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At Community Bank, we’re proud to be part of the military communities we serve.

Community Bank was created to serve the banking needs of service members and their families stationed overseas. We honor these needs by providing many key services—such as currency exchange, local bill payments, and financial education—not only to account holders, but to all members of the base communities we serve. To our account holders, we offer a wide range of additional services that include:

- Regular and Interest-Bearing Checking Accounts
- Savings Accounts and CDs
- Mobile and Online Banking
- Currency Exchange Services
- Account Alerts
- External Account Transfers
- One-Time and Recurring Local Bill Payments
- New and Used Auto Loans*
- Motorcycle Loans*
- Signature Loans and Lines of Credit*

Visit your local Community Bank to open a free Checking or Savings Account, or learn more online at: DoDCommunityBank.com

Community Bank is a Department of Defense owned banking program operated through a contract with a commercial financial institution. Currently, the contractor is Bank of America, N.A. The Defense Finance and Accounting Service, in coordination with the Military Service banking representatives, is responsible for the oversight and management of Community Bank.

Services vary by country.

*Credit and collateral are subject to approval. Terms and conditions apply. This is not a commitment to lend. Programs, rates, terms, and conditions are subject to change without notice.
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 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. For the most up-to-date information and all the latest at NAS Sigonella, be sure to check us out on Facebook at https://www.facebook.com/nassigonella. Benvenuti!

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. 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 or DSN 314-624-4291 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 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 and 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 overcrowd-

There are many places to travel to and things to see in Sicily, including the picturesque coastal town of Cefalú. Photo by Jackie Trembath
WELCOME TO NAVAL AIR STATION SIGONELLA

Housing Office (NAS I) - 624-4311
Motor Vehicle Registration Office (NAS II) - 624-5275
U.S. Naval Hospital Sigonella - 624-3842
Dental Clinic NAS I - 624-4205
Dental Clinic NAS II - 624-5447

MWR Sigonella
NAS I Gym - 0530 - 2030 Mon. - Fri.
1000 - 1730 Sat. - Sun.
NAS II Gym - 0530 - 2030 Mon. - Fri.
0830 - 1600 Sat. - Sun.

For more information:
www.SigMWR.com
facebook.com/SigonellaMWR

NEX Main store (NAS I)
1000 - 1900 Mon. - Fri.
1000 - 1800 Sat. - Sun.

Commissary (NAS I)
1000 - 1900 Tue. - Fri.
0900 - 1900 Sat.
1000 - 1800 Sun.

NEX Mini-mart (NAS II)
0645 - 2100 Mon - Sat

Emergency Number - On-base: DSN 911
Off-base: 095-86-1911

NAS Sigonella SAPR Hotline (Italy) 335-642-8312
DOD Safe Hotline Number (U.S.) +1-877-995-5247

Honor  Courage  Commitment
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 920 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 provides support for NAVCENT, AFRICOM, U.S. FIFTH and SIXTH Fleet units, and 34 tenant commands and maintains and operates facilities for an installation with a DoD population of 4,900.

In early March 2011, NAS Sigonella was home to a handful of Navy maritime patrol and station aircraft, a single USAF Global Hawk, and nearly 2,200 service members, civilians and dependents. In less than a month, as Operations ODYSSEY DAWN (OOD), UNIFIED PROTECTOR (OUP) and ODYSSEY GUARD (OOG) were launched in support of United Nations Security Council Resolution (UNSCR) 1973, that presence grew to include an additional 1,500 service men and women with more than 70 fighter, reconnaissance and support aircraft from every branch of the U.S. Armed Forces and seven Coalition partners. The events in Africa in 2011 led to the rediscovery of the base’s strategic location and was the year Sigonella reaffirmed its position as “Hub of the Med” in more than just a name. The current DoD footprint at Sigonella includes NAS Sigonella and 34 (semi)-autonomous tenant commands (headlined by SPMAGTF, CTF 67, USAF Global Hawk and Predator squadrons, Fleet Logistics, and DLA) and has a varying but steadily growing population that includes approximately 1,000 Italian dedicated employees to the U.S. government.

The air terminal, the second busiest in the European theater, is the primary divert field for the fleet. New construction and renovation projects made in the past few years 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 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 618 on NAS II and the staff can be reached at Commercial: 096-86-5440 – 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

American Forces Network Sigonella
AFN Sigonella is located in the 1st floor of building 212 on NAS I, under the tall radio tower east of the main entrance. AFN Sigonella is an affiliate of AFN Naples, headquartered in Naples, Italy. AFN Sigonella receives the majority of its programming from the American Forces Network Broadcast Center (AFN BC) in California. The AFN BC is the sole programming source for military radio and television outlets overseas. These outlets serve American servicemen and women, Department of Defense (DoD) civilians, and their families stationed in more than 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 AFN Broadcast Center to a series of satellites and delivered worldwide via a secure transmission path using (DVB-S2 MPEG-4)MPEG-2 digital compression technology. This global radio and television network service is called AFN, the American Forces Network.

The following channels are broadcast: AFN Prime-

AFN Sigonella provides 12-hours of local radio, weekdays on 105.9 FM. You can also stream it live on AFN360-Sigonella, either on the AFN Europe website, or on the AFN Europe mobile app.

Live shows run 6-10 a.m. and 2-6 p.m. Monday through Friday; while midday programming is provided live from AFN Naples. You’ll find a wealth of command information via Radio News, readers and live interviews while listening to today’s hit music. During non-live times, AFN Sigonella broadcasts network programming from Germany, along with popular music, news and local commercials. The AFN Sigonella Facebook page is a local news center, where we share important Sigonella news from a variety of sources. If you have an idea for a news story or "commercial," or need to publicize an event, simply fill out the online publicity request on our website, or call us and let us know!

The most expeditious way to solve television decoder problems, or get answers to technical questions is to call our AFRTSHelpdesk technologists, on duty 24/7 at the Broadcast Center in California, at DSN 312-348-1339 or commercial at 951.413.2339. Or you can e-mail them at sathelpdm@mail.mil. In either case, you will need to provide your decoder TID and UA number (which can be found on the back panel of your decoder).

**AFN Points of Contact:**
- Station Manager:  . . . . . . .624-4071 (Comm: 095-56-4071)
- Production:  . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .624-3971
- On-air DJ:  . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .624-3895
- AFN Sigonella web site and Facebook page:
  - http://www.AFNEurope.net/Stations/Sigonella.aspx
  - Facebook: https://www.facebook.com/afnsigonella
  - AFN360-Sigonella:  http://afn360.afneurope.net/
  - AudioPlayer.html#AFNE_SIG
- www.AFNEurope.net
- AFN Europe Mobile App

**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 party 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.
Passports, Visas and Sojourner Permits

All military dependents and DoD civilian employees and their family members are required to apply for a Sojourner’s Permit within eight days of their arrival in Italy. This document, which is issued by the Italian government, permits civilians to legally reside in Italy. To apply, you will need to fill out an application form and submit it to the Legal Office along with 2 copies of the sponsor’s Page 2 for military dependents, or DoD Forms 1614 and 1617 for DoD civilians, or DOCPER accreditation letter and contract for contractors, 3 copies of the no-fee passport(s), 2 copies of the VISA sticker page in the passport, 4 identical passport-type photos for each family member aged fourteen and over, and two passport-type photos for children aged 0 to 13. The Region Legal Service Office (RLSO) will help you with the application process, including scheduling a fingerprinting session with the Italian authorities.

All civilians should carry their Sojourner’s Permit and passport when traveling. Military members should always carry their military ID cards with them.

Military personnel may enter Italy on official military orders with only a military ID card. For travel outside of Italy, military personnel will need to obtain a tourist passport. 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 Palermo which is 2.5 hours from NASSIG. However, it is recommended that all military personnel obtain their tourist passport prior to arrival at NASSIG. See the Department of State website for more information.

Military dependents and all other civilians, regardless of age, must have a “no-fee” passport and a visa from the Government of Italy prior to entry. Visas require several weeks to obtain, and are not available after arrival in Italy. It is strongly recommended to 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 website at http://travel.state.gov/content/visas/en.html or check with your local NAVPTO or travel office. Dependents who are citizens of European Union countries do not require a visa.

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

NAS 2: 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.

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

NAS 2: 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.

Postal services in Sigonella are provided on NAS 1 and
ETNAPOLIS
LA CITTÀ DEL TEMPO RITROVATO

where everything is possible

www.centroetnapolis.it
There are two Post Office locations: NAS 1, located near the Library, and NAS 2, located near the flight line, 100 yards beyond the NEX Home Depot. Photo by MC3 Matthew Young

NAS 2. The Post Office on NAS 1 is located across from the Morale Welfare and Recreation (MWR) Library and is open Monday through Friday 0900 - 1600. The Post Office on NAS 2 is conveniently located inside the Fleet Mail Center (FMC) and is open Monday through Friday 0900 - 1600. Mail Orderly pick up is from 0800-1100 Monday – Friday. Both facilities provide mail receipt and mailing services, sell of United States Postal Service money orders and postage stamps, change of address processing for patrons, mail directory-locator services, and USPS claims and inquiry services.

In addition, the Fleet Mail Center on NAS 2 provides a pick-up point for accountable mail and official mail services and is open Monday through Friday 0800 - 1700 and Saturday 0800 -1600. All postal operations are closed on Sundays and Holidays.

Only U.S. currency is accepted at the Post Offices; however, you may use personal checks for the exact amount of purchase, and major credit cards and bank debit cards. Money orders can be purchased for 40 cents each, but a single money order can not exceed $1,000. Only cash and debit cards are accepted for purchasing money orders.

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 from your sponsor and notify all your correspondents at least six to eight weeks prior to checkout. Do not include the country or base 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:

**Template:**
- FULL NAME.
- PSC and CORRECT BOX NUMBER
- FPO AE and CORRECT ZIP CODE

**Example:**
- Timmy Rollins
- 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. All parcel post packages can take 6 - 8 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. A list of all prohibited items is also posted inside the Post Offices. If you ever have any questions or concerns, you can always ask your friendly Military Postal Clerks for assistance or you can contact the Fleet Mail Center at 624-5915. We look forward to serving you!

**Bringing Your Pet to Sigonella**

You may bring your pet to Italy with you on Air Mobility Command (AMC) flights while on PCS status only. Pet space is limited on all AMC flights therefore pet spaces are booked on a first come, first served basis. Be sure to inform your personnel department, who schedules your flight to Italy, that you will be traveling with a pet. There is an
excess baggage fee per pet based on the pet’s weight. AMC will not ship any pet over 150 pounds (combined pet and carrier). Check with your local AMC terminal for any other restrictions prior to planning travel. There is a limit of two pets for each family, dogs and cats only, and you must provide the proper travel containers. For the AMC Pet Brochure, please see the following link: http://www.amc.af.mil/shared/media/document/AFD-140807-032.pdf

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. Traveling in the summer can be difficult due to heat restrictions and some airlines may not ship certain breeds (snub-nosed animals) during this time. 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 ISO compatible microchip and original (current) rabies certificate signed by your veterinarian. The microchip must be implanted prior to the rabies vaccination. For animals older than 16 weeks of age, 21 days must elapse from the date of the primary rabies vaccination. You will also need a bilingual health certificate. Forms are available through your military Veterinary Treatment Facility or civilian USDA veterinarian. This certification is good for only 10 days from the date of examination and must be certified by an official USDA civilian veterinarian or military veterinarian. Make several copies of this form when complete. One should be taped to the outside of the travel kennel and one should stay with the animal’s health record.

Another resource for pet export information is the United States Department of Agriculture (USDA): http://www.aphis.usda.gov/wps/portal/aphis/home. Go to Animal Health link (under popular topics) → Click on the Red EXPORT Icon at the bottom of page → Under Export requirements for... Choose Pets (highlighted in blue) → In number 2 choose Destination Country → Choose Italy from the drop down menu at the bottom of the page → Scroll down to the pet information.

The NAS Sigonella Veterinary Treatment Facility (VTF) provides wellness and general sick call appointments for privately owned pets approximately three days per week. Monthly schedules are posted on the clinic’s Facebook group. The VTF also sells preventive medications for fleas, ticks and heartworms. Availability of vet care is affected by the time spent on high-priority tasks such as Military Working Dogs and by personnel strength. 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, exists in Sicily. The only way to protect against this disease is to avoid sandflies through effective insecticides such as prescription topicals (Advantix II) or collars (Scalibor). Please see the Sigonella vet clinic for more information when you arrive. This disease is treatable, but not curable and if your pet is infected with this disease, it can not be shipped back to the United States.

If your pet is geriatric or requires special treatment, 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 ten days of arrival or acquisition. Registration will take place in person at the VTF. Pets do not need to be present. 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. Pets are not allowed in the Barracks.

For any further information contact the Veterinary Treatment Facility at (DSN) 624-4258 or comm: 011-39-095-56-4258. Also see our group on Facebook. You may also email us at Sigonellavet@gmail.com for any questions.
In the heart of Catania you can find one of the largest wineries of the whole Italy, which contains more than 10000 wine labels, and over; everyone will appreciate the polite and caring staff and the professional sommeliers, which will help you at any time to discover and choose the best wines. Il Cantiniere is a wine bar - restaurant, a culinary paradise for lovers of good food, where you can enjoy delicious appetizers and prestigious cold cuts and cheeses, main dishes and so on, with a good glass of wine or a special drink served in our Drink Room (an American Bar for cocktails and spirits). Enjoy a dip in a gastronomic journey tasting different varieties of meats. In the evening, the soft light makes the bottles exposed to bind harmoniously with the interior design of structures, infusing to the setting a warm and welcoming atmosphere. Il Cantiniere also provides a home delivery service from 9:00 a.m. to 2:00 a.m.

Free Bus Shuttle
Il Cantiniere offers to guests of hotels (or private homes) the chance to reach, due to the new shuttle bus service, the restaurant - wine bar, only with a reservation for dinner. The service outward / return is free of charge within 20 km from the restaurant, for the whole day and night. For more information about, the reception staff is at your disposal.

Restaurant, Wine Shop, Drink Room,
Meeting Room, Birthdays, Anniversaries

Viale Libertà, 153 CATANIA tel. +39 095532122 / 531910 mobile + 389 9822448
www.ilcantinierecatania.com - info@ilcantinierecatania.com
Personal Property Shipping Office

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 provides support services for inbound and outbound House-Hold Good’s (HHG) and Unaccompanied Baggage shipments. The PPSO is located on NAS 2 in Building 720, the same building that hosts the NEX Depot. Parking and the customer entrance is on the east side of the building. Our customer service hours are Monday through Friday 0730 - 1600 with the exception of Wednesday 0730 - 1400. We can be reached via e-mail at ppso-sigonella@eu.navy.mil or by phone 624-9650/9441/9440/9270 or commercial 011-39-095-86-9650/9441/9440/9270.

Sigonella is not a weight-restricted duty station and you may ship your full weight allowance. However, it is not recommended to ship major appliances or large bulky items. Unaccompanied military personnel(to include geographic bachelors) above paygrade E-5 are required to live on the local economy. E-4 and below unaccompanied personnel will be provided bachelor quarters.

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.

International Auto Logistics (IAL) is the receiving agent for Privately Owned Vehicles (POVs) shipped to Sigonella. The Vehicle Processing Center is located on NAS 2 in the MVRO building. Their customer service hours are Monday through Friday 0730 - 1700. The average shipping time for a vehicle from CONUS is approximately 60 days. You may check on the status of your POV by contacting IAL at 624-5529/5413, commercial 011-39-095-86-5529/5413, or e-mail sigonella.vpc@ialpov.us.

Housing Office

The Sigonella Housing Service Center assists all incoming military and DOD civilian personnel, as well as contractors and NATO forces. Based on eligibility, accompanied and unaccompanied personnel are provided assistance in assignment to military family housing, unaccompanied housing accommodations, or community housing in the local area. This section will answer many questions and help you get started.

The Housing Service Center is open Monday through Friday from 7:30 a.m. to 4:00 p.m.

All accompanied military personnel will be directly assigned to government controlled housing. Wait time depends on PCS season and eligibility. Unaccompanied E5 and above are required to find housing accommodation in the local community while unaccompanied E1-E4 are directly assigned to the unaccompanied facilities on base.

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 all incoming personnel to assist with your housing needs.

Accompanied Military Personnel:

Service members have to report to the Housing Department within 48 hours upon arrival to complete their assignment process. Failure to report may jeopardize your housing allowances.

Our military family housing inventory consists of 526 government-leased three and four bedroom units, and 8 four-bedroom units.
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 townhouse style, with approximately 1200-1400 square feet of living space per unit. Units have dual voltage for both U.S. and Italian appliances. Two pets are allowed in housing (either one cat and one dog or two cats or two dogs).

2. Application for assignment to government housing can be done through the Housing Early Application Tool (HEAT). Navy Housing has developed HEAT to assist service members and their families in applying for housing Navy-wide. HEAT allows service members and their families to get the housing application process started at one or more Navy installations online before or after they receive their permanent change of station (PCS) orders. HEAT is available to all service members at every Navy installation. HEAT creates an easy user experience to connect with your destination. Spouses can use the application as well needing only minimum information. All you need to get started is the following:
- Sponsor’s last name
- Sponsor’s social security number
- Your contact information
- New duty location(s)
Please note that HEAT does not place you on a wait list and cannot improve your position as such. Wait list position is determined by regulations and eligibility. HEAT allows you to make early contact and complete an advanced or active application with the assistance of a housing counselor. For more information about HEAT, please visit: http://ctic.navymil/ffr/housing/heat.html or https://www.dko.mil/heat/apply.

3. The Door-to-Door program can be implemented through your sponsor as they will receive the unit key one day prior to the date of your arrival. Thanks to HEAT and the Door-to-Door program, you will be able to move into your assigned quarters directly, without going into TLA. Please note that linen and amenities are not provided with the units, so it is best practice to ship them in advance to your sponsor or carry them in your hand baggage. Make sure that your sponsor contacts the Housing Service Center in advance to get more information and to be prepared for your arrival.

4. 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, crib, highchair, playpen, end tables, lamps, coffee table, dining table and dining chairs. These items are available to both accompanied and unaccompanied personnel except for end table, crib, highchair and playpen which are available only for accompanied 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 (temporary loaner kits can be provided by Fleet and Family Service Center).

Unaccompanied Military Personnel (E5 and Above) and Civilians:

Service members have to report to the Housing Department within 48 hours upon arrival to start their referral process. Failure to report may jeopardize your housing allowances.
1. House hunting tours: These provide the opportunity to see available private rentals in the community. 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 select a house 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. Usually, a deposit fee equal to 1-month rent must be paid together with the first month rent when the lease is signed.

3. Utilities contracts: Assistance in arranging utilities contracts (electricity, gas and telephone/internet) and ongoing liaison with utility companies throughout your tour are offered by competent counselors provided the contracts were arranged through the Housing Office.

4. Temporary Loaner Furniture: it is available and may be kept for up to 90 days while awaiting for 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 living in the community. 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.

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

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

Unaccompanied Housing Accommodations

Unaccompanied Housing (UH) permanent party accommodations are mandatory for unaccompanied E4 and below. Service members should report to the Housing Service Center within one working day upon arrival to Sigonella. It is recommended that the sponsor arrange for a “Door-to-Door” assignment which will allow the sponsor to receive the room key the day prior to the service member’s arrival. This procedure will ensure an available room for the incoming service member, regardless of the day and time of their arrival. Incoming E4 and below will then move directly into the permanent party accommodation and will report to the Housing Service Center the next day to sign their check-in documentation and receive the “Welcome Aboard Package” during their initial counseling. Incoming TLA is
very limited to special and specific circumstances and not always authorized. If TLA is authorized, the first lodging option will be the Navy Gateway Inns and Suites (NGIS).

UH facilities are located both on NAS I and NAS II for a total of 576 rooms. The rooms are 1+1E type, meaning that a unit is composed of 2 private bedrooms and a shared bathroom and kitchen. The rooms are fully furnished and a set of bedding is provided at check in. Shipment of HHG is limited to personal belongings while extra furniture is not allowed.

Assignment is based on room availability. Command cohesion is applied only for NAVHOSP if rooms are available. Residents can apply for the “Roommate matching program” by completing a questionnaire with their preference (shift hours, music style, cooking taste) to be sent to the UH Manager who will screen all application and find the best match.

For more information about the program, you can contact the UH Manager at NASSIG-HousingUH Director@eu.navy.mil.

TEMPORARY LODGING (TLA)

Unaccompanied service members E5 and above are eligible to reside in the community during their tour. Upon arrival, you will reside in temporary lodging while aggressively seeking for accommodation in the community. The first TLA option is the Navy Gateway Inns and Suites (NGIS). If availability is not guaranteed for 30 days, the second option is the Navy Lodge, located on NAS I. If rooms are not available at these locations, the service member must get a Certificate of Non Availability and reservations may be made at an alternate temporary lodging facility off-base. NGIS reservations can be made by visiting www.lodging.net or by calling 1-877-NAVY-BED or 011-39-095-866832.

Accompanied personnel should seek accommodations at the Navy Lodge. If there is no availability, reservations may be made at an alternate temporary lodging facility off-base after acquiring a Certificate of Non Availability. Navy Lodge reservations can be made by visiting www.navy-lodge.com or by calling 1-800-NAVY-INN.

DoD Civilian Personnel (CIVPERS) should report to the Housing Service Center to apply for economy housing (or government housing if available.) Housing personnel will assist you in locating a home in the local community. CIVPERS are authorized up to 90 days of temporary quarters with 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 your sponsor make appropriate advance reservations for temporary lodging, you will immediately begin an aggressive search for permanent housing as your first priority. INDOC class can be schedule after you secure your accommodation. 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 furnishings, 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 in the community. 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.
Temporary Lodging Allowance (TLA) 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, or community) is secured. TLA can be terminated if adequate permanent housing is declined. TLA is authorized by the Housing Service 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 community hotel accommodations.

Overseas Housing Allowance (OHA) 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 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

![Motta Residence Hotel](image-url)
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 in the community. 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 community 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 a community 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.

Living in the Community

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 and these items will be provided to you by the Housing Department for your usage during your tour. Do a little research first! Homes.mil is a new CNIC web site where all available houses are listed. It’s very user-friendly and you don’t need
a CAC card. Select the installation and then search by area or by type of house or by rent range. Take note of the listing ID's and then schedule a showing tour with the Housing Referral counselors.

It can be also 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. However, you need to make sure that the house you are referred has obtained the Housing Department's approval and is listed in Homes.mil. Assuming the home has passed the Housing inspection, an appointment can be made with the landlord, housing representative, and the customer to negotiate and sign the lease contract. Rental contracts negotiated 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. After the lease contract is signed and before you move into the rental property, you will have to pay for the first month’s rent and security deposit. Rent and security deposit will be wired from your bank to the lessor’s account. 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.

Signella Housing has also implemented a Rental Partnership Program (RPP) with some local real estate agencies to provide additional services and houses. A list of approved partners is available at the Housing Service Center for your review. Do not secure any lease contract with agencies or realtors that are not approved or Housing services cannot be provided.

Loaner Furniture

NAS Signella’s Loaner Furniture Program is open to all military and DoD civilian personnel entitled to Household Goods shipments. 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 advanced 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 unaccompanied programs. Check with the Furnishings Branch at the Housing Department for more details:

A. Stove: 1 per household, white. 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: 1 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: Family - (1) 1,500W, (1) 1,000W, and (1) 750W. Single – (1) 1,500W and (1) 1,000W. All have one male 220 male plug and one 110 female plug.

G. 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

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**Newcomer’s Guide to Sigonella - Getting Settled**

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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 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 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.

**Sigonella Housing Contacts**
- Housing Service Center: (314) 624-4311/(+39) 095-56 4311
- HousingHelpDesk@eu.navy.mil
- HousingMarinai@eu.navy.mil
- HousingFurnishings@eu.navy.mil
- HousingReferral@eu.navy.mil
- NASSIG-HousingDirector@eu.navy.mil
- NASSIG-HousingUHDirector@eu.navy.mil

**Ready Navy**
Welcome to Sigonella. There are ways to mitigate the culture shock of living in a land where the populace speaks a different language and has unique driving habits. But the language and the driving may not be your only challenge. You will be living at the foot of Europe’s most active volcano, fraught with tremors. You may also be challenged with the amount of rain and local flooding during the winter months and the fires associated with the droughts during the summer months. Additionally, due to its geographic significance, you will be living not far from countries which are often in political turmoil. Some groups in these countries are less than happy with the support provided by units operating from NAS Sigonella. Because of the nature of these potential natural and man-made emergencies which could cause damages, interruptions and shortfalls to local government resources, it is the policy of NAS Sigonella’s leadership that all personnel be self-sufficient for a minimum of 72 hours should an emergency or disaster occur. For assistance, the Navy has developed the Ready Navy Program which can be found at [www.ready.navy.mil](http://www.ready.navy.mil). This website will assist you in developing family plans, developing emergency kits, and staying informed. Are you and your family READY for an emergency?

The Safety Office is located on NAS II, in Building 622 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: +39-095-86-5630

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Motor Vehicle Registration Office

The military community in the Sigonella area is spread out amongst various locations, therefore a vehicle may be a necessity, depending on your circumstances. Transit time for privately owned vehicles (POVs) can take up to three months, and rental vehicles can be costly, but there is a substantial used-car market here, with vehicles advertised weekly in the Signature newspaper and on various bulletin boards on NAS 1, NAS 2 and the Sigonella Facebook page. Italian public transportation, bus, train, taxis and Navy-sponsored shuttles are also available. Please understand that registering a motor vehicle requires personnel responsibility and accountability in ensuring that you keep your registration, insurance, safety inspection and driver’s license all up to date with Motor Vehicle Registration Office, failure to do will result in temporary suspension of your Tax-Free Fuel Products and/or disciplinary actions.

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 originally shipped under orders. The vehicle you enter 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 during their tour. The second and third vehicles (car, motorcycle, truck or van) are required to pay annual Italian property tax which is based on he engine size of the vehicle.

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 entred 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 United States, so a large vehicle will be more difficult to navigate on the 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 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.

We currently only offer two U.S. insurance companies that 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. There are companies on the local economy as well, but remember that because you are not a resident of Italy, your payments may be higher.

Registration

Each U.S. Servicemember/DoD civilian/DoD Contractor and NATO Forces personnel must register vehicles through the NAS Sigonella’s Motor Vehicle Registration Office (MVRO). All 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 you are required to pay the 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 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
- AFI Driver’s license
- Proof of eligibility: DoD CAC and PCS orders
- Shipping document
- Applicable registration fees

DoD civilians 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).

DoD contractors also need a DOCPers Letter 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

Unleaded fuel, diesel fuel, and oil coupons are available to DoD and NATO Forces 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 desk at the NEX on NAS 1 and at the counter at the NEX 7-Day store on NAS 2.

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 Gasoline

Tax-Free Fuel coupons are only authorized to be used at

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AGIP and ENI stations. Some stations may not accept them, so ask it is recommended that you ask prior to 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 “liters” 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.

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.
NEX Autoport

The NEX Autoport is located on NAS II just past the ball field and beyond the traffic circle. The retail store carries a medium assortment of car care products, light bulbs, floor mats, filters, oil, engine/fuel additives, tires and car batteries. Automotive hard parts may be special ordered at the service counter. This location also has a full service garage that performs vehicle inspections, oil changes, tire mounting & balance, wheel alignments and other minor automotive repairs. All authorized Navy Exchange customers are invited to use this facility. For details, call DSN 624-2814.

NEX Autoport store hours: Monday-Friday 0900-1700, Saturday & Sunday Closed.

Buying, Selling, Scrapping

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

- Sale to Italian nationals or anyone that is TAD/TDY is prohibited.
- Sale to authorized 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.

Vehicle Rental

Vehicle rental is available on base and at off base location. 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 from MVRO. Coupons are purchased at the NEX.

Traffic Safety

Before you can register and operate a POV or motorc-
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 accompanied by an 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 Content (BAC) 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 ZERO tolerance for drinking and driving. A BAC of 0.05 and above onboard any NAS Sigonella installation will result in either administrative and/or Non-Judicial Punishment (NJPI). Refusal to submit to a breathalyzer/BAC test will also result in immediate revocation of your Italian Translation for six months, a possible fine from Italian authorities, and loss of base driving privileges for one year. 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.

Low beams are now required by law on main highways or darker roads. Headlights should always be turn on in tunnels. Flashing headlights are also used to signal an approaching vehicle at crossroads, or to signal slower vehicles to move to the right in order to 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 seems like unnecessary and dangerous chances to gain only a few feet of road space, Italian law requires you to allow overtaking traffic to pass.

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 during slow or stopped traffic.

**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.

We are a full service, community oriented security police department, serving the entire Sigonella community and housing areas.

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**Benvenuti a Sigonella**
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.
- 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:
- 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 triangles are available at the NEX Autoport and in the local economy. They are required to be carried in your vehicle at all times.

Additionally, it is highly recommended to carry a reflective vest in your vehicle.
- 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.
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. This may include incidents occurring on military installations in Italy. As guests, we are obliged to comply with Italian law.

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.

If you are apprehended by local law enforcement officials, 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 NASSIG 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 shoulder-belt 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.

Be aware 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 on the 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, including the following:

- To be informed of the charges before trial
- Prompt and speedy trial as is provided to the citizens of the host nation
- 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
- To have a U.S. Government representative present at the trial

The Basilica Cattedrale is located in Elephant Square and is home to the city’s patron saint, Sant’Agata. Photo by Jackie Trembath
Claims and the Protection of Personal Property

The Military Personnel and Civilian Employee’s Claims Act (Personnel Claims Act - PCA) 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 goods are shipped from prior duty stations to Sigonella. On the other hand, claims are not payable if the claimant is an ordinary resident of Italy.

RLSO provides specific guidance to DON personnel who want to file a claim with the Government for damage or loss sustained to the personal property incident to service and caused by fire, flood, theft, vandalism, natural disaster or other unusual occurrence. The claimant should file the claim at the Personnel Claims Unit (PCU) located in Norfolk, Virginia within two years from the date the claim accrues. RLSO provides also specific guidance to DON personnel who are required to file their household goods claims (HHG) directly with a Transportation Service Provider (TSP) and who desire to transfer all or a portion of that claim to the Military Claims Office (MCO). Your MCO is the Personnel Claims Unit (PCU) located in Norfolk, Virginia (non-Navy personnel can access the link to their respective MCO from www.move.mil). RLSO can provide claim packages together with information on how to file the PCA claims. The claim packages can also be located at www.jag.navy.mil (select “Claims” on the screen).

Please remember that there are three deadlines that cannot be missed when filing HHG:

- 75 days from delivery: loss or damage to an item must be reported to the TSP within 75 days from the date of delivery.
- Nine months from delivery: the claim must be submitted to the TSP within 9 months after the date of delivery, in order to qualify for the full replacement value (FRV) of lost or destroyed items.
- Two years from delivery: the claim must be submitted to the TSP or PCU within 2 years from the date of delivery.

Civilian employees stationed overseas, retirees, and activated reservists.

To make an appointment with a local national attorney – this consultation is at the RLSO Office, but is by appointment only and based on the availability of the Italian attorney.

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 dependents, designated state-side hire civilian employees stationed overseas, retirees, and activated reservists.

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 dependents, designated state-side hire civilian employees stationed overseas, retirees, and activated reservists.

U.S. Armed Forces personnel wishing to marry while stationed in Italy must apply for permission. RLSO will assist service members wishing to marry in Italy while stationed in Italy.
Legal Assistance appointments may also be conducted via remote services. If an attorney is unavailable or unable to assist you, the RLSO will connect you with a legal assistance attorney at another office within the AOR. You must use the RLSO spaces for your first remote appointment.

Other Walk-in Services

The RLSO provides several walk-in services at its front desk. Walk-in services do not require an appointment.

Walk-in services are available from 0830 to 1600, Monday through Friday. Generally, these services include: powers of attorney, notary services, affidavits, and basic immigration information. The legal office cannot certify copies of documents that were not produced by the legal office.

 Generally, these services include: powers of attorney, notary services, and basic immigration information (i.e. green card, naturalization). A power of attorney may be necessary, especially if a 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 are no longer issued unless there are extraordinary circumstances. The legal office does not recommend getting a general power of attorney as they and are not widely accepted. In most cases, a special power of attorney can be drafted that will protect the service member, and authorize the holder to complete all transactions listed.

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 the RLSO with IRS trained and certified volunteers from the community through the use of free online filing, though members of certain pay grades may be eligible for more in-depth assistance. 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 the RLSO at DSN: 624-2953/5258.

Defense Service Officer (DSO)

The Defense Service Officer (DSO) offers a variety of defense services, including representation at Special and General Courts-martial and administrative separation boards. The DSO also provides advice to individual service members 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).

The DSO does not have an office onboard NAS Sigonella, but individuals may schedule an appointment to talk to an attorney telephonically by contacting RLSO at DSN: 624-2953/5258. In the alternative, individuals may contact DSO North Detachment Naples directly at DSN 626-3131 to schedule an appointment.

Criminal Investigation Division (CID)

Criminal Investigations Division (CID) personnel conduct criminal investigations of a nature not falling within NCIS purview. This dedicated and professional group conduct interviews, interrogations, searches, and seizures. They are skilled at processing crime scenes, surveillance detection, and assisting NCIS. CID also maintains the NASSIG Evidence vault and runs the Lost and Found program. NASSIG Criminal Investigations 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, Djibouti, and other various high-threat zones, while providing protection for dignitaries both locally and internationally.
Force Protection

NAS Sigonella’s Force Protection (FP) Division is responsible for the coordination and implementation of DoD and USN Force Protection policies and directives to prevent hostile actions against all military members and civilian family members. Some of the policies implemented are: random searches, random drug tests, and random weapon checks. 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.

Navy College Office

Sailors and their family members seeking to earn a college degree will find both undergraduate and graduate programs available in Sigonella. Three regionally accredited institutions offer degrees and certificates under the terms of the Tri-Services Academic Contract: Central Texas College (CTC), Embry-Riddle Aeronautical University (ERAU), and University of Maryland University College (UMUC).

CTC offers face-to-face Associate of Applied Science degrees in Criminal Justice, Child Development, Fire Protection, Automotive Mechanic/Technician, Homeland Security and Emergency Management, and Hospitality Management in addition to a number of other degrees online. CTC has certificates in many fields including Emergency Medical Technology, Baking, Culinary Arts, and Basic Automotive Technician. CTC also offers non-credit, conversational Gateway to Italian online. CTC also offers introductory courses such as PRO 600 Communicating, Problem Solving, and Leading in Professional Fields are available to help students get on the right track for an MBA by refining leadership and critical thinking skills. For more information, contact a local UMUC Europe program coordinator at Sigonella.

ERAU offers Associate/Bachelor degree programs in Aeronautics, Technical Management, Aviation Maintenance, Business Administration in Aviation, and the Bachelor of Science in Aviation Security. ERAU also offers Master degree programs in Aeronautical Science, Unmanned Systems, Human Factors, and one certificate program in Aviation Maintenance Technology Part 65. Contact ERAU at: 624-4550, COM 095-564550, sigonella@erau.edu.

Through the Navy College Office, military personnel, civilians and their family members are able to pursue vocational certificates and associate, bachelor’s or master’s degrees. Navy College is available to assist all clients in developing and executing their education plans through one of the on-base education providers or through one of the many colleges and universities offering online programs. Counselors can assist in evaluating military service experience and training for college credit and can recommend college level testing programs, as appropriate. In addition, Navy College has information on tuition assistance programs for active duty personnel, Military Spouse Career Advancement Account (MyCAA) for military spouses, federal financial aid programs, veteran’s education benefits and many scholarship programs. SAT and ACT exams are offered to military personnel and proctoring services are available for all enrolled in distance learning programs.

The UMUC Sigonella National Test Center (NTC) offers on-site testing services that include College Level Examination Program (CLEP), DANTES Subject Standardized Tests (DSST), and Pearson Vue online examinations and certifications. These computer-based examinations are DANTES-funded for active duty military members and eligible civilian employees. The Navy College Office is located on the second deck of Building 318 on NAS 1.

NEWCOMER’S GUIDE TO SIGONELLA LAW & EDUCATION

UMUC offers a great variety of face-to-face and online classes that can be applied towards an associate degree in accounting, business and management, computer studies, general curriculum, Italian studies, and management studies. UMUC also offers undergraduate as well as graduate certificates to help set you apart from the crowd. Two popular programs include the award-winning cybersecurity bachelor’s and master’s degrees that prepare students for in-demand careers, and the Master of Business Administration (MBA). Introductory courses such as PRO 600 Communicating, Problem Solving, and Leading in Professional Fields are available to help students get on the right track for an MBA by refining leadership and critical thinking skills. For more information, contact a local UMUC Europe program coordinator at Sigonella.

Contact NCO at: DSN: 624-4514/4517, COM 095-564514/564517, Email address: nco.sigonella@eu.navy.mil

BEAUTY CENTER

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agostinowpl@katmail.com
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.

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.

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.

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 and their family members prior to their arrival to Italy.
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 095-86-2273 - 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. Questions concerning medical care should be directed to:

U.S. Naval Hospital, PSC 836 Box 2670 • FPO AE 09636-2670

Important Phone Numbers

Central Appointments - DSN 624-CARE (2273)/ Comm. 095-56-CARE (2273)
Emergency Department - DSN 624-3844

Emergency Department - Comm. 095-56-3844
Ambulance request line - DSN 624-1911/5255 or Comm. 095-86-1911/5255
Patient Administration - DSN 624-4842/Comm. 095-56-4842
Dental Clinic- DSN 624-4205/ 3848

Tricare Europe

TRICARE Europe offers beneficiaries two options in the TRICARE system. TRICARE Standard is your standard 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 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 plan.

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

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

Dental Care

Naval Hospital Sigonella offers routine and specialty dental care to eligible beneficiaries. It is important that prior to reporting to Sigonella, individuals complete the dental portion of their Overseas Screening, documenting good dental health without the need for follow-on care. At Naval Hospital Sigonella, the highest priority for dental treatment is given to active duty personnel and their family members. Retirees, DoD civilians and NATO personnel with their respective family members will be treated on a space-available basis.
Prosthodontics and Orthodontics are limited in their availability. Prosthodontics is limited by the demand of active duty personnel, who have first priority. Orthodontic care is provided on a limited, space-available basis for active duty personnel and their dependents only. Military Retirees, DoD civilians, NATO personnel and their respective family members are not eligible for Orthodontic care, even if initiated prior to receipt of their job assignments to Sigonella. Appointments may be made by calling the dental clinic directly at DSN 624-4205/3848.

Navy Exchange Sigonella

The Main Store Complex offers clothing for the entire family, shoes, jewelry, sporting goods, luggage, housewares, giftware, cosmetics, 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, iPads & iPods, Video Games & Consoles, Computer Accessories, Software & Games, DSLR & Digital cameras, Assorted Brand Laptops & Desktop Computers, Netbooks, Tablets, GPS devices, DVDs and CDs.

The Uniform Center is located inside the Main Store and carries Government issue and commercial uniform items. The Tailor Shop is also located with the Uniform Shop.

Outside the store on the walk-way are the following: Exchange New Car Sales, barber shop, beauty salon, business center, laundry/dry cleaning, pack-n-wrap, flower shop w/FTD service, photo developing, and optical shop, and 24/7 laundromat. Also included in the NEX complex is a food court that features Subway, BurgerKing and Cafe Italia Italian Cafe, and Taco Bell. Vodaphone is also located in the food court.

The Customer Service Department is located by the exit 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

Benvenuti a Sigonella
for home layaway, purchase automated 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: Saturday/Sunday/Holidays 1000-1800;
Monday-Friday 1000 – 1900.

Navy Lodge

The Sigonella Navy Lodge has 52 beautiful rooms available for reservations and is located on NAS I. Rooms are oversize 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 worldwide: US 1-800-NAVY INN; DSN 942-5173; DSN 624-4082.

Mini-Mart - NAS II

The Mini-Mart offers items of convenience, such as beverages, tobacco products, food items, candy, snacks, health and beauty aids, stationary, sporting goods, books and magazines. Utilize our red phone for toll-free calls to our uniform support center for special order items. For more information, call DSN 624-5885.

Other services offered at NAS II include: barber shop, Dry cleaning, Exchange New Car Sales, and Autoport (BLDG 522).


Chock Full O’ Nuts is a café that serves coffee and breakfast pastries, along with lunch items. It’s located on NAS 2 by the Air Terminal. Photo by MC2 Brian Glunt

Have a party with AL’s

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

CALL AHEAD, WE’LL HAVE IT READY!!!!
CALL 095-7848308 / 331-1008520

FREE DELIVERY EVERY DAY ON BASE NAS 2 & MARINAI
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, office furniture, and upholstered furniture. All authorized Navy Exchange customers are invited to shop. For details, call DSN 624-5791.

NEX Depot store hours: Monday-Friday 0900-1700, Saturday/Sunday 0900 - 1600

On Base Eateries

NAS I

NEX Food Court
Subway
Burger King
Caffè Italia
Taco Bell
Mid-Town – Piazza Pizza/Chock Full of Nuts Café
Library – Rosie’s Café
USNH Sigonella – Buon Java Coffee Bar

NAS II

Subway
Air Terminal – Chock Full o’Nuts
Big Al’s Restaurant
Ristorante Bella Etna (All-Hands Galley)

Important Telephone Numbers:
Main Store Customer Service: 624-4363
Flower Shop: 624-4384
Beauty Salon: 624-4234
Barber Shop/NAS I: 624-3770
Vodafone NAS I: 624-4493
Mini-Mart at NAS II: 624-5423
Uniform Center at NAS I: 624-5895
NEX Depot: 624-5791
NEX HR Office: 624-4276
Navy Lodge Front Desk: 624-4082
Autoport Service Desk: 624-2814
Europcar Car Rental: 624-5468
General Manager: 624-4379


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 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 www.mynavyexchange.com website located under “Work for us”.

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.

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 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, we request 10 days notice.

**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**

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<td>Sunday</td>
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<td>Monday</td>
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**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.

In addition to emergency communications, the Red Cross offers classes in CPR for Adults, Infants and Children, and First Aid and Safety; 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 824 BOX 17
FPO AE 09623

**You can contact us at:**

DSN Phone: 624-4900 from 8:00 to 4:30 weekdays; 877-272-7337 (24 hours a day, 365 days a year).

E-mail Address: sigonella@redcross.org

**Civilian Human Resources Office**

**Employment:** Naval Air Station Sigonella hosts a variety of DoD commands and activities that employ U.S. civilians and sponsored civilian/military family members. The U.S. civilian component positions are located in both Appropriated Fund (AF) and Non-Appropriated Fund (NAF) organizations. The Civilian Human Resources
The CHR office provides HR services including recruitment to fill local, U.S. appropriated fund positions. The most frequently available, local positions in the General Schedule (GS) pay system include Office Automation, Administrative Assistant, Child Development Assistant, Education and Training Technician, Recreation Assistant, Training Instructor, and similar positions. The number of civilian positions available to U.S. family members in Sigonella is limited and significantly lower than the number available in the continental U.S. (CONUS).

Eligible civilian and military family members interested in AF positions (GS) may apply by submitting a resume for positions announced locally. Each personnel office (i.e. CHR, MWR, NEX) requires various forms and documents when applying. Such information can be found in individual vacancy announcements. Regarding positions announced by CHR, prior to arrival overseas, family members who are permanent, AF employees who intend to immediately seek employment upon arrival in Sigonella, should contact their current personnel office to determine if s/he can be granted a period of leave without pay (LWOP) at the time of their PCS departure. A copy of the latest Standard Form 50 (SF-50) to establish status as a current or former federal employee is required when applying for a federal position. If one is not a current federal employee, the Fleet and Family Support Center (FFSC) offers a class on how to apply for federal (i.e. GS), NEX and MWR positions. The FFSC also offers individual counseling on resume writing, interviewing skills and job referral procedures.

Although there is no opportunity for employment of a U.S. family member on the Italian economy, employment opportunities are available with other on-base establishments that provide services to U.S. forces like the Navy.
Exchange (NEX) and Morale, Welfare & Recreation (MWR). Specific applications are required for NEX and MWR non-appropriated fund positions. Both the NEX and MWR advertise their specific vacancies separate from the CHR office. Application for NAF positions can be accomplished upon arrival.

The North Atlantic Treaty Organization (NATO) Status of Forces Agreement (SOFA) precludes any person who is either an Italian citizen or “ordinarily resident” in Italy from being hired into the U.S. civilian component. 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 without 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. In order to work with the U.S. Forces in Sigonella in a position designated for citizens of Italy and other European Union (EU) countries, the applicant must be a citizen of Italy or another EU country. Applicants holding dual citizenship of the United States of America and Italy are not eligible for employment. For spouses who are not U.S. or EU citizens, it is extremely difficult to find employment. Also, regardless of citizenship, most family members of contract employees are not eligible for federal appointment.

Depending on availability of 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 his/her own bank account so that salary payments can be deposited directly. The eligibility rules applicable to regular employment apply to this program as well.

Preference procedures apply to federal employment at NAS Sigonella, including the NEX and MWR. For example, Veteran’s preference 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 also has a “Military Spouse Preference (MSP) Program” and “Family Member Preference Program.” Under the MSP program, best 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).

U.S. family members who are employed overseas in federal positions will be appointed under a Schedule “A” appointment. This 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 on the position and length of employment, family members may be eligible for a non-competitive appointment in the competitive service upon return to CONUS. It is important to note that it is DoD/DoN policy to limit civilian employment to five years in foreign areas. 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. 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.

Finally, in addition to the requisites indicated above, 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 NATO 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, a VISA issued from the Government of Italy for “missione” purposes, and be issued a sojourner’s 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’s permit for employment. Tourists are not eligible for employment with the U.S. Forces in Sigonella, Italy.

If you are preparing to relocate to an overseas duty location or are already living overseas, you only need to visit www.USAJOBS.gov to find information on overseas employment opportunities. As the Federal Government’s official one-stop source for federal jobs and employment information, USAJOBS helps applicants conduct searches and apply for positions through a single, automated method. Applicants are strongly encouraged to store their appointment and preference documents in USAJOBS prior to relocating overseas so they will be readily available should they wish to apply for a job during transit. Further information concerning the Civilian Human Resources office can be accessed at the following website: http://www.cnic.navy.mil/regions/enreurafswa/installations/nas_sigonella.html.

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**Sigonella 205 Housing Complex**

**Apartments to Rent:**

- Villas on two floors, 2-3-4 bedrooms with backyard.
- Furnished or unfurnished units provided with A/C, power supply (220V and 110V), appliances and ADSL.
- Vast common areas, dog paths, playgrounds and barbecue areas.
- Maintenance and water included in the monthly rate.

**TLA:**

- 2-3 bedrooms fully furnished units completed with linens and cutlery, ADSL, A/C and daily maid service.
- “Swimming Pool NEW OPENING FROM JULY 2015”

**We accept all credit cards**

*Cida Fontanazza – SS 192 Km 76.6 (opposite to NAS 1 Gate - Sigonella)*

**Modica S. Anastasia (CT) Italy - Tel: +39 095 7130252**

www.sigonella205.com – gliujuyussr@hotmail.it
Personnel Support Detachment Sigonella

Personnel Support Detachment (PSD) Sigonella offers pay and personnel services, Educational Services (ESO), Official Passport, and Passenger Transportation requests to more than 30 tenant commands onboard and in support of NAS Sigonella. PSD Sigonella also provides support services to over 82 tenant commands serviced by Customer Service Desk Vaihingen in Stuttgart, Germany.

PSD Sigonella is located onboard NAS II, directly across from the AMC terminal. The PSD Sigonella satellite office (PSD Annex) is located onboard NAS I, next to the Post Office and across from Community Bank.

PSD Sigonella customer service hours are: Monday - Friday from 0900-1530.

PSD Annex provides limited ESO services such as administration of the Defense Language Aptitude Battery Test, Armed Forces Classification Test, ASVAB Test, Defense Language Proficiency Test, Aviation Selection Battery Test and the Officer Aptitude Rating Test.

Additionally, PSD maintains DEERS/RAPIDS for the issuance of ID Card and Common Access Cards (CAC) services to all uniformed active duty, reserve, GS employee, and contractor personnel and their dependents throughout the southern Italian region. Appointments for DEERS/RAPIDS, ID Card/CaC may be made at https://rapidsappointments.dmdc.osd.mil/appointments/default.aspx. Emergent issues and walk-ins will be taken on a case-by-case basis.

For more information concerning PSD Sigonella or to receive your Command Pay and Personnel Administrator’s information, please call 624-5651 or the PSD Sigonella CDO phone at +39-335-642-8274.

NASSIG Safety Department

The NASSIG Safety Department provides Occupational Safety and Health 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 team 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 safety training, confined space evaluations, respirator fit testing and training, workplace inspections, heat stress, indoor air quality, mishap investigation, explosive safety and traffic safety.

Our traffic safety section provides traffic safety training and Italian testing for new personnel and dependents. Prior to being permitted to operate a vehicle in Sicily, you must attend our Command Indoctrimination Driver Program tailored to the European environment. After successfully completing this course you will receive an Italian translation of your state side license for use abroad. Additionally we have certified motorcycle instructors and teach both the Level 1 Basic Rider’s Course (BRC) and the Level 2 Advanced Rider’s Course (ARC) for employees owning motorcycles or expecting to ride in Europe. Our traffic program is primarily run by volunteers so training seats are limited. If you are already a motorcycle rider make sure that you have a current BRC card or ARC training certificate, you will still be required to attend the ARC course before you can register your motorcycle in Sigonella. Training 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 risks 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.
Fire & Emergency Services

NASSIG Fire & Emergency Services (F&ES) is committed with providing protection of the lives and property of Naval Air Station Sigonella community from the adverse effects of fires, hazardous conditions, and various other emergency situations and provides ARFF coverage for a Category 4 airfield. The assigned firefighters perform at the Fire Fighter, Hazardous Materials Operations, and Airport Firefighter levels. Firefighters respond to a variety of different incidents, Aircraft Rescue Fire Fighting (ARFF), structural fire operations, rescue operations, and hazardous materials incidents. All emergency operations are managed utilizing the National Incident Management System (NIMS). F&ES also provides non-emergency services such as a fire prevention program, a training program, and community/public education programs.

F&ES operates from two fire stations servicing three separate geographical areas - NAS I (Support Site), NAS II (Operations Site) and Maranai (military housing site). Staffing for 7 days a week, 24 hours a day, 365 days a year consists of a combination of American civilians, Italian National civilians and U.S. Military personnel. All personnel are certified to National Standards for firefighting, emergency vehicle operations and control and command to ensure the highest level of protection is provided to the NASSIG community.

NASSIG F&ES maintains strong working relationships with the Italian “Vigili del Fuoco” firefighters and NATO partners.

Emergency Management

The Emergency Management Department of NAS Sigonella provides the community and installation with 911 emergency dispatch services, disaster preparedness training, CBRNE program management, and incident response and recovery coordination. The Emergency Operations Center is a key component in ensuring that your time at Sigonella is worry-free, and that Sig Citizens are well prepared to handle any natural or man-made hazards that may impact the community. The Emergency Dispatch Center staff is standing-by 24 hours a day, 7 days a week, and 365 days a year to promptly dispatch NASSIG fire, security, and medical emergency services to our community. Italian local-nationals are among the Emergency Dispatch Center staff and can provide immediate assistance in translation. NASSIG emergency medical services can be dispatched to within 30 minutes of NAS Sigonella, and the Emergency Dispatch staff will assist in coordinating local-national medical response if you are further from base.

Sicily boasts a dazzling and unique landscape and climate, but this allure comes at an expense in the form of natural hazards. In addition to the ever looming Mt.Etna, NAS Sigonella rests atop the fault line of two tectonic plates, placing us at risk for a devastating earthquake. Furthermore, the installation is situated in a particularly low-lying area that can be threatened by flooding during the rainy fall, winter, and spring months. NASSIG’s Emergency Management Department reminds you to be aware of all threats: natural or man-made, and be prepared to act in case of an emergency.

The Emergency Operations Center and Dispatch Center are located in building 463 on NAS II, on the flight line. The Emergency Dispatch Center is also open for receiving non-emergency calls, such as reporting suspicious activity or public disturbances that would require assistance. We ask that you use rationality when determining emergencies. For emergency preparedness questions and information, contact the Community Preparedness Coordinator.

Community Preparedness Coordinator:
Monday to Friday 0800-1600
DSN 624-8283  •  COMM +39-095-86-8283
Emergency Dispatch Center:
Emergency Line:   
DSN 624-1911  •  COMM +39-095-86-1911
Non-Emergencies: 
DSN 624-5225  •  COMM +39-095-86-5225

NAS Sigonella’s Security Department administers random breathalyzer tests, inspects vehicles, and maintains force protection conditions. Photo by MC2 Ramon Go
Welcome to MWR Sigonella

MWR’s mission is to provide top quality-of-life support through a wide variety of recreation activities, quality childcare, and entertainment services to forward deployed sailors and their families in Sicily. MWR aims 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 community festivals: Red, White & Boom and Autumnfest. 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 DJs.

Sig’s the Season creates a festive atmosphere to kick off the holidays. Community events include, a community tree lighting and Winter Wonderland. The entire event is held in the Midtown complex creating a home town feel for all. Sig’s the Season creates a festive atmosphere to kick off the holidays and an egg hunt in the Spring called “Eggstravaganza” where children can search for thousands of eggs filled with goodies.

Navy Community Rec also offer a variety of classes each month that include, Sicilian cooking, dance lessons, photography and photo editing lessons, that will help immerse you in your new adopted home.

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. Rob Lake, Mark Wills, and The Plain White T's are among some of the most recent celebrities and acts to visit NAS Sigonella.

Recreation

Navy Community Rec

MWR keeps the community entertained by coordinating a myriad of free events throughout the year. There are two big annual community festivals: Red, White & Boom and Autumnfest. The festivals are jam-packed with command and local organization-sponsored booths offering carnival games, tons of food with 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 DJs. Annual Community events include, a community tree lighting and Winter Wonderland called Sig’s the Season. The entire event is held in the Midtown complex creating a home town feel for all. Sig’s the Season creates a festive atmosphere to kick off the holidays and an egg hunt in the Spring called “Eggstravaganza” where children can search for thousands of eggs filled with goodies.

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Throughout the rest of the year, Sigonella plays host to a myriad of comedians, live bands, and American celebrities who stop by to pay tribute to the Navy community in Sigonella. Brett Eldredge, Hunter Hayes, B.O.B., Chef Robert Irvine and Tori Kelly are among some of the most recent celebrities and acts to visit NAS Sigonella.

Navy Community Rec is also your one-stop shop for adventure and local cultural activities! They offer countless ways to explore the island and beyond with a vast array of tours and outdoor adventures. NCR offers trips to local markets, wineries, ruins from when the Greeks, Romans and many other cultures ruled Sicily, World War II historical sites and even fresh historical sites, like Savoca, the setting of scenes from The Godfather. The day trips are a great way to explore the island with a tour guide and without the worry of directions, driving or parking. Extended trips are also offered throughout the year and include: Secrets of Sicily, Christmas in Rome, Thanksgiving in Tuscany, and a long weekend in Romania, just to name a few.
Sicily offers the perfect opportunity to take advantage of outdoor activities such as camping, hiking, paddle boarding, kayaking, cycling, snowboarding on an active volcano, or rent gear to go on your own adventures. This facility is loaded with kayaks, mountain bikes, tents, sleeping bags, coolers, grills, snowshoes, winter clothing and snowboards.

The NCR staff will help you arrive at your destination, whether you go on an escorted trip or on your own. Using the Create-a-Trip feature, you can even design a trip for yourself and your friends. Just let them know where you want to go and you can rent a van and driver! If you prefer to drive yourself to the destination, detailed driving directions are also available or you can rent a GPS.

For a list of monthly adventures and events, visit www.navymwrsgionella.com or like MWR Sigonella on Facebook.

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. On-base activities include bowling nights, block parties and BBQs. Among the top day trip adventures are Go-kart tracks, water parks, beach visits, ancient ruins and dine outs. For adventurous Sailors itching to travel, Liberty organizes weekend trips with Navy Community Rec. Come check us out at the Take 5 Recreation Center on NAS II.

Take 5

The Take 5 Liberty Center is a non-smoking, alcohol free recreation center for Liberty eligible service members. Take a seat on one of the plush leather couches or recliners and watch non-stop movies playing on the big screen, as well as TV’s scattered throughout the facility. Take 5 boasts a 12-station Internet center, free Wi-Fi and printing capabilities. The facility has many PlayStation and X-Box units with games available, as well as pool tables, ping-pong, and tournaments for the gaming enthusiast. This facility also houses the Liberty Single Sailor Program and offers information and sign-ups for recreation services offered on the island.

Library

The Library was the first of only two libraries in the Navy to achieve DoD 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, 50 audiobooks and CD’s to choose from. The Library has the complete list of CNO’s recommended reading, as well as 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. If interested, you can learn a new language while stationed in Sigonella with the Library’s Transparent Language program.

The Library is also your Internet hub on NAS I. It houses a 19-station Internet Center with printing and Scanning capabilities.

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.

This year Navy MWR Libraries has added a digital library that is available online 24/7/365! For an account with the MWR Digital Library, log in with your CAC to mwrdigitallibrary.navy.mil and set up an account in order to enjoy e-books, audiobooks, language learning, test prep, and research resources that support lifelong learning, and recreational reading.

Leisure Programs

SpareTime Bowling Center

Experts and beginners alike will enjoy hitting the certified 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, kid’s birthday parties, and command functions.

Marinai’s Youth Complex is home to the Teen Center for 11 to 18-year-old children still in grade school. The complex is fully equipped with the latest PlayStations, X-Boxes, televisions, games (foosball, ping-pong, pool tables) and a wide variety of other activities. Photo by MC2 Ramon Go
Auto Skills Center (ASC)

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

Midtown 2 Theaters

Catch the hottest same-day-as-in-the-states released movies at two state-of-the-art digital theatres. They have comfortable stadium seating, powerful sound, crystal clear 3-D pictures and a concession stand stocked with delicious snacks. Birthday packages are available and you can also reserve the theaters for private and command functions or trainings. Contact the theater manager to reserve either theater.

Connections

Located on NAS I, Connections features Frasier’s Pub, a non-smoking facility, that also has a recreation center for those 18 years old and above. Listen to music from the digital jukebox, while relaxing with a pint, soda or one of the featured Italian wines available for purchase. While enjoying your drinks you can play darts, pool or board games with friends. Connections has free Wi-Fi, desktop computers and printing capabilities. You can also enjoy the pool table or slot machines! The facility has many PlayStation and X-Box units with games available.

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 TVs and a state-of-the-art wall projection system to view televised sports broadcasts. Jox also hosts frequent billiard 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, hit the dance floor and bust a move, or relax and play some pool or slots. Jox is also a great place for private functions and birthdays.

Grinderz Skate Park

Sigonella has its 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 has been tested by celebrity skater Greg Lutzka. To skate at Grinderz you must wear a helmet!

Fitness

MWR MWR Fitness is proud to provide outstanding events and services for all military members, DoD employees, and their families throughout the year. The fitness department hosts an annual run/walk series starting in August that culminates in March with the iconic Base to Base 7.6 Run/Walk or Half Marathon. In addition to these Sigonella Run Series events they offer specialty events such as the Motta Trail Run/Walk, Splash and Dash and Row Swim. MWR Fitness offers fitness certifications throughout the year for those interested in learning more about fitness or who may want to instruct fitness
classes. They offer two Certified Fitness Leader (CFL) courses per year and Navy Operational Fitness & Fueling System certifications (NOFFS). Both fitness centers offer an extensive line of cardiovascular equipment, weight training and a group exercise room. They offer Massage, Ballet instruction for ages 3 to 12 years, and Personal Training by appointment. If you are interested in starting a new fitness routine, the knowledgeable and friendly fitness staff is ready to help.

Fit District
This fitness center is located in the Midtown Complex of NAS I and presents an extensive array of exercise options for all fitness levels. Its cardio area holds over 40 treadmills, elliptical trainers, stair climbers, E-Spinners, Jacob’s Ladder and stationary bikes. In addition to the large weight room area, they offer an indoor track, group exercise and indoor cycle room located on the second floor. On the ground floor we offer an indoor rock-climbing wall called The Cave, racquetball courts, and a full-size basketball court. The Fit District offers a variety of free fitness classes open to all patrons monthly. The locker rooms are spacious and include a dry sauna.

In 2012 the Fit District opened the Family Fitness Center, featuring dedicated space for children to play while the parent enjoys a workout. Family Fitness also features Hoist strength equipment designed specifically for youth, along with an “entertainment area” in the center. Please ask a front desk attendant for a tour of the facility.

Flight Line Fitness Center
The NAS II Flight Line Fitness Center underwent renovations and re-opened in Spring 2014. The center has an additional 1,600 sq. ft of space for equipment and programs! This fitness facility offers a wide range of cardiovascular fitness equipment including treadmills, elliptical, stair steppers, Concept 2 rowers, stationary cycles, and E-Spinners all located on the second floor. On our ground floor you will find four rooms filled with weight training equipment including benches, squat racks, and circuit training equipment. There is also an indoor basketball and racquetball court along with a Group Exercise/Multi-purpose and Indoor Cycle room for Command PT’s and Group exercise classes.

Splashes 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 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 lessons, lap swimming and swim workout assistance, incentive programs, and family nights during the summer. Splashes is a great place for summer time command functions and birthdays.

NAS II Pool
The NAS II Pool offers another avenue for our active duty personnel and their guests to get fit and stay healthy. This 6 lane pool is heated and open year round for Lap Swim. The facility is also equipped with a training tank for commands to utilize while stationed in Sigonella. MWR hosts summer nights for single and unaccompanied sailors to enjoy a movie while wading in the pool, and other competitions to entice our service members to try new activities. Contact the center for more information or to reserve either lanes or the training tank for command events/PT/PRT.

Child and Youth Programs

Child Development Centers (CDC)

Child Development Centers (CDC), located on NAS I is open Monday through Friday from 6:30 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. Childcare is available during the Indoctrination class – registration is required and space is limited. Make sure to register your child for care by contacting your sponsor or the Fleet & Family Support Center prior to your arrival. All Indoctrination registrations must be received by noon on the Wednesday prior to the start of class.

We offer full-time childcare, hourly care, and part-day preschool enrichment program. 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 (CDH) – (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. Shift work schedules are available.

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 CYP Director.

School Age Center (SAC) – (Ages 5 and in Kindergarten-12)

The School Age Center (SAC) Bldg. 318 is located in the community building on NAS I and has a full range of activities for school-age children. The SAC is home to our School-Age Care program, which provides before-school care from 6:30 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 SAC include water park day trips, ice skating trips, arts and crafts days, and piano lessons. During the summer, the SAC 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.

MilitaryChildCare.com

MilitaryChildCare.com (MCC) provides a single online gateway for families to access military-operated or military-subsidized child care options worldwide across all Services. The site enables families to create a household profile, conduct child care searches, submit requests for care, and manage their requests at any time and from any location. In order to process any registrations for CDC, SAC, or CDH each family must visit MilitaryChildCare.com to create their account and submit the required request for care.

Youth Complex – (Marinai Housing - Grades 6 – 12)

The Youth Complex in Marinai is the home of our Teen Center for Youth ages 11 and in the 6th grade through 18 years old and still in high school. The complex is fully equipped with X-Boxes, X-Box Kinects, PlayStations (2, 3, & 4), Wiis, Wii Fit, big screen TVs, computers, a pool table, a ping pong table, an air hockey table, a foosball table, an electric keyboard, a drum set, and an acoustic/electric guitar. The Youth Complex is Sigonella’s hub for our planned youth events. Come join us for excursions into town for activities such as go-karting, paintballing, dinners on the town, hiking, kayaking, paddle boarding, snorkeling, and much more! Affiliated with the Boys and Girls Club of America and 4H. Come in and join us for a Cooking Club, Technology Club, Art Club, Smart Girls, Keystone, Torch Club, Passport to Manhood, and many more exciting activities. All Youth ages 11 (and in the 6th grade) -18 (and still in High School) must be registered to participate. Registration packets can be picked up at the Youth Complex.

Youth Sports

Open to children ages 5 – 18; this program offers many sport seasons including soccer, basketball, t-ball, baseball, cheerleading, dodgeball and more. In addition to our Youth Sports, Sigonella offers START SMART, a program that promotes parent and child interaction while building confidence in a non-competitive recreational environment for ages 3 - 5. START SMART is designed to teach the basic fundamentals of youth sports. Parents must participate in each class as their child’s partner.
For the confidence to achieve your dreams, it has to be UMUC.

While stationed overseas, earn a career-relevant degree from a military-trusted public university.

Study where you serve and prepare for a career you want in the military and beyond in some of today’s most in-demand fields. University of Maryland University College offers both on-site and online classes in 90+ associate’s, bachelor’s, and master’s programs, so you have the ultimate flexibility to plan your education to fit your life.

With UMUC, you can count on individual support from dedicated advisors at your new duty station. We’ve been serving where you serve since 1947. We’ll be there, wherever your boots take you.

ENROLL NOW FOR CLASSES STARTING SOON IN SIGONELLA.

europe.umuc.edu/sigonella
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 Sigonella Community through information, education and counseling services. We are located at NAS I Building 319.

The FFSC staff offers an Intercultural Relations (ICR) class Bi-weekly for newcomers. This four-day class is mandatory for all U.S. Military personnel; other incoming personnel 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 cope with the symptoms. The second and fourth days consists of a field trip to help familiarize participants with the local area, the public transportation system and the wonderful Italian people. 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 Educator 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. In addition, sponsors are required to attend the monthly sponsorship program training aimed to provide knowledge and information emphasizing the importance of being a sponsor.

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. Transition GPS (Goals, Plans, Success): Navy leadership is committed to meaningful and effective transition assistance for all Sailors separating from the Navy, regardless of how long they have served.

Transition Goals, Plans, Success – or Transition GPS – replaces the 20-year-old Transition Assistance Program (TAP) and is designed to strengthen, standardize and expand counseling and guidance for Active and Reserve Sailors separating from the Navy after serving 180 or more days of active duty. As part of the Veterans Opportunity to Work (VOW) to Hire Heroes Act, Transition GPS took effect November 19, 2012 and was fully implemented in 2013.

*Image: The Fleet & Family Center offers counseling and many other helpful family-based services to the NAS Sigonella community. Photo by MC2 Ramon Go*
Transition GPS has four key components that significantly improve your transition support:

- Mandatory Pre-Separation Assessment and Individual Counseling.
- Mandatory 5-day Transition GPS Core Curriculum provides the following:
  - 1-Mandatory Pre-Separation Assessment and Individual Counseling.
  - 2-Mandatory 5-day Transition GPS Core Curriculum
  - 3-additional 2-day Career-Specific Curriculum (Education, Technical or Entrepreneurship) provides information tailored for your specific goals.
  - 4-Mandatory CAPSTONE event, presented by the Fleet and Family Support Center (FFSC), which must be completed no later than 90 days prior to separation in order to verify that you have met your Career Readiness Standards and received the transition services that you requested.

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

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) provides 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 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. The 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 New Parent Support Home Visitation Program (NPSHVP) at NAS Sigonella is a voluntary program for parents who are expecting and/or have children under the age of four. 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 Ombudsman program and Exceptional Family Member representatives. To contact FFSC, call DSN 314-624-4291 or commercial 39-095-56-4291.

**NAS Sigonella Command Religious Program**

The Religious Ministries Department is comprised of a team of dedicated professionals committed to carrying out the Command Religious Program and building the spiritual readiness of the NAS Sigonella community. We accom-
plish our mission by providing a diversity of meaningful worship and sacramental services, through pastoral care and counseling, and through educational and growth opportunities. Our ministry is augmented through the full-time services of a Director of Youth Ministries for middle and high school students, as well as a CREDO Facilitator. For a complete listing of scheduled worship services and programs please contact us for a brochure or visit us on Facebook at Naval Air Station Sigonella Chapel. There are many ways to volunteer within the chapel community. Teaching a class, serving on a community relations team, or supporting a wide variety of existing ministry positions are just a few of the ways to involve yourself within the life of the community.

Our chapels and office spaces are conveniently located on both NAS 1 (Bldg 317) and NAS 2 (Bldg 742). Please stop by for a visit when you are in the area or contact us at DSN 624-3975 (NAS I Chapel) or 624-2382 (NAS II Chapel) or via email at M-SI-CHAPLAIN-MANAGERS-GS@OCONUS.NAVY.MIL

The Navy-Marine Corps Relief Society

Since The Navy-Marine Corps Relief Society (NMCRS) provides financial assistance and education, as well as other programs and services, to members of the United States Navy and Marine Corps, their eligible family members, widows, and survivors. The Society’s mission has been to help each person who comes to us get support for their immediate needs. Our long-term mission is to help Sailors and Marines become financially self-sufficient by learning how to better manage their person finances and prepare for unplanned expenses.

For more than 112 years NMCRS has been making a difference for Sailors, Marines and their families, as a non-profit, volunteer service organization. If you are interested in volunteering with us stop by our office 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: Active duty and retired Navy and Marine Corps personnel and their eligible family members.

Interest Free Loans and Grants:
Financial Assistance for emergency and unexpected financial needs including; emergency travel, food, rent, utilities, essential vehicle repair, medical and dental co-pays, disaster relief assistance and funeral expenses.

Quick Assist Loans (QAL) – A “no questions” asked loan for up to $500.00 available to eligible service members.

Education Assistance program – Interest free loans and grants range from $500- $3,000 per academic year.

Budget for Baby Workshop – Help expectant parents prepare for the arrival of a new family member. Attendees receive a free Junior Sea bag with baby items and a homemade blanket.
Visiting Nurses – Free in-home visits by a registered nurse to provide health education, baby wellness check-ups and address other health issues.

Thrift Shop – Offering gently-used uniform items, clothing and household items at very low prices.

Contact Us: Navy-Marine Corps Relief Society
PSC 817 Box 2720, FPO AE 09627
DSN 624-4212; commercial 095-56-4212
Visiting Nurse: 335-740-6007
sigonella@nmcrs.org • www.nmcrs.org

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 (CONUS)- For individuals that have met criteria for substance abuse with an mild level of severity. It focuses on behavior modification and responsible decision making.
Level II: Intensive Outpatient (CONUS)- For individuals that have met criteria for substance abuse with an moderate level of severity. Treatment focuses on having individuals apply their newly acquired knowledge and skills within “real world” environments.
Level III: Inpatient Treatment (OCONUS/CONUS)- For individuals that have met criteria for substance abuse with an severe level of severity 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 at usn.sigonella.navhospsigoniellait.mesg.sarp@mail.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.
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 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, “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 language. 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. 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.

**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.

**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 Montalto 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 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 viceroy; 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 (Tri-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 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 Aolian isles). It became the characteristic attribute of Minerva, and the symbol of the island of Sicily.

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.

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.

Bargaining 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
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 09:30-13:30 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, 

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.
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 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 Wallmart-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 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.

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**Benvenuti a Sigonella**

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**Taco Bell**

**Hours of Operation**

**MON-SAT 10:00 - 19:30**

**SUN 10:00 - 18:30**

**Tel. 624-4213**

NEX NAS I Food Court - Building 225

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Special price for banquets and parties

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Tavola Calda: Literally, “hot table.” These are more 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.

Rosticeria (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.

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 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. Mealtime in Italy is a social time, and diners take their time between courses to converse and enjoy each other’s 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 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.

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

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 vinegarette sauce.

Mozzarella: A soft, white cheese. It usually means “mozzarella di bufala”, not the kind we are used to on pizzas in the U.S.

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.

Seafood: Many types of shellfish also are available as antipasti.

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.

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.

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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 side salad or potato or other vegetable; those you have to order separately.

Pasta dishes are usually described with two terms — 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 fettuccine 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...
**MEAT AND GAME (CARNE E CACCIA)***

**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.  
**Lucatelli:** Snailed.  
**Manzo:** Beef.  
**Pancetta:** Bacon.  

**Pollo:** Chicken.  
**Polpetta:** 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.  
**Taccia:** Turkey.  
**Trippa:** Tripe.  
**Vitello:** Veal.

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**FISH, SHELLFISH (PESCHE, FRUTTI DI MARE)***

**Acciughe:** Anchovies.  
**Alici:** An anchovy-like fish, usually served marinated as an appetizer.  
**Anguilla:** Eel.  
**Aragosta:** Spiny lobster.  
**Astice:** Maine lobster.  
**Baccalà:** Dried salt-cod.  
**Bianchetti:** Very small sardine-like fish, usually deep-fried.  
**Branzino:** Seabass.  
**Calamari/calamaretti:** Squid/baby squid.  
**Carpa:** Fresh-water carp.  
**Cefalo:** Hake.  
**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.  
**Granchio:** Most common term for crab.  
**Merluzzo:** Cod.  
**Nasello:** Hake.  
**Orata:** A fish similar to bream.  
**Ostriche:** Oysters.  
**Pesce Persico:** Fresh-water perch.  
**Pesce San Pietro:** John Dory fish.  
**Polipo:** Usually means octopus, sometimes small squid.  
**Potol:** Octopus.

**Ricci:** Sea urchins.  
**Rombo:** Turbot.  
**Salmone:** Salmon.  
**Sarago:** A small sea fish, resembling bluegill.  
**Spiedino Mare:** Mixed fish and seafood on a skewer.  
**Tartufi di Mare:** Sea truffles, a small clam.  
**Tonn:** Tuna.  
**Totani:** Small cuttlefish.  
**Triglie:** Red mullet.  
**Vongole:** Clams.

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**HERBS AND SPICES (ERBE E SPEZIE)***

**Aglio:** Garlic.  
**Basilico:** Basil.  
**Cannella:** Cinnamon.  
**Cistro di Garofano:** Cloves.  
**Erba Cipollina:** Chives.  
**Laurier:** Bayleaf.  
**Magiorana:** Marjoram.  
**Menta:** Mint.  
**Noce Moscata:** Nutmeg.  
**Orégano:** Oregano.  
**Pepe:** Pepper.  
**Peperoncino:** Chili pepper.  

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

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**Restaurant**  
**Sandwiches**  
**Pizzeria**  
**Irish Pub**

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**For Parties**

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Right across from NAS I Sigonella
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 “Mi lo può scrivere per favore?" 

**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 (SCHEDA PER IL PARCHEGGIO). Parking passes can be purchased at tabacco 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.

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### General Restaurant Terms

<table>
<thead>
<tr>
<th>Term</th>
<th>Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acqua:</td>
<td>water</td>
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<tr>
<td>Affogato:</td>
<td>poached</td>
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<tr>
<td>Affumicato:</td>
<td>smoked</td>
</tr>
<tr>
<td>Arrosto:</td>
<td>roasted</td>
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<tr>
<td>Il bagno per signore:</td>
<td>the ladies room</td>
</tr>
<tr>
<td>Il bagno per signori:</td>
<td>the men’s room</td>
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<tr>
<td>Ben cotto:</td>
<td>Well done</td>
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<tr>
<td>Bianco:</td>
<td>White (as in white wine)</td>
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<tr>
<td>Birra:</td>
<td>Beer</td>
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<tr>
<td>Bollito:</td>
<td>Boiled</td>
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<tr>
<td>Burro:</td>
<td>Butter</td>
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<tr>
<td>Agnello:</td>
<td>Lamb</td>
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<tr>
<td>Alla brace:</td>
<td>cooked over live coals</td>
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<tr>
<td>Caffè:</td>
<td>Coffee (espresso)</td>
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<td>Caldo:</td>
<td>Hot</td>
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<tr>
<td>Il cameriere:</td>
<td>The waiter</td>
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<tr>
<td>Cena:</td>
<td>Dinner</td>
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<td>Con crema:</td>
<td>With custard, milk etc.</td>
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<tr>
<td>Cotto:</td>
<td>cooked</td>
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<tr>
<td>Crudo:</td>
<td>raw</td>
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<tr>
<td>Fame:</td>
<td>hunger</td>
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<td>Ho fame:</td>
<td>I’m hungry</td>
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<tr>
<td>Al forno:</td>
<td>Baked</td>
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<tr>
<td>Farcitto:</td>
<td>Stuffed</td>
</tr>
<tr>
<td>Freddo:</td>
<td>Cold</td>
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<tr>
<td>Fritto:</td>
<td>Fried, usually deep-fried</td>
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<tr>
<td>Frizzante:</td>
<td>Carbonated</td>
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<tr>
<td>Grazie:</td>
<td>Thank you</td>
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<tr>
<td>Alla Griglia:</td>
<td>Grilled</td>
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<tr>
<td>Latte:</td>
<td>Milk</td>
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<tr>
<td>Menu del giorno:</td>
<td>menu for the day</td>
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<tr>
<td>Manzo:</td>
<td>beef</td>
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<tr>
<td>Marinato:</td>
<td>Marinated</td>
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<tr>
<td>Mi scusi:</td>
<td>Excuse Me</td>
</tr>
<tr>
<td>Naturale:</td>
<td>Natural</td>
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<tr>
<td>No:</td>
<td>No</td>
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<tr>
<td>Pane:</td>
<td>Bread</td>
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<tr>
<td>Passato:</td>
<td>Pureed</td>
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<tr>
<td>Per favore:</td>
<td>Please</td>
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<tr>
<td>Pesce:</td>
<td>Fish</td>
</tr>
<tr>
<td>A piacere:</td>
<td>of your choice</td>
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<tr>
<td>Pieno, ripieno:</td>
<td>stuffed</td>
</tr>
<tr>
<td>Piccante:</td>
<td>spicy</td>
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<tr>
<td>Pollo:</td>
<td>Chicken</td>
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<tr>
<td>Posso avere il conto?:</td>
<td>May I have the check?</td>
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<tr>
<td>Pranzo:</td>
<td>Lunch</td>
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<tr>
<td>Il Prezzo:</td>
<td>The price</td>
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<tr>
<td>Prosciutto:</td>
<td>Ham</td>
</tr>
<tr>
<td>Media cottura:</td>
<td>Medium rare</td>
</tr>
<tr>
<td>Quanto costa?:</td>
<td>How much does it cost?</td>
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<tr>
<td>La ricevuta:</td>
<td>The receipt</td>
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<tr>
<td>Ristorante:</td>
<td>Restaurant</td>
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<tr>
<td>Rosso:</td>
<td>Red (as in wine)</td>
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<tr>
<td>Sangue:</td>
<td>Blood</td>
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<td>Si:</td>
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<td>Sauteed</td>
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<tr>
<td>Spiedo:</td>
<td>Skewered</td>
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<td>Tritata:</td>
<td>Ground (as in meat)</td>
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<td>Uova:</td>
<td>Eggs</td>
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<tr>
<td>Vitello:</td>
<td>Veal</td>
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<tr>
<td>Vino:</td>
<td>wine</td>
</tr>
<tr>
<td>Vorrei:</td>
<td>I would like</td>
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SIGONELLA BASE COMMUNICATIONS OFFICE

**PACKAGE 1**
**TELEPHONE**
- Telephone Activation: **FREE**
- Telephone Monthly: **$2.14**
  * Local calls are 3 cents per minute
  * Calls to US are 4 cents per minute

**PACKAGE 2**
**TELEPHONE & ADSL**
- Telephone Activation: **FREE**
- Telephone Monthly: **$2.14**
- ADSL Activation: **$70.00**
- ADSL Monthly Charges: **$50.00**
  Total Monthly Charges: **$52.14**

**PACKAGE 3**
**TELEPHONE, ADSL, & BASIC IPTV**
- Activation: **$62.00** (for only 1 box)
- Additional boxes are **$34.00** each*
- Monthly: **$18.00**
- Additional box is **$5.00** each per Month*
  Total for Activation Monthly
  1 Box $62.00 $18.00
  2 Boxes $96.00 $23.00
  3 Boxes $130.00 $28.00
  TOTALS ARE FOR IPTV ONLY.
  PHONE AND ADSL ARE ADDITIONAL

**PACKAGE 4**
**TELEPHONE, ADSL, & PREMIUM IPTV**
- Activation: **$62.00** (for only 1 box)
- Additional boxes are **$34.00** each*
- Monthly: **$53.00**
- Additional box is **$5.00** each per Month*
  Total for Activation Monthly
  1 Box $62.00 $53.00
  2 Boxes $96.00 $58.00
  3 Boxes $130.00 $63.00
  TOTALS ARE FOR IPTV ONLY.
  PHONE AND ADSL ARE ADDITIONAL

*NOTE — Additional boxes are only permitted in Marinai housing with a limit of 3 boxes total

To activate any service please visit the BCO at Building 465 (Next to NAS 2 Fire Dept) or call to set up an appointment. 624-5562
NAVCOMTELSTA SICILY is the Activity Providing Base Communication Services at NAS Sigonella to include personal telephone, Internet(ADSL) and IPTV communications in on base living quarters. The Base Communication Office is located on NAS 2 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 I .......................... 0039-095-56-XXXX
  - NAS II / MARINA/NRTF Niscemi/Augusta pier site .... 0039-095-86-XXXX
  - Trouble Desk working hours 08:00/16:00 .......... 624-5561
  - Trouble Desk after working hours 16:00/08:00 .... 314-624-5553
  - Auto Attendant Directory Assistance .............. 0039-095-86-1110
  - BASE AMBULANCE; FIRE; POLICE ............. 095-86-1911

- **From CONUS To:**
  - NAS I .................................. 095-56-XXXX
  - NAS II / MARINA/NRTF Niscemi/Augusta pier site .... 095-86-XXXX
  - Trouble Desk working hours 08:00/16:00 .......... 624-5561
  - Trouble Desk after working hours 16:00/08:00 .... 624-5553
  - Auto Attendant Directory Assistance .............. 095-86-1110
  - BASE AMBULANCE; FIRE; POLICE ............. 095-86-1911

**DSN DIALING INFORMATION**

- **Within Italy to:**
  - NAS I .................................. 0039-095-56-XXXX
  - NAS II / MARINA/NRTF Niscemi/Augusta pier site .... 0039-095-86-XXXX
  - Trouble Desk working hours 08:00/16:00 .......... 624-5561
  - Trouble Desk after working hours 16:00/08:00 .... 624-5553
  - Auto Attendant Directory Assistance .............. 0039-095-86-1110
  - BASE AMBULANCE; FIRE; POLICE ............. 011-39-095-86-1110

- **From CONUS To:**
  - NAS I .................................. 011-39-095-56-XXXX
  - NAS II / MARINA/NRTF Niscemi/Augusta pier site .... 011-39-095-86-XXXX
  - Trouble Desk working hours 08:00/16:00 .......... 624-5561
  - Trouble Desk after working hours 16:00/08:00 .... 624-5553
  - Auto Attendant Directory Assistance .............. 011-39-095-86-1110
  - BASE AMBULANCE; FIRE; POLICE ............. 011-39-095-86-1911 or 00-39-095-56-1911

**EMERGENCY NUMBERS: SECURITY, FIRE, & AMBULANCE**

- **ON-BASE:**
  - AMERICAN RED CROSS .................................. 624-4900/4479
  - ASSISTANT COMMAND DUTY OFFICER (NASSIG): ... 335-130-5119
  - CACO .................................................................. 624-2071 / 335-642-8275
  - CACO ASST .................................................. 624-6880 / 335-578-9876
  - CARABINIERI – NAS I .................................. 624-4823
  - NAS II ......................................................... 624-5266
  - CHAPLAIN .................................................................. 624-3975/9049
  - CHAPLAIN DUTY ........................................... 335-531-4943
  - COMMAND DUTY OFFICER (NASSIG) .................. 335-130-5116
  - COMMAND MANAGED EQUAL OPPORTUNITY (CMEO): MILITARY ........................................ 624-9445 / 624-2790 / 335-193-8776
  - DAPA ........................................................................ 624-5287
  - EMERGENCY OPERATIONS CENTER (EOC): .......... 624-81839/1840
  - FAMILY HOUSING ECONOMY EMERGENCY ON CALL ........................................ 335-793-1579
  - FAMILY HOUSING ECONOMY EMERGENCY ON CALL ........................................ 335-802-8522
  - NMCRS: .................................................................. 624-4212
  - NMCRS – AFTER-HOURS EMERGENCIES CALL EDO PERSONNEL ........................................ 335-740-6007
  - OMBUDSMAN (NASSIG) .................................... 624-1382/624-1259/335-580-1269
  - PUBLIC AFFAIRS OFFICER .................................. 335-6986/335-831-4474
  - PUBLIC WORKS AFTER HOURS EMERGENCY SERVICES ........................................ 335-5020
  - SAPR HOTLINE .................................................. 0335-842-8132
  - DOD SAFE HELPLINE ........................................... 001-877-995-5247
  - SECURITY MANAGER ........................................... 624-5768

- **OFF-BASE:**
  - NAVSUP FLCSI LOGISTICS SUPPORT CENTER DUTY PHONE ........................................ 335-735-4963
  - NAVY MUNITIONS COMMAND DET SIGONELLA QUARTERDECK ........................................ 624-2119/5822
  - OPERATIONS DUTY OFFICER .................................. 335-128-1528
  - NAVSUP FCN LOGISTICS SUPPORT CENTER DUTY PHONE ........................................ 335-735-4963
  - HOSPITAL DUTY/QUARTERDECK .................................. 624-3842
  - CNE DET MAST DDO ........................................... 335-740-6001
  - NAVY MUNITIONS COMMAND DET SIGONELLA QUARTERDECK ........................................ 624-2119/5822
  - NAVY MUNITIONS COMMAND DET SIGONELLA QUARTERDECK ........................................ 624-2119/5822
  - CAGD ........................................................................ 624-4210
  - CARABINIERI - NAS I .................................. 624-7618
  - MADERNINA GATE .............................................. 624-4210
  - NAS II GATE ....................................................... 624-5266
  - VR Liaison 24hr Duty Number .................................. 335-723-5883

**QUICK REFERENCE**

**EMERGENCY SPECIAL SERVICE NUMBERS**

- QUARTERDECKS OR DUTY OFFICES
  - AIMD QUARTERDECK ........................................... 624-5432
  - AIMD AFTER HOURS ............................................. 335-654-5477
  - ACDO ...................................................................... 335-184-0993

- COMMUNICATIONS WATCH OFFICER (CWO – NAVCOMTELSTA) ........................................ 624-5553
- DEFENSE COURIER STATION AFTER HOURS DUTY COURIER ........................................ 335-606-2929
- DEFENSE DISTRIBUTION DEPOT (DDSI) After Hours ........................................ 624-5752
- EXECUTIVE TRANSPORT DETACHMENT (ETD) ........................................ 624-5752
- OPERATIONS DUTY OFFICER .................................. 335-128-1528

**PERSONAL COMMUNICATION INFORMATION**

The BCO provides telephone service, high-speed ADSL service and IPTV service activation is within three workdays. The BCO Intranet page 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 at http://188.45.220.71/.
AMC – TERMINAL SIGNONELLA ............................ 624-5576
• MILDENHALL ........................................ 238-2248
• NAPLES ........................................... 626-5283
• RAMSTEIN ........................................ 480-5966/5463
• ROTA .................................................. 727-3016
SHELL TRAVEL AGENCY ................................ 624-4388
AIR TRAFFIC CONTROL (ATC) .......................... 624-4279
• ATC ADMIN OPERATIONS ........................... 624-2928
• ATC BASE OPERATIONS ............................ 624-2408
• ATC FAX OPERATIONS .............................. 624-6008
• ATC LEADING CHIEF PETTY OFFICER .......... 624-2730
• ATCFO Operations .................................. 624-2532

BASE EDUCATION AND TRAINING ........................ 624-0521/0508/4696
• ADMIN .............................................. 624-4231
BIG AL’S ............................................. 624-5245

C9/C40 MAINTENANCE CONTROL VR ........................ 624-2025
C130 MAINTENANCE CONTROL VR ........................ 624-2636
CBNE .................................................. 624-5894
CENTRAL TEXAS COLLEGE .............................. 624-4306
CHAPEL (RELIGIOUS MINISTRIES DEPT) ............ 624-3975/9049
CNE DET MAST (JMAST) EUROPE ADMIN .............. 624-5804
COMMAND CAREER COUNSELOR (NASSIG) ........ 624-5587/5439/5924
COMMERCIAL EVALUATION AND REVIEW ............ 624-2729
COMMERCIAL BILL PAY BUSINESS FINANCIAL MANAGEMENT ........................................ 624-2567
• COMBINED TASK FORCE (CTF) 67
  • ADMIN .............................................. 624-5123/5129/5362
  • BATTLE WATCH CAPTAIN/WATCH FLOOR .......... 624-5120/5121
  • CHIEF STAFF OFFICER ............................. 624-5128
  • COMMAND CAREER COUNSELOR ................. 624-5236
  • EXECUTIVE SECRETARY ............................ 624-2967
  • SENIOR ENLISTED ADVISOR ...................... 624-5116

DEFENSE COURIER STATION SIGNONELLA ................ 624-5328
• ADMIN ..................................................................... 624-5328
• AFTER HOURS DUTY .................................... 335-606-0293
• COMMANDER ......................................... 624-5329
• OPERATIONS ........................................... 624-5958
• SUPERINTENDENT ....................................... 624-6350
DEFENSE ENERGY SUPPORT CENTER – EUROPE/AFRICA (DESC-EA-SI) ................................ 624-5790
DETMO BUS TRANSPORTATION OFFICE SIGNONELLA SCHOOLS ........................................ 624-3244
DISA COORDINATOR .................................. 624-5340
• DLA DISTRIBUTION SIGNONELLA
  • ADMIN .............................................. 624-9453
  • CUSTOMER SERVICE ................................. 624-5752/5717
  • INFORMATION SYSTEMS SUPPORT .............. 624-2611
  • INVENTORY DIRECTOR ............................... 624-6330
  • SECURITY AND SAFETY MANAGER .............. 624-9469
  • TRAFFIC AND TRANSPORTATION MANAGER .... 624-5942
  • WAREHOUSE CUSTOMER SUPPORT ............... 624-5752
DRMO CHIEF OSC .................................... 624-2642
DRMO EMERGENCY ............................................. 335-579-0412/73

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY .................... 624-4550
EMERGENCY MANAGEMENT .................................. 624-8328/2629
EEO NMC DET ........................................... 624-6419
• EXECUTIVE TRANSPORT DET
  • ADMIN OFFICE ........................................ 624-5289
  • ADMIN OFFICER ..................................... 624-5204
  • FLIGHT KITCHEN ..................................... 624-5469
  • M-7 SUPERVISOR ..................................... 624-6703
  • M-7 COMBS OFFICE .................................. 624-5349
  • maint admin/natops lpco/natops/training/supply etd ........................................ 624-5322

- OFFICER IN CHARGE ........................................... 624-5323
- OPERATIONS ........................................... 624-2332
- OPERATIONS DUTY OFFICER ....................... 335-128-1528
- OPERATIONS OFFICER .................. 624-5628
- QUALITY ASSURANCE OFFICER .............. 624-2587

FAX – ADMINISTRATION – NAVCOMTELSTA .................. 624-5540
FAX – AVIATION MED HOSPITAL .......................... 624-6919
FAX – BASE COMMUNICATIONS OFFICE .................. 624-2727
FAX – BASE COMMUNICATIONS OFFICE PRODUCTION ........................................ 624-6550
FAX – CENTER FOR PERSONAL AND PROFESSIONAL DEVELOPMENT (CPPD) .................. 624-4188
FAX – CMD SUITE HOSPITAL ................................ 624-4822
FAX – CNE DET MAST EUROPE ............................. 624-5610
FAX – COMMAND EVALUATION AND REVIEW ........ 624-5960
FAX – DEFENSE COURIER STATION ....................... 624-6351
FAX – DEFENSE DISTRIBUTION DEPOT ................. 624-9454
FAX – DEFENSE ENERGY SUPPORT CENTER - EUROPE (DESC-EU-SI) .................. 624-5750
FAX – DEFENSE REUTILIZATION OFFICE (DRMO) ........ 624-2641
FAX – DISIS HOSPITAL ................................. 624-4533
FAX – EXECUTIVE TRANSPORT DET (ETD) OPS ........ 624-2597
FAX – EXECUTIVE TRANSPORT DET (ETD) M7 ........ 624-5310
FAX – FACILITIES HOSPITAL ................................ 624-4584
FAX – FEAD (FACILITIES ENGINEERING ACQUISITION DIVISION – FORMER ROICC) ........ 624-2378
FAX – FEAD – EMERGENCY SERVICES .................. 624-4375
FAX – FIRE STATION NAS 1 ................................ 624-3706
FAX – FLEET AND FAMILY SUPPORT CENTER ... 624-4294
FAX – FLIGHT LINE CLINIC (HOSPITAL) ................ 624-6304
FAX – NAVY SERVICE DIVISION .......................... 624-2564
FAX – FUEL DIVISION – SUPPLY ....................... 624-6362
FAX – HOSPITAL QUARTERDECK ......................... 624-4597
FAX – HOSPITAL FISCAL .................................. 624-3898
FAX – HOSPITAL (MANAGEMENT INFORMATION SISTEMS DEPARTMENT) ............ 624-4694
FAX – HOSPITAL (MEDICAL SERVICES UNIT) ........ 624-4771
FAX – HRO (STAFFING/CLASSIFICATION) ............ 624-4166
FAX – HRO US/IN/DEPARTMENT EMPLOYEE/LABOR RELATIONS .................. 624-4186
FAX – LOCAL NETWORK SECURITY CENTER ........ 624-9215
FAX – NAS SIG ADMINISTRATIVE SERVICE OFFICE ........ 624-2330
FAX – NAVAL CRIMINAL INVESTIGATIVE SERVICE .... 624-783-2738
FAX – NAVCOMTELSTA PLANS AND PROJECTS .......... 624-6962
FAX – NAVCOMTELSTA NAVY RADIO TRANSMITTER FACILITY NISCEMI .......... 624-1061
FAX – NAVCOMTELSTA SUPPLY ........................ 624-6060
FAX – NAVCOMTELSTA TSCOMM ...................... 624-6555
FAX – NAVY COLLEGE OFFICE .......................... 624-4515
FAX – NAVCOMTELSTA NAVY RADIO TRANSMITTER FACILITY NISCEMI .......................... 624-6060
FAX – NAVCOMTELSTA SUPPLY ........................ 624-6060
FAX – NAVCOMTELSTA TSCOMM ...................... 624-6555
FAX – NAVY COLLEGE OFFICE .......................... 624-4515
FAX – NMCRS ......................................... 624-4554
FAX – Operations ....................................... 624-6663
FAX – WM ADMIN ....................................... 624-9163
FAX – PW ENGINEERING ................................ 624-2341
FAX – PW ENVIRONMENTAL .............................. 624-9601
FAX – PW FACILITIES SUPPORT CONTRACTS (FSC) .......... 624-2804
FAX – PW REAL ESTATE OFFICE .......................... 624-2818
FAX – PW SUPPLY ....................................... 624-5358
FAX – PW TRANSPORTATION OFFICE ................. 624-6115
FAX – RED CROSS ....................................... 624-4462
FAX – SAFETY DEPARTMENT ............................. 624-6268/095-783-5587
FAX – SECURITY DEPARTMENT ............................ 624-5094
FAX – SIGNONELLA ELEMENTARY SCHOOL ......... 624-4405
FAX – SIGNONELLA MIDDLE/HIGH SCHOOL ........ 624-3899
FAX – VP-PATRON ....................................... 624-5980
FAX – VR MAINT/OPS .................................... 624-6684
FINANCIAL ANALYST ..................................... 624-2567/6543/6541
• FIRE DEPARTMENT – NASSIG
  • ADMINISTRATION ASSISTANT ....................... 624-5191
  • ASST FIRE CHIEF .................................... 624-5191/2519
  • NAS 1 FIRE STATION – BATTALION CHIEF .... 624-4031
  • CAPTAIN – NAS 1 FIRE STATION ................. 624-3835
• FIRE PREVENTION DIVISION
  • CHIEF FIRE INSPECTOR ............................... 624-0530/0545
  • ADMINISTRATION FIRE CHIEF ....................... 624-6485
  • FIRE INSPECTOR (GS) ............................... 624-0531/0545
  • FIRE INSPECTOR (GN) ............................... 624-0531/0545
  • ITALIAN DAY ROOM ................................ 624-2418
  • LEADING CHIEF PETTY OFFICER .................. 624-6953
  • LEADING PETTY OFFICER ............................ 624-2546
### Conversion Tables

#### LENGTH

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### List of Advertisers

**Hotels/TLA**
- Country Hotel
- Gelso Bianco
- Magnolia
- Motta

**Restaurants**
- Alphio
- A Tumpulata
- Carlito’s
- Casablanca
- Days Inn Pub
- Del Duca
- Elle Haki
- Feelin’ Good
- Nerello
- Sette Piu
- Spaghetti
- Taco Bell
- Villa Pizza

**Dental Services**
- Navy Lodge Naples
- Navy Lodge Sigonella
- New Place
- Orange Park
- Pizzarotti
- Sagonella 205 Housing Complex
- L’Angolo di Dödé
- Preschool, Daycare
- L’Arcobalenò
- Babysitting in Marina
- Manson Dr. John Chiropractic Works
- Marchi Dr. Marcello Plastic Surgeon
- Mario & Brother Auto Repair
- Mario Iron Works
- MWR
- NEX - Beauty Salon (New Style)
- NEX - Big Al’s
- NEX - Chock full o’ Nuts Café
- Oasi Di Francesca - Agriturismo
- Omni
- Paletro
- Pane Caldo
- Pantellaro Homes for Rent
- Patria Winery
- Patriot Military Automobiles
- Pelton Oils
- Rizza Dr. Calogerò Dental Services
- Siportal
- Stella Dr. Marcello Plastic Surgery
- Subway
- Taxi Virgillito
- Torre Storte
- University of Maryland
- Vipcars
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- Within walking distance to the DoD school, NEX, and Commissary
- Oversize American-style rooms with kitchenettes and private baths
- Free local phone service and WiFi
- Pet Friendly Rooms Available
- Professional bi-lingual friendly staff
- Local attractions: Mt. Etna, Agrigento, Palermo, Messina, Cefalu, Siracusa, and Taormina

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Rota DSN 314-727-2643
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