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IN THIS ISSUE

PAGE 2

EMPOWERMENT IN EMERGENCY
PREPAREDNESS

PAGE 4

MILITARY LINGUISTS
APPRECIATION

PAGE 6

CONNECT TO PROTECT: SUICIDE
PREVENTION RESOURCES

and more...

NAVAL SUPPORT ACTIVITY NAPLES, ITALY

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CAPTAIN'S CORNER

By Capt. James Stewart
NSA Naples Commanding Officer

Yesterday marked the beginning of Hispanic Heritage Month. The Department of Defense celebrates and honors our service members who trace their roots to Spain, Mexico, Central America, South America and the Spanish-speaking nations of the Caribbean. The observance begins on Sept. 15 and ends on Oct. 15 in recognition of the independence dates of Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua on Sept. 15; Mexico on Sept. 16; Chile on Sept. 18. As of June 2018, approximately 59,000 active and Reserve Sailors of Hispanic heritage serve in the U.S. Navy. Their military service dates back to the Civil War and since then has continually improved the capability and influence of our nation's force. Onboard NSA Naples, our multiculturalism – our different backgrounds, experiences and skills – have created a community strengthened by diversity of thought and perspective. To participate in this important month and read about Hispanic heritage, stop by the libraries on Capodichino and Support Site to pick a book from their current displays. Also, keep an eye on the [NSA Naples Facebook](https://www.facebook.com/nsanaples) page and the Armed Forces Network (AFN), Naples, for spotlights on our Sailors with Hispanic heritage!

Friday, Sept. 18, is Prisoner of War/Missing in Action (POW/MIA) Recognition Day. On this day, the POW/MIA flag is required to be flown at designated federal government locations, including major military installations, national cemeteries, post offices, the World War II Memorial, the Korean War Veterans Memorial, the Vietnam Veterans Memorial and the White House. The POW/MIA flag, which reads "you are not forgotten," resulted from the efforts of family members whose relatives were being held prisoner or declared missing during



the Vietnam War. They wanted the public to be aware of their loved ones and sought a symbol to commemorate their sacrifices. The flag was flown over the White House for the first time in September 1982, making it the only flag other than the U.S. flag to be displayed there. NSA Naples will be flying the POW/MIA flag to pay tribute to our teammates who are still out there. More than 81,900 Americans are still missing from past conflicts. Take a moment this week to remember them and their families. For more information on POW/MIA, visit dpaa.mil.

Another notable date this week is the Feast of San Gennaro on Saturday, Sept. 19. San Gennaro is considered to be the patron saint and protector of Naples, and a ceremony will take place at “Il Duomo di San Gennaro,” the Cathedral of Naples, in his honor. Neapolitans visit the church to pray over vials said to contain the saint’s dried blood. Many believe his blood miraculously liquefies on this day to bring good luck to the city and guard against a catastrophic eruption of nearby Mount Vesuvius. Although the festivities are scaled down this year, this is usually a vibrant holiday, and you may still see decorations or a procession pass by while out in town. If you want to learn more about this fascinating local tradition, ask your Italian colleagues and friends how they celebrated last year! ✨

EMPOWERMENT IN EMERGENCY PREPAREDNESS

By NSA Naples Public Affairs | Sept. 1, 2020

With the onset of the worldwide coronavirus pandemic in March 2020, Sailors, civilians, local national employees, and family members onboard Naval Support Activity (NSA) Naples and its tenant commands were instructed to stay at home and only exit when absolutely essential for groceries or medical needs. Although members of the NSA Naples community were not stranded without access to food and water, supply shortages and a hesitancy to go outside certainly evidenced the necessity of community disaster planning and personal emergency preparedness.

Being prepared does not mean being afraid. It means understanding potential safety threats and making plans in advance on how to deal with problems and tragedies. In addition to ongoing risks regarding COVID-19 spread, other hazards in the Naples area may include [earthquakes](#), [volcano eruptions](#) or [flooding](#).

“I would like to encourage all NSA Naples families – whether you live on or off base – to come together throughout the month, learn about possible disasters, make family communication and meeting plans, and build emergency supplies kits,” said NSA Naples Commanding Officer Capt. James Stewart.

The first step in preparedness is [making a disaster plan](#). Families should discuss why they need to prepare for disaster, and parents should explain the dangers of fire, severe weather, earthquakes and other likely disasters to children. Everyone should plan to share responsibilities and work together.

“Everyone in the family should understand what

to do, where to go and what to take in the event of an emergency,” said Sean Quinn, the NSA Naples emergency management officer.

Families should pick at least two places to meet in case of an emergency: one just outside the residence, perhaps a specific tree or a neighbor’s house, and one further away, such as a community center or friend’s home. It may also be helpful to have an out-of-town meeting place. Make sure all family members know the addresses and discuss ways to get to each location.

Quinn noted, “Be sure to take into account any members of your family with special needs, specific preparations for children, and what you will do with your pets.”

Together as a family, **make a written communication plan**, and instruct each individual on who to call and how to communicate critical information in an emergency. Identify an out-of-town contact person with whom everyone should check in. Ensure that every family member has a copy of the communication plan, all important phone numbers, and a means of calling or messaging.

When communicating by cellphone, a text message may be best. In an emergency, cellphone towers may be overloaded or out. A text message requires far less bandwidth than a phone call. Also, if a text does not initially go through, it may save and automatically send as soon as service becomes available.

Service members may file a copy of emergency contact information with the command ombudsman and the command. They should place the form in a sealed envelope

with their signature across the seal. The envelope will only be opened in the case of an emergency.

After making meeting and communication plans, the next step is to **build a disaster supplies kit**. Households should [prepare an emergency kit](#) with essential supplies for each family member to survive for several days, plus medicine and items for anyone with special needs and pets.

“Because of the unique features and potential hazards in this region of Italy, it is recommended you plan for 14 days of consumables – food, water, batteries, etc. – in

addition to the other non-consumable items in the kit,” Quinn explained. “This will help with you and your family’s immediate needs being met with minimal reliance on others. This point is very important because the severity of an emergency event may be significant, and resources may be extremely limited and not immediately available to us.”

Families should be sure to place supplies most likely needed in an evacuation in a portable container, such as a camping backpack or duffel bag. They should also consider compiling a smaller kit to store in the trunk of their car.



Preparedness Empowers You It saves lives, property, and time.

Emergencies happen, often with little or no notice. By taking action beforehand you can be prepared for any emergency.

Be Ready Navy!
I am. Are you?

Emergency Kits

To fully prepare your family for an emergency, create one or more emergency kits well in advance of a crisis that include enough supplies for at least three days. If you live in a disaster-prone area (hurricanes, floods, earthquakes) consider extending your capability to five days. Throughout the year, your kit should expand and evolve depending on your family’s needs, the season, and the situation.

Because emergencies can happen with little to no advance notice, you may need to evacuate quickly and may not have time to gather or shop for supplies. It is recommended that you not only have kits at home, but portable versions that you can maintain in your car or at work. These kits will enable you and your family to respond to an emergency quickly and will be useful whether you have to shelter in place or evacuate.

What to Put in Your Basic Home Kit

Necessary

- ☐ Water—at least one gallon per person per day for at least three days
- ☐ Food—nonperishable food to support everyone in the household for at least three days (Include canned goods with low salt and high liquid content.)
- ☐ Manual can opener
- ☐ First aid kit
- ☐ Prescription medications—enough for at least three days
- ☐ Dust masks or cotton t-shirts for every member of the household to help filter the air
- ☐ Personal sanitation supplies—items such as moist towelettes (one container for every two people in the household), garbage bags, and plastic ties
- ☐ Flashlight—one flashlight for every two people in the household

- ☐ Battery-powered or hand-crank radio
- ☐ All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
- ☐ Extra batteries—sizes and quantities based on flashlights, radios, and other items in kit)
- ☐ Money (at a minimum, \$100 in local currency, small denomination bills)
- ☐ Wrench or pliers for turning off utilities
- ☐ Local maps and your family emergency plan
- ☐ Your command muster information
- ☐ Important personal and financial documents—printed copies or electronic copies on a durable storage media such as a thumb drive and stored in waterproof container

Additional

- ☐ Infant formula—enough for at least three days
- ☐ Diapers—enough for at least three days
- ☐ Food and water for your pet—enough for at least three days
- ☐ Items for individuals with special needs, such as wheelchair batteries or other medical equipment or supplies
- ☐ Paper plates, paper cups, plastic utensils, paper towels
- ☐ Disinfectant
- ☐ Matches in a waterproof container
- ☐ Whistle to signal for help
- ☐ Sturdy shoes
- ☐ Hats and gloves
- ☐ Sleeping bag or other weather-appropriate bedding for each person
- ☐ A weather-appropriate change of clothes for each person

Emergency Kits



Additional (Continued)

- ☐ Coats, jackets, and rain gear
- ☐ Fire extinguisher
- ☐ Paper and pencil
- ☐ Books, games, puzzles, toys, and other activities for children
- ☐ Any items necessary for a specific type of disaster and to assist you during electricity, gas, water, and sewage outages. Additionally, you may want to consider having supplies for sheltering for up to two weeks.

Portable Emergency Kit

- Take this kit with you when you are ordered to evacuate.
- Place items in a designated area that will be easily accessible in the event of an emergency.
- Make sure every member of your family knows where the kit is.
- If you are required to shelter in place, keep this kit with you.

Workplace Emergency Kit

- This kit should be portable enough to be maintained at your workplace; you may have to evacuate from work or shelter up to 24 hours.
- Make sure you include comfortable walking shoes in case you have to walk long distances.
- This kit should include, at a minimum, food, water, and a first-aid kit.
- Make sure you include your family's communications plan.

Vehicle Emergency Kit

- In the event that you are stranded while driving, keep this kit in your vehicle at all times.
- This kit should contain at a minimum: food, water, flashlights and extra batteries, first aid kit and necessary medications, signal flares, repair tools, portable AM/FM radio, seasonal items (coat, rain gear, engine fluids, shovel, ice scraper, warm clothes, gloves), comfortable/sturdy shoes, and blankets or sleeping bags. Also consider: cell phone and phone charger, reflective triangle, and baby formula and diapers if you have a small child.
- Make sure you include your family's communications plan.

Maintaining Your Kits

- Make sure to constantly evaluate your kit and their relevance to the threats in your area.
- Throw away and replace any expired or damaged medications, food, or water.

Finally, it is important to keep children involved in the family's emergency preparedness measures.

"Practice what you might do as a family in different emergency situations," said Quinn. "Let your kids ask questions and give their opinions regarding your plan's effectiveness. The more they talk about it, the more likely they will be ready when something happens."

Stewart also remarked on the value of preparedness. He said, "You and your family will feel empowered and ready to quickly respond in an emergency situation."

For more information and resources on preparedness, visit ready.navy.mil or ready.gov. To learn more about possible disasters local to the NSA Naples community and how to plan ahead, visit the [emergency management page](#) on the [NSA Naples website](#). ☼

MILITARY LINGUISTS APPRECIATION FOR INTERNATIONAL TRANSLATION DAY

By Alicia McNeely, NSA Naples Public Affairs | Sept. 16, 2020

Every year on Sept. 30, the United Nations observes "International Translation Day" in recognition of language careers. This date is the Catholic feast honoring St. Jerome, an Italian priest who translated books of the Bible from Greek and Hebrew into Latin during the fourth century. Today, St. Jerome is the patron saint of the Defense Language Institute Foreign Language Center (DLIFLC) and military linguists.

Linguists – although often invisible – are responsible for many of the resources that make living overseas more comprehensible and convenient onboard Naval Support Activity (NSA) Naples. Sailors, civilian employees and family members within the NSA Naples community take classes and converse with locals to learn Italian, but it takes years of studying and practice to even broach fluency. Navigating daily life in one's non-native language

is often challenging. Significant tasks, such as preparing housing contracts or dealing with a traffic accident, may be too difficult for novices. Thankfully, that is where the experts come in: professional translators and interpreters. Translators work with the written word, and interpreters with the spoken.

Onboard NSA Naples, Italian employees translate and interpret in a variety of settings. Interpreters assigned to the NSA Naples local dispatch center connect Americans with Italian first responders and facilitate communication between the parties in emergency situations. Translators throughout NSA Naples and its tenant commands support regular contact between military personnel and host nation authorities, analyze and explain Italian laws and protocols, and share significant base-centric announcements with area news outlets.

Teresa Merola, NSA Naples community relations specialist, studied languages – English and Spanish – and modern literature at L'Università IULM in Milan. As a liaison between the NSA Naples public affairs office and the Neapolitan community, she often translates installation information and press releases to disseminate to the local media.

“My translation work is very diverse. Recently, I translated the poem ‘Olde Glory’ from English into Italian for the change of command last month. It was particularly challenging because the American flag was personified, and I had to reverablize that in a creative way,” said Merola. “On the other hand, a few years ago, I translated a lengthy operational guide publication that was very technical. It was full of ‘military speak,’ and referenced specific organizations and strategies that are unique to the U.S. Navy. This kind of translation requires a lot of precision, preparation and research.”

In addition to local national employees onboard NSA Naples, Sailors throughout the Navy work as translators and interpreters behind the scenes and on the frontlines to ensure readiness, meet the mission, and carry out operations in foreign language areas and with non-English speakers.

One of these naval linguists is Chief Mass Communication Specialist John Hageman, assigned to Navy Public Affairs Support Element East Detachment Europe, Naples, Italy. Hageman grew up in Switzerland and France, and for a part of his life, French was his primary language. He has an associate degree in Mandarin and studied at DLIFLC. Since he is bilingual and learned in

a third language, he previously served as a lithographer on USS Theodore Roosevelt (CVN 71) and a cryptology technician (interpretive) (CTI) at National Security Agency/Central Security Service Hawaii, respectively.

“Originally I was used as the ship’s interpreter while in French speaking areas. I would translate pamphlets and such prior to arriving. Then, I would interpret for meetings, receptions and speeches,” said Hageman. “Once a CTI, I specialized in the analysis of foreign language materials and the preparation of statistical studies and technical reports. I translated, interpreted and transcribed foreign language communications data, analyzed and reported highly technical information of strategic and tactical importance to fleet commanders and national intelligence agencies.”

The work Hageman did and other military linguists do every day is no small feat: taking a word and rendering it into a different language is not straightforward. In Italian, the saying “traduttore, traditore,” or “translator, traitor,” suggests the idea that exact equivalents do not exist between languages. Cultural nuances, historical connotations and subtext are intricate parts of communication that create an inherent divide between what an author, or speaker, intends the meaning to be and how it is expressed in another tongue.

“There are a few rather challenging aspects to interpreting. Since it is real time, you must be able to convey not only the actual translation, but also the proper cultural context. What might make sense in one language, might not make any sense in the other,” said Hageman. “For example, the French saying ‘chercher la petite bête’ directly translated is ‘to look for the little beast,’ but what that means is ‘to find something to complain about.’”

Translators and interpreters are intermediaries, both in formal and informal contexts, and they engage with texts and conversations across various fields of knowledge. They may encounter specialized terminology that is unfamiliar even in their native languages, as well as slang words or idiomatic phrases used only in specific areas by particular groups.

“Most interpreters have a very large vocabulary in both languages, but there will be times where a speaker uses a word that you might be unfamiliar with,” said Hageman. “Especially when it comes to technical terms or some local colloquial sayings.”

Hageman noted that although at times complex, he

found his work rewarding, especially when it directly impacted naval success.

“When you are able to use your skills to get the missions done, you really get that sense of achievement,” he said. “You know that you are an incredibly valued member of the team, and they couldn’t do what they needed to without you.”

Multicultural and multilingual communications are vital in today’s military global operations. Thanks to the Sailors who provide high-quality translation, interpretation and language-related support to the fleet and personnel – along with the service of local national employees onboard NSA Naples and installations worldwide – the Navy is able to accomplish quotidian tasks and mission success across ships, across seas and across languages. ✨

CONNECT TO PROTECT: SUICIDE PREVENTION RESOURCES

By NSA Naples Public Affairs | Sept. 10, 2020

Suicide prevention is a Department of Defense (DoD) priority throughout the year, but during September – Suicide Prevention Month – the DoD brings added attention to the complex issue of suicide and emphasizes accessible resources and support systems. This year, the slogan, “connect to protect,” highlights the important role that connections to family, friends, community and available resources can play in preventing suicide. Research indicates that connectedness is a factor that can reduce the likelihood someone will consider or attempt suicide. Having social connections and a sense of belonging can be protective against suicide, while loneliness and feeling like a burden can increase the risk for suicide for some individuals.

Onboard Naval Support Activity (NSA) Naples, one of the primary mental health, resiliency and suicide prevention resources is the chaplain’s office. The NSA Naples chapel and religious services offer confidential counseling for service members, DoD civilian employees and contractors, as well as their families.

“Proverbs 12:25 says, ‘Anxiety in a person’s heart weighs it down, but a good word cheers it up.’ Both religious and non-religious people experience trials of life that, if not dealt with properly and professionally, can lead to suicidal thoughts and behaviors,” said Cmdr. Gary Foshee, NSA Naples chaplain. “During difficult times, chaplains help people navigate the turbulent waters of anxiety and depression, and who feel lonely, helpless and hopeless. Chaplains are trained to ‘meet people where they are’ which means, it doesn’t matter if a person is religious or non-religious. What matters most is getting the help and support you need to overcome your trials. Don’t let anxiety and the trials of life weigh you down for one more second. Stop by the chaplain’s office and let a ‘good word’ improve your life today.”

No matter the root of stress, anyone experiencing hardship – or trying to help a loved one cope – should reach out to the chaplain’s office for support. Additionally, the NSA Naples Fleet and Family Support Center (FFSC) provides individual, marital, and family counseling to adults and children with licensed clinical counselors. These services are free for all active duty, civilian employees, contractors and their family members.

As a community, it is important to focus on how to connect to protect service members and military families. We have a moral duty to protect each other – now more than ever. How can you support suicide prevention during Suicide Prevention Month and throughout the year?

1. Connect with yourself. It is important to focus on your own good health and wellness.

- Participate in spiritual or community activities and groups.
- Volunteer for causes or organizations that you care about.
- Spend time with friends and family members – whether in person or virtually.
- Seek support from peers, family or health professionals.
- Reach out to others.

2. Connect with others. Strategies to prevent suicide are not limited to when someone is at risk. There are lots of ways to be there for members of your community and strengthen connections. Show your support:

- Check in with friends and family. Let them know you care.
- Plan activities that you can enjoy together.
- Listen when someone wants to talk.
- Accept what someone has experienced without judgement.

- Resist the temptation to problem solve.
- Reassure them.
- Express care and concern.
- Encourage an individual to get help and stay in touch with friends and family.
- Get to know military and community resources.

3. Learn how to help. Warning signs can include:

- Expressing suicidal thoughts or making a plan for suicide.
- Withdrawing from family, friends or unit.
- Expressing feelings of hopelessness, helplessness or worthlessness.
- Talking about suicide or wanting to die.
- Sudden changes in mood or personality.
- **Speak up.** If you are concerned about someone, ask if they are thinking about suicide, have a plan and have the means, such as a firearm, medication or other methods of self-harm.
- **Listen and offer support.** Be calm and express concern. Take what they say seriously, and ask how you can help.
- **Take action.** If you are concerned an individual is at imminent risk for suicide, do not leave them alone.
 - **Seek help immediately.** Contact a crisis line, chaplain or local emergency dispatch.
 - Remove any weapons, drugs or other means of self-injury from the area, if possible.
 - If you are on the phone with an individual who you believe is in immediate danger, try to keep him or her on the line while someone calls for emergency help.
 - Ask if there is someone nearby who could offer support, and keep talking to the individual until help arrives.

If you, or someone you know, are in a crisis, there is help:

Call the **NSA Naples emergency dispatch** at +39-081-568-4911 or DSN 911.

Call the **Crisis Action Life Line**, a confidential suicide prevention intervention hotline, at +39-081-568-TALK or DSN 626-8255.

Call an **NSA Naples chaplain** for emergency assistance at any time by contacting the quarterdeck at +39-081-568-5547 or DSN 626-5574.

Call the **Veterans/Military Crisis Line** from anywhere in Europe at 00-800-1273-8255 or DSN 118 (press 1), or visit militarycrisisline.net to chat online, 24 hours a day, 7 days a week.

The NSA Naples community is encouraged to take steps this month and year-round to connect to protect with individuals, military families and loved ones.

For more resources and non-emergency support, please contact the following organizations:

The **NSA Naples chapel and religious services** offer confidential counseling for service members, DoD civilian employees and contractors, and their families. Suicide prevention materials are available in the chaplain's office. Contact the chaplain's office at +39-081-568-3539 or +39-081-811-4600, or DSN 626-3539 or 629-4600.

FFSC provides individual, marital, and family counseling to adults and children with licensed clinical counselors. These services are free for all active duty, civilian employees, contractors and their family members. Contact [FFSC](mailto:ffsc@eu.navy.mil) at +39081-811-6372 or DSN 629-6372, or email ffscnsanaplesitaly@eu.navy.mil.

Military OneSource provides 24/7 service to all active duty, National Guard and Reserve service members, and eligible family members for non-crisis concerns, such as relationship, family or financial challenges. Counselors offer information and make referrals on a wide range of issues including grief and bereavement. Arrange a remote counseling session with [Military One Source](https://militaryonesource.com) from Italy by calling 00-800-3429-6477.

Navy Region Europe, Africa, Central Chaplains Religious Enrichment Development Operation (**CREDO**) offers personal and spiritual growth retreats for military personnel, retired personnel and family members. Contact CREDO at credo@eu.navy.mil or by calling +39-081-568-5255.

Additional Suicide Prevention materials and resources can be found on the DoD's [Defense Suicide Prevention Office](https://www.defense-suicide-prevention.org) (DSPO) website at dspo.mil. ☀

SUICIDE PREVENTION MONTH

If you, or someone you know, are in a crisis, there is help.

NSA Naples Emergency Dispatch

+39-081-568-4911 or DSN 911

Military Crisis Line

00-800-1273-8255
or chat online
www.militarycrisisline.net

Crisis Action Life Line

+39-081-568-TALK or DSN 626-8255

#NAPLESINTHEKNOW

#BeThere

CONNECT TO PROTECT

CNREURAFCENT CREDO

Evidenced Based | CNIC Approved

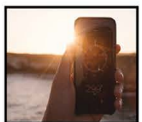
How to Understand Myself and Others ...

The Myers-Briggs Type Indicator is the most widely used business instrument for understanding personality differences, helping individuals develop ways to understand leadership styles and build cohesion.

Using the Myers-Briggs Indicator (MBTI)



Taught by
Certified
mbti Practitioners



Establish your Bearing
MBTI Essential 101
Instrument and Assessment

Participant will

- Take the Instrument
- Receive their basic assessment

Type Dynamics
MBTI 201

Prerequisite: MBTI 101



What Guides me?

This workshop helps participants understand ...

- How personality type preferences function in your life
- How the four functions relate to each other
- Communicate Patterns
- Aspects of your career you find motivating or stressful
- How we see and interact with the world



In the Grip
MBTI 301

Prerequisite: MBTI 101/201

Helps a person ...

- Consciously adapt to high stress environment.
- Identify our stress reactions
- Deal with the effects of chronic stress

Learn

- Personal Stress Triggers
- Mindful approaches for relating to others
- Effects of long-term stress in an organization

JOURNEY AHEAD



Have you ever wanted ...

To know yourself better?

To relate deeper with spouse, or your children? Or Co workers?

Do you sense anxiety when certain people communicate with you?

Find it hard to relate to certain people?

When you understand your type preferences, you can approach your own work in a manner that best suits your style.

Summary

By defining personality type, the MBTI® (Myers-Briggs Type Indicator) tool builds a robust foundation for life-long personal development.

MBTI provides a constructive, flexible and liberating framework for understanding individual differences and strengths.

Knowing about personality type can take you leaps and bounds in your understanding of yourself and others.

More than 60 years of Research and Development.

Two-million people plus complete the MBTI each year world-wide.

These CREDO Workshops will be held at all of CNREURAFCENT Installations.

Schedule

Time:

0830-1130

Location:

Bella Napoli Conference
Center Capodichino

MBTI 101-Basic MBTI

- 20 October 2020*
- 26 January 2021*

MBTI 201-Type Dynamics

- 8 December 2020*
- 23 February 2020*

Prerequisite MBTI 101

MBTI 301-In the Grip

- 9 March 2021*

Prerequisite MBTI 101 and 201

* Subject to change

HOW TO REGISTER

Email name and command DSN to:

CNREURAFCENT CREDO

314-626-5255/5321

081-568-5255/5321

Facebook: CREDO.EU

CREDO@EU.NAVY.MIL

Teresa's Italian Treasures: Neapolitan Superstitions

By Teresa Merola, NSA Naples Public Affairs | Sept. 16, 2020

Italian heritage is enlaced with superstitions, rites and symbols that reveal the heart and history of the country. Naples is a place surrounded by legends, mysteries and traditions. The city is full of superstitions that are expressed in rituals, behaviors, and hand gestures to chase away bad luck and the “evil eye.”

The evil eye superstition is based on the notion that one can cause harm to others – whether deliberately or inadvertently – by casting negative energy through a stare. Stemming from ancient beliefs, the Neapolitan “jettatura” evil eye superstition emerged in the 18th century. According to a legend, King Ferdinand IV died the day after a visit from Andrea De Iorio, a well-known archaeologist who was rumored to have cast the evil eye. Though the king most likely died of natural causes, De Iorio’s evil eye reputation was affirmed. From then on, amulets to bring good luck and protection arose in Neapolitan culture.

The horn or “il corno,” which is said to protect against bad luck and the evil eye, is the most common lucky charm found in Naples. Its origins date back to the Stone Age when Neolithic people would hang horns over their cave entrances to symbolize fertility. Today, the horn is red because this color signified victory over an enemy in the Middle Ages. It must also be hard, empty, twisted and pointed. The charm may only be received or given as a gift, not bought for oneself.

The horseshoe is another object believed to ward off the evil eye. During the time of the Roman army, only officers were allowed to ride horses, while legionaries had to go by foot. While traveling, clapping rhythms were incessant and silence only came when a horse lost a shoe. For this reason, the shoe was considered good fortune. Now, if a horseshoe is hung over a doorway in a u-shape, it will catch good luck; if it is upside down, good fortune is able to flow out and surround the home.

Among all the Neapolitan superstitions, those related to cooking play an important role in the well-being of the family. In ancient Rome, salt was considered a trading currency, and wasting it was essentially throwing away wages. For this reason, nowadays, spilling salt supposedly brings seven years of misfortune. The only remedy is to quickly pick it up and throw it over one’s shoulder. Oil, once considered to be liquid gold, was historically very valuable. Spilling it on the table today suggests one is doomed to misery and must leave home; the solution is to throw salt on the oil immediately. Another superstition is not to turn bread upside down because, in the past, overturned food was intended for the executioner.

Some Neapolitan superstitions are believed worldwide: one should not walk under a ladder, cross the road after a black cat has passed, nor open an umbrella inside the house, as well as breaking a mirror causing seven years of bad luck – seven years since that is how long it used to take to afford such a precious object. There is also a superstition that one should not place a hat on a bed because priests do this when they come to visit a sick or dying individual.

Alternatively, rather than knocking on wood, in Italy, one must “tocca ferro,” or touch iron to ward off misfortune.

Italian Phrase of the Month

in bocca al lupo

Literal translation: *into the mouth of the wolf*

English meaning: *good luck (similar to “break a leg”)*



Naval Support Activity (NSA) Naples Commanding Officer Capt. James Stewart speaks during his monthly radio talk show in the radio studio at American Forces Network, Naples, onboard the base Support Site, Sept. 14, 2020. (U.S. Navy photo by Mass Communication Specialist 1st Class Donovan K. Patubo)

HEALTHY RELATIONSHIP RESOURCES AND DOMESTIC ABUSE PREVENTION

By NSA Naples Public Affairs | Sept. 3, 2020

Military families often face many unique challenges – from frequent moves or difficult working hours to long deployments with limited contact – and the 2020 coronavirus pandemic has added new stressors into the mix. Some families have been separated due to travel restrictions, and others have been quarantined together inside for several months. These strenuous situations may effect relationships, especially spousal or intimate partner relationships. Although highs and lows are normal, everyone deserves to be healthy and safe in their relationships at all times.

Healthy relationships are defined by safe communication, trust, boundaries and mutual respect for one another. Through the Department of Defense (DoD) and onboard Naval Support Activity (NSA) Naples, there are resources to help couples strengthen their bond, improve their communication skills and build resilience together.

Throughout the year, Navy Region Europe, Africa, Central Chaplains Religious Enrichment Development Operation (**CREDO**) holds marriage enrichment and personal and spiritual growth retreats. Contact CREDO at credo@eu.navy.mil, or call +39-081-568-5255 or DSN 626-5255.

The **NSA Naples chapel and religious services** provide confidential counseling for service members, DoD civilian employees and contractors, and their families. Contact the chaplain's office at +39-081-568-3539 and +39-081-811-4600 or DSN 626-3539 and 629-4600.

The **NSA Naples Fleet and Family Support Center** (FFSC) offers free individual and marital counseling with licensed clinical counselors for all active duty, DoD civilian employees and contractors, and their family members. Contact **FFSC** at ffscnsanaplesitaly@eu.navy.mil, or call +39-081-811-6372 or DSN 629-6372.

Military One Source provides virtual relationship and family counseling for all active duty, National Guard and Reserve service members, and eligible family members. Arrange a remote counseling session with [Military One Source](#) from Italy by calling 00-800-3429-6477.

Unfortunately, unhealthy and controlling behavior can affect anyone – domestic violence does not discriminate. Domestic abuse can happen to anyone, regardless of race, age, sexual orientation, religion or gender. It can happen

to couples who are married, living together or dating, and it impacts people of all socio-economic backgrounds and education levels. Domestic abuse is a pattern of behavior that is used to gain or maintain power and control over an intimate partner. It goes beyond physical abuse to include emotional abuse and sexual abuse. Whenever an adult is placed in physical danger or controlled by threat or use of physical force by a spouse or intimate partner, she or he has been abused.

You may be in an emotionally abusive relationship if your partner:

- Calls you names, insults you or continually criticizes you.
- Does not trust you and acts jealous or possessive.
- Tries to isolate you from family or friends.
- Monitors where you go, who you call and who you spend time with.
- Controls finances or refuses to share money.
- Punishes you by withholding affection.
- Threatens to hurt you, the children, your family or pets

You may be in a physically abusive relationship if your partner has ever:

- Damaged property when angry (thrown objects, punched walls, kicked doors, etc.).
- Pushed, slapped, bitten, kicked or choked you.
- Abandoned you in a dangerous or unfamiliar place.
- Scared you by driving recklessly.
- Used a weapon to threaten or hurt you.
- Forced you to leave your home.
- Trapped you in your home or kept you from leaving.
- Prevented you from calling the police or seeking medical attention.
- Hurt your children.
- Used physical force in sexual situations.

Help for an unsafe or abusive relationship is available. If your partner's behavior makes you feel uncomfortable or anxious, and you are seeking ways to maintain your boundaries at home or make a plan for safety, reach out to a support service:

The [Family Advocacy Program \(FAP\)](#) provides counselors and victim advocates who can help develop a safety plan unique to you. Contact FAP onboard NSA Naples at +39-081-811-6533 or DSN 629-6533, or visit Support

Site FFSC in the Village Forum.

The **National Domestic Violence Hotline** has highly-trained advocates available 24/7/365 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. Visit thehotline.org to chat online, or call +1-800-799-7233.

If you are in immediate danger, or if your partner or spouse has threatened you, your children or someone you know – regardless of if you are on or off base – call the NSA Naples emergency dispatch at +39-081-568-4911.

The DoD is committed to preventing and responding to domestic abuse and intimate partner violence. Onboard NSA Naples, FAP efforts focus on strengthening family functioning and resiliency to increase the competency and self-efficacy of families. The FAP team is dedicated to domestic and child abuse prevention, education, prompt reporting, assessment, intervention and treatment. They provide families with counseling, supportive group services, and education on topics such as anger and stress management, parenting, and healthy relationships.

Victims of domestic abuse have two reporting options. All military medical aid and FAP services for victims are available with either choice:

1. An unrestricted report may be made to security, an ombudsman or the service member's chain of command, and it may be followed by administrative action.
2. A restricted report can ONLY be received by a FAP clinician, victim advocate or healthcare provider. This report allows the victim to seek medical services, counseling and other resources without involving the command or security in the incident.

A victim always has the option to change a restricted report to an unrestricted report.

Getting help for an abusive relationship is difficult, and during a global crisis it can be an even greater challenge. The public health measures designed to mitigate COVID-19 spread have created conditions of isolation and dependency that may contribute to domestic abuse. Stay-at-home orders increase risk factors for victims by keeping them in quarantine with their abuser and limiting their contact with loved ones. If you have a friend, family member or co-worker in an abusive relationship, it is critical to support them through this time.

- Ask them how they prefer stay in touch – whether it be by phone, text, social media or any other communication method that would be the least risky for them.
- Make yourself available for scheduled check-ins, so you will know if they are safe or if you need to call for help.
- Help them think through what dangerous situations may arise, and create a plan for how they can get through it safely.
- Reassure them that they are not alone. If they want to talk about the abuse, listen carefully and be empathetic. Let them know that the abuse is not their fault and that you believe them.
- Research and provide information on where they can seek further help. When you send this information, make sure you are communicating it safely to avoid raising suspicions.
- Do not pressure them to leave home nor the relationship when they do not feel ready.

We all have a responsibility to prevent domestic violence and build a healthy, safe community. For more information on relationships and domestic violence visit [Military OneSource](https://militaryonesource.mil) or the [National Domestic Violence Hotline](https://thehotline.org) online. ✨

OPERATION LIBERTY DURING COVID-19: PORT VISITS ONBOARD NSA NAPLES

By NSA Naples Public Affairs | Aug. 28, 2020

Port visits on deployment usually mean liberty filled with relaxation or exploring new places, but during the COVID-19 global health pandemic, ships have had to take precautions to ensure the health and safety of their crews, partners, and allies. When two ships pulled into the Port of Naples in August, Naval Support

Activity (NSA) Naples made it their mission to ensure a fun and safe visit for the Sailors where crews could still maintain their “bubble” of no outside contact.

NSA Naples supported two separate port visits for Sailors assigned to USNS Trenton (T-EPF 5) and USS

Hershel “Woody” Williams (ESB 4), Aug. 13 and Aug. 14, respectively. In accordance with COVID-19 restrictions, the crews enjoyed liberty at Carney Park, an NSA Naples recreational area located in an extinct volcanic crater.

Morale, Welfare, and Recreation (MWR) Naples, through close coordination with the visiting units and other NSA Naples partners, worked to meet the unique challenge of eliminating outside contact for the crews in order to ensure readiness.

“In this specific instance, MWR and its various partners and teammates on the installation quickly came up with plans to serve the crews of the USNS Trenton and the USS Hershel ‘Woody’ Williams safely with recreational programming, while also providing it in a safe bubble at Carney Park,” said Christopher Kasperek, MWR Naples community recreation director.

The NSA Naples public works department transported Sailors directly from the Port of Naples to Carney Park, where the crews had exclusive use of the entire park and its amenities.

During both visits, Sailors were able to take full advantage of all the facilities and sport courts at Carney Park. Some played golf at the nine-hole course and hit golf balls at the new practice facility driving range. Others spent their time roller blading and bicycling throughout the grounds, swimming in the Olympic-sized pool, and playing basketball, volleyball, football, and tennis. Lawn games such as cornhole and horseshoes were also set up for their use.

MWR also catered to those looking for a more relaxed time in port. The team set up sound systems outside for music, and the bar was open at the on-site clubhouse. Plus, free Wi-Fi was available. Meals were organized for the Sailors at the restaurant, and they could grill at the pavilions.

“Sailors from the USS Hershel ‘Woody’ Williams were able to enjoy food and beverages at Fairways Bar and Grill, as well as a barbecue provided by MWR,” explained Kasperek. “Sailors from the USNS Trenton enjoyed food and beverages from Fairways.”

In addition to MWR offering memorable days in a unique location, the Navy Exchange (NEX) and Commissary participated in the port visits to ensure Sailors’ needs would be met prior to getting back underway.

“We partnered with both ships and the Naval Supply

Systems Command Fleet Logistics Center to process orders for individuals on both ships so that they could receive personal care items and sundries while maintaining their ‘bubble,’” said Lisa Brennan, NEX Naples general manager.

The Naples Commissary offered a similar service: crew members aboard each ship were able to purchase food goods and necessities with contact-free ordering and delivery.

With private use of a golf course and swimming pool inside an extinct volcano, as well as deliveries of favorite pantry and toiletry items, NSA Naples was able to facilitate a successful and safe port visit for Trenton and Hershel “Woody” Williams crew members.

“The visits were a shining example of what makes NSA Naples truly special: a community of professionals working together to serve those that are carrying out the mission of our Navy,” said Kasperek.

Kasperek also noted that liberty may continue to look different as the Navy navigates deployments and port visits while also mitigating COVID-19 spread.

“It not only sets a precedence for future visits, it sets an expectation as well as an example of what can be done for future visits,” he said.

The mission of NSA Naples includes providing support to visiting units, and in coming alongside MWR and organizations such as the Commissary and the NEX, NSA Naples will be able to continue accomplishing this duty, even in the ever-changing times of the coronavirus pandemic. ☀



U.S. Navy Sailors and Military Sealift Command civilian mariners assigned to Expeditionary Sea Base USS Hershel “Woody” Williams (ESB-4) enjoy Carney Park, a Naval Support Activity (NSA) Naples 96-acre recreation area located within an extinct volcano crater, while maintaining their COVID-19 mitigation “bubble” during a port visit on their regularly scheduled deployment, Aug. 14, 2020. Many organizations onboard NSA Naples worked diligently to ensure a fun and safe visit for the Sailors in which the crews would still maintain their “bubble” of no outside contact. (U.S. Navy photo by NSA Naples Public Affairs)

NSA NAPLES PHOTOS OF THE MONTH



U.S. Navy Sailors stationed onboard Naval Support Activity (NSA) Naples take part in a 9/11 commemoration and wreath laying ceremony held in Pompeii, Italy, Sept. 11, 2020. The ceremony was held at the city's 9/11 memorial, a monument constructed with a salvaged fragment of the World Trade Center. (U.S. Navy photo by Mass Communication Specialist 1st Class Donovan K. Patubo)



Sailors assigned to U.S. Naval Hospital, Naples, Italy, muster for morning colors rendered with honor onboard Naval Support Activity (NSA) Naples, Sept. 11, 2020. U.S. Navy Medicine Readiness and Training Command, Naples, Italy, held morning colors with a 9/11 remembrance ceremony for the 19th anniversary of the Sept. 11, 2001 terrorist attacks on the World Trade Center, Pentagon and United Airlines flight 93. (U.S. Navy photo by Christina Clarke)

NSA Naples Calendar Highlights

Date	Event	Host
Thursday, Sept. 17	Coffee Connection	USO
Thursday, Sept. 17	Reel Times 2 Cinema: Trolls	MWR
Friday, Sept. 18	Newcomers' Cultural Assimilation Trip	FFSC
Friday, Sept. 18	Reel Times 2 Cinema: Spider-man Homecoming	MWR
Friday, Sept. 18	Movies Under the Stars: Top Gun	MWR
Saturday, Sept. 19	Reel Times 2 Cinema: Cloudy with a Chance of Meatballs	MWR
Sunday, Sept. 20	Reel Times 2 Cinema: Ferdinand	MWR
Wednesday, Sept. 23	Family Yoga in the Park	USO
Thursday, Sept. 24	CNE-CNA-C6F Hispanic Heritage Month Celebration	
Friday Sept. 25	Movies Under the Stars: E.T.	MWR
Sunday, Sept. 27	Family Bowling	USO
Tuesday, Sept. 29	Transition Assistance Program Workshop	FFSC
Wednesday, Sept. 30	Transition Assistance Program Workshop	FFSC
Friday, Oct. 2	Movies Under the Stars: Jumanji	MWR
Wednesday, Oct. 7	USA Jobs 101 workshop	FFSC
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](#).

For Morale, Welfare and Recreation (MWR) services and programs, visit navymwrnaples.com, or call DSN 629-4459 or Comm. 081-811-4459. Follow MWR at facebook.com/mwrnaples and 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](#).

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.



NAPLES PUBLIC HEALTH EVALUATION – PUBLIC OUTREACH MESSAGE

How familiar are you with the requirement for landlords to perform semi-annual water tank disinfection?

The U.S. Navy is committed to ensuring 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 clean and disinfect a home’s water holding tank and associated plumbing (if the house is equipped with a holding tank). Holding tanks must be cleaned twice per year and prior to the occupancy of a new tenant. Instructions for disinfection are available from the NSA Naples Housing Office.

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.

For additional NPHE information, including reports, fact sheets, FAQs and points of contact, visit:
www.cnic.navy.mil/regions/cnreura/cent/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 team at DSN 314-629-4410 or Comm. 081-811-4410. ☼



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