompany their sponsor (civilian or military) must provide a copy of their official passport, "missione" VISA, sponsor's travel orders, and sojourner permit. Tourists are not eligible for employment with the U.S. Forces in Sigonella, Italy. In order to work with the U.S. Forces in Sigonella, Italy in a position designated for citizens of Italy and other European Union (EU) countries, the applicant must be a citizen of Italy or another European Union (EU) country. Applicants also holding dual citizenship of the United States of America and Italy are not eligible for employment. All necessary information on how to apply for position vacancies at Sigonella with the Civilian Human Resources Office can be accessed at the following web link: <https://www.cnic.navy.mil/Sigonella/Departments/TotalForce>



Photo by MC2 Jonathan Idle

The American Red Cross is conveniently located on NAS I next to the Library.

Management/HumanResourcesOffice/JobOpportunities/index.htm. The link provides a list of positions currently under recruitment. Application Forms and Instruction Sheets are found under the "How to Apply" section. Non-command sponsored applicants interested in working in the overseas area may want to consult the following web sites: <https://chart.donhr.navy.mil>, or <http://www.usajobs.com>.

NEX Employment Prospects

The Navy Exchange is a large employer in the Sigonella community with locations located on both bases. Employment opportunities are primarily found in retail sales, but also include administrative, loss prevention/safety, manual or skilled labor positions. Job openings include full-time, part-time and flexible employment. Family members of active duty military personnel and DoD civilians have priority in hiring. Flexible and part-time employment is also available for off-duty enlisted personnel. The NEX has a good benefits and a retirement program that you can build on as you work at any NEX worldwide. You may place your job application with the NEX at anytime, even if a position is not available immediately. Applications are always welcome for entry-level positions, which are





Photo by GM2 Kris Carmody

NAS Sigonella's Security Department administers over 36,000 breathalyzer tests each year.

filled through an "open register." Experience is preferred, but not required, and on-the-job training is provided for entry-level positions. Job announcements are posted in the NEX HR office located in the Main Store and on our NEX Sigonella website.

The Navy Exchange is a great employer for those spouses who want to maintain a career path as they PCS from base to base throughout the world. We offer a Continuity program for military family members. Every time a military family member is preparing to relocate, our human resources group begins an employment search as soon as we are notified of the next duty station. Participants in this program receive priority placement for one year for qualifying positions.

Welcome to the NAS Sigonella Security Department

The NASSIG Security Department is the largest Navy security operation in Europe. Our Mission is to:

To provide Physical Security, Anti/Counter-terrorism, Loss Prevention, Law Enforcement, and Crime Prevention programs including administrative and clerical support services to the NAS Sigonella Command and Community.

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We are a full service, community oriented security police department, serving the entire Sigonella community and housing areas. Our police and administrative services include:

Security Operations

| | |
|--------------------------------|-------------------|
| Location: Building #606 | |
| Operations Officer: | 314-624-2351 |
| Operations LCPO: | 314-624-6127 |
| Operations Chief: | 314-624-5988 |
| Watch Commander: | 314-624-2783 |
| Desk Sergeant: | 314-624-6063 |
| Dispatcher: | 314-624-5225-5487 |

Traffic Tickets

During your tour you may receive a traffic ticket. The Italian police usually issue them on the spot, but your plate number could be taken down and a ticket mailed to you at a later date. If you receive one in the mail, do not ignore it. The fine you will have to pay triples after 15 days from the day it was mailed.

If an Italian police officer in uniform along the side of the road steps your way waving what appears to be a lollipop stick (red circle on white disc), the officer is saying pull over, and you must do so.

If you are stopped, do not be disrespectful. If a communication gap exists and the officer writes you a ticket for a violation you cannot understand, accept it and bring it to NASSIG Security Department for clarification.

Most tickets can be paid on the spot. This is legal in Italy and not a bribe. If you elect to pay, the police officer will give you a receipt. And that is that. You'll hear nothing more about it. Keep the receipt.

For the more serious traffic violations, however, the fine cannot be paid on the spot. These violations may result in a criminal charge. If you receive a notice of this nature, bring it to the Naval Legal Service Office (NLSO) for advice and appropriate action.

Vehicle Accidents

In the event you are involved in an accident, certain procedures must be followed. The steps to be taken will depend upon whether the accident is classified as minor (no injuries or deaths in either vehicle) or major (injury or death of a passenger in either vehicle).

Minor accidents:

- Exchange license data, name and address, insurance company, policy number and vehicle tag numbers. Insurance data is located on the windshield insurance sticker.
- Do not leave the scene until information is exchanged.
- Try to obtain names and address of witnesses.
- Report the incident to your insurance company within 48 hours.
- It is necessary that all accidents be reported to NASSIG Security Department. In incidents involving vehicle damage to private, state or municipal property (light poles, stop signs, building, etc.) notify Security immediately.



• Generally, minor accidents are a matter between individuals and their insurance companies.

Major accidents:

• Assist the injured if possible, Italian law requires that you render assistance to anyone injured in a traffic accident whether you also were involved in the accident or were just a passerby.

• Under Italian law, you may be required, when possible, to transport the injured. This should be done as rapidly and safely as possible. Your vehicle will be regarded as an emergency vehicle when you turn on your headlights; you honk your horn, and display a white cloth or handkerchief from the window.

• Notify Security immediately and ask for help.

• Try to obtain names and addresses of witnesses.

• Remain on the scene, if able, until the Security police or Italian police has investigated the accident.

• In both major and minor accidents, obey the Italian authorities. They have jurisdiction and can arrest you if you do not cooperate fully. Also, red plastic triangles are required by Italian law and should be put on the road to caution other drivers of an accident. These are available at the NEX Auto port and on the local economy. They should be carried in your vehicle at all times.

• If you are the driver of a vehicle involved in an accident that injures or kills another person, the investigating police, regardless of the ultimate determination of fault, may initiate criminal charges automatically. Prompt notification of your commanding officer and NLSO is important to protect your rights, and to obtain

the services of an Italian attorney under contract to the U.S. government to represent you.

• In case of an accident, personnel having automobile liability insurance with an Italian firm are required to notify that company within 48 hours of the accident. Failure to notify the company within the time period can be justification for the company's refusal to accept liability.

Pass & ID

To provide pass, identification, and access control services, as directed by the Security Officer or delegated authority. Specifically, we provide rental car passes to US and foreign military members and their dependants. We also provide ration cards for permanent and TAD personnel and their dependants. We have implemented a computerized database to create and track all ration cards to permanent personnel. As the Ramp Badge coordinator for NASSIG we are in charge of issuing ramp badges and proximity cards for personnel assigned to NASSIG and tenant commands. We issue passes for local nationals that are contracted to work on the installation and we act as the liaison between local contractors and the 41st Stormo. We issue ID cards to all visiting VIP's from around the world who attend special events on base. Some of the lesser used services we provide includes but is not limited to photo passes, DOD Schools student passes and visitor and contractor flag passes. We issue on average 75 to 100 passes a day.



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We receive access lists and control all access to temporary contractor and guests for special occasions on NAS I, NAS II and housing areas. We also are responsible for issuing all rental cars passes during the hours of 0800 to 1600. If it is access control, this office is the place to go to. All newly reporting NASSIG personnel need to check in and out for either their vehicle passes and/or ramp badge. We are committed to providing excellent customer service in a timely and efficient manner. The Pass and ID office is closed on Wednesdays for Training.

Criminal Investigation Division (CID)

NASSIG Criminal Investigators conduct criminal investigations of a nature not falling within NCIS purview. Completing in depth, detailed reports for judicial, non-judicial, and administrative action. These dedicated and professional group conducts interviews, interrogations, searches, and seizures. Skilled at processing crime scenes, they additionally assist NCIS with surveillance and counter-drug operations. NASSIG Criminal Investigations is envisioned as a comprehensive division, which values Diversity, Truth, and Impartiality. The CID personnel pride themselves in serving the community of NAS Sigonella.

K-9 Division

NAS Sigonella's Military Working Dog Kennel is an essential division within the Security Department. As the largest kennel facility in the Mediterranean, our K9 Teams provide vital security through explosive/narcotic detection and anti-terrorism/force protection measures. Good relations with the local community are fostered through patrol and detection demonstrations for Italian schools, while also educating American children with participation in multiple community events. Dog teams are also continuously deployed supporting missions in Afghanistan, Iraq, and other various high-threat zones, while providing protection for dignitaries both locally and internationally.

Force Protection

NAS Sigonella's Force Protection Division is responsi-

ble for the coordination and implementation of DOD and USN Force Protection policies and directives to prevent hostile actions against all military members and family, resources, facilities, critical assets and information. Some of the policies implemented are transparent to the rest of the community as most FP measures are conducted by the Security Department within the confines of the installation. However, military members and their dependents stationed overseas are vulnerable to terrorist tactics especially while off base, and the FP Division is at the forefront in providing the necessary information and actions in order to prevent NASSIG personnel from becoming victims of terrorism. Current and up to date information regarding threats in the area are disseminated through distribution of Daily Travel Advisory, providing area specific briefs for leave, conduct AT Level I indoctrination brief for newly reported personnel and conduct vulnerability assessment for off-base facilities used for gatherings.

Force Protection is everyone's responsibility and although the Security Department provides security for the installation, the robust FP policies implemented at NAS Sigonella involve all personnel from the various departments and tenant commands. The FP Division is the central point for coordination of implementation of base wide measures to ensure uniformity and consistency. All hands involvement in FP measures conducted by departments and tenant commands include Random Antiterrorism Measures and Antiterrorism drills. This degree of involvement from all levels ensures that all personnel are well aware of the necessary actions to take to avoid becoming victims of terrorism.

Physical Security

NAS Sigonella's Physical Security Department is the primary source of protection for all its personnel and Government property from Terrorists organizations. Through their services they guard life, hardware programs, networks, and mission critical data from Terrorist activity/events, which could lead to serious losses or damage to the command. Categories that fall under their responsibility include but not limited to; acts of Terrorism, vandalism, theft, and natural disasters.

Radio communications, command vulnerability assessments, key control, building and lighting checks, barrier movements, CCTV, intruder detection systems, alarm maintenance, and increased security measures are just a few examples of how the Physical Security Department is able to provide state of the art protection for all personnel here at NAS Sigonella.

Security Training

NAS Security Training Division is structured and designed to provide quality and timely training in Law Enforcement and Anti-terrorism to all divisions in the Security Department. The strict adherence to DOD and Navy Policies in training sets the standard for excellent performance of Security functions aboard NAS Sigonella.

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Photo by MC2 Joshua Wink

MA's stand guard at the gate to Marinai housing.

Below is a sample list of training offered by the Security Department:

JQR 100-600:

- 100 Basic Fundamentals (Arming/Deadly Force)
- 500 Patrolmen
- 600 Watch Commander

Weapons:

- M-9
- M-16

Capabilities to qualify, depending on logistics: M-60, 50 Cal., MK19, M-79, and M203)

Law Enforcement Training:

- Phase II (Law Enforcement)
- Basic Life Support
- Emergency Vehicle Operator Course
- Auxiliary Security Force (Phase I Law Enforcement)
- Non-Lethal Weapons
- Expandable Baton

STAAT Provided Training (Region):

- Armed Sentry Course (ASC)
- Security First Responders Course (FRC)
- Naval Physical Security Supervisor Course (NPSC)
- Counter Surveillance/Surveillance Detection
- Antiterrorism Officer's Course (ATO)
- Non-Lethal Weapon Basic (NLW)
- Auxiliary Security Force (Phase I Law Enforcement/Armed Sentry) (Contracted)

Liaison Division

The Liaison Division is a team formed by eleven Italian Security Operation Assistants who provide liaison and language services between U.S. Navy representative, NATO personnel, and Host Nation authorities. They are a vital part of the department and work side by side with the Security patrolmen in the performance of their duties whenever they are called to interact with non-U.S. citizens or when they respond to incidents or accidents outside of the installation. They are on duty 24/7

and their responsibilities range from translating written instructions, to providing assistance in any emergency that involves U.S./NATO personnel (traffic accidents, house break-ins, domestic violence, assault, theft, etc). In order to inform local law enforcement agencies of a crime or offense, the liaison division aids victims in filing the Italian crime report (*denuncia*). At the NATO pier, they ensure liaison service between the U.S. ship crewmembers and the Italian authorities.

Nassig Safety

The NASSIG Safety Department provides safety and inspection services to all NASSIG and tenant commands in accordance with US Federal and Italian Occupational Safety and Health legislation. Our services are provided by a professional staff of US and Italian workers committed to providing

a safe place to work and play while you are stationed in Sicily. Our services cover a wide gamut of specialized areas including training, confined space evaluations, respirator fit test, workplace inspections, heat stress, indoor air quality, and mishap investigation.

Safety is also responsible for traffic safety. As the traffic safety program coordinator we provide training and testing for new personnel and dependents. Prior to being permitted to operate a vehicle in Sicily, you must attend our AAA-Driver Improvement Program tailored to the European environment. After successfully completing this course you will receive an Italian translation of your stateside license for use abroad. Additionally we have certified motorcycle instructors and teach both the Basic Rider's Course (BRC) and the Experienced Rider's Course (ERC) and the Motor Sport Rider's Course (MSRC) for employees owning motorcycles or expecting to ride in Europe. The BRC is required prior to operating a motorcycle in Italy and is required biennially while you are stationed in Europe.

Safety tracks all vehicle mishaps and occupational incidents and maintains statistical records to establish trends. Traffic is our number one focus since more employees and family members are injured or die of traffic-related mishaps than from any other cause. We strive to encourage safe driving and prevent accidents associated with speeding or alcohol abuse.

Safety also works to ensure what you do off the job is done in a safe manner. We coordinate and provide training to ensure all employees and dependents are aware of risk associated with various local sports and outside activities. We have many resources and can assist you personally or as a group to make your overseas experience as safe as possible. The Safety Office is located on NAS II, in Building 634 and is open from 0730 – 1600 during the workweek. We can be reached at the following address and phone numbers:

Safety Department
 PSC 812 Box 3260 – FPO AE 09627-3260
 DSN 624-5630 – COMM: 39095865630



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The Council of College and Military Educators (CCME) has awarded UMUC the **2011 Institution Award**, which demonstrates dedication and leadership in providing quality voluntary off-duty education programs to the armed forces.

Morale, Welfare and Recreation

Welcome to MWR Sigonella

Our mission is to provide top quality-of-life support through a wide variety of recreation activities, quality childcare, and entertainment services to our forward deployed sailors and their families in Sicily. We aim to make your stay here in Sigonella comfortable and memorable.

Community Activities

MWR keeps the community entertained by coordinating a myriad of free events throughout the year. We organize two huge community festivals: Sigonella County Fair (April or May) and Autumn Fest (September or October). The festivals are jam-packed with command and local organization-sponsored booths offering carnival games, tons of food with both classic American and international flavors, inflatable games, carnival rides, local vendors, and many other activities and contests for all ages. Festival attendees can also enjoy music from a variety of live bands and DJ's.

The holiday season at Sigonella is also a huge community celebration. We kick off the season with the Community Tree Lighting in front of MWR's Midtown Complex complete with a youth concert, hot cocoa, and

holiday cookies for everyone. Later on in the season, children meet with Santa, design creations in his workshop, get gifts wrapped and even enjoy a workout with his elves during the Mistletoe Mile fun run. They also have a chance to get their picture taken with St. Nick himself.

Throughout the rest of the year, Sigonella plays host to countless comedians, live bands, and American celebrities who stop by to pay tribute to the Navy community in Sigonella. Gloriana, Hinder, the Comics on Duty tour and Harlem Globetrotters are among some of the most recent celebrities and acts to visit NAS Sigonella.

Recreation & Entertainment

ITT Gear-n-Go

Consider this your one-stop shop for adventure and local cultural activities! ITT Gear-n-Go offers you countless ways to explore the island and beyond with a vast array of tours and outdoor recreation. We offer weekly trips to local markets, malls, and notable towns- including Patti, famous for its signature design of ceramics, and Savoca, the setting of scenes from *The Godfather*. Our day trips are a great way to explore the island with a tour guide and without the worry of directions and parking. Extended trips are also offered throughout the year and include St. Patty's Day in Dublin, Oktoberfest in Munich, Christmas in Rome, Thanksgiving in Tuscany, and a Secrets of Sicily Tour, just to name a few.

Summers in Sicily offer the perfect opportunity to take advantage of ITT Gear-n-Go's camping extended trips to Lipari or Stromboli, one of the Aeolian Islands north of Sicily, or to just rent gear and go on your own adventure.

The ITT staff will help you arrive at your destination, whether you go on an escorted trip or on your own. Using ITT Gear-n-Go's Create-a-Trip feature, you can even design a trip for yourself and your friends... just let us know where you want to go and we'll provide the van and driver! If you'd prefer to drive yourself to the destination, detailed driving directions are also available at ITT. For those who are more interested in an outdoor adventure, a wide range of outdoor rental gear is also available at ITT Gear-n-Go. This facility is loaded with kayaks, mountain bikes, tents, sleeping bags, coolers, grills, and snowboards.

For a list of this month's adventures and events, become a friend of MWR Sigonella at Facebook.com.



Photo by MC2 Jason Poplin

MWR's main office is located on NAS I between the Navy Lodge and AFN.





Photo by MC2 Gary Prill

The Harlem Globetrotters visit NAS Sigonella and put on a show of stunts, jokes, and great basketball.

Paintball

3-2-1 PAINTBALL! ITT Gear-n-Go offers the latest in paintball action. Book the paintball field for your next command function, birthday party or organizational event. Bathroom and BBQ facilities are available. Also on Friday nights in the summer we have "Night Warz". Equipment is available to rent and several types of paintballs are available for purchase.

Auto Skills Center (ASC)

The Auto Skills Center is stocked with tools and large car lifts for self-repairs of your automobile. The ASC also offers a car wash, vacuums, tire mounting, and balancing machines. Helpful and knowledgeable staff is always on-hand to provide assistance, for those who need it.

Midtown 2 Theaters

Catch the hottest first-run movies at this state-of-the-art 2-screen theatre. It has comfortable stadium seating, powerful sound, crystal clear pictures and a concession stand stocked with delicious snacks.

SpareTime Bowling Center

Experts and beginners alike will enjoy hitting the lanes in the Midtown Complex! This facility boasts ten lanes with automatic scoring, Extreme Glow-in-the-Dark Bowling, leagues, a pro shop and a refreshment area. SpareTime is also a great place for private parties and command functions. It contains large tables just off of the bowling area next to the pool tables, and Piazza Pizza can cater parties at SpareTime upon request.



Photo by GM2 Kris Carmody

The ITT office is located in the Midtown Complex near the rock climbing center. There you can find information on upcoming trips, as well as get directions to popular areas in Sicily.

Connections

Located on NAS I; Connections features Frasier's Pub, a non-smoking facility, that also has a recreation center for those 18 and above. Listen to music from the digital jukebox, while relaxing with a pint of beer or one of the featured Italian wines available for purchase. Take a seat on one of their plush leather recliners and watch round-the-clock movies playing on the big screen in the movie room. Connections boasts an Internet center and free Wi-Fi, for accessing personal non-LAN email accounts and printing capabilities. Test your luck with the slot machines available for play! The facility has lots of PlayStation and X-Box players and games available, as well as pool table, ping-pong.

Take 5

Located on NAS II; Take 5 Recreation Center is a non-smoking, alcohol free recreation center for all hands. Take a seat on one of their plush leather couches or recliners and watch round-the-clock movies playing on the big screen TV's scattered throughout the facility. Take 5 boasts a 12-station Internet center and free Wi-Fi, for accessing personal non-LAN email accounts and printing capabilities. The facility has lots of PlayStation and X-Box players and games available, as well as pool tables, ping-pong, and tournaments for the gaming enthusiast.



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Photo by MC2 Jonathan Idle

The Grinderz Skate Park on NAS I offers skateboard or rollerblade enthusiasts a unique opportunity to polish their skills and show off their moves.

This facility also houses the Liberty Single Sailor Program and offers information and signup for recreation services offered on the island.

LIBERTY Program for Single Sailors

Calling all single sailors and unaccompanied enlisted military!

The Liberty program is your ticket to non-stop excitement on base and beyond for only a fraction of the price.

and dart tournaments. Boasting a wide variety of drafts and spirits from around the globe, this is also the go-to spot for most live bands that visit Sigonella. Show off your vocal range with karaoke at Jox or hit the dance floor and bust a move. For those who prefer to sit back and watch the crowd, slot machines line the wall of this spacious hangout. Jox is also a great place for private functions and birthdays.

On-base activities include bowling nights, luaus and BBQs. Go-carting, water park excursions, beach trips, winery tours, visiting ancient ruins and dine-outs are among our top day trip adventures. For adventurous sailors itching to travel, Liberty organizes weekend trips to world-famous destinations including Malta and Rome.

Come and check us out at the Take 5 Recreation Center.

Jox Pub

This all hands, all-purpose club offers a myriad of activities every week on NAS II. Jox, with its Irish Pub décor is loaded with 11 plasma screen TV's and a state-of-the-art wall projection system to view televised sports broadcasts. Jox also hosts frequent billiard



Library

The Library is one of only two facilities in the Navy to achieve premier status! This facility is located in the Community Building on NAS I and stocks more than 18,000 books in children's, fiction, reference, and non-fiction categories. The MWR Library has more than 100 magazine and newspaper subscriptions and an expansive digital collection, with over 300 DVD's and 50 books on CD to choose from. In addition to housing the complete Total Quality Leadership (TQL) Library, the Library also has a Tumblebooks.com subscription for Sigonella's more novice readers, with animated books offered in a few different languages. Children can also enjoy a weekly children's story time complete with activities. Learn a new language while stationed in Sigonella, the library offers the Rosetta Stone program.

The Library is also your Internet hub on NAS I. It houses a 19-station Internet Center with access to personal non-LAN email accounts.

One of the MWR Library's most useful features is its expanded travel section, which includes countless travel books on virtually anywhere you might want to travel.

Grinderz Skate Park

Sigonellans now have their own skater paradise! Complete with 4-foot and 6-foot half pipes, Grinderz is available to both skateboarders and in-line skaters. Ramps, grind rails and steps play host to regular skate contests and skate jams, and have even been tested by celebrity skater Greg Lutzka. To skate at Grinderz you must wear a helmet!

MWR Aquatics

Splashers Aquatics Center

This family-friendly pool is one of the crowning jewels of MWR's Midtown Complex. This large, heated pool has two waterslides: one twisty and one straight chute! The



Photo by GM2 Kris Carmody

The Splasher's Aquatics Center inside the Midtown Complex on NAS I is part of the world class facilities offered at NAS Sigonella.

pool area also has a heated kiddie Splash Zone for those who prefer to wade and climb on our interactive children's area. This state-of-the-art facility also offers swimming classes and family nights during the summer. Splashers is a great place for summer time command functions and birthdays.

NAS II Pool

The NAS II Pool is heated and a great place for a workout, as it's divided into one lap pool and has a separate heated diving pool. A BBQ area is located nearby, which also makes this pool a great place for an evening get-together on NAS II.

Fitness

MWR gives the community many opportunities to get out and get active. The fitness department regularly coordinates community runs; ranging in competition from housing fun runs to off-road run/hike challenges, to base-to-base runs. They also organize bi-annual aerobics instructor certifications, open to anyone in the community interested in teaching group fitness along with ongoing training for their knowledgeable staff and Command Fitness Leaders. Both fitness centers offer free aerobics classes and a variety of health and fitness workshops. They offer a wide range of instruction, including cardio workshops and resistance training workshops. If you are interested in starting a new fitness routine, the knowledgeable and friendly fitness staff is ready to help.

Sports

The MWR Sports department organizes a wide array of sporting events. Our intramural league teams compete against each other for valuable Captain's Cup points. Intramural sports include softball, volleyball, racquetball, flag football, basketball, and bowling. In addition to organized play, the sports department regularly sponsors various sports clinics and tournaments throughout the year, as well as the Command Challenge.

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EXCURSIONS ON MOUNT ETNA EMOTIONS AT HIGH ALTITUDE

Funivia
dell'Etna



L'Etna, con i suoi 3.343 metri di altezza, è il vulcano attivo più alto d'Europa, rappresentando così un'attrazione turistica a livello mondiale. Da Nicolosi Nord, si raggiunge il moderno impianto di telecabine della Funivia dell'Etna SpA, che permette di arrivare in pochi minuti a quota 2.504 metri; da qui ha inizio il secondo tratto dell'escursione con speciali automezzi fuoristrada Unimog Mercedes-Benz, che condotti da esperti autisti portano fino alle quote consentite dalle autorità. Qui le guide dell'Etna, rispettando le normative in vigore, accompagnano i turisti nelle zone sommitali del vulcano da dove è possibile ammirare l'imponente cratera centrale. La Funivia dell'Etna SpA offre così a tutti i turisti una particolare e interessante giornata estiva e d'inverno una giornata di sport e di divertimento sulla neve.

EXCURSIONS ON MOUNT ETNA... EMOTIONS AT HIGH ALTITUDE

Mount Etna, 3,343 meters high, is the highest active volcano in Europe, representing a worldwide tourist attraction. Going North from Nicolosi, it is possible to reach the modern Funivia dell'Etna SpA cableway that will carry you in just a few minutes to a height of 2,504 meters. From there, the second part of the excursion begins: in special off-road vehicles, Unimog Mercedes-Benz, expert drivers will take you to the highest point allowed by the local authorities. From this point, Etna tourist guides, complying with safety regulations in force, will lead you to the summit of the Volcano where you can admire the impressive Central Crater. Funivia dell'Etna SpA offers all tourists a special, exciting summer day. During the winter it also offers days full of sport and fun in the snow!

Funivia dell'Etna S.p.A.

Piazza Vittorio Emanuele, 45 - 95030 Nicolosi (CT)
Tel. 095 914141 - 911158 - Fax 095 7809174
www.funiviaetna.com - info@funiviaetna.com



Photo by MC2 Jonathan Idle

The fitness center on NAS I contains an extensive set of fitness machines, weights, and an indoor track that makes it the premiere workout center at NAS Sigonella.

Youth Sports

Open to children ages 5 – 14; this program offers many sport seasons including soccer, basketball, t-ball,

baseball, cheerleading and more. Our youth sports teams compete against each other within Sigonella. In addition to our Youth Sports, Sigonella offers a program called START SMART. It is a program that promotes parent and child interaction while building confidence in a non-competitive recreational environment for ages 3 - 6. START SMART is designed to teach the basic fundamentals of youth sports. Parents must participate in each class as their child's partner.

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Fit District

This fitness center is located in the Midtown Complex and presents an extensive variety of exercise options for all fitness levels. Its cardio area holds over 40 of treadmills, elliptical trainers, stair climbers, and stationary bikes. For those looking for a complete strength training workout in a limited time frame, Fit District also offers the "Speed Circuit," a group of strategically placed Life Fitness resistance machines. In addition to the large free weight area, there's also an indoor track, group exercise and spin rooms, an indoor rock-climbing wall called The Cave, racquetball courts, and a full-size basketball court. There is a child friendly workout area on the balcony with cardio machines, circuit equipment and a mat area.

Flight Line Fitness Center

This fitness facility is located on NAS II and offers a wide range of fitness equipment and activities including stair steppers, stationary bikes, treadmills, elliptical trainers, selectorized weight machines, free weights and aerobics classes. Basketball and racquetball courts, as well as a spin room are also available.



Child & Youth Programs

Child Development Centers (Ages 6 weeks - Kindergarten)

The Child Development Center (CDC), located on NAS I is open Monday through Friday from 6 a.m. to 5:30 p.m. The CDC is closed on weekends and federal holidays.

The CDC offers a wide range of programs to meet your childcare needs. For those who need it, childcare is available during the Indoctrination class. Make sure to register your child for care by contacting your sponsor or the Fleet & Family Support Center prior to your arrival.

We offer full-time childcare, hourly care, part-day preschool enrichment program and school-age kindergarten care. Our caring staff is extremely knowledgeable and receives continuous training to ensure they are providing the best possible learning environment for your child.

Child Development Homes (Ages 6 weeks - 12 years)

Childcare services are also available in Child Development Homes

(CDH) operated by certified and trained CDH providers that offer care in their base housing units. The CDH's are open Monday through Friday with various hours of operation and are closed on weekends and federal holidays.

Caregivers who operate CDH's complete the same

regular training that CDC caregivers complete and operate their CDH under the same guidelines as the CDC. If you are interested in being a CDH provider, please speak with the CDC Director.

Youth Center (Ages 6-12)

The MWR Youth Center is located in the community building on NAS I and has a full range of activities for school-age children. The Youth Center is home to our School-Age Care program, which provides before-school care from 6 a.m. to 7:20 a.m. and after-school care from 2 p.m. to 5:30 p.m. We provide constant activities for school-age children during all school breaks, including Winter Break, Spring Break, and summer vacation. Typical activities organized by the Youth Center include water park day trips, ice skating trips, arts and crafts days, and piano lessons. During the summer, the Youth Center offers Camp Adventure, which is jam-packed with exciting field trips, including beach days, for school-age children. The center also offers a wide variety of Boys and Girls Club of America, including Torch Club and 4H programs.

Teen Center (Grades 9 - 12)

The Teen Center is a teen paradise hidden on the second floor of the Midtown Complex. Providing a comfortable place for teens to interact, it's equipped with X-boxes, PlayStations, Internet stations, pool tables, and a music room. If these activities aren't enough, teens can just chill out in one of the center's many recliners and watch a movie on the big screen TV. The staff

Child & Youth Programs

Child Development Center
Ages 6 weeks - 5 years • 624-3736

Child Development Home
Ages 6 weeks - 12 years • 624-3185

School Age Care & Youth Center
Grades K - 12 • 624-3712

Tween Center
Grades 6 - 8 • 624-1750

Teen Center
Grades 9 - 12 • 624-4018

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NAVY CYP
Child and Youth Programs

Naval Air Station
MWR
Sigonella - Sicily





Photo by Tracie Barnhouse

The town of Castelbuono is a popular ITT trip. On the tour, you'll taste candies unique to this particular area of Sicily.

focuses on programming weekly events and escorted outings for youth ages 13-18 years and always has a lineup of game nights, teen dances, intercultural dine-outs, and contests every month. The center also offers a wide variety of Boys and Girls Clubs of America and 4H programs.

Navy Child and Youth Programs

Navy Child and Youth Programs is committed to the well being of our families and youth – that's you! FitFactor is a web-based program that encourages youth to Get Up, Get Out and Get Fit! You'll see that phrase a lot around the base. Youth and teens get points for being active in a variety of ways – from team sports to household chores, can start earning points to achieve the five FitFactor levels. For each level they reach, youth and teens earn valuable prizes! The FitFactor levels are Energy, Strength, Agility, Adventure and Endurance. After achieving the FitFactor levels, youth and teens can go beyond and Feel the Power! FitFactor registration is available at Fit District in Midtown or at the MWR Youth or Teen Centers. If you would like to discover more about the program log on to www.navygetfit.com.

Army Vet Services

Staffed by a group of Army veterinary professionals, this facility provides quality animal health care for your pets.

MWR Leisure Travel

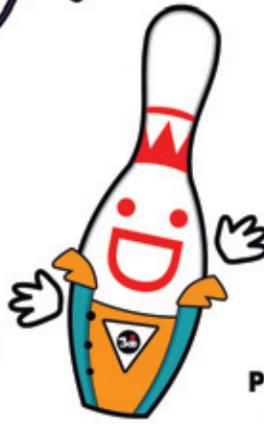
This agency, also known as Angie's Travel, is a commercial travel agency that arranges hotel, ferry, and airline reservations. Angie's also books charter flights and cruises for both military personnel and civilians. Signonellans can also look forward to out-of-country tours at discounted prices.



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Personal Support Organizations

Fleet & Family Support Center

The Fleet and Family Support Center (FFSC) at Sigonella offers an array of support to both active and civilian members who are either single or those with families, and to all visitors and contractors who work in Sigonella. The FFSC provides opportunities that **Enrich, Empower and Educate** the American through information, education and counseling services. We are located at NAS I Building 319.

The FFSC staff offers an Intercultural Relations (ICR) class weekly for newcomers. This four-day class is mandatory for all U.S. Navy personnel; other Americans are encouraged to attend. Two days in the classroom help participants understand and adapt to the Italian culture by learning basic Italian phrases, local customs, non-verbal communications, shopping tips and dining information. Participants are also taught to recognize culture shock, and how to deal with the symptoms. The third day consists of a field trip to help familiarize participants with the city of Catania, the public transportation system and the wonderful Italian people. The fourth day of ICR is voluntary and focused survival skills for shopping and obtaining services on the local economy. ICR classes for both children and teenagers are offered on a monthly

basis. A variety of follow-up classes are offered to promote participation in the local culture, such as Shopping for Local Food, Italian Cooking Classes, Ricotta Cheese Workshop, Gateway to Sicily, Italian Holidays and Christmas Traditions in Sicily. Additionally the Amici program is available to connect Americans with Italians for the purpose of a one-on-one true cultural experience. Whether you are arriving, or leaving Sigonella, FFSC Relocation Services are available to help make the transition process easier. Please contact the Relocation Program Manager if you need assistance. The FFSC's Loan Locker contains household items for your use until your household goods arrive, please use it again when you are ready to leave. Note, all service members are required to take the Smooth Move class (Arrivederci class) before being issued plane tickets by PSD when PSCing from this duty station.

The Family Readiness Program (FERP) provides a variety of services and resources to assist spouses or family members in successful job searches. Services include information on local employment, resume writing, interviewing techniques, volunteer opportunities and career planning. A variety of classes are available in support to the job search process.

Transition assistance is available for American military personnel who are either separating or retiring from the military. Services include a four-day Transition

Assistance Workshop consisting of a three day Department of Labor (DOL) Transition Assistance Training, followed by benefits briefings from the Department of Veteran's Affairs, medical, navy college offices and other departments. Services include reference books and a career resources computer center. A resource room with internet access and reference materials is available to assist customers with their job search, transition, or relocation needs.

The Personal Financial Management program's purpose is to provide information that emphasizes a proactive, career lifecycle approach to service members' personal financial responsibility and accountability. The program provides basic principles and practices of sound money management, counseling tools, and referral services using a comprehensive education



Photo by MC2 Jonathan Idle

The Fleet & Family Support Center offers a number of counseling and helpful class options to the members of Sigonella.





Photo by MC2 Joshua Wink

A beautifully decorated float is a part of the Acireale Carnevale festival, one of the many festivals in Sicily.

and training program. Its goal is to “empower” service members and their families to develop skills to better manage their financial resources.

Clinical Counseling Input:

The FFSC Counseling and Advocacy Program (CAP) offers personal and family counseling services to military members, their families, civilian and retirees with privacy act protection; Family Advocacy Program (FAP) support and intervention for domestic violence cases; Sexual Assault Prevention and Response (SAPR) for victims of sexual assault; and, New Parent Support (NPS) Home visitors for those families requesting NPS support. Licensed professional counselors and Licensed Clinical social workers provide all counseling services, life skills training, support groups and referral information.

The CAP Family Advocacy Program (FAP) provides clinical assessment, treatment and services for military members and their families involved in incidents of family violence. The intent of FAP is to protect victims from future abuse. FAP services include assessment of risk, safety planning and determination of appropriate interventions and /or treatment.

The CAP Sexual Assault Prevention and Response (SAPR) program provides intervention services for victims of sexual assault as well as conducting sexual assault awareness briefs for Commands and the community. The program focuses on prevention and by-stander intervention and awareness. Our Sigonella SAPR program conducts awareness events such as the SAPR walk in April which is Sexual Assault Awareness month. The program provides 24/7 response capabilities by trained Victim Advocates.

The CAP New Parent Support Home Visitation Program (NPSHVP) at NAS Sigonella is a voluntary program for parents who are expecting and/or have children up to the age of five. The goals of the program are to prevent maltreatment of children and promote nurturing child-parent relationships

through education, support, and referrals to other entities when appropriate. In addition to NPS home visits, this program also offers the Nurturing Parent Program as well as single parent support groups and a new father preparedness program called Daddy Boot Camp.

FFSC can connect you with other helpful agencies and activities including the Ombudsmen program and Exceptional Family Member representatives. To contact FFSC, call DSN 314-624-4291 or commercial 39 -095-56-4291, or send us an e-mail at sign9.ffsc@eu.navy.mil.



Photo by MC2 Joshua Wink

A vendor on the streets of Acireale, Sicily sells his various goods during the Carnevale festival.

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Culture Shock

Culture shock is the term used to describe the reaction people experience when moving to a foreign country or when they are trying to function in an unfamiliar environment. For example, moving from the United States to Italy, or even relocating from the East coast to the





Photo by Tracie Barnthouse

Sicilian sweets are probably different than what you are used to. During your tour here, be adventurous and try something new!

West coast of the U.S. can be traumatic. It can cause intense discomfort, often accompanied by irritability, bitterness, resentment, marital stress, hostility toward host nationals and depression. These symptoms are not restricted to those people living in a different culture for an extended period of time. Even tourists feel vulnerable and isolated when first confronted by a customs officer who doesn't speak English.

There are distinct stages of adjustment, which virtually everyone goes through when experiencing a culture wholly alien.

Initial Euphoria

The honeymoon, everything new is intriguing and exciting.

Irritation

There are so many adjustments. The multiple demands coming within a short period of time cause frustration. Annoyance fills your day.

Adjustment

You begin to feel more comfortable in the culture, self-confidence increases, your sense of humor returns, and you realize the situation is not hopeless after all.

Adaptation

Individuals have adopted some of the customs, values and personal attitudes of the host country. A support system has developed and you become integrated into a new social network.

Fortunately, culture shock is not a fatal disease. Dr. Robert Kohls, a cultural historian prescribes the following suggestions to minimize the impact of culture shock:

Know the host country

There are many resources available to you if you care to seek them out, i.e. library, FFSC, MWR, etc. Your efforts will pay off not only in giving you some background knowledge, but in the pleasure your host nationals will take in recognizing that you took the trouble to learn about them.

Have realistic expectations

The more you know about the host country, the more realistic your ideas will be of what you can and cannot accomplish. You'll be better prepared to deal with disappointment.

You can't possibly do everything right

Be patient and go easy on yourself and others. In

other words, give yourself and those around you a little slack. Remember, this is a foreign environment.

Adjust your time schedule

Set your own pace and keep an open mind. Allow extra time for traffic and getting lost.

Don't compare yourself to the eagerly adventurous.

You may know someone who tears off each weekend, guide book in hand, and returns with enthusiastic descriptions of their discoveries. Don't feel guilty if your idea of enjoying the culture doesn't match theirs. Enjoy whatever pleasure suits you.

The FFSC offers a series of workshops to help ease your transition such as: ICR for newcomers, cooking workshop, "Amici" cultural exchange program.

As you become better acquainted with your host country and make the effort to get to know the people, your environment will seem less threatening. In spite of the difficulties, the experience offers personal growth, friendship and memories that will last a lifetime.

Italian Language

The Italian language is one of your greatest assets in making this tour fun and rewarding. Without it you are excluding the best avenues to an exhilarating experience. Nothing flatters people more than the knowledge that a foreigner has made an attempt to learn their lan-

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Following is a list of shopping-related Italian words and phrases.

Shopping dictionary

Types of stores

Alimentari: Grocery.
Arredamento: Furnishings store.
Barbiere: Barber
Cartoleria: Stationery store.
Caseificio: Cheese store.
Elettrodomestici: Electric appliances shop.
Enoteca: Larger wine store.
Ferramenta: Hardware.
Frutta e Verdura: Fruit and vegetable stand.
Gioielleria: Jeweler.
Libreria: Book store.
Latticini: Dairy products.
Macelleria: Butcher shop.
Mobili: Furniture store.
Moda: "Fashion"; clothing store, usually for women's clothes.
Panetteria: Bakery.
Parrucchiere: Hairdresser.
Riparazione auto/gomme: Auto/ tire repair shop.
Salumeria: Delicatessen; a small grocery store usually with a deli case with cheeses and cold meats and salami.
Supermercato: A larger store, usually primarily a grocery, but some also include other items like a K-Mart or Wal-mart.
Vini, vini e olii: Wine store, wine and oil (and olives) store. Although less common, some have wine and oil in casks and olives in barrels, and you are expected to bring your own containers.

Shopping terms

For food terms, see dining section

Berretto: Cap.
Bicchiere: Glasses.
Borsa: Handbag, purse.
Cacciavite: Screwdriver.
Calze di nylon: Nylons.
Calzini: Socks.
Camicetta: Blouse.
Camicia: Shirt.
Cappello: Hat.
Cappotto: Coat.
Carta: Paper.
Casseruola: Pan.
Chiave: key, wrench.
Chiave a forcilla: crescent wrench.
Chiave inglese: "English wrench"; monkey wrench.
Chiodi: Nails.
Coltello: Knife.
Cucchiaio: Spoon.
Forchetta: Fork.
Giacca: Jacket.
Guanti: Gloves.
Lampada: Lamp.
Maglione: Sweater.
Martello: Hammer.
Padella: Frying pan.
Pantaloni: Pants.
Pentola: Pot.
Piattino: Saucer.
Piatto: Plate.
Sacco: Bag.
Scaffale: Bookcase, shelves.
Scarpe: Shoes
Tavola: Table.
Tazza: Cup.
Vite: Screw.

Generic terms/phrases

Many of these ideas are expressed by gestures, which are nearly impossible to reproduce in this book without extensive diagrams; ICR will teach you some, your sponsor may teach you more, and some you may pick up by watching Italian shoppers.

Quanto/quanto costa?: How much / how much does it cost

Vorrei: I would like

Un chilo: One Kilo

Due/tre, etc. chili: Two / three, etc. kilos

Mezzo chilo: Half kilo

Un/Due/tre etto: 100/200/300 grams

Troppo!: Too much!

Posso provare?: May I try it out/on?

Cerco: I am looking for

Aperto: Open

Chiuso: Closed

Quale?: Which?

Questo/a: This

Quelli/e: Those, These.

Poi?: Then? (i.e. what else?)

Basta, e' tutto: No more, that's all

Dite: Speak. A vendor may use this term to ask if you need help.

Piu': More

Meno: Less

Poco, pochi: A little bit, a few

Si: Yes

Va bene: OK; It's all right

guage. Once you break down the language barrier, you will find a whole new world opens up, ready for your exploration.

You don't need to become a seasoned linguist to be understood. No matter how fractured your Italian, the host will be patient and appreciative of your attempts.

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You will be more successful in any situation — shopping, traveling, meeting neighbors — if you try to speak Italian. Although you will usually find someone who speaks English in the larger city shops, those who insist on always seeking out someone who speaks English not only will irritate and alienate, but will constantly feel insecure and frustrated.

Remember, too, that Italy was once a collection of city-states under separate rule, and dialects abound, often sounding very different than the Italian you may learn in class. Although local expressions and pronunciations may be puzzling, Italian is the national language, and if you learn it, you will be understood. Language courses are available to those assigned to Sigonella, and tuition assistance may be available. Check in with the Navy College Office on arrival, and the staff can help you choose a course to fit your needs. Italian-owned schools of language and private tutors are also available in the Sigonella area.

A pocket dictionary or phrase book is a valuable tool even before your arrival, and a basic familiarity with words and phrases will make your transition into the local community much easier.



The Shopping Experience

Shopping in Italy is a bit different from shopping in the U.S. Permanent stores and the growing numbers of shopping centers are the same, but street markets can be different, and to use them, you need to become familiar with an Italian custom: bartering.



The view of Capo Mullini's small harbor from a bar located on the waterfront. The calm, quaint atmosphere of this tiny village is very inviting.

Bartering takes Americans some time to get used to. We are used to going to stores and paying whatever price is marked on the item. While that is true of Italian stores, in the markets - the strings of stalls set out in alleys or back streets - you can buy almost anything for any price you and the seller can agree upon. Food items and fruit and vegetable prices are not haggled over very much.

The buying and selling of items becomes much more involved, intricate and exciting. You and the vendor have to agree on a price. If you pay the price marked or the one the vendor first mentions, he or she will gladly take your money, but probably would have settled for less. One warning, though, if you offer a certain price and after haggling, the seller agrees to it, you are not legally bound, but by custom you are expected to pay the agreed price. If you don't really want it, don't keep bartering.

Catania

NAS Sigonella has established a positive relationship with the nearest neighboring city of Catania. Many stationed here enjoy the opportunity to visit the city and enjoy all it has to offer. From the beautiful baroque cathedral to the infamous fish market, Catania has something for just about everyone.

Shopping in Catania

The city of Catania has two main shopping areas: the historical center and the modern city. Near "Elephant Square", you can find the main shopping district along Via Etnea (Etnea Street), which is the heart of the historical center. On both sides of the street there are striking baroque buildings and churches, many of which have now been converted to stores of all kinds. Looming among the smaller stores, you will find two of the largest department stores in Catania, "La Rinascente" and "Coin" (similar to Macy's or Rich's). La Rinascente and Coin offer top of the line designer fashion accessories and dresses.

Most stores observe the *riposo*, which is a rest period usually from 1 p.m. to 4 p.m. Hours typically are Monday to Saturday from 0930-1330 and from 16:00-20:00 with the exception of Monday morning. During sale season (Winter second week in January and Summer second week in July) and Holiday season some of the stores are open continuously from 09:30 to 20:00.

The shopping "strategy" in Italy is more oriented towards the little shops and Via Etnea has a variety of them; there are famous shoe stores (Bata, Ferro, Cantieri) as well as stores for elegant and casual dressing (Benetton, Sisley, Epoca) and comfortable sizes stores (Elena Miro', Oltre, Ciao Magre, Fiorella Rubino, Persona).

The province of Catania has been growing lately as far as Malls there are several malls in the area such as: "Etnapolis" in the nearby town of Belpasso, Sicilia Fashion Village on A19 Palermo-Catania highway, Dittaino exit. The malls are open continuously from

Photo by Glen Sanders

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0900 to 2200 Monday – Sunday with the exception of Monday mornings.

There is another aspect of the Sicilian shopping tour, which is the most "genuine" because it is related to the Sicilian tradition. This is open-air market which operates daily in Catania. The "Market in Piazza Carlo Alberto" is located behind the statue of the musician Vincenzo Bellini in Piazza Stesicoro near the ruins of a Roman Amphitheater, which dates back to the second century. The market is divided into several sections: dresses, accessories and food with fresh fish, vegetables and beef. The characteristic of this market is the fact that is possible to bargain on the price. (Usually you can get up to a 30 percent discount, especially on dresses) This market is open Monday to Friday from 08:30 to 13:00. on Saturday continuously from 08:30 to 19:00 and Sunday when it turns into a Flea Market with antique-dealing stands until 13:00.

Another shopping area in Catania is Corso Italia. An elegant street located in the modern part of Catania starting from Piazza Europa. Here is possible to find: jewelry shops, casual dressing shops like Benetton, Sisley. Sportswear stores like Fila, baby stores like the famous Prenatal and elegant shoe stores especially in Via Monfalcone a crossroad of Corso Italia. The nearby town of Misterbianco offers wholesale stores selling shoes, dresses, toys and various accessories at very reasonable prices. There you can also find "Auchan", a Walmart-like store if you're feeling homesick.

Eating in Italy

A cultural experience

Dining out in Italy is a unique and pleasurable experience. This will probably be one of the first aspects of Italian culture that you will encounter. Your sponsor



Photos by Giuseppe Stimolo

Sicilian dishes often include a combination of pasta, meat and fish and are usually served in courses.

will almost certainly take you to his or her favorite spot. If they don't, ask them to do so.

Although many stateside restaurants advertise "real" Italian cooking, you'll soon realize that those establishments offer an Americanized version of traditional Italian fare. You will also find that there really is no such thing as "Italian food." Instead, there is a great variety of regional styles — cooking in Milan is different, in general, from that of Bologna, or Rome, or Sicily. Many Americans think that Neapolitan cooking is some of the best Italy has to offer, and of course any Neapolitan will swear it is true.

While generalizations are only approximately true, you will find that, in general, the cooking of the Sicily and Gaeta region features tomato-based sauces flavored with basil or oregano and the ever-present garlic, and that, like many other parts of Italy, seafood is a featured part of the cuisine.

Sicily offers several different types of eating establishments, but the distinctions are blurring as U.S.-based lifestyles permeate Europe. The following are some terms you may encounter and brief explanations:

Bar: Not a U.S.-style bar. Those places, usually hotels, that have U.S.-style bars will advertise "American bar." While you can buy beer, brandy or other alcoholic beverages at Italian bars, the central feature is the espresso coffee machine. Sicilians visit bars throughout the day, but especially in the morning, when pastries are served with the coffee.

Pasticceria: Pastry shop, often connected to, or part of a bar. Such a sign usually means a wider selection of pastries available. Many serve foods other than pastries, such as sandwiches ("panini" — literally, "little breads.") If "panini" is advertised on a sign, again, you could expect a larger selection. These are excellent places to get a quick, inexpensive snack or lunch. As in a bar, you pay first, and order second.

Tavola Calda: Literally, "hot table." These are more



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elaborate than panini shops, featuring hot snacks made freshly each day, and you select what you want from a glass-enclosed display. Most have a few tables. More elaborate ones are similar to U.S. self-service cafeterias.

Rosticceria (Girarrosto): These shops sell rotisserie-cooked meats, most often whole chickens; sometimes advertised as a “polleria.” In Sicily many such shops border the streets and highways selling chickens that have been roasted on a spit and basted with oil flavored with such spices as sage, marjoram and oregano. (In Italian, a “something-extra” refers to a place that sells that particular item.) So, a “polleria” is a place that sells “pollo,” which means chicken. It’s a great source for an inexpensive and very tasty - if somewhat messy - lunch or dinner.

Ristorante: A restaurant offering a large-selection menu and full waiter service. These range from small and intimate to very large and ornate (and sometimes expensive).

Pizzeria: Just like America...it sells pizza. Pizza was invented in Italy, but they are different from the pizzas served by Pizza Hut or Dominos. They are individually sized or no more than 10-12 inches in diameter and come covered in a wide variety of toppings. Most pizzerias also sell other foods, and many other types of eating-places also sell pizza. For example, a ristorante-pizzeria offers pizza as an alternative to its full restaurant selection.

Trattoria: With full waiter service, a smaller, usually family-run restaurant. The menu is more limited, the decor usually less ornate, and the prices usually lower than a full ristorante.



Photo by LTJG Matt Knight

A typical Sicilian second course at a local restaurant may include Orata and/or Gamberoni.

hurried through a meal so someone else can use the table. Mealtimes in Italy is a social time, and diners take their time between courses to converse and enjoy each others company. To be a waiter in Italy is to be part of a respected profession. So, the waiters take pride in providing good service. However, they also respect the (expected) wishes of their clients and will not intrude on the socializing.

For some Americans, all these things combine to give the impression that the service is bad - the waiters don’t hang around your table, asking you six times if everything is O.K.; you have to catch their eye to tell them you are ready to order another course, or need more bread, or want the check; etc. The service usually is different and keyed to the Italian pace of life.

Mealtimes in Italy are later than most Americans are used to. Lunch rarely starts before 1 p.m., and a 8 p.m. dinner reservation is at the very earliest normal operating times for restaurants. It is not uncommon for an Italian family in a restaurant to start dining at 9:30 p.m. and leave the restaurant at 11:30 or later. The meal is also arranged in courses- things don’t arrive at once.

The basic courses and order they arrive are (you can skip courses, or stop after only a couple): antipasto (appetizer), pasta primo, secondo (meat or fish - the main dish), vegetables and/or salad, fruit and/or cheese, dolci (dessert) and coffee and/or liqueurs.

Wine, water and bread are available throughout the meal if you want them. Many Americans order only the antipasto and pasta, and possibly a secondo. A main dish is only that - the food you ordered. If you order veal, for example, you’ll get a plate of veal. You won’t get a salad or potato or other vegetable; those you have to order separately.

In addition to the charges for the food and drinks, your bill (il conto) will usually include a “coperto”, which is a cover charge for linen, dishwashing, bread, etc.; as well as the “servizio,” which is the charge for service. This usually runs 10-15 percent. If you’ve received good

The Dining Experience

What can you expect of eating in an Italian restaurant? Great food served at a leisurely pace. Eating in an Italian restaurant is different than eating in one in the U.S. In addition to the foods available, there are also differences in customs and even in how the meal is arranged.

Generally the attitude in an Italian restaurant is that the table you occupy is yours for a long as you want - until closing if you desire. There is no sense of being

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GENERAL RESTAURANT TERMS

Acqua: water
Affogato: poached
Affumicato: smoked
Arrosto: roasted
Il bagno per signore: the ladies room
Il bagno per signori: the men's room
Ben cotto: Well done
Bianco: White (as in white wine)
Birra: Beer
Bollito: Boiled
Burro: Butter
Agnello: Lamb
Alla brace: cooked over live coals
Caffe': Coffee (espresso)
Caldo: Hot
Il Cameriere: The waiter
Cena: Dinner
Con Crema: With custard, milk etc.
Cotto: cooked
Crudo: raw
Fame: hunger

Ho fame: I'm hungry
Al Forno: Baked
Farcito: Stuffed
Freddo: Cold
Fritto: Fried, usually deep-fried
Frizzante: Carbonated
Grazie: Thank you
Alla Griglia: Grilled
Latte: Milk
Menu del giorno: menu for the day
Manzo: beef
Marinato: Marinated
Mi scusi: Excuse Me
Naturale: Natural
No: No
Pane: Bread
Passato: Pureed
Per favore: Please
Pesce: Fish
A piacere: of your choice
Pieno, ripieno: stuffed

Piccante: spicy
Pollo: Chicken
Posso avere il conto?: May I have the check?
Pranzo: Lunch
Il Prezzo: The price
Prosciutto: Ham
Media cottura: Medium rare
Quanto costa?: How much does it cost?
La ricevuta: The receipt
Ristorante: Restaurant
Rosso: Red (as in wine)
Sangue: Blood
Si: Yes
Soffrito: Sauteed
Spiedo: Skewered
Tritata: Ground (as in meat)
Uova: Eggs
Vitello: Veal
Vino: wine
Vorrei: I would like

service, it is also customary to add another few percent as an additional tip for the service. However, some places do NOT include servizio on the bill, so you need to check.

Restaurants are very willing to have and serve children, and you are likely to see several families eating when you are there. Most restaurants will bring you extra plates so you can share your meal with your small children. Also, if you ask them, most are willing to serve the children un menu bambini (small) portions or mezzo porzione (half portions).

Is there a Starbucks nearby? No (well at least not yet). What you will find is there are two types of coffee; neither is like American coffee. A "café" is an espresso; and cappuccino (strong coffee mixed with hot, foamy milk) are the most common. The proper conduct in a bar is to first approach the cashier, explain what you want and pay for it. Of course, you can look at what is offered before you go to the cashier. Then, take the receipt to the counter and order, leaving a small tip (about 10 – 20 euros cents) with your receipt. Most Italians remain standing while eating and drinking in a bar. Many bars will have tables and chairs, but if you sit down, you are indicating that you want waiter service and are willing to pay the extra charge (as much as double) for that service. If you do get the waiter service, you should also leave a small tip for the waiter above the cost of food and drink.

The Italian Meal

This section applies more to the sit-down, waiter-service restaurants. Eating in an Italian restaurant is different than in the United States. Quite apart from the differences in foods, there are also differences in customs and even in how the meal is arranged.

Generally the attitude in an Italian restaurant is that the table you occupy is yours for as long as you want — until closing if you desire. There is no sense of being hurried through a meal so someone else can use the table.

Also, mealtime in Italy is a social time, and diners take their time between courses to converse. To be a

waiter in Italy is to be part of a respected profession. So, the waiters take pride in providing good service. However, they also respect the (expected) wishes of their clients and will not intrude on the socializing.

Restaurants are very willing to have and serve children, and you are likely to see several families eating when you are there. Most restaurants will bring extra

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ANTIPASTI (APPETIZERS)

Antipasti Italiani/Misti/Assortiti: A plate of mixed items; usually includes several vegetables like zucchini, eggplant, etc. marinated, grilled or fried. It also usually includes olives, and small pieces of cheese.

Bruschetta: Slice of bread oven-toasted with a topping of fresh diced tomatoes, garlic, oregano and other spices and a dash of olive oil.

Caprese/Insalata caprese: “In the Capri style.” Most often a salad with slices of fresh tomato layered with slices of mozzarella di bufala and topped with spices and olive oil.

Caviale: Caviar.

Crocchette: Breaded and fried mashed-potato dumplings.

Insalata di pesce/di frutti di mare: A seafood salad containing boiled squid, octopus, mussels, clams, etc., usually served cold with a vinegrette sauce.

Melone: Melon, usually of the honeydew or cantaloupe type.

Mozzarella: A soft, white cheese. In the Naples region, it usually means “mozzarella di bufala”, not the kind we are used to on pizzas in the U.S. Mozzarella di bufala is made from milk of water buffaloes, and is softer, higher in protein and tastes differently; it is considered a great delicacy.

Pizzetta: Small fried light-dough dumplings, flavored with a variety of spices and sometimes filled.

Prosciutto: Ham. When used alone, the word means thinly-sliced raw-

cured raw ham. A delicacy. When a distinction is made between it and other varieties, it is called prosciutto crudo. Smoke-cured is prosciutto affumicato and cooked is called prosciutto cotto.

Prosciutto e melone: Sliced ham and fresh melon.

Prosciutto e mozzarella: Sliced ham and fresh white cheese.

Salame: Seasoned and cured sausages, served without further cooking, distinct from

Salsiccia: Sausages that need to be cooked before eating. These are usually listed in the meat section instead of the antipasti section of the menu.

Seafood: Many types of shellfish also are available as antipasti – see the seafood section for translations.

PASTA DISHES, RICE DISHES (PASTA, RISOTTO)

Cannelloni: Cylinders of pasta, stuffed and baked.

Fusilli: Long, spiral-shaped twisted pasta.

Gnocchi: Small dumplings, in the Naples region made of potato flour; in other areas they are shaped similarly but made of pasta dough.

Lasagne: Flat, very wide noodles. Almost identical to lasagna noodles found in the U.S.

Orecchiette: Small, ear-shaped.

Penne: Short tubes, cut on the slant to resemble quill pens.

Ravioli: Small squares of pasta, stuffed with various items.

Tortellini: Small round pastas, filled and twisted into a doughnut shape.

PASTA AND RISOTTO SAUCES AND PREPARATIONS

Acciughe: “With anchovies.” Usually a sauce with mashed anchovies, garlic, olive oil and parsley, and sometimes tomatoes.

Aglio e Olio: “Garlic and oil.” Served with hot oil and garlic. Sometimes also served e peperoncini – with small hot peppers.

Amatriciana/Matriciana: In a sauce with bacon, olive oil, garlic, tomatoes, red peppers and onions.

Arrabbiata: “Angry”: A tomato and herb sauce with small hot peppers (“peperoncini”) added, and sometimes spicy sausage or bacon. Can be quite hot.

Besciamella: Bechamel: a white sauce of butter, flour and milk.

Bolognese: “Bologna style.” The classical meat and tomato sauce most

Americans are familiar with. Sometimes called al ragù.

Boscaiola: “Woodsman’s style.” In Naples, a rich tomato sauce with ham, peas and mushrooms.

Carbonara: “Coal man’s style.” Hot pasta is tossed with beaten eggs and cream and diced bacon; sometimes includes onions. Served with fresh grated parmesan cheese and pepper.

Forno: Baked. Usually means a pasta and sauce baked as a dish. Most known such dish to Americans is lasagne at forno.

Frutti di Mare: Shellfish (“fruit of the sea”). A thin sauce, either clear or with tomatoes, to which have been added clams, mussels, squid, shrimp, diced octopus, etc. Shellfish can be shelled, but most often come in the shells.

Pescatore: “Fisherman’s style.” Like

frutti di mare, but includes various types of fish meat.

Pesto: Fresh basil leaves, garlic, olive oil, pine nuts and pecorino cheese made into a paste.

Pomodoro: Tomatoes. A tomato sauce with herbs, onions, garlic, etc. but no meat. Almost the same as Napoletana.

Quattro Formaggi: “Four cheeses”; baked in or topped with a sauce of four different mild white cheeses such as provolone, fontina, etc.

Siciliana: “Sicily style.” Usually including black olives, eggplants, sweet peppers and/or anchovies.

Sorrentina: “Sorrento style.” Most often applied to stuffed pasta stuffing. Usually means it includes ricotta cheese and ham, and sometimes spinach.

Vongole: With clams, usually similar to frutta di mare, but only with clams and not other shellfish.

FISH, SHELLFISH (PESCE, FRUTTI DI MARE)

Acciughe: Anchovies.

Alici: An anchovy-like fish, usually served marinated as an appetizer.

Anguilla: Eel.

Aragosta: Spiny lobster.

Aringa: Herring.

Astice: Maine lobsters.

Baccala: Dried salt-cod.

Bianchetti: Very small sardine-like fish, usually deep-fried.

Branzino: Seabass.

Calamari/calamaretti: Squid/baby squid.

Carpa: Fresh-water carp.

Cefalo: Mullet.

Cernia: A sea fish.

Cozze: Mussels, also sometimes called

Moscoli, Muscoli or Mitilo.

Dentice: Seabream.

Gamberi: Large shrimp. Also applied to small rock lobsters and sometimes to fresh-water crayfish. Usually you’ll get something resembling a prawn.

Gamberetti: Very small shrimp.

Gamberoni: Large prawns.

Granchio: Most common term for crab.

Merluzzo: Cod.

Marmora: A small sea fish.

Nasello: Hake.

Orata: A fish similar to bream.

Ostriche: Oysters.

Pesce Persico: Fresh-water perch.

Pesce San Pietro: John Dory fish.

Pesce Spada: Swordfish.

Polipo: Usually means octopus, sometimes small squid.

Polpo: Octopus.

Ricci: Sea urchins.

Rombo: Turbot.

Salmon: Salmon.

Sarago: A small sea fish, resembling bluegill.

Scampi: Large prawns, sometimes means rock lobster.

Seppia: Cuttlefish, similar to squid.

Sgombro: Mackerel.

Sogliola: Sole.

Spiadino Mare: Mixed fish and seafood on a skewer.

Spigola: Sea bass, grouper.

Stoccafisso: Salt cod.

Tartufi di Mare: Sea truffles, a small clam.

Tonno: Tuna.

Totani: Small cuttlefish.

Triglie: Redmullet.

Vongole: Clams.



SOME GENERAL FOOD TERMS

Aceto: Vinegar.
Affogato: Poached.
Affumicato: Smoked.
Arrosto: Roasted.
Ben cotto: Well done.
Bollito: Boiled.

(alla) Brace: Cooked over live coals.
Brasato: Braised.
Caldo: Hot.
Cartoccio: Cooked in a bag.
Cotto: Cooked.
Crudo: Raw.
(ai) Ferri: “On iron”; grilled.
(al) Forno: Baked

Farcito: Stuffed.
Freddo: Cold.
Fritto: Fried, usually deep-fried.
(alla) Griglia: Grilled.
Marinato: Marinated.
Olio: Oil.
Passato: Pureed.
(a) Piacere: Of your choice.

Pieno, ripieno: Stuffed.
Piccante: Spicy.
(al) Sangue: “Bloody”, rare (of steaks and meats).
Soffritto: Sauteed.
Spiedo: Skewered.
Tritato: Ground (as meat).

MEAT AND GAME (CARNE E CACCIAGIONE)

Affettati: Cold cuts.
Agnello: Lamb
Arista: Loin of pork.
Bistecca: Steak.
Capocollo: Smoked salt pork.
Capretto: Kid (young goat).

Coniglio: Rabbit.
Filetto: Filet.
Lepre: Hare.
Lombata: Loin.
Lonza: Loin, usually pork.
Lumache: Snails.
Maiale: Pork.
Manzo: Beef.
Pancetta: Bacon.

Pollo: Chicken.
Polpette: Meat balls.
Porchetta: Young pork; mature pork is maiale.
Prosciutto: Ham.
Quaglie: Quail.
Rane: Frogs, frog legs.
Salsa: Sauce.
Salsicce: Fresh sausages.

Saltimbocca: “Leaps into the mouth”, thin slices of spiced veal.
Scaloppine: Thin slices of boneless meat, usually veal.
Tacchino: Turkey.
Trippa: Tripe.
Vitello: Veal.

VEGETABLES (VERDURE)

Asparagi: Asparagus.
Bietole: Swiss chard.
Broccoli: Broccoli (comes in more varieties than Americans are used to).
Cappero: Caper.
Carciofi: Artichokes.
Carote: Carrots.
Cavolfiori: Cauliflower.
Cavolini di Bruxelles: Brussels sprouts.

Cavolo: Cabbage.
Ceci: Chick peas; garbanzos.
Cetrioli: Cucumbers.
Cetriolini: Pickles.
Cicoria: Wild chicory.
Cipolle: Onions.
Cipolline: Pearl onions.
Crauti: Sauerkraut.
Fagioli: Beans.
Fagiolini: Greenbeans.
Fave: Broad beans.
Finocchio: Fennel.
Friarielli: A wild broccoli.

Funghi: Mushrooms.
Insalata: Salad; verde (green), mista (mixed).
Lattuga: Lettuce.
Lenticchie: Lentils.
Melanzane: Eggplant.
Olive: Olives.
Patate: Potatoes.
Peperoncini: Small hot chili peppers.
Peperoni: Bell peppers, NOT the hot sausage for pizza. For that, you order “salsiccia piccante”.

Piselli: Peas.
Pomodori: Tomatoes.
Prezemolo: Parsley.
Radicchio: Wild chicory.
Radici/Rapanelli/Ravanelli: Radishes.
Scarola: Escarole.
Sedano: Celery.
Spinaci: Spinach.
Tartufi: Truffles.
Zucca: A large yellow squash.
Zucchini: Same meaning as U.S.

HERBS AND SPICES, ETC. (ERBE E SPEZIE)

Aglio: Garlic.
Basilico: Basil.

Cannella: Cinnamon.
Chiodi di Garofano: Cloves.
Erba Cipollina: Chives.
Lauro: Bayleaf.
Maggiorana: Marjoram.

Menta: Mint.
Noce Moscata: Nutmeg.
Origano: Oregano.
Pepe: Pepper.
Peperoncino: Chili pepper.

Rafano: Horseradish.
Sale: Salt.
Salvia: Sage.
Senape/Mostarda: Mustard.
Timo: Thyme.

FRUIT AND NUTS (FRUTTA E NOCI)

Albicocche: Apricots.
Ananas/Ananasso: Pineapple.
Anacardi: Cashews.
Anguria: Watermelon.
Arachide: Peanuts.
Aranci: Oranges.
Banane: Bananas.
Castagne: Chestnuts.
Ciliegie: Cherries.

Cocomero: Watermelon.
Datteri: Dates.
Fichi: Figs.
Fragole: Strawberries.
Fragoline di Bosco: Wild strawberries.
Lamponi: Raspberries.
Limone: Lemon.
Mandarino: Tangerine.
Melacotogne: Quinces.
Melagrane: Pomegranates.
Mele: Apples.

Melone: Melons.
Mirtilli: Blueberries.
More/More del gelso: Blackberries; mulberries.
Nocciole: Hazelnuts.
Noci: Walnuts, specifically; also used for nuts in general.
Noce di Cocco: Coconut.
Pere: Pears.
Pesche: Peaches. (Be careful of pronunciations:

PESH SHAY is fish, PES KAY is peaches).
Pinoli: Pinenuts.
Pistacchi: Pistachios.
Pompelmo: Grapefruit.
Prugne: Plums.
Rabarbaro: Rhubarb.
Ribes: Currants; nero (black), rosso (red).
Susine: Plums.
Uva: Grapes.
Visciola: Wild cherry.

DESSERTS (DOLCI)

Biscotti: Cookies.
Cannoli: Pastry tubes filled with sweetened ricotta cheese mixed with cocoa and candied fruit.
Caramello: Caramel.
Cassata Gelata: Ice cream with candied fruits and nuts.
Castagnaccio: A baked cake made with chestnut flour with pine nuts, almonds, raisins and candied fruit.
Crema Caramel: Creme caramel; a custard topped with a caramelized sugar sauce.
Gelato: Ice cream.
Granita: Finely-shaved ice with fruit syrups. Thinner consistency than a snow-cone.

Meringa: Meringue shells.
Millefoglie: “Thousand leaves.” A Napoleon; many very thin layers of pastry with custard filling, topped with powdered sugar.
Pan di Spagna: “Spanish bread;” sponge cake.
Pandoro: “Golden bread;” a very light cake, variously-shaped and usually topped with powdered sugar. Some come with cream or chocolate fillings. Usually associated with Christmas.
Panettone: Similar to pandoro, but heavier and usually includes candied fruit, raisins and/or nuts. Normally associated with Christmas.
Panforte: “Strong bread”; a flat, hard cake made with almonds, hazelnuts, honey and citron.

Profiterole/a Cioccolata: Small cream-filled pastry puffs topped with chocolate sauce and sometimes also whipped cream.
Sfogliatelle: Small pastries filled with whipped cream, custard or sweetened ricotta cheese and candied fruit.
Sorbetto: Sherbet.
Tartufi/di Cioccolata: Truffles; little candy balls made of a chocolate, coffee and egg mixture, served cold; also an ice cream dessert resembling a truffle in shape.
Torta: A widely-applied term referring to cakes and tortes of all types.
Zabaglione: A custard dessert, flavored with white or Marsala wine.
Zuppa Inglese: “English Soup.” What the British call trifle.



plates so you can share your meal with your small children. Also, if you ask them, most are willing to serve the children “mignon” (small) portions or mezza porzione (half portion).

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The meal is also arranged in courses — things don't arrive at once. The basic courses and order they arrive in are (you can skip courses, or stop after only a couple): antipasto (appetizer), pasta, secondo (meat or fish - the main dish), vegetables and/or salad, fruit and/or cheese, dolci (dessert) and coffee and/or liqueurs. Wine, water and bread are available throughout the meal.

Many Americans order only the antipasto and pasta, and possibly a secondo. A main dish is only that — the food you ordered. If you order veal, for example, you'll get a plate of veal. You won't get a salad or potato or other vegetable; those you have to order separately.

Pasta dishes are usually described with two terms -



Photo by Tracie Barnthouse

Every month, FFSC takes a group of willing to learn chefs to a local restaurant to make one of the popular recipes from this region. The cooking class is followed by lunch, and is a great way to get to know people in the community.

the first describes the shape or style of the noodles and the second describes the sauce or way of preparing it. For example, the tomato and meat sauce most Americans call spaghetti is called “spaghetti bolognese” - spaghetti in the style of Bologna. Sometimes the word “al” or “alla” is listed between the two; e. g. spaghetti alla bolognese. Pasta is generally either boiled and topped, or baked with various ingredients. Italians cook their pastas “al dente” (“to the tooth”), cooking it shorter times than most Americans. This gives the pasta a firm texture.

Nearly every restaurant makes their sauces a little differently than other restaurants. There are also regional differences, so these terms should be used as general guides to what you may actually get. Also, most places have a house specialty (“della casa”), which is usually worth trying, but you may have to ask what is in it (for example, if you are allergic to shellfish, you would certainly want to know if the house specialty has seafood in it.) The sauces are in a variety of consistencies, some very rich and heavy, others delicate and thin. Italian cooks have experimented for centuries with the sauces that go well with which pasta shapes. For example, a thin sauce with shellfish will be served with spaghetti or linguini, while heavier sauces will be served with fettucine or tagliatelle.

Pizzas in Italy have thin crunchy crusts and, because they are usually cooked in a stone oven with wood coals, the edges and bottoms are sometimes scorched in places. The toppings tend to be thinner and usually have olive oil on them. So, the flavor is not quite the same as U.S.-style pizza, but many Americans (and other nationalities) enjoy

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The Love of Pizza

Most pizzas come flat, about plate-sized. There is one version, however, called “calzone” which is a pizza folded over the topping and then baked or fried, to make a kind of pizza sandwich.

There are many different kinds of toppings with many different names, so you may have to ask what toppings a particular pizza actually has on it.

In addition to the charges for the food and drinks, your bill (il conto) will usually include a “coperto,” which is a cover charge for linen, dishwashing, bread, etc.; as well as the “servizio,” which is the charge for service. This usually runs 10 to 15 percent. If you’ve received good service, it is also customary to add an additional tip for the service. However, some places do not include servizio on the bill, so you need to check.

Public Transportation

Catania has a highly developed and fairly efficient public transportation system, encompassing buses, subway, trains, distance trains, taxis, ferries, hydrofoils and airplanes.

There are also suburban and long-distance services, but these generally do not run as often or have such dense concentration. As many Americans live in the

base housing, public transportation is not usually a viable home-to-work option. Rather, public transportation is most useful for off-duty recreational travel.

Buses

There are two bus companies (AST and ETNA) that serve Sigonella from and to Catania.

Buses from AST pick up outside of NAS II and Marinai.

Both bus schedules can be found at the FFSC front desk.

Buses for other destinations on the Island and Mainland leave from Catania main Bus station (Piazza Giovanni XXIII). Use the following web-sites for timetables.

AST www.aziendasicilianatrasporti.it

INTERBUS www.interbus.it

SAIS www.saistrasporti.it

ETNA www.etnatrasporti.it

Short & long-distance Trains

Trains depart from Catania, Piazza Giovanni XXIII (Train/bus station), to different destinations around Sicily and mainland Italy. The official website where you can look up time-tables and prices is www.trenitalia.it.

** Remember to validate the ticket before getting on the train. To validate the ticket look for the yellow boxes located on the wall near the tracks.

Taxis

A Taxi from Catania to NAS I or NAS 2 will cost approximately 40.00 to 50,00 EURO. It’s always wise to agree on the price “*Quanto costa la corsa per Sigonella?*” and have driver write it down for clarity “*Me lo può scrivere per favore?*”



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Ferries and Hydrofoils

From Catania there is a ferry that departs every night for Naples, www.tttlines.it

From Messina to Villa San Giovanni (mainland) there is Caronte & Tourist www.carontetourist.it & Bluvia ferries.

Parking information

In most cities you will find parking spaces with blue lines, that means that you need a parking pass (SCHE-DA PER IL PARCHEGGIO). Parking passes can be purchased at tobacco stores and news stands; there are hourly, daily, half day ticket valid from 08:30 to 13:00 and from 15:30 to 20:00 Monday through Saturday.

White parking lines are free and yellow are designated spots for disable and taxis.

Sicilian Sights

So much so near

There is an abundance of breathtaking sights and warm-hearted, generous citizens throughout Sicily. During your tour at Sigonella, you really should take advantage of every opportunity to travel. A wealth of history awaits you. Many notable destinations are less than an hour away by car, making an excursion after working hours both feasible and enjoyable. You can also explore the island by bus, train or organized tours offered by MWR or local tourist agents. It has been said that 70 percent of the world's art is in Italy-this just gives you some indication of the scope of the task to describe everything. Add to that the incredible wealth of Greek and Roman history, plus the history of the rest of Europe, and it becomes overwhelming. Those who travel and explore, enjoy Sicily the most. Listed here are several of the most popular destinations in Sicily:

Agrigento: This ancient city houses the ruins of more than 20 Greek temples, some in remarkably good condition. The international festival of the almond blossom tree is held every February. The Valley of Temples is a must-see during your tour.



Photo by MC2 Joshua Wink

The Carnevale of Acireale is one of the most revered in Sicily.

Catania: From a beautiful baroque cathedral to the infamous fish market, Catania has something for just about everyone.

Cefalu': Cefalu', which dates back to the 9th century B.C., has long been considered the pearl of the northern coast due to its beautiful, inviting beaches and picturesque old town. In the summer, Cefalu' welcomes many visiting yachts. But it is best known for its cathedral, which is one of the best-preserved examples of Norman church architecture in Italy.

Messina: The province contains many ruins and monuments of exceptional historic, artistic, and archeological interest. Be sure to witness the "performance" by the astronomical clock at noon when all the statues move, the lion roars three times and the cock crows and flaps his wings. Then, a dove flies as the church of Montallo appears. Slowly and majestically, angels file past the Madonna, one handing her a letter while another takes it back, and the Virgin blesses them.

Mount Etna: Mount Etna is one of the world's major active volcanoes and the largest in Europe (reaching more than 11,000 feet). It



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1100 Morning Worship
1800 Evening Worship

WED: 1830 Bible Study



is a magnificent sight, particularly in winter and spring when snow blankets the top and dense vegetation covers the bottom. On the northern slope, three ski lifts and a national skiing school operate during the ski season.

Palermo: Palermo, Sicily's largest city, is one of the richest in art and history; every period has left traces. It is a city of varied architectural influences: Phoenician in origin; Roman in the mosaics of Villa Bonanno; Arabic in some churches which were once mosques; French for the Hautville Dynasty, which left wonderful monuments; German for the Hohenstaufen tombs in the cathedral; Spanish in the names of some of its streets and piazzas, and for architecture recalling three centuries of rule by viceroys; and finally, Angelin and Bourbon recalling other periods of French domination.

Siracusa: According to Cicero, Siracusa was the finest and largest of all Greek cities and is now one of the most attractive towns in Sicily, with beautiful surrounding scenery and important ruins of the ancient past. Main attractions include the Greek theater, catacombs, stone quarries, and many ancient monuments.

Taormina: Taormina is a vision of beauty that stimulates the eyes, spirit and imagination. The Greek theater, built in the third century B.C., commands one of the world's most beautiful views. The town itself is built high above the famous coast of Taormina which thousands of tourists from all over Europe visit in the summertime. Naxos, a small town near Taormina, was the first Greek colony in Sicily, built in 737 B.C.

Trinacria: The original Greek name for the island of Sicily was Trinacria (Tre-three, Nacria-promontory)



meaning the land of the three promontories. The island had already acquired this name and was referred to as such in Ulysses Travels.

From Homeric times, Sicily was characterized by its triangular shape. These angles are considered to be Capo



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Peloro at Messina in the northeast, Cape Correnti in the southeast, and Capo Lillibeo at Marsala on the west coast.

In the symbol's centers is the head of a Gorgon. In Greek mythology, the Gorgon represented three monstrous females with huge teeth, brazen claws, snakes for hair; the sight of whom turned beholders into stone. Medusa was the best known of the three mythological Gorgon, who personified the terrors of the sea.

The Trinacria is represented as a Medusa-like woman with three legs in a running position. The three legs point in the direction of Sicily's three angles, since the island is said to "rest on three legs." The three-legged symbol was undoubtedly derived from the ancient Greeks in the eighth century B.C. when they colonized the island. Legend says that when Perseus, the son of Jupiter, approached Medusa while she slept, and taking care not to look at her, cut off her head and gave it to Minerva, who fixed it in the middle of her Aegis: the shield or breast plate of Jupiter made by Vulcan on the island of Lemnon (one of the Aeolian isles). It became the characteristic attribute of Minerva, and the symbol of the island of Sicily.

NAS Sigonella Command Religious Program

Welcome to NAS Sigonella! Our Religious Ministry Team looks forward to serving you and having you as part of our worshipping community. Our Religious Ministry Team consists of three Chaplains, five Religious Program Specialists (RPs), a Catholic and a Protestant Director of Religious Education (DRE), and three very talented Local National Musicians. We are committed to meeting the faith needs of the entire Sigonella community. The Religious Ministry Department's core capabilities are to *care*, *facilitate*, *provide*, and *advise*. Chaplains *care* for all service members, including those who claim no religious faith, *facilitate* the religious requirements of personnel of all faiths, *provide* faith specific worship services, and *advise* the com-



The beautiful beaches and sapphire water of Cefalù, Sicily offer visitors an unforgettable day at the beach.

Photo by MCSN Jonathan Idle

mand on issues such as morale and religious accommodation. There are robust Catholic and Protestant communities here in Sigonella, therefore, faith based opportunities abound here in Sicily. Brochures with current times, services, and location will be given in INDOC. Call the NAS I Chapel at 624-3975/9049 or commercial 011-39-095-56-3975, for more information.

The Navy-Marine Corps Relief Society

For more than 106 years, the Navy-Marine Corps Relief Society (NMCRS) has assisted over 4 million clients, providing over \$1.1 billion in assistance. A private, non-profit center of excellence committed to assisting personnel of the Naval Services – retirees, eligible family members and survivors in need.

Participating as a volunteer allows you to make new friends, develop new skills and make a difference in the quality of life here in the Sigonella Community. Stop by and see what opportunities are available for you.

Location: NAS 1 Administration Building (Building 319) – Above FFSC

Monday - Friday 9 a.m. to 3 p.m.

Who We Serve : Navy and Marine Corps personnel and their eligible family members worldwide.

Types of Assistance: Emergency Assistance- Interest-free loans and/or grants to help with emergencies such as funeral expenses, disaster relief, medical and emergency transportation

Non-Emergency Assistance- providing need based financial assistance for basic living expenses, household setup, vehicle repairs through interest free loans along with budget counseling. Let us help you plan for the future or learn about managing your money today. Call for an appointment with one of our trained budget counselors.

Quick Assist Loans (QAL)- A "no questions" asked loan for up to \$300.00 available to eligible service members at a maximum of two times in a one year period.

Spouse Tuition Assistance Program (STAP) -

Tuition loans of up to \$3,000 per year for spouses of active duty Navy and Marine Corps personnel pursuing higher education.

Budget for Baby Program- Free financial planning advice includes "Baby's First Seabag" – a gift package valued at more than \$75 to expectant parents of all military branches regardless of income.

Visiting Nurses- Provide patient education, in-home visits, wound care and assistance to active duty, retirees and eligible family members in need. Nurses are available for in-home appointments, educating new mothers, and newborn checkups. NMCRS Sigonella Visiting Nurses also consult with post-surgical and other medical patients referred to us by the Naval Hospital doctors as well as self-referrals.



Nearly New Shop- The one stop shop for new and “nearly new” apparel, accessories, shoes, household appliances, luggage, books and children’s toys at deeply reduced prices.

Contact Us: Navy-Marine Corps Relief Society
www.nmcrrs.org

PSC 817 Box 2720, FPO AE 09627
DSN 624-4212; commercial 095-56-4212
After-hours Emergencies: 335-740-6007

Substance Programs

Who are **services provided to**

Substance Abuse Rehabilitation Program (SARP) services are offered to all active duty personnel, retired personnel, federal employees under the provisions of the Civilian Employee Assistance Program (CEAP) and family members that are above the age of 18. Adolescents desiring services should be referred to the Adolescent Substance Abuse Counselor at the Stephen Decatur School.

Overall SARP Services

SARP provides services to improve the health and wellness of all beneficiaries whose lives are adversely affected by substance abuse. Such services are:

Screening- A determination of whether or not a problem exists.

Level .05: IMPACT- An educational intervention for individuals that display significant risk factors but do not meet criteria for substance abuse or dependence.

Level I: Outpatient Treatment- For individuals that have met criteria for substance abuse with a moderate level of severity. It focuses on behavior modification and responsible decision making.

Level II: Intensive Outpatient- For individuals that have met criteria for either substance abuse or dependence with an intense level of severity. Treatment focuses on having individuals apply their newly acquired knowledge and skills within “real world” environments.

Level III: Inpatient Treatment- For individuals that have met criteria for substance dependence and require a live-in setting in order to develop their recovery skills.

After Care - Upon completion of treatment individuals graduating from Levels II & III will transfer into 12 months of Continuing Care.

Here at SARP Sigonella we conduct substance misuse screenings, quarterly IMPACT, one to one counseling sessions, weekly after care groups, and coordination to higher levels of care. Level I treatment and higher is conducted outside of Sicily. Upon request, SARP can provide educational workshops to the community.

Community information

Personnel can be referred to SARP by their Command, Medical, by their Self-Referral or by Fleet and Family Service Center. Whichever referral, all active duty personnel will liaison with their Command DAPA to schedule an appointment. SARP can be reached by phone at DSN 624-6092 or by e-mail sarp_sig@med.navy.mil. SARP hours are 8 A.M. to 4 P.M. Monday through Friday and is located on NAS II in the Flight Line Clinic on the second floor.



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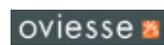
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Telephone directory



ON-BASE DIALING SCHEMES

DSN:

| | |
|---------------------|----------------------------|
| Capodichino | 626 + 4 Digits |
| Gricignano | 629 + 4 Digits |
| Agnano | 625 + 4 Digits |
| Gaeta | 627 + 4 Digits |
| Sigonella | 624 + 4 Digits |
| Europe * | 7 Digits |
| Outside of Europe * | |
| USA | 312 + 7 Digits |
| Other Regions | (DSN Area Code) + 7 Digits |

COMMERCIAL

| | |
|----------------------------------|---|
| U.S. Direct Dial * | .99 + 001 + (Area Code) + 7 Digits |
| Italian 800 Toll Free Service | .99 + 800 + 7 Digits |
| Credit Card * | AT&T = 99 + 172-1011 |
| | MCI WorldCom = 99 + 172-1022 |
| | SPRINT = 99 + 172-1877 |
| Off-Base Local Calling * | .99 + 09586(NAS II) 09556(NAS I) + 4 Digits |
| Off-Base Italian Long Distance * | .99 + Area Code + Number |

* **Note:** Requires proper class of service for access.

SPEED DIAL

| | |
|----------------|------------------------------------|
| 911 | Emergency: Fire, Medical, Security |
| 112, 113, or 0 | Directory Information |
| 115 | Base Trouble Desk |
| 19000 | AT&T Long Distance calling |
| 19001 | MCI Long Distance calling |
| 19002 | SPRINT Long Distance calling |
| 19018 | NEX Long Distance calling |
| 19019 | ADSL Help Desk (0800-1400 M-F) |
| 19020 | 1-800 Access |

NAVCOMTELSTA SICILY is the Activity Providing Base Communications including Telephone Service for the NAS Sigonella community. The Telephone Office is located on NAS II in building 465.

COMMERCIAL DIALING INFORMATION

- WITHIN ITALY TO
 - NAS095-56-XXXX
 - NAS II / MARINAI095-86-XXXX
 - AUTO ATTENDANT DIRECTORY ASSISTANCE095-86-1110
 - BASE AMBULANCE; FIRE; POLICE095-86-1911 or 095-56-1911
- FROM WITHIN EUROPE BUT OUTSIDE OF ITALY TO:
 - NAS I0039-095-56-XXXX
 - NAS II / MARINAI0039-095-86-XXXX
 - AUTO ATTENDANT DIRECTORY ASSISTANCE0039-095-86-1110
- FROM CONUS TO:
 - NAS I011-39-095-56-XXXX
 - NAS II / MARINAI011-39-095-86-XXXX
 - AUTO ATTENDANT DIRECTORY ASSISTANCE011-39-095-86-1110

DSN DIALING INFORMATION

- WITHIN ITALY TO:
 - NAS I/NAS II / MARINAI HOUSING624-XXXX
 - AUTO ATTENDANT DIRECTORY ASSISTANCE624-1110
 - BASE AMBULANCE; FIRE; POLICE624-5813
- FROM WITHIN EUROPE BUT OUTSIDE OF ITALY TO:
 - NAS I/NAS II/MARINAI HOUSING624-XXXX
 - AUTO ATTENDANT DIRECTORY ASSISTANCE624-1110
 - BASE AMBULANCE; FIRE; POLICE624-5813

FROM CONUS TO:

- NAS I/NAS II / MARINAI HOUSING314-624-XXXX
 - AUTO ATTENDANT DIRECTORY ASSISTANCE314-624-1110
 - BASE AMBULANCE; FIRE; POLICE314-624-5813
- SECNAVINST 5370.2H PROHIBITS ALL MILITARY AND CIVILIAN PERSONNEL FROM USING GOVERNMENT FACILITIES AND PROPERTY EXCEPT FOR OFFICIALLY APPROVED ACTIVITIES. ACCORDINGLY, DOD TELEPHONES AND EQUIPMENT MAY BE USED ONLY FOR OFFICIALLY APPROVED BUSINESS.

QUICK REFERENCE

| | |
|--|-------------------------------------|
| CHAPLAIN (RELIGIOUS MINISTRY DEPARTMENT) | .624-2382 / 335-642-8273 |
| DAPA | .624-5287 |
| SECURITY Mgr. | .624-5767 / 335-740-6007 |
| CACO(OPS): | .624-2071 / 335-642-8275 |
| ASST CACO: | .624-6880 / 335-578-9876 |
| NASSIG OMBUDSMAN: | .624-1382 / 624-1259 / 335-580-1269 |
| COMMAND CAREER COUNSELOR: | .624-5587/5439/5924 |
| COMMAND MANAGED EQUAL OPPORTUNITY (CMEQ): MILITARY | |
| | .624-9445 / 624-2730 / 335-193-8776 |
| SAVI HOTLINE: | .335-642-8312 |
| EMERGENCY NUMBERS: SECURITY, FIRE, & AMBULANCE | |
| ON-BASE: | 911 |
| OFF-BASE: | .095861911 / 095561911 |
| EMERGENCY OPERATIONS CENTER (EOC): | .624-5256/2620/6022 |
| OFF BASE: | .095-86-6018 |
| TROUBLE CALLS: | .115 |
| AMERICAN RED CROSS: | .624-4900/4479 |
| NAVY MUNITIONS COMMAND DET SIGONELLA QUARTERDECK | .624-2119/5822 |
| NMCRS: | .624-4212 |
| NMCRS - AFTER-HOURS EMERGENCIES CALL EDO PERSONNEL | .335-740-6007 |
| SWO: | .624-5511 / 335-139-3000 |
| CDO: | .335-130-5136 |
| EDO: | .335-130-5139 |
| DUTY YEOMAN: | .335-580-1279 |

EMERGENCY OPERATIONS CENTER (EOC)

NOTE: THE FOLLOWING NUMBERS ARE FOR USE **ONLY** WHEN THE **EOC HAS BEEN ACTIVATED**

| | |
|------------------|-----------|
| ADMIN | .624-5625 |
| PAO | .624-5240 |
| MEDICAL | .624-5239 |
| OPS | .624-5237 |
| F&ES | .624-5788 |
| COMMS/ATFP | .624-5260 |
| EMO | .624-2620 |
| CO | .624-5271 |
| XO | .624-6022 |
| SECO | .624-5220 |
| SECURITY | .624-5883 |
| PWD | .624-5545 |
| ENVIRONMENTAL | .624-6046 |
| MASS CARE | .624-5249 |
| SUPPLY | .624-5257 |
| ITD | .624-5270 |
| CDO | .624-5256 |
| MWR | .624-5241 |
| HOUSING/SAFETY | .624-5269 |
| FINANCE | .624-5212 |
| SCTY LIAISON SP | .624-5210 |
| OPS LIAISON OFF. | .624-5210 |
| LEGAL | .624-5216 |
| WPNS | .624-5216 |
| NCIS | .624-5232 |



EMERGENCY SPECIAL SERVICE

EMERGENCIES

| | |
|--|----------------------------|
| SECURITY, FIRE, AMBULANCE ON-BASE | .911 |
| SECURITY, FIRE, AMBULANCE OFF-BASE | .095-86-1911 / 095-56-1911 |
| EMERGENCY OPERATION CENTER (EOC) | .624-5256/2620/6022 |
| TROUBLE CALLS | .115 |
| AMERICAN RED CROSS | .624-4900 / 335-606-5839 |
| CARABINIERI - NAS I | .624-4223 |
| NAS II | .624-5266 |
| DUTY CHAPLAIN (1600 - 0730) | .335-831-4493 |
| NASSIG COMMAND DUTY OFFICER | .335-130-5136 |
| NASSIG ASST COMMAND DUTY OFFICER | .335-130-5139 |
| NASSIG COMMAND DUTY ENLISTED | .335-740-6007 |
| PUBLIC AFFAIRS OFFICER | .335-831-4474 |
| DRMO EMERGENCY | .335-579-0412 / 3 |
| EODMU EIGHT QUARTERDECK | .624-1857 |
| FAMILY HOUSING ECONOMY EMERGENCY ON CALL | .335-739-1579 |
| FAMILY HOUSING GOVERNMENT QUARTERS EMERGENCY ON CALL | .335-739-1578 |
| FIRE DEPARTMENT DISPATCH CENTER (MANNED 24 HOURS) | .624-5287 / 5288 |
| NAVY MARINE CORPS RELIEF SOCIETY | .624-4212 / 335-579-0536 |
| NAVY MARINE CORPS RELIEF SOCIETY (AFTER HOURS EMERGENCIES CALL THE CDE) | .335-740-6007 |
| PUBLIC WORKS AFTER HOURS EMERGENCY SERVICES | .624-5354 / 335-769-4280 |
| SAVI HOTLINE FFSC | .335-642-8312 |
| SECURITY - PHYSICAL SECURITY LEADING PETTY OFFICER | .624-5047 |

QUARTERDECKS OR DUTY OFFICES

| | |
|---|----------------|
| AIMD QUARTERDECK | .624-5615 |
| AIMD AFTER HOURS | |
| CDO | .335-654-5477 |
| ACDO | .335-184-0993 |
| COMMUNICATIONS WATCH OFFICER (CWO - NAVCOMTELSTA) | .624-5553 |
| DEFENSE COURIER STATION AFTER HOURS DUTY COURIER | .335-606-0293 |
| DEFENSE DISTRIBUTION DEPOT (DDSI) AFTER HOURS | .624-5752 |
| EODMU EIGHT QUARTERDECK | .624-1857 |
| ETD OPERATIONS DUTY OFFICER | .335-128-1528 |
| FISC COMMAND DUTY OFFICER | .335-193-8814 |
| FISC HAZMIN DUTY PHONE | .335-578-8512 |
| FISC LOGISTICS SUPPORT DUTY PHONE | .335-735-4963 |
| HOSPITAL DUTY NUMBER 24-HOUR / QUARTER DECK | .624-3842 |
| CNE DET MAST DDO | .335-740-6001 |
| NAVAL OCEANOGRAPHY ASW DETACHMENT (NOAD) NOAD OIC | .624-5127 |
| NAVY MUNITIONS COMMAND DET SIGONELLA QUARTERDECK | .624-2119/5822 |
| OPERATIONS DUTY OFFICER | .335-579-0404 |
| SAFETY AFTER HOURS | .335-747-5013 |
| VR LIAISON 24HR DUTY NUMBER | .335-723-5883 |
| SECURITY - NAS 1GATE | .624-4201 |
| MARINAI GATE | .624-1768 |
| NAS II GATE | .624-5266 |

A

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|--|---------------------|
| ACCOUNTING - HOSPITAL | .624-4798 |
| ACCOUNTING MANAGER NEX | .624-4318 |
| ACUTE CARE CLINIC HOSPITAL | .624-2273 |
| ADMIN CTF-67 | .624-5123/5129/5362 |
| ADMIN CHIEF OPERATIONS | .624-2211 |
| ADMIN LEADING PETTY OFFICER SECURITY DEPARTMENT | .624-2776 |
| ADMIN OFF/MEDEX DIVISION/SCHEDULES OFFICER/ CTRL OPERATIONS | .624-6352 |
| ADMIN OFFICE ETD (FLSW EXECUTIVE TRANSPORT DET) | .624-5289 |
| ADMIN OFFICER ETD (FLSW EXECUTIVE TRANSPORT DET) | .624-5204 |
| ADMIN OFFICER & SUPPLY OFFICER SECURITY DEPARTMENT | .624-5906 |
| ADMINISTRATION ASSISTANT - FIRE DEPT. | .624-5194 |
| ADMINISTRATIVE ASSISTANT DEFENSE DISTRIBUTION DEPOT | .624-9453 |
| ADMINISTRATIVE OFFICE / GENERAL MANAGER NEX | .624-4278 |
| ADMINISTRATIVE OFFICER FISC | .624-2507 |
| AFN - AMERICAN FORCES NETWORK | .624-4265 |
| AFTER HOURS DEFENSE DISTRIBUTION DEPOT | .624-5752 |
| AFTER HOURS DUTY COURIER DEFENSE COURIER STATION | .335-606-0293 |
| AFTER-HOURS EMERGENCIES NMCRS | .335-740-6007 |
| AFTER HOURS SAFETY | .335-7475-013 |
| AMBULANCE REQUESTS FLIGHT LINE CLINIC HOSPITAL | .624-5333 |
| AMC - AIRCRAFT MAINTENANCE | .624-5389 |

| | |
|---|------------------|
| AMC - TERMINALS SIGONELLA | .624-5576 |
| MILDENHALL | .238-2248 |
| NAPLES | .626-5283 |
| RAMSTEIN | .480-5996/5463 |
| ROTA | .727-3000 |
| ANGIE'S LEISURE TRAVEL | .624-4388 |
| APPOINTMENT DESK HOSPITAL | .624-CARE (2273) |
| APPOINTMENT DESK FLIGHT LINE CLINIC HOSPITAL | .624-5455 |
| ARMORY SECURITY DEPARTMENT | .624-2473 |
| ARMY VET SERVICES MWR | .624-4258 |
| ASSISTANT SECURITY OFFICER SECURITY DEPARTMENT | .624-5474 |
| ASST OPS OFFICER (AOPSO) OPERATIONS | .624-2524 |
| ASST FIRE CHIEF | .624-5191 / 5192 |
| ATC ADMIN OPERATIONS | .624-2729 |
| ATC BASE OPERATIONS | .624-2908/5513 |
| ATC FAX OPERATIONS | .624-6008 |
| ATC LEADING CHIEF PETTY OFFICER OPERATIONS | .624-2730 |
| ATCFO OPERATIONS | .624-2532 |
| AUTOPORT REPAIR NEX | .624-2814 |
| AVIATION MED APPTS (PHYSICAL SCREENINGS) FLIGHT LINE CLINIC HOSPITAL | .624-6291 |

B

| | |
|--|----------------|
| BARBER SHOP NEX NAS I | .624-3770 |
| BARBER SHOP NEX NAS II | .624-5951 |
| BASE EDUCATION AND TRAINING | .624-4696 |
| BATTALION CHIEF - NAS1 FIRE STATION | .624-4031 |
| BATTLE WATCH CAPTAIN WATCH FLOOR CTF 67 | .624-5120/5121 |
| BEAUTY SHOP NEX | .624-4234 |
| BIG AL'S | .624-5245 |
| BOWLING MWR | .624-4302 |
| BUDGET PW | .624-2904 |
| BURGER KING NEX | .624-4213 |
| BUSINESS CENTER / LAUNDRY / DRY CLEANING NEX | .624-4531 |
| BUSINESS STRATEGIC MANAGER IBM | .624-9021 |

C

| | |
|---|--------------------------------|
| C9/C40 MAINTENANCE CONTROL VR | .624-2025 |
| C130 MAINTENANCE CONTROL VR | .624-2636 |
| CADRE SECURITY DEPARTMENT | .624-2079 |
| CAPTAIN NAS1 FIRE STATION | .624-3835 |
| CAR SALES NAS II / MILITARY NEW CAR SALES NEX | .624-5852 |
| CAREER COUNSELOR SECURITY DEPARTMENT | .624-6383 |
| CAREER COUNSELOR OPERATIONS | .624-5095 |
| CAREER COUNSELOR NMC DET | .624-6419 |
| CELLULAR SHOP NEX | .624-4411 |
| CENTRAL CHECKOUT NEX | .624-3784 |
| CENTRAL TEXAS COLLEGE | .624-4306 |
| CHIEF FIRE INSPECTOR - FIRE DEPT | .624-0530 |
| CHIEF OSC DRMO (DEFENSE REUTILIZATION OFFICE) | .624-2642 |
| CHIEF STAFF OFFICER CTF 67 | .624-5128 |
| CHILD DEVELOPMENT HOMES | .624-4005 |
| CHILD DEVELOPMENT CENTER NAS 1 FRONT DESK MWR | .624-3736 |
| CID LEAD INVESTIGATOR SECURITY DEPARTMENT | .624-4995 |
| CMD SENIOR ENLISTED CTF 67 | .624-5116 |
| CNE DET MAST EUROPE ADMIN/SUPPLY DEPT. | .624-5804 |
| CNE DET MAST EUROPE IT DEPT | .624-5463 |
| COLLECTIONS NEX | .624-4432 |
| COMMAND CAREER COUNSELOR CTF 67 | .624-5236 |
| COMMAND DUTY OFFICER FISC | .335-193-8814 |
| COMMAND EVALUATION AND REVIEW | .624-6145 / 6148 / 2714 / 2716 |
| COMMAND SENIOR ENLISTED FISC | .624-5558 |
| COMMANDER DEFENSE DISTRIBUTION DEPOT | .624-9459 |
| COMMERCIAL BILL PAY BUSINESS FINANCIAL MANAGEMENT | .624-2567 |
| CONTRACTING CUSTOMER SERVICE FISC | .624-5725 |
| CRIME PREVENTION SECURITY DEPARTMENT | .624-5173 |
| CTRL LEADING CHIEF PETTY OFFICER OPERATIONS | .624-2745 |
| CTRL LEADING PETTY OFFICER OPERATIONS | .624-2748 |
| CTRL OFFICE OPERATIONS | .624-2768 |
| CUSTOMER SERVICE DEFENSE DISTRIBUTION DEPOT | .624-5752/5717 |
| CUSTOMS SECURITY DEPARTMENT | .624-6187 |

D

| | |
|--|-----------|
| DEFENSE ATTORNEY (NLSO) | .624-5580 |
| DEFENSE ENERGY SUPPORT CENTER - EUROPE/AFRICA (DESC-EA-SI) | .624-5790 |



DENTAL CLINIC NAS I624-4205
 DENTAL CLINIC NAS II624-5447
 DEPOT NEX624-5791
 DEPUTY COMMANDER DEFENSE DISTRIBUTION DEPOT624-9455
 DESK SERGEANT SECURITY DEPARTMENT624-6063
 DETMO BUS TRANSPORTATION OFFICE STEPHEN DECATUR SCHOOL ..624-3244
 DETMO FAX LINE STEPHEN DECATUR SCHOOL624-3245
 DIRECTOR OF RELIGIOUS EDUCATION (NAS 1)624-3782/3826
 DIRECTOR OF YOUTH MINISTRY (NAS 1)624/3782/3826
 DISA COORDINATOR624-5340
 DISASTER PREPAREDNESS HOSPITAL624-4026
 DISPATCH SECURITY DEPARTMENT624-5225/6065
 DMA – DEFENSE MEDIA ACTIVITY SIGONELLA (FORMALLY AFN)624-4265
 DMA – OIC CELL PHONE335-578-8543



EDIS HOSPITAL624-4536
 ELEMENTARY SCHOOL MAIN NUMBER624-4406
 EMBRY-RIDDLE AERONAUTICAL UNIVERSITY624-4550
 EMERGENCY MANAGEMENT624-2621 / 2630 / 2603 / 8328
 EMERGENCY NUMBER DEFENSE REUTILIZATION OFFICE (DRMO)
335-579-0412/3
 EMPLOYEE RELATIONS DIVISION (LN) HRO624-4184 / 4185 / 4171
 EMPLOYEE RELATIONS DIVISION (US) HRO624-4180
 EMPLOYMENT AND CLASSIFICATION DIVISION HRO624-4178 / 4167
 ENGINEERING PW624-5781
 ENVIRONMENTAL PW624-2725 / 2463
 EQUAL EMPLOYMENT OPPORTUNITY (US COUNSELING / REFERRAL) HRO
624-4180
 ER HOSPITAL624-3844
 ESF OFFICE SECURITY DEPARTMENT624-2512 / 2518 / 2520
 ESS OPERATIONS GEMD DIVISION624-6904
 ESO NMC DET624-6419
 EUROPE CAR RENTAL ACROSS FROM NAS I NEX624-5468
 EXCHANGE LOCATION MANAGER NEX624-6792
 EXECUTIVE DIRECTOR FISC624-2944
 EXECUTIVE SECRETARY CTF 67624-2967
 EXECUTIVE TRANSPORT DETACHMENT624-5289



FAX - ADMINISTRATION –NAVCOMTELSTA624-5540
 FAX - AVIATION MED HOSPITAL624-6919
 FAX - BASE COMMUNICATIONS OFFICE624-2727
 FAX - BASE COMMUNICATIONS OFFICE PRODUCTION624-6550
 FAX - CENTER FOR PERSONAL AND PROFESSIONAL DEVELOPMENT (CPPD)
624-4188
 FAX - CMD SUITE HOSPITAL624-4822
 FAX - CNE DET MAST EUROPE624-5610
 FAX - COMMAND EVALUATION AND REVIEW624-5960
 FAX - CONTRACTING FISC624-5059 / 5064
 FAX - DEFENSE COURIER STATION624-6351
 FAX - DEFENSE DISTRIBUTION DEPOT624-9454
 FAX - DEFENSE ENERGY SUPPORT CENTER - EUROPE (DESC-EU-SI) ...624-5750
 FAX - DEFENSE REUTILIZATION OFFICE (DRMO)624-2641
 FAX - DMA (FORMALLY AFN)095-713-0101
 FAX - EDIS HOSPITAL624-4533
 FAX - ETD OPS (FLSW EXECUTIVE TRANSPORT DET)624-2597
 FAX - ETD M7 (FLSW EXECUTIVE TRANSPORT DET)624-5310
 FAX - EXPLOSIVE ORDNANCE DISPOSAL MOBILE UNIT EIGHT624-1859
 FAX - FACILITIES HOSPITAL624-4584
 FAX - FEAD (FACILITIES ENGINEERING ACQUISITION DIVISION –
 FORMER ROICC)624-2378
 FAX - FIRE & EMERGENCY SERVICES ADMINISTRATION624-5765
 FAX - FIRE STATION NAS 1624-3706
 FAX - FISC CONTRACTING624-5059 / 5064
 FAX - FISC FRONT OFFICE624-5064 / 5722
 FAX - FISC PERSONAL PROPERTY HOUSEHOLD GOODS624-4182
 FAX - FISCAL HOSPITAL624-3898
 FAX - FLEET AND FAMILY SUPPORT CENTER624-4294
 FAX - FLIGHT LINE CLINIC HOSPITAL624-6304
 FAX - FOOD SERVICE DIVISION624-2564
 FAX - FUEL DIVISION - SUPPLY624-6362
 FAX - HOSPITAL QUARTERDECK624-4597
 FAX - HRO (STAFFING/CLASSIFICATION)624-4166
 FAX - HRO (US/LN EMPLOYEE / LABOR RELATIONS)624-4186
 FAX - LOCAL NETWORK SECURITY CENTER624-9215
 FAX - MANAGEMENT INFORMATION SYSTEMS DEPARTMENT - HOSPITAL
624-4694

FAX - MEDICAL SERVICES UNIT - HOSPITAL624-4771
 FAX - NAS SIG ADMINISTRATIVE SERVICE OFFICE624-2330
 FAX - NAVAL CRIMINAL INVESTIGATIVE SERVICE095-783-2738
 FAX - NAVCOMTELSTA SUPPLY624-6060
 FAX - NAVY COLLEGE OFFICE624-4515
 FAX - NAVY RADIO TRANSMITTER FACILITY NISCEMI – NAVCOMTELSTA
624-1061
 FAX - NMCRS624-4554
 FAX - OPERATIONS624-6663
 FAX - PLANS AND PROJECTS – NAVCOMTELSTA624-6962
 FAX - PW ADMIN624-6243
 FAX - PW ENGINEERING624-2341
 FAX - PW ENVIRONMENTAL624-9601
 FAX - PW FSC (FACILITIES SUPPORT CONTRACTS)624-2804
 FAX - PW REAL ESTATE OFFICE624-2810
 FAX - PW SUPPLY624-5358
 FAX - PW TRANSPORTATION OFFICE624-6115
 FAX - RED CROSS624-4462
 FAX - SAFETY DEPARTMENT624-6268 / 095-783-5587
 FAX - SECURITY DEPARTMENT624-5094
 FAX - STEPHEN DECATUR ELEMENTARY SCHOOL624-4405
 FAX - STEPHEN DECATUR MIDDLE/HIGH SCHOOL624-3899
 FAX - TSCOMM - NAVCOMTELSTA624-6555
 FAV – VP-PATRON624-5980
 FAX - VR MAINT/OPS624-6484
 FINANCIAL ANALYST624-2567 / 6543 / 5641
 FIRE CHIEF624-6485
 FIRE INSPECTOR (GS)624-0545
 FIRE INSPECTORS (LN)624-0531 / 0532
 FISCAL SECTION – PSD624-5595
 FITNESS DISTRICT NAS 1 MWR624-4483
 FLEET AND FAMILY SUPPORT CENTER624-4291
 FLEET LIAISON HOSPITAL624-4086
 FLEET MAIL CENTER FISC624-5915
 FLIGHT LINE FITNESS CENTER NAS II624-5243
 FLIGHT KITCHEN (FLSW EXECUTIVE TRANSPORT DET)624-5469
 FLOWER SHOP NEX624-4384
 FORCE PROTECTION LEADING CHIEF PETTY OFFICER
 SECURITY DEPARTMENT624-2252
 FORCE PROTECTION LEADING PETTY OFFICER
 SECURITY DEPARTMENT624-9444
 FRONT DESK FEAD (FACILITIES ENGINEERING ACQUISITION
 DIVISION – FORMER ROICC)624-5661



GALLEY NAS II624-2061/5836
 GALLEY – FIRE DEPT624-2416
 GEICO INSURANCE NEX624-9427
 GEMO OPERATIONS GEMD DIVISION624-5704
 GROUND ELECTRONICS
 GEMD OFFICE624-5704
 GEMD DUTY TECH335-642-8247



HARD LINES / CONSUMABLE MANAGER NEX624-3275
 HAZMINCENTER CUSTOMER SERVICE FISC624-6761
 DUTY PHONE335-578-8512
 LEADING PETTY OFFICER624-2099
 WASTE MANAGEMENT624-2096
 HEALTH PROMOTIONS OFFICE HOSPITAL624-4710
 • HOUSING DEPARTMENT
 BACHELOR HOUSING
 BACHELOR HOUSING WELCOME CENTER (BLDG319)624-4311
 FAX (BLDG 319)624-3886
 NAS I SITE OFFICE624-4387
 NAS II SITE OFFICE624-6825
 FAMILY HOUSING
 HOUSING WELCOME CENTER (BLDG 319)624-4311
 UTILITIES SECTION624-4311
 SHOWS SECTION624-4311
 GOVERNMENT QUARTERS ASSIGNMENT SECTION624-4311
 FAX HOUSING WELCOME CENTER624-3886
 FAMILY HOUSING TROUBLE CALLS624-1731
 MARINAI HOUSING OFFICE624-1180
 MARINAI SELF HELP624-1739
 MARINAI FAX624-1737
 WAREHOUSE (PIANO TAVOLA)624-2338
 WAREHOUSE FAX624-9007



VISITING QUARTERS - NAVY GATEWAY INNS & SUITES
 NAS I NGIS FRONT DESK RESERVATIONS624-2300 / 4438
 FAX NAS I RESERVATIONS624-4237
 NAS II NGIS FRONT DESK RESERVATIONS624-2300 / 6832
 FAX NAS II RESERVATIONS624-6143
 HRO DIRECTOR624-4183
 HRO RECEPTION DESK / INFORMATION / REFERRAL624-4165
 HRO FAX (STAFFING/CLASSIFICATION)624-4166
 HRO FAX (US/LN EMPLOYEE / LABOR RELATIONS)624-4186

I

IMMUNIZATIONS FLIGHT LINE CLINIC HOSPITAL624-6932
 INDUSTRIAL HYGIENE DIV. FLIGHT LINE CLINIC HOSPITAL624-6225 / 6229
 INFORMATION DESK FLIGHT LINE CLINIC HOSPITAL624-6296
 INFORMATION SYSTEMS SUPPORT DEFENSE DISTRIBUTION DEPOT ..624-2611
 INFORMATION TECHNOLOGY DEPARTMENT (N6)624-2116
 INFOSEC CUSTOMER SUPPORT -NCTS624-6146
 INSTALLATION BUSINESS MANAGER - FINANCIAL IBM624-6476
 INSTALLATION TRAINING TEAM - OPS624-2542 / 2550 / 2551
 INVENTORY DIRECTOR DEFENSE DISTRIBUTION DEPOT624-6330
 ITALIAN DAYROOM - FIRE DEPT.624-2418
 ITALIAN LIAISON OPERATIONS624-5520
 ITT GEAR 'N' GO624-4396 / 4777 / 0540

JOX PUB MWR624-5603

J

LABORATORY DEPT. HOSPITAL624-4671
 LABORATORY FLIGHT LINE CLINIC HOSPITAL624-6312

L

LEADING CHIEF PETTY OFFICER FIRE DEPT.624-6953
 LEADING PETTY OFFICER FIRE DEPT624-2546
 LEADING PETTY OFFICER RELIGIOUS MINISTRY DEPARTMENT624-3802
 LEAR SIEGLER SERVICES, INC. C-26 OPERATIONS624-5360 / 5947
 LEGAL OFFICE FRONT DESK NLSO (DEFENSE COUNSEL)624-5580
 LEGAL OFFICE FRONT DESK RLSO624-5258
 LIAISON DIVISION OFFICER SECURITY DEPARTMENT624-6100
 LIAISON NAS I SECURITY DEPARTMENT624-4522
 LIAISON NAS II SECURITY DEPARTMENT624-2795
 LIBRARY624-3875
 LOCAL NATIONAL PAYROLL CNRE624-6470
 LOGISTICS SUPPORT CENTER FISC624-5717 / 5716
 LOGISTICS SUPPORT DUTY PHONE FISC335-735-4963
 LOSS PREVENTION / SAFETY MANAGER NEX624-4920

M-7 SUPERVISOR (FLSW EXECUTIVE TRANSPORT DET)624-6703
 M-7 COMBS OFFICE (FLSW EXECUTIVE TRANSPORT DET)624-5349

M

(EXECUTIVE TRANSPORT DET)624-5322
 MARINAI HOUSING GATE SECURITY DEPARTMENT624-1768
 MEDEX MODEL MANAGER OPERATIONS624-2536
 MEDICAL BOARDS HOSPITAL624-4086
 MEDICAL EVACUATION (MEDEVAC) HOSPITAL624-4086
 MEDICAL LOGISTIC HOSPITAL624-4586
 MEDICAL RECORDS FLIGHT LINE CLINIC HOSPITAL624-6295
 MEDICAL/SURGICAL WARD HOSPITAL624-4732 / 4733
 MENTAL HEALTH HOSPITAL624-4840
 MIDDLE/HIGH SCHOOL MAIN NUMBER624-4281 / 4282
 MIDTOWN 2 THEATERS MWR624-4297/
 Hotline624-4248
 MILITARY ASSIGNMENT COORDINATOR MILITARY MANPOWER624-0521
 MILITARY DAYROOM - FIRE DEPT.624-2419
 MOTOR VEHICLE REGISTRATION OFFICE - MVRO624-5275
 MULTISERVICE WARD HOSPITAL624-4732
 MVRO DIRECTOR SECURITY DEPARTMENT624-5277
 MVRO LEADING PETTY OFFICER SECURITY DEPARTMENT624-2633
 MWD LEADING PETTY OFFICER SECURITY DEPARTMENT624-5686
 MWR ADMINISTRATION OFFICE624-3968 / 9891

N

NAS I DISPATCH SECURITY DEPARTMENT624-4201 / 4202
 NAS II GATE HOUSE SECURITY DEPARTMENT624-5266
 NATIONAL SUICIDE PREVENTION LIFELINE (NSPL)
19020-1-800-273-TALK (8255)

NATOPS PETTY OFFICER OPERATIONS624-2528
 NAVAIDS OPERATIONS GEMD DIVISION624-5758
 NAVAL CRIMINAL INVESTIGATIVE SERVICE624-9210
 NAVAL OCEANOGRAPHY ASW DETACHMENT (NOAD) NOAD OIC624-5127
 NAVY COLLEGE OFFICE624-4514 / 4517
 NAVY FEDERAL CREDIT UNION TOLL FREE FROM ITALY00-800-0-842-6328
 NAVY LEGAL SERVICE OFFICE - NLSO (DEFENSE COUNSEL)624-5580
 NAVY LODGE (RESERVATION ONLY) NEX624-4082
 NAVY LODGE SWITCHBOARD NEX0957130190/3
 NAVY GATEWAY INNS & SUITES
 NAS I NGIS FRONT DESK RESERVATIONS624-2300 / 4438
 FAX NAS I RESERVATIONS624-4237
 NAS II NGIS FRONT DESK RESERVATIONS624-2300 / 6832
 FAX NAS II RESERVATIONS624-6143
 NEX MAIN STORE CUSTOMER SERVICE624-4244
 NMCRS AFTER-HOURS EMERGENCIES CALL CDE PERSONNEL ...335-740-6007
 NMCRS MAIN OFFICE624-4212
 NMCRS NEARLY NEW SHOP624-4346
 NMCRS VISITING NURSES624-4551
 NISCEMI SECURITY FRONT DESK624-1043
 NURSE STEPHEN DECATUR ELEMENTARY SCHOOL624-3999
 NUTRITION HOSPITAL624-4578

O

OCCUPATIONAL HEALTH DEPT. HOSPITAL624-5331
 OFFICER IN CHARGE NMC DET624-5741
 OFFICER IN CHARGE ETD (EXECUTIVE TRANSPORT DET)624-5323
 OPERATIONS DEPARTMENT
 OPS OFFICER624-2525
 OPS SECRETARY624-5511
 OPS DUTY OFFICER624-5995
 OPERATIONS DUTY OFFICER ETD
 (FLSW EXECUTIVE TRANSPORT DET)335-128-1528
 OPERATIONS OFFICER ETD (FLSW EXECUTIVE TRANSPORT DET)624-5628
 OPERATIONS ETD (FLSW EXECUTIVE TRANSPORT DET)624-2332
 OPERATIONS LEADING CHIEF PETTY OFFICER NMC DET624-5909
 OPERATIONS OFFICER FISC624-5729
 OPERATIONS OFFICER SECURITY DEPARTMENT624-2351
 OPERATIONS DUTY OFFICER (AFTER HOUR CONTACT) OMD/ETD .335-128-1528
 OPERATIONS LEADING CHIEF PETTY OFFICER SECURITY DEPARTMENT
624-5988
 OPTICAL SHOP NEX624-4828
 OPTOMETRY624-6300
 ORTHOPEDICS624-4110
 OVERSEAS SCREENING HOSPITAL624-4086

P

PAO624-5440
 PASS & ID DESK SECURITY DEPARTMENT624-2200
 PASS & ID LEADING PETTY OFFICER SECURITY DEPARTMENT624-6387
 PATIENT CONTACT COORDINATOR HOSPITAL624-4831
 PATIENT CONTACT COORDINATOR FLIGHT LINE CLINIC HOSPITAL ...624-6966
 PERSONAL PROPERTY / HOUSEHOLD GOODS CUSTOMER SERVICE FISC
624-4123
 PERSONNEL OFFICE NEX624-4276
 PET SHOP NEX624-4505
 PHARMACY NAS I624-4685
 PHARMACY NAS II FLIGHT LINE CLINIC HOSPITAL624-6292
 PHOTO SHOP NEX624-3274
 PHYSICAL SECURITY LEADING CHIEF PETTY OFFICER
 SECURITY DEPARTMENT624-5985
 PHYSICAL SECURITY LEADING PETTY OFFICER
 SECURITY DEPARTMENT624-5047
 PHYSICAL SECURITY OFFICER SECURITY DEPARTMENT624-6395
 PHYSICAL THERAPY HOSPITAL624-4110
 PIAZZA PIZZA624-4499
 PIZZA UNDER THE VOLCANO NEX624-3872
 PLANNING OFFICE PW624-6871
 POST OFFICE NAS I FISC624-4309
 NAS II FISC624-5242



CONVERSION TABLES

LENGTH

| Centimeter (cm) | cm/in. | inches(in) |
|-----------------|--------|------------|
| 2,54 | 1 | 0,394 |
| 5,08 | 2 | 0,787 |
| 7,62 | 3 | 1,181 |
| 10,16 | 4 | 1,575 |
| 12,70 | 5 | 1,969 |
| 15,24 | 6 | 2,362 |
| 17,78 | 7 | 2,756 |
| 20,32 | 8 | 3,150 |
| 22,86 | 9 | 3,543 |
| 25,40 | 10 | 3,937 |
| 50,80 | 20 | 7,874 |
| 76,20 | 30 | 11,811 |
| 101,60 | 40 | 15,748 |
| 127,00 | 50 | 19,685 |
| 152,40 | 60 | 23,622 |
| 177,80 | 70 | 27,559 |
| 203,20 | 80 | 31,496 |
| 228,60 | 90 | 35,433 |
| 254,00 | 100 | 39,370 |

LENGTH

| Kilometers (km) | km/in. | miles |
|-----------------|--------|--------|
| 1,609 | 1 | 0,621 |
| 3,219 | 2 | 1,243 |
| 4,828 | 3 | 1,864 |
| 6,437 | 4 | 2,485 |
| 8,047 | 5 | 3,107 |
| 9,656 | 6 | 3,728 |
| 11,265 | 7 | 4,350 |
| 12,875 | 8 | 4,971 |
| 14,484 | 9 | 5,592 |
| 16,093 | 10 | 6,214 |
| 32,187 | 20 | 12,427 |
| 48,280 | 30 | 18,641 |
| 64,374 | 40 | 24,855 |
| 80,467 | 50 | 31,069 |
| 96,561 | 60 | 37,282 |
| 112,654 | 70 | 43,496 |
| 128,748 | 80 | 49,710 |
| 144,841 | 90 | 55,923 |
| 160,934 | 100 | 62,137 |

AREA

| Hectares (ha) | ha/acres | acres |
|---------------|----------|---------|
| 0,405 | 1 | 2,471 |
| 0,809 | 2 | 4,942 |
| 1,214 | 3 | 7,413 |
| 1,619 | 4 | 9,884 |
| 2,023 | 5 | 12,355 |
| 2,428 | 6 | 14,826 |
| 2,833 | 7 | 17,297 |
| 3,237 | 8 | 19,769 |
| 3,642 | 9 | 22,240 |
| 4,047 | 10 | 24,711 |
| 8,094 | 20 | 49,421 |
| 12,140 | 30 | 74,132 |
| 16,187 | 40 | 98,842 |
| 20,234 | 50 | 123,553 |
| 24,281 | 60 | 148,263 |
| 28,328 | 70 | 172,974 |
| 32,375 | 80 | 197,684 |
| 36,422 | 90 | 222,395 |
| 40,469 | 100 | 247,105 |

WEIGHT

| Kilogram (Kg) | Kg/Lb | Pounds (Lb) |
|---------------|-------|-------------|
| 0,454 | 1 | 2,205 |
| 0,907 | 2 | 4,409 |
| 1,361 | 3 | 6,614 |
| 1,814 | 4 | 8,819 |
| 2,268 | 5 | 11,023 |
| 2,722 | 6 | 13,228 |
| 3,175 | 7 | 15,432 |
| 3,629 | 8 | 17,637 |
| 4,082 | 9 | 19,842 |
| 4,536 | 10 | 22,046 |
| 9,072 | 20 | 44,092 |
| 13,608 | 30 | 66,139 |
| 18,144 | 40 | 88,185 |
| 22,680 | 50 | 110,231 |
| 27,216 | 60 | 132,277 |
| 31,752 | 70 | 154,324 |
| 36,287 | 80 | 176,370 |
| 40,823 | 90 | 198,416 |
| 45,359 | 100 | 220,462 |

WEIGHT

| Tonnes (t) | t/US short tons | US short tons |
|------------|-----------------|---------------|
| 0,907 | 1 | 1,102 |
| 1,814 | 2 | 2,205 |
| 2,722 | 3 | 3,307 |
| 3,629 | 4 | 4,409 |
| 4,536 | 5 | 5,512 |
| 5,443 | 6 | 6,614 |
| 6,350 | 7 | 7,716 |
| 7,257 | 8 | 8,818 |
| 8,165 | 9 | 9,921 |
| 9,072 | 10 | 11,023 |
| 18,144 | 20 | 22,046 |
| 27,216 | 30 | 33,069 |
| 36,287 | 40 | 44,092 |
| 45,359 | 50 | 55,116 |
| 54,431 | 60 | 66,139 |
| 63,503 | 70 | 77,162 |
| 72,575 | 80 | 88,185 |
| 81,647 | 90 | 99,208 |
| 90,719 | 100 | 110,231 |

VOLUME

| Liters (l) | l/US gal | US gallons (gal) |
|------------|----------|------------------|
| 3,785 | 1 | 0,264 |
| 7,571 | 2 | 0,528 |
| 11,356 | 3 | 0,793 |
| 15,142 | 4 | 1,057 |
| 18,927 | 5 | 1,321 |
| 22,712 | 6 | 1,585 |
| 26,498 | 7 | 1,849 |
| 30,283 | 8 | 2,113 |
| 34,069 | 9 | 2,378 |
| 37,854 | 10 | 2,642 |
| 75,708 | 20 | 5,284 |
| 113,562 | 30 | 7,925 |
| 151,416 | 40 | 10,657 |
| 189,271 | 50 | 13,209 |
| 227,125 | 60 | 15,851 |
| 264,979 | 70 | 18,493 |
| 302,833 | 80 | 21,134 |
| 340,687 | 90 | 23,776 |
| 378,541 | 100 | 26,418 |

