

# NAPOLI NAVIGATOR

## # NAPLES IN THE KNOW

Volume 1 | Issue 4 | October 2020





### CONNECT WITH US

 [facebook.com/nsanaples](https://facebook.com/nsanaples)

 [instagram.com/nsanaples](https://instagram.com/nsanaples)

 [www.cnic.navy.mil/naples](http://www.cnic.navy.mil/naples)

 Comm. 081-568-5907  
DSN 626-5907

 NSA Naples, Italy  
PSC 817, Box 1  
FPO AE 09622-0001

### IN THIS ISSUE

#### PAGE 2

A SAFE AND SWEET CELEBRATION:  
NAVY BIRTHDAY

#### PAGE 3

NSA NAPLES ENJOYS A TASTE OF  
HISPANIC HERITAGE

#### PAGE 7

NSA NAPLES CHIEFS MESS  
VOLUNTEERS AT CAROLINE AQUEDUCT

## NAVAL SUPPORT ACTIVITY NAPLES, ITALY

CAPT James Stewart  
CDR Stephen Polk  
LT Jamie Moroney  
MC1 Donovan Patubo  
Teresa Merola  
Alicia McNeely

Commanding Officer  
Executive Officer  
Public Affairs Officer  
Deputy Public Affairs Officer  
Community Relations Specialist  
*Napoli Navigator* Lead Editor

### CAPTAIN'S CORNER

By Capt. James Stewart  
NSA Naples Commanding Officer

Here in Italy this weekend - along with much of Europe - we will be gaining an hour of sleep as daylight savings ends on Sunday, Oct. 25 at 3 a.m. Remember to change your clocks back an hour on Saturday night before bed. When calling home, keep in mind that America does not change time until November. For about a week, we will only be five hours ahead of our friends and family on the east coast.

As we navigate these ever-changing and challenging times, I would like to remind everyone that there are still ways to relax and have fun. The base has several great recreational facilities that can be enjoyed by household bubbles with proper care and caution - such as wearing masks and making reservations ahead of time. Fall weather is perfect for a picnic at Carney Park, and the golf course and new disc golf course are both open for play. Onboard Support Site, Reel Times 2 Cinema offers free movie showings each week, along with their usual feature films. Families can also book lanes at Strikers Bowling Center, and the Spinz restaurant serves an all-day breakfast. While restrictions are getting tighter out in town, I am glad we are still able to maintain these services for our community.

I am asking all community members - service members, civilians, Italian employees and family members - please practice personal responsibility. This is a community effort, and we must remain vigilant. Keep your contact circles small, and protect your bubble. Wear your masks, maintain physical



distance of more than six feet from those outside your household, and wash your hands regularly. We will all get through this together!✱

## A SAFE AND SWEET CELEBRATION: NAVY BIRTHDAY ONBOARD NSA NAPLES

By Alicia McNeely, NSA Naples Public Affairs | Oct. 21, 2020

NAPLES, Italy – Naval Support Activity (NSA) Naples hosted a virtual celebration for the 245th birthday of the U.S. Navy, Oct. 13.

In years past, NSA Naples has held a formal Navy Ball in October in recognition of the Navy birthday, amongst other in-person heritage events. However, in order to prioritize the health and safety of personnel and families amid the coronavirus pandemic, an evening dance was replaced with an online affair.

Debuted as a Facebook Premiere event and streamed on Instagram TV, NSA Naples shared an original video commemorating the momentous date. Community members were able to tune in at 7 p.m. to watch together and engage in a social media celebration.

To kick off the festivities, NSA Naples Commanding Officer Capt. James Stewart welcomed viewers to the evening and reflected on the Oct. 13, 1775 congressional resolution that established what is now the U.S. Navy. Stewart also introduced guest speaker Adm. Robert P. Burke and this year's theme, "victory at sea."

"Not only are we celebrating the 245th birthday of the U.S. Navy, but also the 75th anniversary commemoration of World War II," said Stewart. "Since 1775, through today, American Sailors have stood the watch with honor, courage and commitment. Armed with honor, courage and commitment 75 years ago, 'The Greatest Generation' achieved victory at sea in World War II."

Adm. Robert P. Burke, commander, Naval Forces Europe-Africa, and commander, Allied Joint Force Command (JFC) Naples, spoke on the Navy – since its very beginnings – continually succeeding in the fight to protect the rights and liberties Americans experience today. Burke

encouraged Sailors to remember those who served in prior conflicts, embody their values and work hard each day to carry out the mission.

"In the midst of our great power competition against increasingly capable adversaries, those traits displayed by our Sailors at Normandy and Anzio, and on the high seas of the Atlantic and Pacific during World War II, traits like courage, innovation, and resolve may once again be the critical factors that ensure victory for our Navy," said Burke.

He also remarked on celebrating as a meaningful form of observance.

"Celebrate our heritage like we're doing now, joining together in gratitude of the freedoms Sailors have preserved for 245 years," said Burke. "Thank you. Thank you for everything you're doing. You really are making a difference, and I am so proud to serve alongside of you. Happy 245th birthday."

In his speech, Burke noted he was grateful to be able to come together as a community to recognize such a significant moment in naval history while staying safe.

"I want to give a special thanks to our terrific Navy Ball committee who put together a great program," said Burke. "I am glad we can still come together to celebrate our Navy while being mindful of taking every precaution to keep our force healthy and ready."

Following Burke, the broadcast also shared the Navy birthday messages from Secretary of the Navy, the Honorable Kenneth J. Braithwaite, and Chief of Naval Operations Adm. Michael Gilday and wife Linda Gilday, respectively.

In keeping with tradition, NSA Naples conducted a bell ringing ceremony to honor Sailors of the past and mark the beginning of a new year.

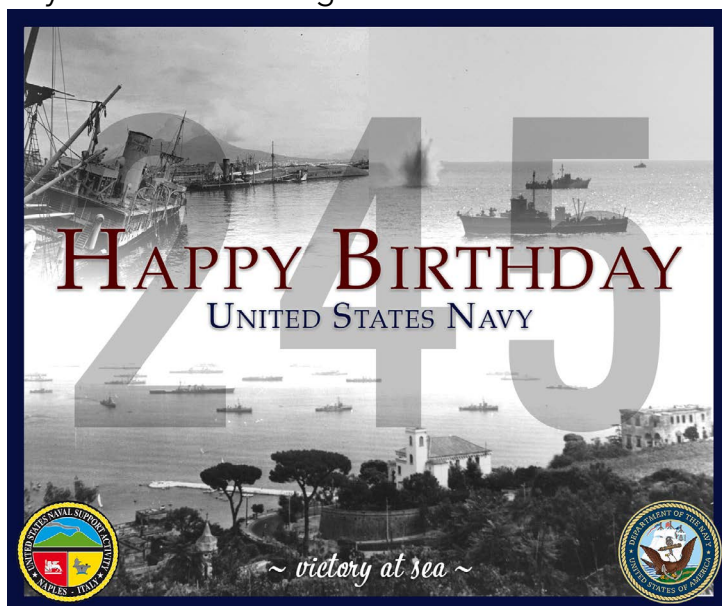
U.S. Naval Forces Europe Band played “Eternal Father Strong to Save” while the bells sounded, and they continued to perform throughout the remainder of the broadcast.

Service members and employees stationed onboard NSA Naples, Aviano Air Base, Comando Aeroporto Capodichino, and JFC Naples led toasts to each branch of the U.S. armed forces, as well as the Italian president and military. For the final tribute, a few enthusiastic barks from a tail-wagging military working dog were captioned, “A toast to the U.S. Navy!”

Like any proper birthday party, the celebration ended on a sweet note with a star spangled cake generously donated by the USO. Wearing

service dress blues and face masks, the oldest and youngest active-duty Sailors onboard NSA Naples used a sword to slice the cake along to an instrumental accompaniment of “Happy Birthday.”

Although masks were a new addition to the attire, this cake caking is an annual custom onboard NSA Naples and across the Navy. In this way, along with inspirational speeches from leaders and toasts for comrades, even as a video presentation with digital interaction, the spirit of the Navy birthday celebration prevailed. The community came together to remember and cheers to a 245-year legacy of honor, courage, commitment and victory at sea. ⚓



## NSA NAPLES ENJOYS A TASTE OF HISPANIC HERITAGE

By Alicia McNeely, NSA Naples Public Affairs | Oct. 21, 2020

Naval Support Activity (NSA) Naples observed Hispanic Heritage Month on base and virtually, Sept. 15 to Oct. 15.

The Department of Defense annually celebrates Hispanic Heritage Month to honor service members who trace their roots to Spain, Mexico, Central America, South America and the Spanish-speaking nations of the Caribbean.

Capt. James Stewart, NSA Naples commanding officer, introduced the month in his weekly Captain's Corner column and noted the importance of diversity on base.

“Onboard NSA Naples, our multiculturalism – our different backgrounds, experiences and skills – have created a community strengthened by diversity of thought and perspective,” he said.

During this month-long celebration of multiculturalism, the Morale, Welfare and Recreation (MWR) libraries arranged displays featuring books written by Hispanic authors, stories and bibliographies with Latino protagonists, and educational materials about Hispanic-American culture. Throughout a two-week span of the observance, NSA Naples community members checked out over 14



of these books. The readers' responses were positive as they engaged with recommended literature and discovered new authors.

"One person who read [Isabel] Allende's latest novel, 'A Long Petal of the Sea,' told me she likes her writing a lot because it is so descriptive, and her characters are so totally into the story that it captures the reader from start to finish," said Ciro Giordano, supervisory librarian of the MWR libraries onboard NSA Naples.

In addition to reading, library patrons were encouraged to fill out a quiz to learn a little about the history of Latin American countries and famous or historical figures with Hispanic heritage. Participants who answered all questions correctly received a new library book tote bag as a prize.

"Considering a substantial number of books were checked out from the collection and displays, and some folks did actually turn in quizzes, I believe that we were able to garner a bit of interest and at least make our patrons aware of Hispanic writers and their outstanding contribution to world literature," said Giordano.

As well as individual, in-person participation at the libraries, NSA Naples also celebrated the heritage month virtually. American Forces Network (AFN) Naples radio interviewed three Sailors of Hispanic descent who shared their experiences and culture with the community.

"We spoke about Salinas, Puerto Rico - which is where I spent some time growing up - and the culture of Puerto Rico," said interviewee Master-at-Arms 2nd Class Joshua Montalvo, assigned to NSA Naples security department. "I wanted people to get to know Puerto Rico like how I know it."

Montalvo, who personally commemorated the month by eating traditional dishes, also noted

the joy he finds in introducing his culture to others.

"I love sharing my love for the food and music of Puerto Rico," he said.

Master-at-Arms 3rd Class Jose Suazocordero, assigned to NSA Naples security department, is from the Dominican Republic and enjoyed a similar part of the interview process.

"I most enjoyed the fact that our community allowed me to speak and hear about the difference in culture," said Suazocordero. "I was most excited to share the traditional foods and dances we do."

Latino cuisine was a common thread between each AFN interview and the Hispanic Heritage month social media campaign. The NSA Naples Facebook page posted a spotlight on a Sailor who grew up in the Dominican Republic, and followers were able to read about his favorite customs and meals.

For a taste of these culinary traditions, the Facebook page also shared recipes that were submitted by community members with Latino roots, along with their childhood memories of cooking and dining with family. The recipes for Salvadoran "pupusas de chicarron" and Puerto Rican "arroz con gandules" were well received by the community with a plethora of likes, comments and shares.

Thanks to social media engagement and the efforts of the MWR libraries and AFN Naples, community members successfully came together to commemorate the customs and achievements of Sailors and families with Hispanic heritage, while physically distancing. NSA Naples library patrons, radio listeners and Facebook followers were able to read, learn and eat their way through the month, celebrating diversity together on base and online. ✨

### *Italian Phrase of the Month*

#### **piove a catinelle**

Literal translation: *it is raining washbins*

English equivalent: *it is raining cats and dogs*

Ciao Team Naples,

Autumn is here and in full swing: the days are getting shorter and temperatures are beginning to fall. As these seasonal changes impact energy consumption - how long lights are on during dark evenings and using heaters - October is a fitting time to observe Energy Action Month.

The purpose of Energy Action Month is to promote sustainability and energy efficiency, as well as the smart use of energy, water and transportation resources. I would like to encourage the U.S. Naval Support Activity (NSA) Naples community to pay attention to energy usage and strive to develop energy efficient practices at home. For example, remember to turn off lights when you are not in a room, and consider wearing an extra layer around the home instead of cranking up the thermostat. Electronics can pump up the energy bill no matter what time of year, so be sure to unplug the TV and gaming system before heading out for the day. Other simple actions to save on energy and water include taking shorter showers, walking up the stairs in lieu of taking an elevator and embracing the Italian custom of air drying laundry outside.

Energy awareness is also critical within the military. Energy enables the Navy to accomplish its mission - to provide the global presence necessary to ensure stability, deter potential adversaries and present options in times of crisis. Improved efficiency and increased utilization of renewable energy is advantageous on an operational and economical front. Diversifying our energy supply, transforming energy usage and innovating our systems improves resiliency, both in maintaining operations during potential outages and continually providing reliable sources of energy and water to our facilities and Sailors.

Since last summer, NSA Naples has been undergoing an extensive construction project that is designed to reduce energy consumption by close to 30% and save more than \$40 million in utility costs over its lifetime. Most significantly, a tri-generation plant is being installed near the East parking garage at Capodichino. This plant will use natural gas to generate electricity and recover thermal energy from various buildings; the recycled energy creates heat and cooling. The project also includes upgrading faucets to automatically minimize water flow, and replacing old lights with LED fixtures and sensors, amongst other improvements around the installation.

All steps - large and small, on base and at home - towards energy efficiency and sustainability make a difference. I urge you all to take time this month to evaluate your daily routines and make a change to lessen your energy usage. Not only will this help the environment, it may also save money and improve your health along the way.


Very respectfully,  
Capt. James Stewart  
NSA Naples Commanding Officer





# UNPLUG

SAVE THE ENVIRONMENT AND YOUR WALLET

## ENERGY ACTION MONTH

Oct. 26 - Oct. 30





All plugged-in appliances draw a small amount of "vampire current" when not in use. This wastes electricity and money!

UNPLUG ALL APPLIANCES AND ELECTRONICS WHEN NOT IN USE

## TERESA'S ITALIAN TREASURES: COFFEE CULTURE

By Teresa Merola, NSA Naples Public Affairs | Oct. 21, 2020

The history of coffee in Naples dates back to the reign of King Ferdinand IV of Bourbon. The king's wife, Queen Maria Carolina of Habsburg, introduced Viennese customs to the court, including coffee bought from Venetian merchants. Although already known in the Kingdom of Naples, coffee was not very popular as it was thought to be bad luck and the drink of the devil. However, this mindset – and Neapolitan culture – changed forever in 1771. The monarchs hosted a ball at the Royal Palace of Caserta where servers dressed in white jackets served coffee to guests throughout the evening.

Since then, Neapolitans have excelled in coffee making thanks to their specific roasting practices. After a few days of rest, the oils in the roasted beans enhance and release rich aromas that create a robustly flavored drink. For this reason, amongst many others, Italy is vying for its espresso ritual to claim a spot on the UNESCO Intangible Cultural Heritage list.

For many Italians, this espresso ritual is a daily occurrence: a coveted moment to sip a good *caffè*, chat with friends or colleagues, or quietly relax. A coffee break is not just about a caffeine kick; drinking coffee is first and foremost a pleasure. Even in the smallest cup, coffee is meant to be slowly sipped and fully savored.

Throughout Italy, coffee is typically enjoyed *al banco*, at the bar, with friends. When entering *un bar*, or a *café*, patrons typically choose what they would like to order and pay at the cashier to get a receipt. Then, they place the receipt on the bar with a small tip of about 20 cents. The barista serves the coffee directly at the counter where customers stand up as they sip and socialize. For those who want to stay longer, patrons may choose to sit at a table. In this case, a server takes their order at the table, and they pay at the end.

In Naples, how coffee is served and consumed is a precise art. A shot of espresso is always preceded by a glass of sparkling water, which must be drunk beforehand as to not ruin

the lingering, delightful aftertaste of coffee. Moreover, espresso is traditionally served in a heated porcelain cup. The local tradition of *un caffè sospeso*, a suspended coffee, is a noble gesture. So that no one is denied access to their beloved espresso, Neapolitans may anonymously pay for an additional coffee that someone less fortunate can then order and enjoy later.

Although espresso is the classic way to drink coffee, Italians also order many other variations with different flavors, ingredients, temperatures and even styles of cups.

**"Un caffè" or "un espresso":** A small amount of boiling water is pressurized and shot through finely ground coffee beans. Some Italians add sugar or simply drink it as is.

**"Un macchiato":** An espresso with a drop of hot or cold milk.

**"Uno schiumato":** A foamed coffee very similar to a macchiato, but the milk added to the espresso is whipped.

**"Un caffè decaffeinato":** A decaffeinated espresso is the perfect choice for those who want to mostly avoid caffeine; however, a tiny amount of caffeine is still present.

**"Un caffè corretto":** A correct coffee is an espresso with a splash of alcohol, such as grappa or sambuca.

**"Un cappuccino":** Made from equal parts of espresso, steamed milk and foam, the name of this coffee derived from the color of the robes worn by Capuchin friars. Italians only drink a cappuccino in the morning, never during the day nor after a meal.

**"Un caffè doppio":** A double espresso that is very strong and dense.

**"Un caffè lungo":** A long espresso made with twice the normal amount of water.

**"Un caffè ristretto":** A restricted coffee is a

strong and sharp espresso made with less than the normal amount of water.

**"Un caffè con panna":** An espresso with whipped cream on top.

**"Un caffè al ginseng":** A popular Arabica bean coffee flavored with ginseng root extract that is warm, milky and sweet.

**"Un caffè americano":** An espresso diluted with extra hot water that is not run through the coffee beans.

**"Un caffè alla nocciola:** An espresso coffee with hazelnut cream.

**"Un caffè del nonno" or "una crema di caffè":** A grandfather's coffee, or cream coffee, is a smooth, Neapolitan summer treat with espresso, cream and sugar.

**"Un caffè shekerato":** An espresso mixed with ice in a cocktail shaker enjoyed during the summer months. ☼

## NSA NAPLES CHIEFS MESS VOLUNTEERS AT CAROLINE AQUEDUCT

By Mass Communication Specialist 1st Class Donovan K. Patubo, NSA Naples Public Affairs | Sept. 19, 2020

The Naval Support Activity (NSA) Naples Chief Petty Officers Association (CPOA) sponsored a community relations event at the Caroline Aqueduct of the Royal Palace in Caserta, Italy, Sept. 19.

The aqueduct - also known by the name of its designer, architect Luigi Vanvitelli - stretches to a length of about 38 km. While it is almost entirely underground, the water flows outside across a few short bridges, including the 529-meter-long section the NSA Naples CPOA visited.

"We're in the town of Valle di Maddaloni, picking up trash on the Aqueduct of Vanvitelli and the surrounding area," said Chief Yeoman Daniel Krum, assigned to NSA Naples administration department. "This aqueduct was built to supply the Royal Caserta Palace and the surrounding city with water from the mountains."

Volunteers arrived in the morning, ready to work with gloves, rakes and garbage bags in hand. They filled several bags with refuse and left the historical site much cleaner than it had been at the beginning of the day.

"We are very fortunate to live in such a beautiful area, and by giving back, we're strengthening our ties with our local neighbors," said Krum. "I feel that events like this show them how much they are appreciated, and how we respect their country."

Volunteers began cleaning at the top of the

aqueduct and moved steadily down the winding path. At the base of the structure, members of the local community were waiting, ready to pitch in and help remove garbage and debris scattered across the grounds.

"It was nice having the local community come out and clean with us. It definitely strengthened our bond with them. The mayor even came out to show his appreciation," Krum said.

While the Chiefs of NSA Naples may have sponsored the community relations event, they were not the only ones to volunteer. Family members, including spouses, sons and daughters, also volunteered their time, doing their part to support the Chiefs Mess as well as the Italian community.

"Volunteering as a family is a great way to spend time together," said NSA Naples community member Kelly Ruelas. "We get to see different parts of our area and meet new and amazing local people, all while teaching our children the importance of serving others."

Ruelas, whose husband, Chief Aviation Boatswain's Mate (Handling) Oscar Ruelas, is stationed at NSA Naples, explained she wanted to volunteer in order to support her husband and to help maintain the beauty of Caserta.

"It's important for my husband, so it's important to me," said Ruelas. "We both really enjoy serving and helping others, and this is just one way we



can do it together. Opportunities like this are great because they allow us to help people and areas that we would normally not be able to reach."

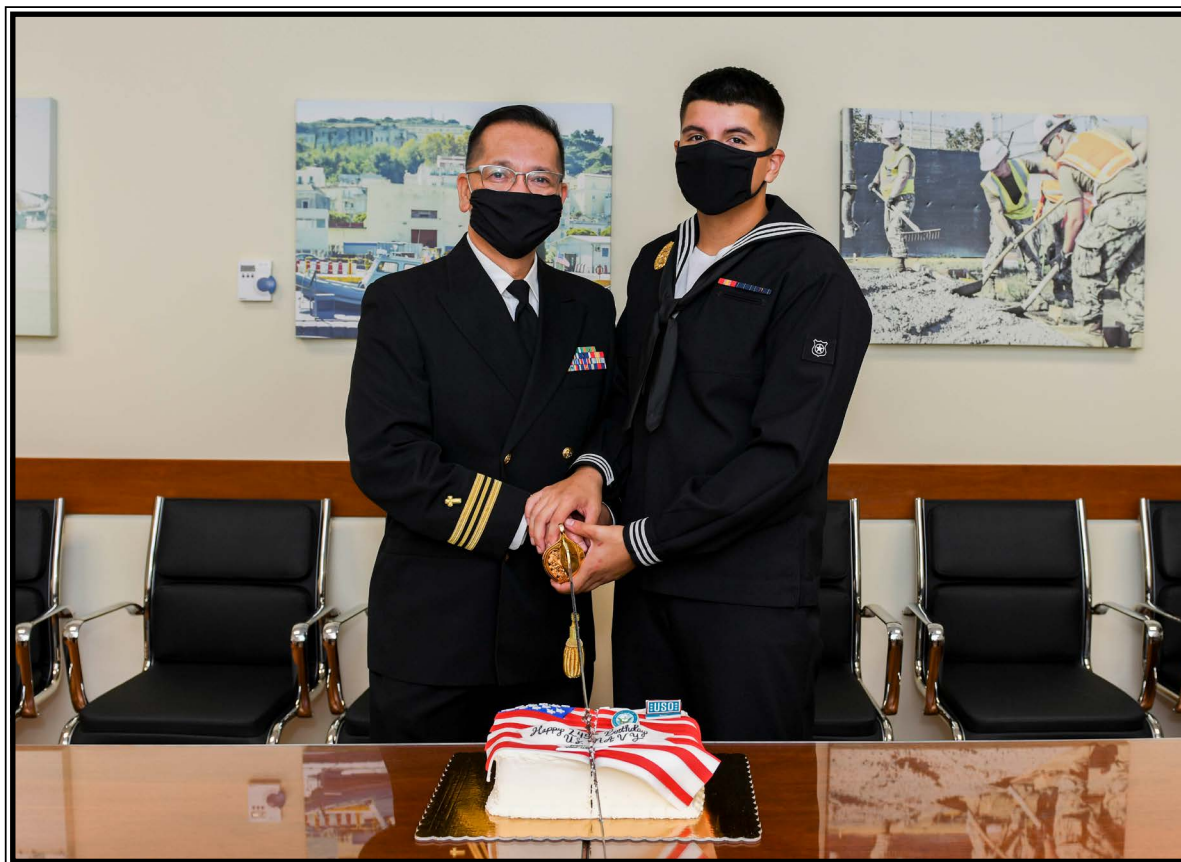
The event was also a great opportunity for leadership to show that all service members onboard NSA Naples, regardless of rank or position, should take the initiative to get involved in the local community and show they care.

"This shows that the Chiefs Mess is leading from the front," said Krum. "Not only are we encouraging our Sailors to get out there and give back to the community, but we're also doing it ourselves." ✱



Chief Gunner's Mate Luis Ortiz, assigned to Naval Support Activity (NSA) Naples security department, participates in a community relations event sponsored by the NSA Naples Chief Petty Officers Association at the Caroline Aqueduct of the Royal Palace in Caserta, Italy, Sept. 19, 2020. (U.S. Navy photo by Mass Communication Specialist 1st Class Donovan K. Patubo)

## NSA NAPLES PHOTOS OF THE MONTH



Lt. Cmdr. Joselito Tiongson, a U.S. Navy chaplain assigned to Naval Support Activity (NSA) Naples religious ministries department, and Master-at-Arms Seaman Xavier Escalante, a military working dog handler assigned to NSA Naples security department, cut a cake onboard Capodichino as part of a virtual Navy birthday celebration in commemoration of the 245th birthday of the U.S. Navy, Oct. 1, 2020. (U.S. Navy photo by Mass Communication Specialist 1st Class Donovan K. Patubo)



# NSA Naples Calendar Highlights

Date	Event	Host
Wednesday, Oct. 21	<a href="#">Reel Times 2 Cinema: Pokémon Detective Pikachu</a>	MWR
Friday, Oct 23	<a href="#">Newcomers' Cultural Assimilation Trip</a>	FFSC
Saturday, Oct. 24	<a href="#">Reel Times 2 Cinema: Chapter Two</a>	MWR
Tuesday, Oct. 27	<a href="#">Easy Italian #3</a>	FFSC
Thursday, Oct. 29	<a href="#">Newcomers' Cultural Assimilation Trip (Family Tour)</a>	FFSC
Friday, Oct. 30	<a href="#">Newcomers' Cultural Assimilation Trip</a>	FFSC
Tuesday, Nov.12	<a href="#">Smooth Move Workshop</a>	FFSC

Every Tuesday and Thursday: [USO Traveling Troop Lunch](#) - service members are invited to swing by the Capodichino Air Terminal from 11 a.m. to noon 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 +39-081-568-5713 or +39-081-811-4903, or email [usonaples@uso.org](mailto:usonaples@uso.org). Follow the USO on [Facebook](#).

For [Morale, Welfare and Recreation](#) (MWR) services and programs, call DSN 629-4459 or +39-081-811-4459. Follow MWR at [facebook.com/mwrnaples](https://facebook.com/mwrnaples) and [facebook.com/ITTNAPLES](https://facebook.com/ITTNAPLES).

For Fleet and Family Support Center (FFSC) services and programs, call DSN 629-6372 or +39-081-811-6372, or email [ffscnsanaplesitaly@eu.navy.mil](mailto: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](mailto:PAO_naples@eu.navy.mil).



# 5 Ways to Help a Friend Who's Experiencing Domestic Abuse



Everyone's situation is different – domestic abuse can happen to anyone and it's not their fault. And it can be difficult to know how to help a friend, coworker or loved one who is in an abusive relationship. Here are five simple things you can do to safely help someone you care about in their time of need.

## 1. Ask to connect

**"How do you prefer we connect?"**

Having a safe way to communicate is important. Let your friend or loved one tell you what is safest for them and honor that. Do not pressure the person to leave. Instead, support them without judgment. Offer to help them plan for their safety or seek outside support when they are ready.

*Create a secret code word, phrase or symbol that lets you know your friend is signaling for help, whether that means a call from you or for you to call the police. A call can sometimes disrupt abuse.*

## 2. Stay in touch

**"Let's play a game online."**

Finding creative reasons to call, text, video chat or use social media check-ins may provide a lifeline for those who feel unsafe at home. For example, some games have chat functions that may allow for communication in nontraditional spaces. Starting up a game that has chat may allow you to check in with your friend without making the abuser suspicious. There are [privacy and safety tips](#) for online gaming from the National Network to End Domestic Violence.

## 5. Share the hotline

**"Here is the information for that restaurant I told you about."**

It may be safer for your friend if you research options for outside support, such as the [National Domestic Violence Hotline](#), on their behalf (and on your device, provided you feel safe to do so). Use your agreed-upon code and a safe communication method when providing this information so it remains private between the two of you.

## 3. Support and believe

**"I care about you and I'm here for you, no matter what."**

Remind your friend that they are not alone and that you are there for them. If they choose to talk about the abuse, listen and show empathy. Let them know the abuse is not their fault and that you believe them. Ask what you can do to help.

## 6. Resources and Support to Share

**Immediate crisis support**  
**National Domestic Violence Hotline**  
800-799-7233, 800-787-3224 en Español  
<https://www.thehotline.org/>

**Local support, 24/7**  
**Family Advocacy Program**  
**Victim Advocate Locator**  
<https://www.militaryonesource.mil/leaders-service-providers/child-abuse-and-domestic-abuse/victim-advocate-locator>

**Support for Teens**  
Love is Respect | Text "LOVEIS" to 866-331-9474  
<https://www.loveisrespect.org/>

**Additional support**  
Military OneSource | 800-342-9647  
<https://www.militaryonesource.mil/United-to-End-Domestic-Abuse>

## 4. Chat about options

**"Let's create a safety plan."**

Options are empowering. Talk to your friend about their options for seeking help or [reporting domestic abuse](#) in the military. Let them know that [FAP victim advocates](#) are available 24/7 to help them think through dangerous situations and create a plan to get through them safely.

**MILITARY  
ONESOURCE**

The Family Advocacy Program supports service members and their families impacted by domestic abuse through victim advocacy and crisis intervention.



The military community respects, supports and defends victims of domestic abuse.

#JoinForcesToEndDomesticAbuse

National Domestic Violence Hotline: +1-800-799-7233

NSA Naples Family Advocacy Program: +39-081-811-6533 or +39-081-811-6372

NSA Naples emergency dispatch: +39-081-568-4911



MILITARY  
ONESOURCE

## NAPLES PUBLIC HEALTH EVALUATION – PUBLIC OUTREACH MESSAGE

### How familiar are you with our new lease suspension zones?

The U.S. Navy is committed to ensuring our families are safe while serving at home or overseas. This message aligns with the Naval Support Activity (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 established New Lease Suspension Zones (NLSZ). As a conservative health protective measure, new leases are prohibited in NLSZ due to unacceptable health risks related to potential contamination in water and soil vapor. NLSZ will be maintained indefinitely. Maps of the NLSZ are maintained by the NSA Naples Housing Office.

For additional NPHE information, including maps, reports, fact sheets, FAQs and points of contact, visit: [https://www.cnic.navy.mil/regions/cnreurafcnt/installations/nsa\\_naples/about/health\\_awareness.html](https://www.cnic.navy.mil/regions/cnreurafcnt/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.✴

This newsletter is an authorized publication for members of the armed forces overseas. Contents of the Napoli Navigator are not necessarily the official views of, nor endorsed by, the U.S. government, the Department of Defense or the U.S. Navy.

The Napoli Navigator editorial office is located at Naval Support Activity Naples, Italy: PSC 817, Box 1, FPO AE 09622-0001. Telephone: 081-568-5907/5912; DSN: 626-5907/5912.

The Napoli Navigator is distributed digitally on the third Wednesday of each month. The editorial content is edited, prepared and provided by the Public Affairs Office of Naval Support Activity Naples, Italy. All news, feature articles and announcements submitted to the Napoli Navigator are subject to editing to conform with contemporary standards of journalistic objectivity, clarity and relevance. We welcome any contributions, suggestions or comments dealing with community issues. Submissions for publication in the Napoli Navigator will be accepted on the basis of newsworthiness, timeliness and space availability. All copy must be submitted in Microsoft Word format in an email to the editor. Each submission must include the name and telephone number of the author. Deadline for all copy and photos is close of business one week prior to publication.