

NAPOLI NAVIGATOR

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CAPTAIN'S CORNER

By Capt. Todd Abrahamson
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Fair winds and following seas and *Auguri* — to our very own, Commander, U.S. Naval Forces Europe and Africa and Commander, Allied Joint Force Command Naples, Adm. James G. Foggo III. Adm. Foggo has had an enormous impact on both our community and his area of responsibility both with the United States Navy and NATO members writ large. He has been uniquely qualified to have led our community for the past few years as he had served in Naples, Italy, on two prior occasions before this assignment: first as commander, Submarine Group 8, commander, Submarines, Allied Naval Forces South, and deputy commander, U.S. Sixth Fleet; and next as commander, U.S. Sixth Fleet, Naval Striking and Support Forces NATO. Congratulations and well wishes are also in order for Rear Adm. Matthew A. Zirkle, chief of staff, U.S. Naval Forces Europe and Africa, vice commander, U.S. Sixth Fleet, director, Maritime Partner Programs, U.S. Naval Forces Europe and Africa, as he too heads for retirement. Thank you both for your commitment to our nation and your dedication to making our country stronger in unity with our alliances. In turn, we welcome Adm. Robert P. Burke, relieving Adm. Foggo, to the area, as well as Rear Adm. Nancy S. Lacore, relieving Rear Adm. Zirkle, and their families. *Benvenuti!*

Thank you to each and every one of you who have been complying with CDC recommendations on wearing masks when physical distancing of 6ft/2m cannot be maintained. As a reminder, face coverings are still required upon entry to and at all times while inside Navy Exchanges and Commissaries. Out in town, Italian law requires masks be worn in indoor public areas and when social distancing of 3ft/1m cannot be maintained. Please continue to abide by these regulations both on and off base, and respect



service providers should they kindly remind you of their policies. I appreciate your efforts as we work together to maintain the health, safety and well-being of all our personnel and families.

Now that summer is in full swing, I hope all of you are taking advantage of life in Italy. To make this summer a safe and happy one, please keep in mind the following safety tips and my four do's: **do** the basics right; **do** the right thing; **do** respect yourself and your peers; and **do** enjoy what you do. With open beaches, BBQs and gatherings of friends, alcohol use will undoubtedly play a role in your festivities. Remember that the BAC limit for Europe is .05. The driver of any vehicle, including boats, should always avoid drinking alcohol. When participating in water-related activities, test the depth before diving, and never dive into rivers or other moving bodies of water. Do not leave children unattended near water for even a minute, and if your child is in the water, you should be, too! Finally, remember to warm-up before playing any sport and wear all the proper protective equipment required, including bicycle helmets when out for a leisurely ride. Enjoy everything our host nation has to offer, get out and meet new people (while physically distancing), see new sights and **do enjoy what you do.** ✨

U.S. 6TH FLEET HOLDS CHANGE OF COMMAND CEREMONY

By U.S. 6th Fleet Public Affairs | July 1, 2020

Source: www.c6f.navy.mil/Press-Room/News/Article/2243470/us-6th-fleet-holds/

NAVAL SUPPORT ACTIVITY NAPLES, Italy — U.S. 6th Fleet (C6F) held a change of command ceremony onboard Naval Support Activity Naples, Italy, July 1, 2020.

Vice Adm. Eugene H. Black III relieved Vice Adm. Lisa M. Franchetti as commander, U.S. 6th Fleet and commander, Naval Striking and Support Forces NATO.

“For 70 years, Sailors, Marines, Coastguardsmen and civilians just like you have connected their dot to 6th Fleet’s mission and legacy of delivering Power for Peace,” said Franchetti. “We have great subs, ships, aircraft, networks and weapons – but without people, without Sailors and their families, we can go nowhere and do nothing... and that is either definitive or glorious. Thank you for what you do every day to support the mission of the U.S. 6th Fleet.”

Adm. James G. Foggo III, commander, U.S. Naval Forces Europe and Africa (CNE-CNA) and commander, Allied Joint Force Command Naples, served as guest speaker for the event and presented Franchetti with the Navy Distinguished Service Medal for her actions while serving as C6F and deputy CNE-CNA.

“Under her command, interoperability with allies and partners has expanded and strengthened,” said Foggo. “During the coronavirus pandemic, she made sure the world knew that C6F was #Open for Business. Her innovation saw us operate throughout the theater despite the pandemic – Baltic Sea, Black Sea, east Mediterranean and the Barents Sea. It was an impressive operation that

was flawlessly executed. Lisa has been instrumental in all of this... You are a formidable operator, dedicated leader and consummate professional.”

Franchetti thanked her Sailors, civilians, subordinate commands and her staff for their hard work and dedication, and for leading the charge in C6F; adding, she has full confidence Black has the experience and capability to lead.

“Warfighting in C6F requires all hands on deck, and I will surely miss this as I transition to the Pentagon,” said Franchetti. “I can’t think of a better person to take over in my wake than Vice Adm. Gene Black... Having led the Dynamic Force Employment deployment of the Harry S. Truman Carrier Strike Group, Vice Adm. Black is well acquainted with the challenges and opportunities this region presents.”

In his remarks, Black briefly spoke about his goals as C6F.

“I remain convinced that our asymmetric advantage continues to be our people,” said Black. “Whether in uniform or civilian, staff or operating units, I have the utmost confidence that we will rise to any challenge. I am eager to work side-by-side with you as we take these on.”

He also thanked Franchetti for her leadership and guidance.

“You have been incredibly generous with your precious time preparing me for this command, both when I worked for you as your strike group commander and now as your relief,” said Black. “From the bottom of my heart, thank

you. You have a friend who will move mountains on your behalf.”

Black’s previous assignments include the Office of the Chief of Naval Operations – director of the Surface Warfare Division (N96); commander of Carrier Strike Group 8; deputy commander of U.S. Naval Forces Central Command/U.S. 5th Fleet; commanding officer of USS Mason (DDG 87); and commanding officer of USS Leyte Gulf (CG 55).

Franchetti’s next assignment will be as Deputy Chief of Naval Operations for Warfighting Development (N7) in Washington, D.C.

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.✴



Vice Adm. Lisa M. Franchetti, right, is relieved by Vice Adm. Eugene H. Black III as the commander, U.S. 6th Fleet during a change of command ceremony at Naval Support Activity Naples, Italy, July 1, 2020. U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests, security and stability in Europe and Africa. (Photo by Mass Communication Specialist 3rd Class Trey Fowler)

Teresa’s Italian Treasures: The Best Beaches in Campania

By Teresa Merola, Public Affairs/COMREL Specialist

The Campania region has so much to offer tourists. What is the best beach in Campania? It is difficult to choose! Along 350 km of coastline, you will find some of the most beautiful *spiagge*, delightful seaside villages and alluring islands in all of Italy. Of course, Capri and the Amalfi Coast should not be missed, but these luxe escapes are internationally known. Let’s discover the hidden gems of Campania together: from rustic fishing villages and houses posed precariously on rocky ridges overlooking the sea to the jagged coasts and coves of Cilento.

Cilento, in the province of Salerno, is definitely one of the most gorgeous and wild areas in the Campania region. With a variety of landscapes, lush nature and wonderful beaches, Parco Nazionale del Cilento e Vallo di Diano was declared a UNESCO World Heritage Site in 1998. In 2015, 10 Cilento beaches were recognized with the “Blue Flag” ecological award, thanks to the clear and clean sea, beaches, marinas and excellent quality services. These beaches, as well as the trekking trails nearby, are a must for visitors and locals alike.

Beginning in the north of the national park in Cilento lies **Trentova** beach in Agropoli. Here, the sea is crystal clear and blue. A little south, at the heart of this protected coastline, rests a vast stretch of soft, golden sand at **Marina di Ascea** beach.

In Palinuro, the beach of **Buondormire** is impressive for the incredible colors of the sea. The water is clear and emerald; the sand is golden and very fine. Nearby, the beach at **Arco Naturale di Palinuro** has been a set location in several films, including “Jason and the Argonauts,” “Hercules and the Captive Women” and “Clash of the Titans.” The beach is a mixture of sand and rock, and is famous for its picturesque arch. People especially enjoy the natural arch at sunset as light peeps through the monumental window.

Further down the coast, set just two kilometers from the town of Marina di Camerota, **Cala d’Arconte** beach sparkles with fine, golden sand and is characterized by a long, wide promenade. Also close to Marina di Camerota, **Cala Bianca** boasts a stunning white-sand and pebble beach.

Beach-goers have plenty of spectacular options along the coast of Cilento. Plus, the food and local cuisine will make for an unforgettable experience overall. Enjoy *e buone vacanze!* ✴

NAVY SUSPENDS FALL 2020 FITNESS CYCLE

By Mass Communication Specialist 1st Class Mark Faram, Chief of Naval Personnel Public Affairs | July 7, 2020

Source: www.navy.mil/submit/display.asp?story_id=113484

WASHINGTON (NNS) — The Navy has suspended the fall 2020 Physical Fitness Assessment (PFA) to minimize risk of Sailor exposure to the COVID-19 virus.

The suspension was announced in NAVADMIN 193/20 on July 7. This is the second consecutive fitness cycle suspended because of COVID-19 mitigation concerns.

When fitness testing does resume in January 2021, the plank will replace the curl-up for the first time, and the rowing machine will become an alternate cardio option as well, the message said.

“The COVID-19 situation requires that we continue to minimize risk to personnel, therefore all personnel will be ‘EXCUSED’ from participation in Navy PFA Cycle 2, 2020,” wrote Vice Adm. John B. Nowell, Jr., the Navy’s top uniformed personnel officer, in the message.

“Suspension includes both the official Body Composition Assessment and Physical Readiness Test components of the PFA.”

Sailors will automatically be marked as “EXCUSED” in the Physical Readiness Information Management System (PRIMS) for the cycle. As a result, Command Fitness Leaders must not make any official PFA entries in PRIMS for the official Navy PFA Cycle 2, 2020 because the Physical Readiness Program office will handle those updates.

The suspension also applies to organized or group physical training at the command level, including the Fitness Enhancement Programs, until further notice.

The only exceptions allowed will be for recruit training or if unit mission training requires such physical training sessions. In those cases, the exception must come from the appropriate Echelon II commander, who can also delegate the authority down to the first flag officer in the chain of command.

Unlike last cycle, mock PFAs will be allowed for Sailors needing to regain advancement and retention eligibility, as long as any local area and installation guidance and COVID-19 guidelines in effect are followed.

Also, all mock PFAs must be conducted as outlined in OPNAV Instruction 6110.1J, the governing guidance of

the Navy Physical Readiness Program with modifications as detailed in the NAVADMIN. The curl-up will not be performed to minimize risk to Sailors.

Though the fall cycle is now excused, Sailors still must make good choices in maintaining a healthy diet and exercise program to keep within Navy physical fitness standards, Nowell wrote in the message.

The message recommended Sailors use the Navy Operational Fitness and Fueling 5-week conditioning plan. This is available online at www.navyfitness.org/fitness/5-week-training-plan. The plan was developed by Navy Installations Command’s Morale, Welfare and Recreation Fitness Program to help Sailors maintain Navy physical fitness standards while reducing the chances for injuries.

When fitness assessments do resume in 2021, the Navy will begin phasing in previously announced testing changes. This means, for the first time, curl-ups will be replaced by the plank exercise, and the rowing machine will become an alternative cardio option. To give Sailors time to adjust to the new exercise, no plank failures will be counted during the first cycle the plank is implemented. Separate guidance on the implementation of the new events will be issued separately in September.

The latest DoD policies are at www.defense.gov/explore/spotlight/coronavirus.

For more news from Chief of Naval Personnel, follow us on [Facebook](https://www.facebook.com/USNavy) and [Twitter](https://twitter.com/USNavy), or visit www.navy.mil/cnp.

Get more information about the Navy from US Navy [Facebook](https://www.facebook.com/USNavy) or [Twitter](https://twitter.com/USNavy). ☀

Italian Phrase of the Month

nella botte piccola, c'è il vino buono

Literal translation: *in the small barrel, there is good wine*

English equivalent: *good things come in small packages*

NAPLES PUBLIC HEALTH EVALUATION – PUBLIC OUTREACH MESSAGE

How familiar are you with the requirement for bottled water at off-base housing?

The U.S. Navy is committed to ensuring our families are safe while serving at home or overseas. This message aligns with the NSA Naples commitment to promote awareness of important health information.

A comprehensive public health evaluation completed for NSA Naples in 2011 identified potential public health risks at some off-base housing locations, and implemented a number of “Enduring Processes” to reduce or eliminate potential public health risks. One of the most important Enduring Processes requires landlords to provide containerized (bottled) water from a Navy-approved vendor. This requirement is included in lease agreements for all off-base housing arranged through the NSA Naples Housing Office. You may not negotiate or agree to have this requirement removed from your lease agreement.

As additional information, drinking water supplies for Capodichino, Support Site (including base housing), SATCOM Lago Patria, Carney Park and Gaeta Olde Mill Inn are in compliance with US EPA DW standards, and the water is safe to drink. Tap water at Gaeta FLC is not fit for human consumption. Bottled water is supplied to Gaeta FLC. Irrigation water is not potable and is not fit for human consumption at any NSA Naples installation.

For additional Naples Public Health Evaluation information, including reports, fact sheets, FAQs and points of contact, visit: www.cnic.navy.mil/regions/cnreura/cenr/installations/nsa_naples/about/health_awareness.html.

If you have personal environmental health questions, contact the Preventive Medicine team at DSN 314-626-5486 or Comm. 081-568-5486.

For questions about protective measures implemented for off-base housing in the local community, contact the NSA Naples Housing Office at DSN 314-629-4410 or Comm. 081-811-4410.✴

NSA NAPLES PHOTO OF THE MONTH



Fireworks light up the sky above Naval Support Activity (NSA) Naples during Festa Americana, an annual event celebrating Independence Day, held this year onboard Support Site, Gricignano, Italy, July 4, 2020. NSA Naples is an operational ashore base that enables U.S., allied, and partner nation forces to be where they are needed, when they are needed to ensure security and stability in Europe, Africa, and Southwest Asia. (U.S. Navy photo by Mass Communication Specialist 1st Class Donovan K. Patubo)

NSA Naples Calendar Highlights

Date	Event	Host
July 17	Single Sailor Fiesta Dinner	USO
July 18	Movies Under the Stars: The Sandlot	MWR
July 22	Teddy Bear Club Picnic	USO
July 22	Yoga in the Park	USO
August 1	Movies Under the Stars: The Greatest Showman	MWR
August 15	Movies Under the Stars: Hidden Figures	MWR

Every Thursday: [USO Traveling Troop Lunch](#) - service members are invited to swing by the Capodichino Air Terminal Thursdays at 11 a.m. to grab a to-go lunch.

*** Remember to #BYOM - bring your own mask - to all events onboard NSA Naples! ***

All calendar highlights listed above are free, in-person activities for NSA Naples personnel or families. For more information, and to learn about other upcoming and virtual events, please contact the following organizations:

For USO services and programs, call DSN 626-5713 or 629-4903, or email usonaples@uso.org. Follow the USO on [Facebook](#) at www.facebook.com/usonaples.

For Morale, Welfare and Recreation (MWR) services and programs, visit www.navymwrnaples.com, or call DSN 629-4459 or Comm. 081-811-4459.

Follow MWR on Facebook at www.facebook.com/mwrnaples and www.facebook.com/ITT NAPLES.

For Fleet and Family Support Center (FFSC) services and programs, call DSN 629-6372 or Comm. 081-811-6372, or email ffscnsanaplesitaly@eu.navy.mil.

Follow FFSC on [Facebook](#) at www.facebook.com/NaplesFFSC.

For weekly updates on NSA Naples events and important dates, be sure to check out our PAO Notes. You can subscribe by sending an email to PAO_naples@eu.navy.mil.

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