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CAPTAIN'S CORNER

By Capt. James Stewart NSA Naples Commanding Officer

November is Veteran and Military Families Month, and I would like to honor our family members onboard NSA Naples. The Navy recognizes your daily sacrifices and the challenges you face with each relocation, deployment or separation. Thank you for your constant support, flexibility and resiliency. Each and every one of you are vital to the security and prosperity of our nation as you serve alongside our service members. If you are looking for resources to strengthen your family, <u>Military OneSource</u> is a great website with articles and advice regarding the unique experiences and obstacles military families encounter. Please also do not hesitate to reach out to <u>Naples</u> <u>Fleet Family Support Center</u> or our <u>religious services team</u> for more family-centric support programs and services. We are always here to encourage and uplift you as you navigate life as a military family.

The holidays are quickly approaching, and this means our postal staff will be extremely busy in the coming days and weeks as shipping

volumes reach the annual high around this time of year. If you are buying gifts online or sending presents back to the States, arrange your ordering and delivery well in advance. To ensure arrival by Dec. 25 from NSA Naples, the <u>deadline</u> for Priority Mail Express Service is Friday, Dec. 18. Please also keep in mind that you cannot ship alcoholic items with USPS, and you must fill out a customs form online. For more information, please contact the <u>post office</u>



at DSN 626-5371 or 626-5370.

As local COVID-19 regulations and on-base services are constantly changing, we are doing our best to keep you informed. We ask for your patience as we work through translating Italian documentation and disseminating updates. We are all navigating these unprecedented times together. Let's each continue doing our part in being kind, washing our hands and keeping our community safe.

Finally, as Thanksgiving is nearly upon us, I would like to invite our single and unaccompanied Sailors, as well as those on watch, to enjoy a takeaway meal on behalf of MWR and the USO. Those who are residing in the Navy Lodge are welcome to purchase a meal to go. Please keep your eye on the NSA Naples Facebook page in the coming days for further details.

Welcome to ROM: NSA Naples Provides Support for New Personnel and Families

By Alicia McNeely, NSA Naples Public Affairs | Nov. 18, 2020

Traveling the world and living abroad are often viewed as perks of Navy life. However, moving to a new country can be daunting, and even more so amid a global pandemic. Onboard Naval Support Activity (NSA) Naples, service members, volunteers, and staff work diligently to provide an easy and comfortable transition for newcomers in these unprecedented times.

In order to mitigate COVID-19 spread, upon arrival in Italy, newcomers must isolate in their hotel room for 14 days. Since personnel and their accompanying family members are unable to leave their residence during this restriction of movement (ROM) period, their commandassigned sponsors and various organizations on base strive to guarantee all needs are met.

"During those two weeks that the Sailor and/ or family is in ROM, [sponsors] need to ensure they are provided all the necessities, since they can't leave their room to obtain it themselves," said Chief Yeoman Daniel Krum, NSA Naples command sponsorship coordinator. "Communication and coordination play a huge role in this."

Both the American Red Cross in Naples and USO Naples aid in these efforts. The Red Cross provides comfort kits filled with personal items, such as shampoo, soap, and tissues, for incoming personnel, while the USO frequently distributes goody bags with pasta-making supplies and local snacks.

These initial provisions are often supplemented by sponsors, as well.

"Welcome baskets are a big one," said Krum. "Setting them up with snacks and drinks already in their rooms is a huge plus. Especially now, since these incoming Sailors and families cannot stop at a restaurant or store to pick up food before they start their ROM. Having a good supply of food is very appreciated."

Though newcomers are able to count on continued support from their sponsor throughout ROM, the Red Cross established a grocery-shopping service in order to lighten the load. On Wednesday mornings, volunteers take orders for pantry items and fresh foods over the phone, shop at the Commissary, label and bag each order, and deliver these groceries on Support Site.

"There are several reasons why this program is important," said Kristin Johnston, station partner volunteer of the American Red Cross in Naples. "We are meeting the basic needs of our fellow human beings. Everyone needs to eat, and when one can't shop for themselves that can be a daunting hurdle to try and overcome. We are helping our NSA Naples command. Sponsors are doing a great job taking care of their incoming staff, but sometimes the sponsor might need some help along the way, especially since ROM is a minimum of two weeks."

Since August 2020, when the program began, Red Cross volunteers have assisted over 102 individuals or families in the Naples area and shopped for over \$6,600 worth of groceries and essential items.

"I love how our community has come together through the power of volunteers and are meeting a need for our fellow community members," said Johnston. "This is especially important for those people who may not know anyone here yet and may feel very isolated."

In addition to the continual efforts of sponsors and nonprofit organizations, other agencies onboard NSA Naples have also stepped up to create a positive ROM environment for recent arrivals.

The Naples Navy Exchange (NEX) introduced a delivery service. From T-shirts and mouthwash to wireless speakers and phone chargers, those in ROM can fill out an order form for their desired goods. The NEX then drops off purchases to those isolating on Support Site and Capodichino. As with the Red Cross grocery service, if newcomers are quarantining somewhere else, their sponsors arrange an alternate delivery method.

notably, the Naples Fleet and Family Most Support Center collaborated with the Housing Office, U.S. Naval Hospital Naples, the Department of Defense Education Activity schools and countless other service providers on base to create a virtual area orientation program. While guarantining, new personnel and families are able to view video presentations from various departments and download pertinent information regarding the base and getting established in Naples. This revamped programming not only helps to pass the time in ROM but also enables newcomers to familiarize themselves with life in Italy and easily get settled.

In his area orientation greeting, Capt. James Stewart, NSA Naples commanding officer, noted, "We are all part of one team here, and as we take care of each other, our community becomes a stronger one."

With delicious deliveries and accessible, innovative services, incoming personnel and families in isolation are not left to cope alone. NSA Naples teams - on-base departments, organizations, and individual volunteers and sponsors - continually work together to combat quarantine complications and welcome newcomers aboard with a stress-free transition.*

LEARNING THE LOCAL LINGO: SERVICE MEMBERS ONBOARD NSA NAPLES STUDY ITALIAN

By Alicia McNeely, NSA Naples Public Affairs | Nov. 18, 2020

NAPLES, Italy - Sailors strive to make the most of their overseas tour and immerse themselves in the local life and language thanks to Italian language courses onboard Naval Support Activity (NSA) Naples.

The NSA Naples Navy College Office offers two Italian language-learning tracks for community members, either with Central Texas College (CTC) Europe Campus or University of Maryland Global Campus (UMGC) Europe. While both programs provide instruction in *la bella lingua* at varying levels of study, each feature different perks.

"Because the classes are taught by local professors, the students get to hear the correct pronunciation and accent, practice consistently, learn the culture, and ask questions pertaining to real-life daily experiences," said Regional Director, Mediterranean, of UMGC Europe, Mitzia Williams. "The classes are held at convenient times during the week, after work hours. In addition, students can also receive college credit at UMGC toward their degree and/or earn an Italian studies certificate." Alternatively, CTC Gateway to Italian classes are not valid for college credit; however, active-duty service members and Department of the Navy civilian employees may attend free of charge with command funding.

"Studying Italian through the CTC, following their informal curriculum, has made it easier for me to learn and has gotten me a lot further in my understanding than I have from taking a few sessions paying out of pocket in the local economy," said Hospital Corpsman 2nd Class Raecho Awuor Buhnerkempe, assigned to U.S. Navy Medicine Readiness and Training Command Naples, Italy. "If anything, it has encouraged me to stick through the different levels and try as much as possible to retain the knowledge and use it in daily practice."

Although committing to spend evenings after work and free time in lessons or practicing may not be an easy choice, Sailors find their efforts impactful and rewarding.

"I decided to study Italian so that I could feel more at home in the host nation and really enjoy the culture, especially living off base," said Musician 3rd Class Maria Rose Mandico, assigned to U.S. Naval Forces Europe Band. "I believe that immersing myself in the language, and pursuing it wholeheartedly while stationed in Naples, is the key to getting the most out of this assignment."

From interacting with native speakers to adopting local customs, service members who learn Italian gain a deeper appreciation for their home abroad and feel more empowered to seek out new, unique experiences.

"Thanks to the Gateway classes, I began private lessons, and got brave enough to attend Italian music festivals by myself," said Mandico, a flutist who has been learning Italian for over a year and half. "And enroll in monthly music lessons at the Scuola Rubinstein in Rome with piccoloist Fabio Angelo Colajanni."

Buhnerkempe also attributes her newfound courage to the last year she has spent studying Italian. getting around," said Buhnerkempe. "It has given me the confidence to walk into a restaurant, a supermarket, or just a coffee shop and order food and have conversations. It has also made me comfortable asking for help while out and about in town."

Buhnerkempe noted that as well as feeling better equipped to communicate and participate in the Italian way of life, she also sees improvement in her abilities.

"The thing I have learned that I have found most useful has been the use of the different tenses," she said. "As challenging as it has been, they have made it easier for me to hold more meaningful and reasonable conversations - more than I was able to at the start of my tour here in Italy."

Overcoming obstacles while studying and attempting to apply their skills is an inevitable process that language learners recognize and try to appreciate.

"The most challenging part of learning Italian is embracing the mistakes," said Mandico. "I am fluent in French, so I was prepared for the lengthy process that internalizing a new language entails, but I continue to embrace the imperfections. Mistakes can be part of the fun when trying to speak with the local vegetable vendor or my landlady...every Italian I have met so far has been warm, generous, and forgiving as I navigate my vocabulary, even in its limitations!"

Despite any difficulties, these personable interactions make learning Italian worthwhile. Americans stationed in Naples are able to understand and relate to their Italian hosts on a more intimate and valuable level. These connections - and the intrepid adventures that come along with comprehending and speaking the language - keep students coming back to class excited and invested in learning more.

For more information regarding Italian courses, contact the <u>NSA Naples Navy College Office</u> at +39-081-568-6678.★

"Learning Italian has made me more comfortable

TERESA'S ITALIAN TREASURES: NEAPOLITAN STREET FOOD

By Teresa Merola, NSA Naples Public Affairs | Nov. 18, 2020

Napoli - famous worldwide for pizza - is also the home of street food. While strolling ancient thoroughfares and alleyways, culinary delights can be found in traditional shops and stands throughout the city. During times of conflict when hunger was rife, Neapolitans have historically founds ways for the poor to make the most of what little food they had: by repurposing or frying leftovers.

One of the typical street foods in Naples is "**la pizza al portafoglio**," a wood-fired Neapolitan pizza folded twice into a handy triangle. However, this is not the only pizza-inspired option. "**La pizza fritta**" is fried pizza dough stuffed with creamy ricotta cheese, a bit of meat and black pepper. "**La montanara**" is a small or regular-sized fried pizza topped with tomato sauce and parmesan cheese, plus sometimes a little piece of mozzarella.

Another simple to-go eat is "**il cuoppo**," a paper cone filled with crisply fried fish and seafood, vegetables, or other snacks. These finger foods could be: "gli arancini," fried rice balls; "**i** panzerotti," similar to a small, fried calzone; "**i crocchè**," potato croquettes; or "**le zeppoline** di alghe," fried dough balls with seaweed. A single-portion of "**le frittatine**" can also easily be enjoyed while walking around the city. It is made with pasta - cooked al dente - and mixed with eggs and cheese, then pan fried. Another local bite is "**il tarallo**," a twisted ring of dough baked with lard, almonds and black pepper.

Although perhaps unfamiliar to outsiders, "**'o per e 'o muss**," in Neapolitan dialect, is a delicious specialty consisting of offal - variety meats such as pig foot or calf snout - boiled, cooled, and chopped into small pieces. This is served cold with salt and lemon.

Sandwiches filled with the best local products are a staple in the kingdom of street food. For example, "**'o cuzzetiello**" originates from an old, traditional recipe. The crispy, round end of a loaf of "**cafone**" bread is stuffed with sauces and fried meatballs, eggplant parmigiana, or sausage with "**i friarielli**," broccoli rabe.

As for typical Neapolitan pastries, one of the most famous is "**la sfogliatella**," which may be eaten at any time of the day, for breakfast, after lunch or as a snack. This sweet treat filled with ricotta cheese and candied fruit comes in two varieties; it may be made with either shortcrust pastry or puff pastry. Another popular Neapolitan pastry is "**la babà al rum**," a small yeast cake saturated in rum and sometimes filled with cream or Nutella.

Visiting or living in Naples is an adventure, and a taste of the street food should not be missed!

Italian Phrase of the Month in un bel pasticcio

Literal translation: in a nice pie

English equivalent: *in a pickle*

How the Naples Tiger Sharks Swim Club Copes with COVID-19 Uncertainty

By Violet Johnston and Michael Kidd | Nov. 12, 2020

Source: swimmingworldmagazine.com/news/how-one-club-the-naples-tiger-sharks-cope-with-covid-19s-uncertainty

A specter is haunting our pools and teams - the specter of COVID-19. A postponed Olympics is hard for swimmers; it is the quadrennial event where swimmers around the world bask in the global awareness that swimming is an incredible sport populated by the finest athletes in existence. Team enrollments grow, and upand-coming swimmers are re-energized to reach the pinnacle of the sport - and let's face it, we all need that sometimes.

The question becomes: *What now*? Coaches, parents and leaders in the pool are faced with the challenges of COVID; they must choose between navigating harsh realities or giving up to massive obstacles.

The Naples Tiger Sharks, a swim team onboard NSA Naples, is fighting on all levels to keep their season. Most people are in Naples for three years, meaning 30% of the team and coaches change out every year, creating a constant infusion of new ideas but preventing deep roots to offer stability when the rug is pulled out from under the world.

The season started as the second wave of COVID was ravaging Europe. Three coaches were lost to schedule conflicts and military moves, and the team was feeling the strain. Board members stepped up. More importantly, so did the swimmers. The team added two more captain spots to augment the leadership stable. Each and every one of them took seriously the mantle of responsibility, from helping guide the younger swimmers to enforcing mask wearing before and after practice and distancing in the lanes.

The head coach worked to separate coaches so that if one contracted the virus, others would not automatically be infected. Face mask holders were installed at the end of each lane to ensure swimmers could transfer from masked protection into the water and back again each practice, and team parents manned thermometers to check everyone coming to practice. Practices were also run simultaneously from each end of the pool to maximize the number of people in a lane, while reducing the numbers in close proximity to each other.

"I cannot be more proud of the entire Tiger Sharks organization, from the board working with local officials and public health officers to create a safe strategy to swimmers supporting one another through this period of global turbulence," head coach Chris Goetz said. "I am grateful to be associated with this group."

Without question, the true heroes of the program were the leaders in the pool. Holding a captain's role is always a huge responsibility, especially for students balancing schoolwork, home life and other activities. COVID-19 only magnifies the responsibility. The captains of the Naples Tiger Sharks do all in their power not only to improve our techniques and develop new ideas, but to be a role model for young swimmers and establish a lasting bond between the team. Considering the obstacles we face during these unpredictable weeks, the six captains have focused on one thing in particular: optimism.

"We must do our best to keep the spirits of the Tiger Sharks up and encourage them to keep working hard," senior team captain Rocco Salata said.

Across the team, swimmers stepped up. Captains, older swimmers, and parents are organizing meetings and designing workouts. Ideas are spreading like wildfire; the team has become adaptable with everyone depending on one another. No one is left out or forgotten. Workouts designed by team captains focus swimmers on muscular endurance, stamina, core and camaraderie. Who said you cannot swim without a swimming pool? Not the Tiger Sharks!

Though Italy just closed all swimming pools for the next several weeks, the Tiger Sharks are not giving up. Within 24 hours of the shutdown, the coaches and captains launched an online Captains' Cup competition to encourage swimmers to stay active, engaged, and focused. Within the first week, we have seen over 70% of the team get involved, and dryland groups are coalescing to make sure that our eventual return to the water is as smooth as can be.*

NSA NAPLES OPENS OUTDOOR FIT PARK

By Mass Communication Specialist 1st Class Donavan K. Patubo, NSA Naples Public Affairs | Nov. 6, 2020

The Naval Support Activity (NSA) Naples Morale, Welfare and Recreation (MWR) department, in coordination with NSA Naples public works department (PWD) and Mirabella Housing, held a ribbon cutting ceremony to celebrate the opening of the Fit Park onboard the base Support Site, Nov. 5.

The Support Site Fit Park project was awarded on June 24, 2020, and construction began on Sept. 16. The anticipated time frame for this project to be completed was 90 days, but thanks to planning and foresight on part of PWD and Mirabella Housing, the park was finished in less than 60 days.

"For this project, we knew it was essential, and we saw the restrictions looming on the horizon, so we worked with Mirabella and made sure their schedule was accelerated where it could be, and in a safe way," said Support Site Assistant Public Works Officer Lt. Zach Christensen. "It's all a matter of priorities. We only have so much bandwidth, so we made sure that the bandwidth we had in our office to approve materials, requests and safety plans was streamlined for this project above others because we knew it needed to happen quicker."

The Fit Park provides opportunities for a variety of physical fitness exercises in an outdoor gym setting. Equipment ranges from moderate to vigorous levels of fitness intensity to meet the needs of many patrons.

"Based on your fitness level, we have a lot of options," said MWR Naples Fitness Director Austin Holmes. "It could be body-weight exercises alone, or you could do a combination of body-weight exercises and resistance bands. If you have your own weights at home, you could bring those and do circuit training. There are endless options."

The timing for opening the Fit Park could not have been planned any better. Recent Italian policies limit indoor gym usage exclusively to active-duty service members, so the Fit Park offers other community members the perfect way to break the monotony of indoor home workouts.

"Our priority here at NSA Naples is keeping our service members mission ready and in peak physical condition, but we also want to provide an opportunity for family members and other civilians of our community to get outside, get a good workout, and perhaps more importantly, have a little fun doing so," said NSA Naples Commanding Officer Capt. James Stewart. "Obviously this will be a great way for people to improve their physical health, but it can also help improve the overall morale of the entire community, and I look forward to seeing everyone out here making use of this wonderful facility."

The Fit Park is open 24 hours a day, seven days a week, to all patrons age 16 and older. Children from ages ten to 15 can use the Fit Park when they are with an adult. \bigstar

NSA NAPLES PHOTOS OF THE MONTH



Naval Support Activity (NSA) Naples Commanding Officer Capt. James Stewart, center, participates in a ribbon cutting ceremony celebrating the opening of the Support Site Fit Park, Nov. 6, 2020. This outdoor exercise facility was constructed in a joint effort between NSA Naples Morale, Welfare and Recreation department, NSA Naples public works department, and Mirabella Housing. (U.S. Navy photo by Mass Communication Specialist 1st Class Donavan K. Patubo)

NAPLES NMCRS THRIFT SHOP SUPPORTS LOCAL ITALIAN ORGANIZATION

By Mass Communication Specialist 1st Class Donavan K. Patubo, NSA Naples Public Affairs | Oct. 29, 2020

The <u>Navy Marine Corps Relief Society</u> (NMCRS) Thrift Shop onboard Naval Support Activity (NSA) Naples made a sizable donation to a local Italian organization, Oct. 29.

All items donated from the Thrift Shop went to Asso.Gio.Ca., the Youth Catholic Association, an organization that assists about 600 families in downtown Naples who are in need. The charitable act shows the American community here in Naples values their relationship with their host nation and seeks to improve that relationship, as well as the quality of life for citizens of Italy.

"I believe that by donating items to organizations like Asso.Gio.Ca, it will strengthen the bonds that we have within our host nation and our local community," said Nicole Breed, the Naples NMCRS director. "It communicates to our local community that we feel part of it and want to aid and assist when and where we can. It shows a level of care and involvement for those that are in need within our local community that may not show otherwise."

The storage area in the Thrift Shop was packed nearly to the ceiling when volunteers from the Thrift Shop and Asso.Gio.Ca. began moving numerous bags of clothing and shoes into a van. As the van was filled, Breed and the Asso. Gio.Ca. volunteers discussed more donations in the coming weeks because a large amount of donation items remained in the storage area.

"This type of support will help us a lot," said Asso.Gio.Ca. President Gianfranco Wurzubrger. "For months we have had families asking us for clothes. Thanks to this huge donation, we can finally satisfy them." The NMCRS is well known throughout the Department of the Navy for the assistance and support it provides to active-duty and retired Sailors and Marines, their eligible family members, and survivors. In Naples, the most-used services are temporary lodging allowance assistance, household good set up assistance, and emergency travel assistance, but the NMCRS also offers interest-free loans for those that need financial aid, a uniform locker with free, gently-used uniforms for active-duty members, and the Thrift Shop, a volunteer organization with more than 20 volunteers.

Breed noted that without the donations of the NSA Naples community and families, this type of support for the host nation community would not be possible. Since so many donations are made to the Thrift Shop, there are more than enough items to donate a portion to a charity or nonprofit organization that serves the local community.

"In the states, often these items are donated to charities such as The Salvation Army, Goodwill, and local missions or homeless shelters," said Breed. "To honor our policy, aid our host nation and build better relationships with our local community, we do the same overseas."

This is not the first time Asso.Gio.Ca. has felt the generosity of their American counterpart. Other support has come in the form of food donations and a site beautification community relations event held at one of their locations.

"When we were first contacted a year ago, we couldn't believe our ears," said Wruzburger. "A supportive military ready to help us regenerate one of our important places when we didn't have anyone to help us take care of our garden. We are extremely grateful to know we have American brothers and sisters who never forget us, and we thank the American community for the immense affection and esteem they have shown us." *

Matteo Barrella, left, and Maria Vittoria Pisano, volunteers with Asso.Gio.Ca., the Youth Catholic Association of Naples, Italy, prepare to load a van with clothes donated by the Naval Support Activity (NSA) Naples Navy Marine Corps Relief Society Thrift Shop, Oct. 29, 2020. (U.S. Navy photo by Mass Communication Specialist 1st Class Donavan K. Patubo)



Navy Marine Corps Relief Society (NMCRS), Naples Director Nicole Breed, right, and Hazel Hendrix, a lead volunteer at the Naval Support Activity (NSA) Naples NMCRS Thrift Shop, load a cart with clothes for donation to Asso.Gio.Ca., the Youth Catholic Association of Naples, Italy, Oct. 29, 2020. (U.S. Navy photo by Mass Communication Specialist 1st Class Donavan K. Patubo)



NSA Naples Calendar Highlights

Date	Event	Host
Thursday, Nov. 19	Thanks-Filled Lunch	USO
Friday, Nov. 20	Hot Dog Friday at Support Site	USO
Wednesday, Nov. 25	Pre-Thanksgiving Pizza Pie Pick Up	USO
Thursday, Nov. 26	Single and Unaccompanied Sailor Thanksgiving Dinner	
	more details coming soon	
Wednesday, Dec. 2	Taste of Home Dinner	USO
Friday, Dec. 4	Hot Dog Friday at Support Site	USO
Friday, Dec. 4	Annual Tree Lighting at Support Site	MWR
Wednesday, Dec. 9	Taste of Home Dinner	USO
Friday, Dec. 11	Hot Dog Friday at Support Site	USO
Wednesday, Dec. 16	Taste of Home Dinner	USO

Every Tuesday and Thursday: <u>USO Traveling Troop Lunch</u> - 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 <u>usonaples@uso.org.</u> Follow the USO on <u>Facebook</u>.

For <u>Morale, Welfare and Recreation</u> (MWR) services and programs, call DSN 629-4459 or +39-081-811-4459. Follow MWR at <u>facebook.com/mwrnaples</u> and <u>facebook.com/ITTNAPLES</u>.

For Fleet and Family Support Center (FFSC) services and programs, call DSN 629-6372 or +39-081-811-6372, or email <u>ffscnsanaplesitaly@eu.navy.mil</u>. Follow FFSC on <u>Facebook</u>.

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 <u>PAO naples@eu.navy.mil</u>.





NAPLES PUBLIC HEALTH EVALUATION – PUBLIC OUTREACH MESSAGE

How familiar are you with the public health-related lease clauses for 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 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.

Enduring Processes include several lease clauses to reduce or eliminate health risks, including clauses that require landlords to provide containerized (bottled) water from Navy-approved vendors, connect plumbing systems to municipal water supplies and disconnect from wells, and clean and disinfect water holding tanks and associated plumbing every six months.

For additional NPHE information, including maps, reports, fact sheets, FAQs and points of contact, visit: www.cnic.navy.mil/regions/cnreurafcent/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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