

Napoli

Navigator

#NaplesInTheKnow



Contributors



CAPT James Stewart
CDR Edward Chandler
LT Jamie Moroney
MC1 Indra Beaufort
Teresa Merola
Aaliyah Essex

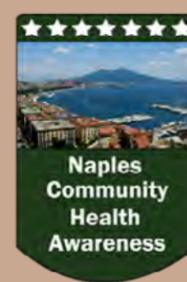
Commanding Officer
Executive Officer
Public Affairs Officer
Deputy Public Affairs Officer
Community Relations Specialist
Editor

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Naples Public Health Evaluation "Municipal Water"

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.

One of the most important Enduring Processes requires landlords to ensure that the home's plumbing system is only connected to the municipal water supply. No water wells may be connected to the home's plumbing system in any manner.

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.

Permitted water wells may only be used for purposes such as irrigation, and no connection to the home's plumbing system is permitted. Irrigation water is not fit for human consumption.

For additional NPHE information, including reports, fact sheets, FAQs, and points of contact, visit: <https://cnreurfcent.cnic.navy.mil/Installations/NSA-Naples/Naples-Public-Health-Evaluation/>

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.



#NaplesInTheKnow

Captain's Corner

By Capt. James Stewart
NSA Naples Commanding Officer

Team Naples, I hope you all are enjoying your summer! As we continue to go throughout these fun summer months, I want to remind everyone to do so safely. Please be extra vigilant when driving or riding your bicycle as more pedestrians are out and about. Also, remember that it is base policy that everyone wear a helmet while riding a bicycle, scooter, roller skates, inline skates, etc. If you are traveling, don't forget to fill out an Individual Anti-Terrorism Plan (IATP), if required by your command, and remember to sign up for the State Department's Safe Traveler Enrollment Program (STEP). It ensures someone knows your whereabouts in case of an emergency or natural disaster.

Additionally, when it comes to travel, I want to encourage everyone to plan accordingly while flying this summer. With the growing flight cancellations and delays, travelers should ensure they have back-up plans. Those plans should include emergency lodging, emergency medications and all resources that may cause issues in cases of cancellations and delays. Also, there have been many instances of lost, or delayed, luggage. Pack knowing that you may not see your bags for days.

Lastly, I would like to thank everyone that has helped Support Site properly dispose of trash. Your efforts not only help us to continue receiving trash services and avoid fines, but your commitment to recycling also has a positive impact on our environment. As a reminder, both our on-base and off-base communities are expected to adhere to trash disposal laws put in place by the Italian government. Community members living off-base are not authorized to bring household trash on base. It disrupts the trash ecosystem on base and leads to overflowing bins. As I have been out inspecting trash bins, I have seen many common errors. Recyclables need to be in clear plastic bags (plastic, glass, metal, paper, etc.) so the garbage trucks can see what is in them. Clear bags are available right when you enter the Commissary. Please break down your boxes. Not breaking down boxes can lead to the paper bins quickly overflowing. Use the organic waste recycling. Much of our non-recyclable trash comes from not recycling organic waste (food, napkins, etc.). Use the brown bins. If you are unsure what bin something goes in, there are several apps you can use to help. And, lastly, we have free bulk pick-up of large items directly from your residence. Call to schedule your pick-up. Please don't leave your couches, mattresses, chairs, ironing boards, etc. in the middle of the trash pad. It takes a whole community to make recycling work and keep our community clean. For more information on proper disposal practices, visit <https://www.facebook.com/NSANaples/posts/390094826489682>.



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www.cnic.navy.mil/naples

Comm. 081-568-5907
DSN 626-5907
NSA Naples, Italy
PSC 817, Box 1
FPO AE 09622-0001

Photo of the Month

(pictured on the cover):

Children play in the bounce house during the Healthy Lifestyle Festival at U.S. Naval Support Activity (NSA) Naples' Support Site in Gricignano di Aversa, Italy, June 25, 2022. (U.S. Navy photo by Mass Communication Specialist 1st Class Indra Beaufort)

Partnership Forged in **FIRE**

Story and photo by Aaliyah Essex

Pictured: Naval Support Activity Naples' Fire and Emergency Services members pose with Italian firefighting authorities after extinguishing fires in the area surrounding Carney Park in Pozzuoli, Italy, on June 29, 2022.

Fires were fully extinguished on the park perimeter by Wednesday, June 29. As a result of the quick work between the U.S. Navy and Italian firefighting authorities, there were no injuries to NSA Naples personnel or community members.

"Everything has worked in our favor. This really shows how, when we combine our forces [...] we can provide the best services to our communities. Anything the U.S. Navy can do to assist with that, we are always readily available," Panzica added.

With the teamwork successfully suppressing fires surrounding the park, Italian authorities requested to use the park to help put out fires around the Pozzuoli area.

"We had a positive collaboration, the U.S. Navy supported us tremendously. They were very welcoming. This is a relationship that will surely continue to benefit both parties," said Dott.ssa Claudia Campobasso, Civil Protection Manager for Emergency and Post Emergency.

To support efforts, NSA Naples' Security Department ensured that the park was secure to prevent potential safety issues. MWR helped by providing personnel with food and water. Public Works ensured all emergency operations were not delayed by providing close monitoring of the park's hydrant systems and water supply.

"MWR appreciates the support of NSA and local national fire professionals as we worked to get the park back to a safe and usable space for our community," said Community Recreation Director Chris Kasperek. The fire burned over large areas of vegetation in the hills of Pozzuoli but could have been much worse without the joint efforts between the U.S. Navy and Italian firefighting authorities.

"It is in these types of scenarios where we really see the power of the partnership between our Italian hosts and the U.S. Navy," said Capt. James Stewart, commanding officer of NSA Naples. "The quick response from our base fire departments, and the collaborative support we received from both ground and air assets from our Italian partners, is a strong example of how close and beneficial our relationship is. We can accomplish incredible tasks when we work together."



NAPLES, Italy - U.S. Naval Support Activity (NSA) Naples' Fire and Emergency Services (FES), Security department, Morale, Welfare and Recreation (MWR), and Public Works joined Italian fire professionals to fight local fires in the Pozzuoli area of Italy that began on Monday, June 27.

The fires began in the hills of Pozzuoli around 1:00 a.m. and spread around the area. By 6:00 p.m., multiple fires had spread to the perimeter of Carney Park.

In response, NSA Naples halted public access to Carney Park and deployed a force of U.S. Navy military,

federal and local national firefighters to the facilities to monitor the approaching blaze.

As fires grew, Italian air operations, volunteers, and the Protezione Civile Regione Campania (Civil Protection of the Campania Region) partnered with FES to put out the fires.

"The operation [was] challenging with the environment and the winds that we have out here. But the team work of all the parties, between the Italian authorities [and] the U.S. authorities

coming together to work as one has really made this successful," said NSA Naples' Fire Chief Nicholas Panzica.

Italian authorities brought in helicopters and fire trucks, with multiple regional aircraft attacking the blaze from the sky. This task was made easier with the use of a water tank, sprinkler systems, and resources provided by MWR park staff and FES.

The team was able to contain the fire at the perimeter of the park and prevent it from crossing the park's gate.



Sailors assigned to U.S. Naval Support Activity (NSA) Naples Security Department and members from the Italian Air Force participate in NSA Naples' first interagency active threat training at NSA Naples in Capodichino, Italy, June 28, 2022.



Sailors assigned to U.S. Naval Support Activity (NSA) Naples Security Department and personnel from the Italian Air Force pose for a group photo after participating in the NSA Naples' first interagency active threat training at NSA Naples in Capodichino, Italy, June 28, 2022.



Master-at-Arms 1st Class Arron Reederbarton, assigned to U.S. Naval Support Activity (NSA) Naples, middle, plays an active shooter during NSA Naples' first interagency active threat training with personnel from the Italian Air Force and Sailors assigned to NSA Naples' Security Department at NSA Naples in Capodichino, Italy, June 28, 2022.

NSA Naples Conducts First Joint Active Shooter Training with Italian Air Force

Story and photos by Petty Officer 1st Class Indra Beaufort

Naval Support Activity (NSA) Naples' Security Department hosted the installation's first Joint Response Force Interoperability Training (JRFIT) for tactical team movement and active threat joint support tactics onboard Capodichino, June 28.

The training, held to share both U.S. Navy Security Forces (NSF) and Italian Air Force Security Team (ITAFST) tactical team movement (TTM) training, was conducted by the NSA Naples Security department and included active duty Sailors, reservists, and ITAFST members.

"This type of training is incredible for both our U.S. Navy personnel and the Italian Air Force security team," said NSA Naples Commanding Officer Capt. James Stewart. "Improving our communications,

reinforcing our tactics and procedures, and building relationships all contributes to building trust in our teams and strengthening our partnership with our Italian counterparts to keep our installation secure. I am continually impressed by the incredible professionalism of our U.S. Navy and Italian Security Forces."

The training consisted of classroom training on TTM and weapons familiarization, practical TTM training, and field training scenarios.

The joint training benefits the combined response force to active threats, as both NSA Naples and ITAFST stand watch as sentries and are the response force at NSA Naples' Capodichino.

"The training promotes teamwork, camaraderie, and sharing of ideas between both forces to the common mission goal of protecting our assets and ensuring the safety of U.S. and Italian partners working at NSA Naples Capodichino," said Lt. Cmdr. Alex Lamis, NSA Naples Security Officer.

During the morning classroom session, participants and

instructors from both nations' security forces shared their experiences and presented ideas that best work in various scenarios.

Master-at-Arms 1st Class Nicholas Culver, lead Security Department training instructor, used color-coded scenarios as part of the training. Additionally, Culver and other instructors discussed safety fundamentals and enforced the use of practical communication skills to prevent any language barriers in the event of a threat.

"Speakers show what needs to be done, and we'll work together," said Culver of the variety of communication tactics and practices used during the training.

After the classroom session, U.S. NSF personnel and members from ITAFST geared up to participate in various active threat scenarios while applying new communication skills.

"It's cool how we communicate during a scenario," said Master-at-Arms Seaman Sarah Meader, a member of NSA Naples' Security Department. "We don't need to be verbal; we can also use hand signals to communicate with each other."

Members from both NSA Naples and ITAFST agree that strong communication and teamwork skills are essential for tackling adversarial situations.

"It's important to be on the same channel to help each other out," said Pagano Domenico, ITAFST member. "This is the first time that [we are] participating in this exercise and it's very important to open the collaboration between the U.S. and Italy."

Participants and instructors shared lessons learned from the interoperability training, and received certificates and exchanged challenge coins for a job well done.

NSA Naples' Security Department staff said that the success of the first JRFIT has led to future joint training opportunities for all of the security teams involved.

"Based on the positive feedback from the participants, a plan for additional training is in progress," said Senior Chief Master-at-Arms Daniel Arnoudse, NSA Naples' Security Training Division Officer.

"We are working with our host nation counterpart to conduct joint training more frequently throughout the year," said Arnoudse.

NSA Naples Celebrates Healthy Lifestyle Festival

Story and photos by Petty Officer 1st Class Indra Beaufort

As of June 21, summer began along with a heatwave sweeping through cities in Italy.

In Naples, the Healthy Lifestyle Festival at the U.S. Naval Support Activity (NSA) Naples' Commissary beat the summer heat by promoting healthy fare for military families, June 25.

The parking lot of the NSA Naples' Commissary was transformed into a mini-fair decorated with a bounce house and various booths promoting hydration and healthy food habits.

In celebration of Italy and America's summertime staple, the festival also included a watermelon-eating contest for all ages.

"It's a lot harder than it looks," said Chief Information Systems Technician Chris Medford, who participated in the adult-category of the festival's watermelon-eating contest.

Medford said that he is glad that he brought his family to the Healthy Lifestyle Festival.

"I think the festival is something fun that the whole family can participate and it's for a good purpose," said Medford.

According to the American Heart Association, watermelon is about 92-percent water, which makes it an excellent snack during the heat of the summer.

Staff from U.S. Naval Hospital (USNH) Naples set up a tropical-themed healthy hydration station with infused water beverages, such as lime spritzer and cucumbers, for visitors to try for free.



A child poses for a photo during the Healthy Lifestyle Festival at U.S. Naval Support Activity (NSA) Naples' Support Site in Gricignano di Aversa, Italy, June 25, 2022.



Children play games during the Healthy Lifestyle Festival at U.S. Naval Support Activity (NSA) Naples' Support Site in Gricignano di Aversa, Italy, June 25, 2022.

According to Chasity Bass, health promotion and wellness manager at USNH Naples, jazzing up water with fruit or vegetable infusions is a tasty and almost calorie-free way to drink water, especially for those who have an aversion to the taste of water.

"We're offering alternatives to sodas and showing how to add flavor to water without adding sugar," said Bass.

According to the Centers for Disease Control and Prevention, water can prevent dehydration and help manage body weight.

"Sugary drinks take the water out of our cells," said Bass.

Armando Zapata, grocery manager for NSA Naples' Commissary, served up trays of free watermelon and bottled water for visiting families.

"This is the first time since the COVID-19 pandemic we've had the Healthy Lifestyle Festival," said Zapata. "We've had a great time with the families, and the families get to enjoy summer by eating healthy fruits and vegetables."



U.S. Naval Support Activity (NSA) Naples Fire Chief Nicholas Panzica, right, kisses his son during the Healthy Lifestyle Festival at U.S. Naval Support Activity (NSA) Naples Support Site in Gricignano di Aversa, Italy, June 25, 2022.

Jennifer Ohrvall, right, helps her son in preparation for the watermelon-eating contest during the Healthy Lifestyle Festival at U.S. Naval Support Activity (NSA) Naples' Support Site in Gricignano di Aversa, Italy, June 25, 2022.

Teresa's Italian Treasures: Coffee Culture

By Teresa Merola, NSA Naples Public Affairs

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.



Italian Phrases of the Month

"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.

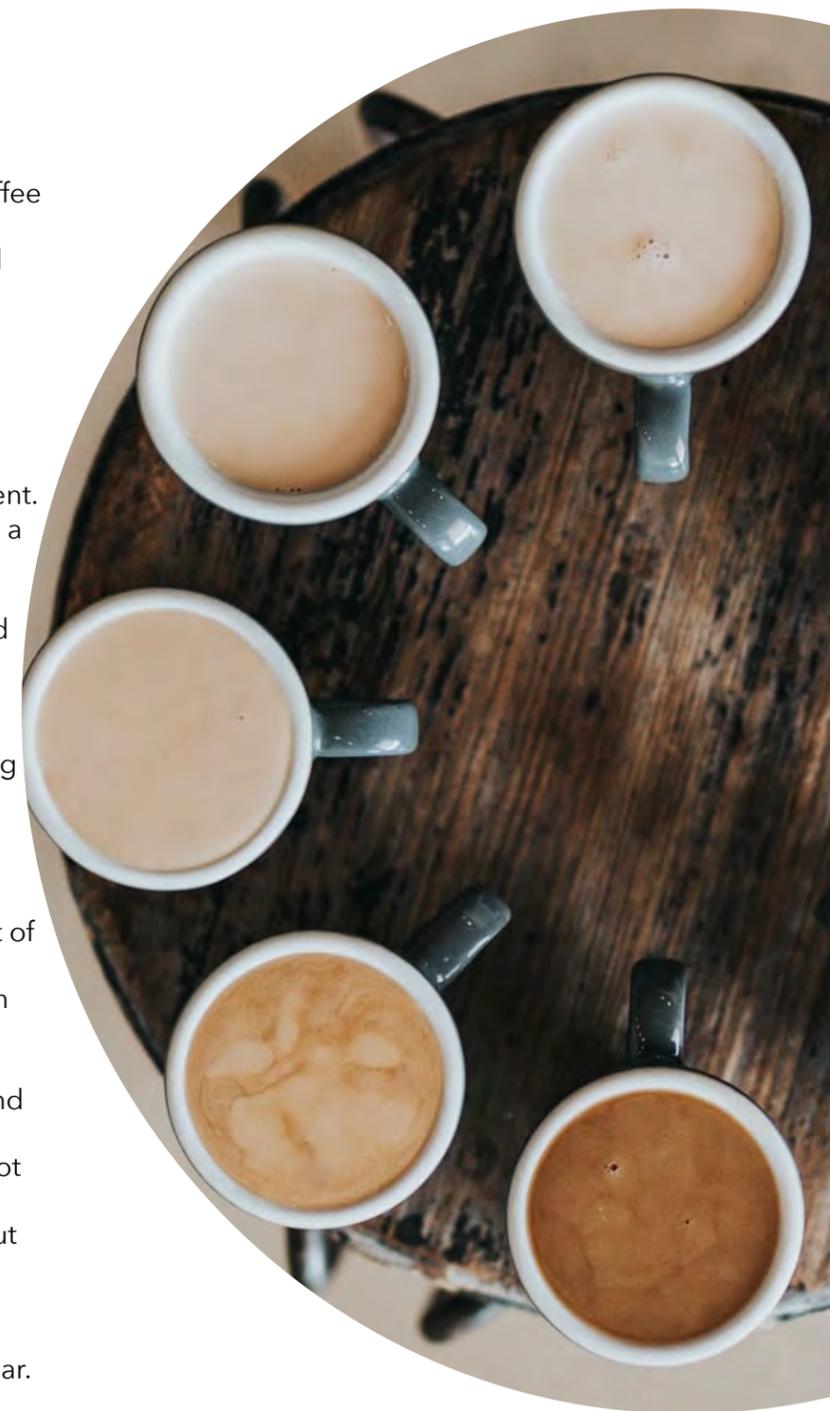
"Un caffè al ginseng": A popular Arabica bean coffee flavored with ginseng root extract that is warm, milky and sweet.

"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.



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