

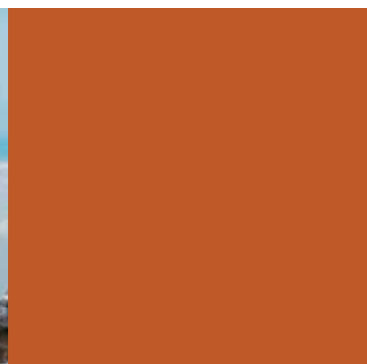
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# WELCOME TO SIGONELLA

## Your Checklist

### PRE-ARRIVAL

- Read and understand your orders. Ask chain of command if you need help.
- Connect with your sponsor. Email [sicily-sponsor@eu.navy.mil](mailto:sicily-sponsor@eu.navy.mil) if you haven't received word from them in two weeks.
- Obtain your tourist passport. (MANDATORY to live on the economy)
- Dependents: Start visa process.
- Ensure your U.S. driver's license is valid.

### EXTRA NOTES:

- If dependents are delayed due to visa or medical issues, have the losing command process a delayed dependent travel request to ensure you don't have BAH issues upon reporting.
- Consider mobile phone options to retain a U.S. number for two factor authentication and continuity. Some carriers require porting prior to departure. *See page 8.*

### ARRIVAL

- If reporting to NASSIG or NASSIG Security, check in with base admin NLT 5 days after arriving in Sigonella.
- Attend the installation's Base Wide Orientation and Command Indoctrination Brief (INDOC). Email: [M-SI-NASSIG-TRAINING-GS@eu.navy.mil](mailto:M-SI-NASSIG-TRAINING-GS@eu.navy.mil), Call +39 095564696
- Report to Housing Office within 48 hours of arrival.
- Service members/civilians: Get your "codice fiscale" through the Housing Office, Bldg. 319. Call: +39 095-56 4311
- Dependents: Get your "soggiorno." Visit the Legal Office at NAS II for more information, Call: +39 095-56-5247/5056
- Ensure no-fee passport has SOFA stamp.
- Obtain a tourist passport if planning to travel outside of Italy.
- Enroll in TRICARE and complete medical in-processing.
- Sign up for an FPO box, if your sponsor has not already done so.
- Visit Fleet and Family Support Center (FFSC) for Relocation Assistance and Area Orientation.

### MONEY

- Determine allowances with Personal Support Detachment.
- Withdraw euros.
- Establish bank account to handle local bills, if necessary.

- Research online bill-pay options.
- Contact U.S. banks to close accounts, as needed.

### CARS

- Schedule driver's exam. *See page 14.*
- Pass exam and get translated AFI license.
- Get rental car. Many options at Catania Airport, or on base at NAS II Europcar: <https://www.europcar.com/en/stations/italy/sigonella-nas-2>  
Email: [it.sm.sigonellanasii@europcar.com](mailto:it.sm.sigonellanasii@europcar.com)  
Call: +39 095-565468
- When car arrives or is purchased, get insurance, register and pass safety inspection.
- Establish account with NEX for receiving rationed fuel and oil.
- Obtain international license.

### HOUSING

- Again, report to Housing Office within 48 hours of arrival.
- Attend Welcome Brief (off-base housing)
- Visit [www.Homes.mil](http://www.Homes.mil) for list of inspected and approved rental homes.
- Prioritize needs and wants.
- Schedule appointments with approved realtors to tour homes, if desired.
- Select home and sign paperwork after review.
- TLA approval and OHA processing through the Housing Office
- Establish utility accounts through the Housing Office
- Sign up for communication services (read contracts *carefully*).
- Coordinate loaner furniture with Housing and utilize Fleet and Family Support Center's loan locker, thrift stores, flea markets and classic needs for or household items while awaiting HHG arrival.
- Purchase liability and renter's insurance.

### MEDICAL

- Add emergency numbers to cell phone.
- Establish relationships with local medical providers.
- Drop off your medical and dental records at Patient Administration at the hospital on NAS I.

### CHILDREN

- Have vaccination records, transcripts, PCS orders, passports and birth certificates readily available.

- Begin registration process for DODEA schools.

- Contact School Liaison Officer for information about home referrals and transition assistance.
- Visit the Child Development Center to apply and get on the waitlist.
- Ensure vaccinations are current and schedule wellness exams.

### PETS

- Register pet at the veterinary clinic and with the Housing Office. Only two pets are allowed in Family Housing. No pets in the barracks.
- Find Italian vet clinic that provides emergency care.
- Maintain annual rabies vaccinations during overseas tour.
- Get updated ID tags with local contact information.
- Obtain pet passport for flying with your pet within Europe.
- Purchase pet insurance, including liability.
- Purchase flea/tick preventative medication that protects against sand flies that can transmit the Leishmaniasis disease. Use either monthly topical products containing permethrin, or collars containing deltamethrin or flumethrin changed out every six months.
- Find a boarding center or pet sitter.
- Understand and adhere to local Italian pet laws.

### PERSONAL ENRICHMENT

- Update resume and research job/volunteer opportunities.
- Visit Navy College to learn about course offerings.

### EVERYDAY LIVING

- Log important phone numbers and program cell phone.
- Start disposing trash and recycling according to local requirements.
- Learn basic Italian phrases or enroll in language classes on base.
- Get to know your neighbors.
- Join spouses' clubs, Italian-American clubs or other activities.
- Consider the many opportunities MWR provides to explore Sicily.
- Plan trips to explore Europe with the help of [europe.stripes.com](http://europe.stripes.com) ■





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# GETTING CONNECTED



Adjusting your mobile phone plan during your move is a vital step to stay connected. There are pre-paid plans and options should you want to retain your U.S. number.

► **Local Providers:**

Tim, Vodafone, WindTre, Ho, Iliad, Kena, VeryMobile

*Note: Vodafone has a retail location located on NAS I:+39-095-56-4493*

► **Google Voice**

Google Voice will allow you to port your U.S. number for a fee so you can keep it. Then, you can use a local SIM card to have a local number and U.S. number simultaneously (with a dual-SIM phone.) Google Voice allows free calls to the U.S. using WiFi. If you don't want to be limited to WiFi

and haven't gotten a local SIM yet, Google Fi is a paid phone plan that uses T-Mobile's cell towers. Starting either of these processes is much easier while still in the U.S.

► **Apps to communicate Internationally for free:**

- Skype
- Facebook Messenger
- WhatsApp
- Facetime
- Google Chat

*Note: When you arrive, put your phone on airplane mode to avoid unexpected charges. ■*



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# EURO BANKING



There are options ranging from a credit union, bank or international banking mobile apps to help pay your bills, transfer money, make purchases, get cash and manage funds between U.S. dollars and euros.

Beware of unfavorable exchange rates from these on-installation entities. You can pay bills in euros online through the Wise app with competitive exchange rate and low fees.

## ON-INSTALLATION BANKING OPTIONS

### Credit Unions

Credit unions are owned and operated by their members. Members' savings are combined to create a pool of funds from which other members can borrow. Members then reap the rewards of their pooled investment income by gaining lower loan rates, higher savings rates and additional services.

### Mobile Apps

These "portable" banks are a great tool to get local bills paid, and often with competitive exchange rates and low fees.

- ▶ **Wise:** International banking app that you can create a local account to pay rent and bills in Euros.
- ▶ **N26:** International banking app that you can create a local account to pay rent and bills in Euros.

### Banks

- ▶ **Bank of America** holds a contract with the Department of Defense to provide banking and financial services through approximately 67 Community Bank branch offices and 300 ATMs located around the globe.
  - NAS I: 624-9811
  - NAS II: 624-9331
- ▶ **Navy Federal Credit Union** also provides an interactive banking service so that you can access your account anytime, anywhere.
  - Toll-free: 00-888-842-6328.
  - International, call: 00-703-255-8837.

## CREDIT CARDS

- ▶ Many Italian businesses, especially smaller businesses, do not take credit cards.
- ▶ Always carry euros when off base.
- ▶ There are sometimes transaction fees when using credit cards, so make sure you also have cash to avoid paying unnecessary fees.

## BEWARE OF FEES

- ▶ Search on and off the installation for the best ATM exchange rate at a reputable bank. Remember that transaction fees are usually added if you are not a member of the bank. ■



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# Getting A RIDE



## SHIPPING YOUR VEHICLE OVERSEAS

- Ship your vehicle six to eight weeks before you PCS to ensure it gets there soon after your arrival to Sigonella.
- Decide between selling your other vehicles, keeping them in storage or leaving them with a friend or family member.
- A max of three vehicles are allowed per active-duty member along with their dependents during their tour in Italy.

## GETTING YOUR ARMED FORCES ITALY (AFI) LICENSE

Call the Motor Vehicle Registration Office (MVRO) for driver's testing. Be sure to ask about test days and times.

- DSN: 624-5275/6171 or +39 095-56-5275/6171
- Email: [NASSIGMVRO@EU.NAVY.MIL](mailto:NASSIGMVRO@EU.NAVY.MIL)

### ► What to bring to get your AFI license:

- ✓ Current U.S. driver's license. It is highly recommended that you renew your license so that it does not expire during your tour.
- ✓ PCS orders/DOCPERS MFR (contractors)/Logistical Support Letter (DoD civilians)

## INSURANCE

Vehicle insurance for the Sigonella area is expensive and the cost depends on the car's make, model, year and age of the driver. Vehicles shipped at government expense cannot be registered or released for use without proof of valid insurance. On base, there are two options:

- Geico: 095-86927
- USAA: 800-971-707 (toll free in Italy)

## BUYING A CAR IN ITALY

You have the option to buy a new or used car from dealers and private sellers in Italy. There is no tax when buying a vehicle from another military member.

### ► Keep in mind

- Any vehicle that doesn't meet U.S. specifications (specs) cannot be shipped back to CONUS.

- Used automatic transmission vehicles may be more difficult to find and tend to be more expensive.
- Morale, Welfare and Recreation's (MWR) Auto Skills shop offers a free 30+ point assessment that will tell you everything you need to know before buying or selling a vehicle.

## MOTORCYCLES

If you want to ride a motorcycle while in Italy, you must have a motorcycle classification on your U.S. license, have an AFI license, attend a mandatory motorcycle safety course on the installation and be at least 18 years old. Motorcyclists can only operate a motorcycle of 35 kW or less.

## VEHICLE INSPECTION

Each vehicle is required to be inspected periodically depending on its age, in addition to every time the title is transferred. Ensure that your vehicle always has the required equipment at all times, not just for its inspection.

### ► Required equipment for inspection:

- ✓ Vehicle registration
- ✓ First-aid kit, warning triangle and reflective vest

## REGISTERING YOUR VEHICLE

Contact the MVRO for vehicle registration days and times.

### ► What to bring to register your vehicle:

- ✓ POV registration application
- ✓ AFI driver's license
- ✓ U.S. license
- ✓ Military ID
- ✓ Shipping document
- ✓ Proof of ownership
- ✓ PCS orders/DOCPERS MFR (contractors)/Logistical support letter (DoD civilians)
- ✓ Funds to cover the registration fee and applicable road tax for a second vehicle to include motorcycles
- ✓ Automobile insurance policy

*Note: It's always best to call the Motor Vehicle Registration Office ahead of time to ensure you're bringing all necessary documents.*

*continued on page 16*



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*continued from page 14*

## FUELING YOUR VEHICLE

### ► Tax-Free Fuel Allowance

- A NEX-issued fuel card, which acts as a debit card linked to your personal credit card, allows U.S. and NATO forces to pay for fuel at the current tax-free price at the time of purchase.
- The vehicle's engine size, engine base, horsepower and fuel requirement determine the monthly fuel allowance.
- The NEX administers the fuel card program. You must maintain your insurance, registration, safety inspection and road taxes to continue to receive your allowance.
- If any one of these parameters are not kept current for any of your household's vehicles, you will need to correct the issue and register for a new fuel card.

### ► Where to get gas

- There are no gas stations on U.S. military installations in Italy.
- Only one Italian gas company will accept your fuel card: ENI. Across Italy, there are over 4,000 stations and many near NAS Sigonella.
- Use your fuel card like a debit card at the pump. It is recommended to pre-authorize your card before filling up to ensure your fuel card will be accepted.
- At some stations, attendants will operate the card machines.
- Fill up at "Fai da te" or "Iperself" pumps to avoid paying extra for full service.

## OTHER WAYS TO GET AROUND

### ► Taxis

- A taxi from Catania to NAS I or NAS II will cost approximately 50 euros.
- It's always wise to agree on the price ahead of time.
- Be sure to have the driver write it down for clarity.

### ► Buses

- AST and ETNA are the two bus companies that serve Sigonella from and to Catania.
- Both bus schedules can be found at the Fleet and Family Service Center front desk.

### ► Short & Long-Distance Trains

- Trains depart from Catania, Piazza Giovanni XXIII (train/bus station) to different destinations around Sicily and mainland Italy.
- Visit [www.trenitalia.it](http://www.trenitalia.it) for time-tables and prices.

Driving habits in Sicily are considerably different from those in the U.S.

## DRIVING IN SICILY

Driving habits in Sicily are considerably different from those in the U.S. While traffic patterns may seem illogical, a closer look reveals that there are distinct rules of the road. Because of the traffic speed and different conventions, staying alert while driving is important. Exercise the same caution driving here as you would in the U.S.

### ► A few notes to driving in Italy:

- When a car behind you flashes its lights, move to the right lane as soon as it is safe to do so.
- While horn blowing is technically illegal in many Italian cities, it is loosely enforced. Many people blow their horn to signal their approach at an intersection or their intent to pass. Drivers also commonly use their hazard lights to signal danger, especially during slow or stopped traffic.
- The Italian law allows you to overtake traffic to pass.
- Many intersections have no stop lights or traffic control. The vehicle on the right has the right-of-way, unless there is a stop sign.
- Traffic circles or roundabouts are common. When entering a circle, yield to traffic in the circle.
- Drunk driving is an extremely serious offense in Italy. In Italy, a blood alcohol level of 0.05 is positive proof of driving under the influence. If you are under the age of 21 or have been a licensed driver for less than 3 years, the legal limit for alcohol in your system while driving in Italy is 0.00.

NAS Sigonella has zero tolerance for drinking and driving. A BAC of 0.05 and above onboard any NAS Sigonella installation will result in either administrative and/or non-judicial punishment (NJP).

If you experience an emergency on or off-base, call dispatch at +39-095-86-1911. They will send proper assistance. For non-emergencies, call dispatch at +39-095-86-5225.

## DRIVING OUTSIDE OF ITALY

Many countries will not recognize a U.S. or AFI driver's license. You will need to get an International Driving Permit (IDP) at least four weeks before traveling outside of Italy. You can apply by mail or in-person at AAA or the AATA, which are the two agencies authorized by the State Department to issue IDPs. ■



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It's important to be open-minded as you search for your new home. Italian homes are much different, smaller and older than what you may be used to. Although the outside of an Italian home may seem small, always go in and take a look inside. More often than not, people are surprised with the layout and newer interior of the home.

# From House Hunting to Finding a Home



## TYPES OF HOUSING

### Government Family Housing

- ▶ Generally, accompanied service members are mandatorily assigned to government family housing on base, "Marinai", if occupancy is below 92%.
- ▶ The government covers the expenses of rent and utilities; you will not receive any Overseas Housing Allowance.
- ▶ Request the e-Welcome Package prior to arrival and work with your assigned sponsor for your unit assignment.
- ▶ Inquire with the Housing Office regarding the Door to Door (D2D) program, a program that enables you to move directly into government quarters upon arrival. A Special Power of Attorney for your sponsor is required.

### Unaccompanied Housing Facilities

- ▶ Unaccompanied E-1 to E-4 personnel are mandatorily assigned to the Unaccompanied Housing (UH) facilities on the installation.
- ▶ Service members will be assigned to their building based on duty location and room availability.
- ▶ Request the e-Welcome Package prior to arrival and work with your assigned sponsor for your room assignment.
- ▶ Inquire with the Housing Office regarding the Door to Door (D2D) program, that enables you to move directly into UH rooms upon arrival.

### Economy Housing

- ▶ Unaccompanied E-5 and above, civilians/contractors and foreign nationals service members are referred to the local community.
- ▶ Private homes and landlords are vetted according to established standards by the Housing Office.
- ▶ You are responsible for rent and utilities using your Overseas Housing Allowance or Living Quarters Allowance.

**Note:** It is required to bring your passport to request your "Codice Fiscale" – the equivalent of the U.S. SSN – which is mandatory for any transactions involving housing, utilities, furniture and other large purchases.

### Finding Economy (Private) Housing

- ▶ **Searching Online**
  - Visit [www.homes.mil](http://www.homes.mil)
  - Enter "NAS SIGONELLA" and search the results by location, bedrooms, price, or other amenities.
  - Only units found on [www.Homes.mil](http://www.Homes.mil) are ready for rent to NAS Sigonella personnel.
- ▶ **Things to Consider:**
  - Check the site daily as houses will come and go easily – especially in August, which is peak PCS season.
  - Consider the condition of roads, commute distance, access to amenities and nearby school bus routes when searching for homes.
- ▶ **Realtor Program**
  - If planning to live on the economy, you can also utilize the realtor program.
  - Approved realtors have background checks, insurance and are licensed to meet Housing Office standards.
  - Approved agencies do not charge any fees to the tenants.
  - Use of any other agencies, including those on Facebook, is strongly discouraged. Non-approved agencies may charge fees or use misleading practices.

## SHOWING TOUR

- ▶ Attend the mandatory housing brief before you begin house hunting.
- ▶ Make a "wish list" of selected homes and schedule tours through the Housing Office.
- ▶ Report to the Housing Office to schedule your tour.





# AZIENDA AGRITURISTICA ORANGE PARK

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## ORANGE PARK IS MORE THAN JUST TEMPORARY-LODGING.

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We will welcome you by offering a warm, rich, traditional Sicilian meal, prepared personally by the owner.

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Our residence is conveniently located within 2 minutes of a shopping center and it offers very cozy villas with:

**FULLY EQUIPPED KITCHEN**

**DINING-LIVING ROOM**

**SPACIOUS BEDROOMS**

**BATHROOMS**

(one of our apartments is also equipped with a jacuzzi)

**A/C AND CENTRAL HEATING**

**FREE WIFI (IN ALL AREAS)**

**FREE SKY TV**

---

Our stunning and peaceful oasis includes gardens and terraces with:

**SAFE AND SECURE PARKING AREA**

**SWIMMING POOL**

**BBQ GRILL**

**FREE LAUNDRY AND DRYER FACILITIES**

---

The whole residence is protected by safe fencing and monitored by video surveillance.

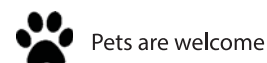
We offer restaurant service (on request) to our clients.

It is also possible to provide shuttle service and babysitting.



C. da Cubba Marletta, 11 Misterbianco (CT) - Tel./Fax: +39 0957559035

Cell: +39 3470629927 • [info@orangeparktla.com](mailto:info@orangeparktla.com)



continued from page 18

## LEASE SIGNING

- ▶ Private housing leases must be signed through the Housing Office to receive all housing services, including loaner furniture and OHA.
- ▶ The lease is based on Italian law, and neither the Housing Office nor the U.S. Navy is a party to the contract.
- ▶ Your housing counselor will assist you in the lease negotiation and signing.
- ▶ Copies of the lease agreement will be provided to the Housing Office, tenant, and landlord.
- ▶ Renters insurance is highly recommended.



## UTILITIES

- ▶ Once the lease is signed, Housing staff will assist with the activation of utilities.
- ▶ Utility contracts and bills will be in Italian. Housing staff are available to help customers understand their bill, but English versions of bills/contracts are not provided.
- ▶ The Housing Office will assist and liaise on behalf of the customer with electric, gas and phone companies available in your area.
- ▶ For utility issues, the Housing Office will be your point of contact.

## HOUSING ALLOWANCES

Housing allowances are provided to defray the costs of housing for personnel authorized to live in Economy Housing. Personnel can be expected to pay some costs out of pocket. To see what you qualify for, consult with the Housing Office.

### Service members:

- ▶ **Temporary Lodging Allowance (TLA)**
  - Reimburses temporary quarters costs while searching for a home or waiting for government housing.
  - Personnel must get TLA approved through the Housing Office before submitting to their Command.
  - Service members must aggressively seek permanent housing, and make every effort to sign a lease within 30 days upon arrival and move within 45 days.
  - To be eligible for reimbursement, service members must continue to go on showing tours throughout the TLA period.
  - Utility activation after signing a lease can take 10-15 days. Personnel must account for this time within the TLA maximum to avoid paying out of pocket.

- Personnel assigned to government quarters should communicate with their sponsor to ensure zero TLA.
- ▶ **Overseas Housing Allowance (OHA)**
  - The allowance includes three components: rental allowance, utility allowance, and move-in housing allowance (MIHA).
  - Service members in government housing do not receive this allowance.
  - The Housing Office will provide an OHA form to start the allowance once personnel sign a lease.
  - The rental allowance is a reimbursement for lease costs but is not paid at a flat rate like BAH. This is paid monthly.
  - The utility allowance is a flat rate to be used only for electric, gas, water, garbage and other recurring maintenance costs. It does not include phone, internet, gardening, cleaning, pool maintenance, etc. Some utility charges may appear in your lease, while others may be directly billed from utility companies. Some maintenance costs are the tenant's responsibility.
  - ▶ **The MIHA** is a one-time payment to defray the costs of moving. This can fund the cost of items that may not be provided in community housing.
  - Personnel can contact their Command to request an advance OHA payment to cover security deposit, first month's rent, or other charges.

### Civilians:

- ▶ Temporary Quarters Subsistence Allowances (TQSA) can be authorized for the reasonable cost of temporary quarters incurred for a period up to three months or a period ending with the signing of a community lease. Any questions about TQSA should be directed to your HRO.
- ▶ LQA rates are designed to substantially cover the cost of privately-rented housing to include rent, electricity, gas, fuel and water. Any questions about LQA should be directed to your HRO.

## LOANER FURNITURE AND FULL-TOUR FURNISHINGS PROGRAM

- ▶ The Housing Office provides furniture, appliances, wardrobes and transformers to eligible personnel living in economy housing or Family Housing. Shipment of major appliances (washer, dryer, refrigerator, stove) is not allowed as they are not compatible with Italian outlets and voltage. The Housing Office will assist in coordinating delivery and pick-up appointments, and schedule appliance

trouble calls. Tenants must be home for the appointments.

- ▶ Consult with the Housing Office to discuss and request items you may need and set a delivery appointment.
- ▶ Fleet and Family Support Center offers loan locker supplies such as silverware, dishes, pots, pans, coffee machines, etc. Call 624-4291 for more information.

### Loaner Furniture

- ▶ Tables, beds, chairs, etc. are available for up to 90 days after move-in but before HHG arrive.
- ▶ Loaner furniture can be used again for up to 90 days after your HHG pack-out but before the check-out.

### Full-tour Furnishings

- ▶ Includes appliances, transformers and wardrobes and can be kept for the entire tour, from move-in to check-out.

## ELECTRONICS AND APPLIANCES



- ▶ Government housing includes outlets for both U.S. and Italian voltages.
- ▶ For private housing, outlets will be 220v and Italian plug (usually type F or L). All devices wired for 110v will need an adapter to fit the outlet.
- ▶ Dual-voltage devices usually will only need the adapter.
- ▶ Single-voltage devices will need a power converter/transformer. Be careful! Plugging a device into an Italian outlet without the correct power conversion can be dangerous.
- ▶ The Housing Office will provide eligible personnel transformers for use during your tour. Consider purchasing additional transformers to meet your power needs. Transformers use energy even when no devices are plugged in, so unplug the transformer as much as possible to save money.
- ▶ Surge protectors, extension cords and power strips must all match the Italian outlets.
- ▶ The Housing Office provides a washer, dryer, refrigerator, and microwave. Work with the Housing Office to schedule delivery and pick-up for the appliances.



HOUSING SERVICE CENTER  
**(314) 624-4311 (DSN)**  
**+39-095-56-4311 (Commercial)**  
 or via email at:  
**NASSIG-HousingHelpDesk@eu.navy.mil**



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 who share a sense of  
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- ➔ Mediterranean & American breakfast
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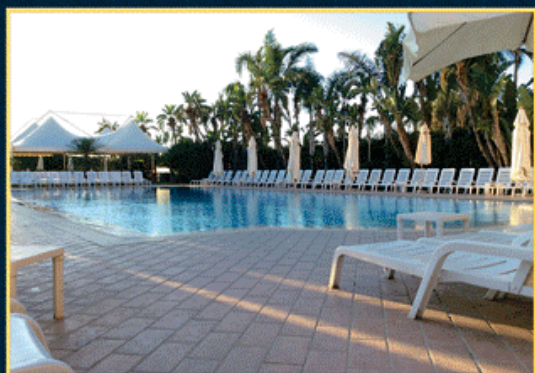
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**In each apartment you will find:**

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 e-mail: ufficio.magnolia@gmail.com • www.magnoliacubresidence.com







# HEALTH & DENTAL CARE IN ITALY

**D**uring your time in Italy, you're going to need to see a doctor and dentist. Depending on the specialty services you might require, you may need to be referred off-installation for medical services.

## PATIENT LIAISONS

Host-nation patient liaisons act as intermediaries between patients and doctors to help facilitate the best care possible. From assisting with the language barrier and insurance forms, to providing comfort to clients, patient liaisons can help you feel at ease in the medical surroundings.

### Getting a patient liaison

- ▶ The patient liaison program is available through TRICARE (at the hospital). This program is open to all ID cardholders, including non-TRICARE members.

## EMERGENCY CARE

The emergency room at the U.S. Naval Hospital Sigonella is always open.

**EMERGENCY RESPONSE**, From base landline: 911  
From cell phone: +39-095-86-1911

### Be prepared

- ▶ For all emergencies—on or off base—always dial emergency dispatch at +39-095-86-1911.
- Off-base health emergencies will be treated at an Italian local hospital with translation services provided by dispatch.

- Always carry a list of your current medications, known allergies, as well as your insurance card, ID card and local currency.

## U.S. NAVAL HOSPITAL SIGONELLA

The hospital, located on NAS I, Bldg. 273, provides care to all Active Duty Service members and dependents assigned to the hospital at the Medical Home Port Clinic. All other Active Duty Service Members are assigned to the Flight Line Clinic on NAS II.

- ▶ To make an appointment please call the following number:

**NAS 1 Main Hospital** (Active Duty and Beneficiaries): +39-095-56-2273 or DSN 624-2273  
**NAS 2 Flight Line Clinic** (Active Duty Only): +39-095-86-5455 or DSN 624-5455

If eligible, please sign up for TRICARE Overseas at the TRICARE enrollment office upon arrival, located at Naval Hospital Sigonella, Bldg. 273, 2nd Floor, and Room 115 with your current orders to ensure enrollment is transferred to the Tricare Europe Region. Additionally, Service members can transfer their enrollment upon PCS via <https://milconnect.dmdc.osd.mil/milconnect/>.

Tricare Enrollment/Primary Care Assignment/Beneficiary Education/Tricare Options:  
DSN: 315-624-4880 Tricare Referral Supervisor/  
Passport DSN: 315-624-4848 Tricare Dental Clinic:  
095-56-4205 Dental Clinic at NAS 1 can see Active Duty and dependents, NAS 2 is for Active Duty only.  
DSN: 624-4880/4878, 4087,  
DSN: 4635/4848 (SUPERVISOR)

## DENTAL CARE

The Dental Clinic on NAS II sees active duty service members who are assigned to the installation. The dental clinic at the NAS I hospital can see dependents.

For information about TDP enrollment, claims or covered benefits, visit the TDP website, [www.metdental.com](http://www.metdental.com). ■

## Emergency Numbers in Italy

	Dial
Fire	115
Ambulance	118
Carabinieri (Italian Police)	112
Police	113





## 205 Housing Complex

Since 1983 we've been delighted to offer our guests the perfect housing solution they were looking for.

Whether you are on a Short Term or Permanent Assignment a TLA or a House to rent is what you need.

Located within 1 min walking distance from/to NAS I, 12 mins drive from/to NAS II and 15 mins drive from Catania, surrounded by green areas, a beautiful panoramic view of Mount Etna and exotic palm trees and plants, the 205 HOUSING COMPLEX offers:

- 2-3-4 and double 4 bedroom units, 95-200 sq.m, with back yard lawns, furnished or unfurnished
- 110/220 voltage
- A/C - Central Heating System  
Gas detectors
- Appliances
- Maintenance, water and daily waste removal free of charge
- Fiber Optical Internet
- Pet- friendly



### Our Facilities:

- Dog paths
- Swimming pool
- BBQ areas
- Parking areas
- Playgrounds
- Fenced area
- CCTV cams installed in the Complex
- Carports
- Friendly and bi-lingual staff

**YOUR SAFETY IS OUR PRIORITY. FEEL YOURSELF AT HOME, COME STAY AT THE 205!**

**LIKE US ON FACEBOOK: [WWW.FACEBOOK.COM/205HOUSINGCOMPLEX](http://WWW.FACEBOOK.COM/205HOUSINGCOMPLEX)**

**For reservations, please call +39 095 7130252 or email us at [gliulivisrl@hotmail.it](mailto:gliulivisrl@hotmail.it)**



If you've brought your furry friend to Italy, you must register them at the installation's veterinary clinic and the housing office within 10 days of arriving.

## GENERAL RULES

Be aware that no pets are allowed in Unaccompanied Housing and only two (2) pets are permitted in Family Housing, which can be cats and/or dogs.

## REQUIRED VACCINATIONS AND MEDICINE

✓ **Leptospirosis:** If you haven't already, you need to get your pet a Leptospirosis vaccination as soon as possible. Leptospirosis has a heavy presence in Italy and without proper vaccination, it can cause kidney failures in pets.

✓ **Rabies:** Both dogs and cats must get an annual rabies vaccination. Pets are required to wear their rabies tags at all times to serve as a visual marker of vaccination status.

✓ **Heartworm, flea and tick:** Ensure your pets are on heartworm preventative as well as flea and tick control medicine year-round. Flea/tick preventatives include either monthly topical products containing permethrin, or collars containing

# Life for your

# PETS

→ in Italy



deltamethrin or flumethrin changed out every six months.

## VETERINARY CLINIC

Though the NAS Sigonella veterinarian primarily serves the military working dogs, they do perform limited veterinary services for NAS Sigonella personnel. Call to see availability, otherwise you are encouraged to utilize off-base vet clinics.

DSN: 624-4258

Email: [signellavet@gmail.com](mailto:signellavet@gmail.com)

## ITALIAN VETERINARY CLINICS

Taking your pet to an Italian veterinarian clinic is recommended for emergency and specialty needs for your pet. It is important to register with an Italian veterinary clinic for health issues that go beyond what the base vet clinic can treat. Contact the veterinary clinic for a list of local Italian vet clinics.

## ITALIAN PET REGULATIONS

- ▶ Animals must never be left tied up and unattended to.
- ▶ Pets must be leashed every time you walk them.
- ▶ Shelter must always be provided for your pet.
- ▶ Cats must be kept indoors at all times.
- ▶ Food and water must always be easily accessible for your pet.

- ▶ Every pet must have a 15 digit international microchip. This is also a form of identification if they are ever lost and brought into a vet clinic.
- ▶ "Choke chain" or pinch collars are illegal in Italy and use of these types of collars is subject to a fine.

## TRAVELING WITH YOUR PET

### Requirements:

- ✓ All pets must have their 15-digit international microchip.
- ✓ Rabies vaccination must be up to date and given after the international microchip was implanted.
- ✓ EU Pet Passport must be with you and your pet at all times when traveling.
- ✓ Muzzles must be carried (not worn) for all dogs when in public.
- ✓ Animals must be contained while riding in vehicles (carrier or harness).

## TRAVELING WITHOUT YOUR PET

If you plan on traveling while in Italy, there may be trips where your furry friend can't tag along. Once you register your pet at the installation's vet clinic, they can provide a list of local boarding facilities. ■



# Mario & Brother

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inside  Gas Station

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Mario 338 3630009



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[www.thaiprincess.it](http://www.thaiprincess.it)

Viale Africa, 31 - Catania - +393331918404  
open: everyday 5:30pm - 11:30pm



# Care & Move

## 4 Pets

### EVERYTHING FOR CARE AND SHIPPING OF YOUR PETS!

#### CONTACTS AND SOCIAL



[www.facebook.com/Care&Move4Pets/](http://www.facebook.com/Care&Move4Pets/)



[www.Care-Move4Pets.com](http://www.Care-Move4Pets.com)



mobile: 345 239 2093

email: [info@care-move4pets.com](mailto:info@care-move4pets.com)



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anything to help you!!

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#### Some of our SERVICES

01

24/7 WORLD WIDE PET SHIPPING  
GROUND TRANSPORTATION

02

PET TAXI FOR ALL NEEDS -  
FROM/TO HOTELS/AIRPORTS

03

DOOR TO DOOR SHIPPING

04

ALL KIND AND SIZES OF CRATES  
AVAILABLE

05

ASSISTANCE FOR FIXING VET  
SPECIALIZED VISITS

*with love and joy*

# Adjusting your KIDS

→ *in Italy*

**M**oving to Italy is a big change for the entire family. Children certainly feel this impact as they leave behind familiar schedules, classrooms, friends and neighborhoods. Here are ways to make the transition as smooth as possible for your kiddos.



## ESTABLISH ROUTINES

The importance of routines in child development should not be overlooked. Establishing routines will help children handle the additional emotional and environmental changes as you get settled.

- ▶ Set sleeping schedules right away.
- ▶ Rehearse school or daycare routines.
- ▶ If possible, take your children to their daycare or school to meet caregivers or teachers in advance.
- ▶ Make sure your routine includes time for your children's favorite activities.

## INVOLVE YOUR KIDS

Include your children throughout the transition. Even for toddlers, give them tasks and roles to instill a sense of responsibility and increase self-confidence.

- ▶ Let them help unpack and give them freedom to organize their living space.
- ▶ Schedule social time with classmates and new neighbors.
- ▶ Sign your children up for after-school activities.
- ▶ Contact the School Liaison Officer (SLO) to request student sponsors.

## EXPLORE ITALY

- ▶ Maintain an enthusiastic outlook about your arrival in Italy, even if you are having doubts. Your children will look to you a great deal during this transition. If you're upset, they will be too.
- ▶ Eat meals on the economy, attend local fests and learn about Italian traditions. Address the differences between life in Italy versus back home, but move conversations in a positive direction. Your children will gain an appreciation for diversity while exploring.
- ▶ Enroll your children in Italian lessons, schools or day care.
- ▶ Explore the best of Europe by letting your children assist in trip planning, researching and selecting sites or activities they would enjoy. Take photos and work together to create scrapbooks, photo albums, calendars, collages and other creative projects.

*continued on page 28*



WORK IN PROGRESS ON THE NEW BUILDING & MUCH MORE



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FOR ADULTS AND CHILDREN

new routes 2023

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REFRESHMENT POINT



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> MILO | Parco Scarbaglio

www.parcoavventuraetna.it

*continued from page 26*

## REMAIN IN TOUCH WITH LIFE BACK HOME

While adjusting to everything new, don't forget about life back home. Set regular video chat or phone call dates with family and friends. If your children are allowed online, encourage them to utilize social media and email to stay in touch with friends or have them send postcards from the destinations they visit. Continue the traditions that are important in your family, while creating new ones during your time in Italy.

## EXPECT AN ADJUSTMENT PERIOD

Give your children time to process all of the changes, both good and bad, that come with their new environment. Be aware of expat child syndrome, a psychological condition that typically occurs in children ages 10 to 15 and can lead to isolative or unruly behavior.

### Resources

- ▶ Military and Family Life Counselors (MFLCs)- Free non-medical sessions with child behavioral specialists are anonymous and may occur in individual, couple, family or group settings.
- ▶ School Liaison Officer (SLO)
- ▶ Military OneSource - 12 free sessions may occur in individual, couple, family or group settings

## PARENT SUPPORT

Being a parent isn't always easy, especially when placed in a new environment. Many on-installation and private resources are available for you, such as Fleet and Family Support Center, Morale, Welfare and Recreation or spouses' clubs. Also, look for community websites and social media resources to find support and friendship.



## CHILD EDUCATION

Department of Defense Education Activity (DoDEA) school is located on NAS I and educates children from the ages of pre-K through high school. The Sure Start pre-K program gives priority enrollment to children of service members whose rank is E-1 to E-4, GS-1 to GS-4 or NAF-1 or NAF-2. Start communicating early on with DoDEA or the SLO to begin the enrollment process for your school-aged children.

## DODEA SOUTH

- ▶ Enrollment requirements: [www.dodea.edu/registrationprocess.cfm](http://www.dodea.edu/registrationprocess.cfm)
- ▶ Documentation needed:
  - ✓ PCS orders
  - ✓ Page 13 from PSD to show child's command sponsorship
  - ✓ Certificate or passport for each child
  - ✓ Immunization records
  - ✓ Records from previous school
  - ✓ Valid ID card from parent
- ▶ School Liaison Officer (SLO): invaluable resource during transition; [www.dodea.edu/Europe/resources/slo.cfm](http://www.dodea.edu/Europe/resources/slo.cfm)

School Contact Information:  
**Signonella Elementary School**  
 Phone: +39-044-4716838  
 DSN Phone: 646-6838  
 From US: +39 044-4716838

### Signonella Middle High School

Phone: +39-044-471648  
 DSN Phone: 646-6848  
 From US: +39 044-4716848

## HOME SCHOOLING

Home schooling is a legal option open to all SOFA sponsored active-duty military, DoD civilians and contractors. Your children may be eligible for auxiliary services offered by DoDEA-Europe. Contact the SLO for more information and to connect with home school groups.

## CHILD CARE

Many programs are available through Morale Welfare and Recreation (MWR)'s Child and Youth Programs. Note that waitlists are inevitable, so get started early!

- ▶ The Child Development Center (CDC) supports families with childcare for those aged 6 weeks to pre-school age with experiences designed to enhance their social, emotional, cognitive and physical development. The CDC provides age-appropriate programming, offers nutritionally sound meals and is fully accredited by the National Association for the Education of Young Children (NAEYC).
- ▶ School-Age Care (SAC) is available for children aged 5 and in kindergarten through age 12, and provides care before and after school, and a full-day camp during the winter, spring and summer breaks. The SAC

program is aligned with the Boys and Girls Clubs of America and 4-H and is fully accredited by the Council on Accreditation (COA).

- ▶ The Youth Complex is located in Marinai housing and serves as Signonella's hub for planned youth events. Available to all registered youth ages 11 (and in the 6th grade) - 18 (and still in High School), this facility offers activities such as a Cooking Club, Technology Club, Art Club, Smart Girls, Keystone, Torch Club, and Passport to Manhood, as well as excursions into town for activities such as go-karting, paintballing, hiking, kayaking, paddle boarding, snorkeling, and much more. The facility itself also boasts video game stations, TV's, a pool table, ping-pong, air hockey, foosball, music instruments, and a full service kitchen.
- ▶ Drop-In Hourly Care is also available at the CDC and SAC (space dependent).
- ▶ To register, please establish an account and submit CDC or SAC care requests through [www.militarychildcare.com](http://www.militarychildcare.com).

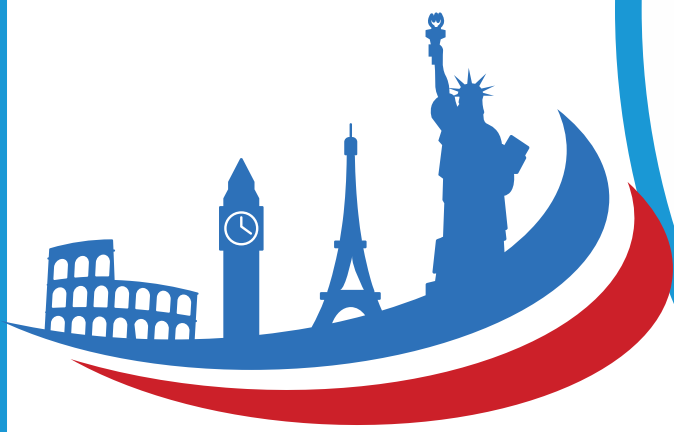
### CDC

Phone: +39-095563736  
 DSN Phone: 624-3736

### SAC

Phone: +39-095563712  
 DSN Phone: 624-3712 ■





# New Place

TEMPORARY LODGING APARTMENTS

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Large furnished apartments with fully equipped kitchens conveniently located 4 miles from NAS I in downtown Motta S. Anastasia.

All shops and restaurants are easy walking distance from TLA.

Apartments are spacious and range in size from 970 square feet to 1,300 square feet, with panoramic views. Free accommodations include local calls, internet and Wifi, international TV channels, DVD, 110V and 220V outlets, A/C, heat, maid services, laundry & dryer facilities, alarm system, security video camers, swimming pool, solarium, BBQ areas, gazebo, playground and secure, gated parking. Pets are welcome. Free shuttle services on arrival and departure from/to Airport, NAS I and NAS II.

Rental car and babysitting services available on request.

Guests receive 10% discount at Agostina's Aesthetic Center (massage, hair removal, and much more) located on premises.



Via Enrico Toti 9, Motta S. Anastasia, CT





# Personal

# » ENRICHMENT

**U**nderstanding the SOFA agreement between the U.S. and Italy will set realistic expectations for career opportunities during your time in Sigonella. The only job opportunities for dependents can be found on the installation, as dictated by the SOFA. Job openings are fairly limited, so it is important to start looking for job opportunities before PCSing and soon after you arrive.

## CAREER OPPORTUNITIES ON-INSTALLATION

- ▶ **Civilian General Schedule (GS) Positions:** Full-time, appropriated fund positions periodically become available at various commands on the installation. It is suggested to regularly search [www.usajobs.gov](http://www.usajobs.gov) for new openings.
- ▶ **Non-appropriated fund (NAF) Positions:** Positions support installations through services in Morale, Welfare and Recreation (MWR) and Fleet and Family Service Center (FFSC). Hours range from regular, full-time to flexible part-time with varying employment benefits. Search [www.usajobs.gov](http://www.usajobs.gov) and <https://www.navymwrsigonella.com/job-opportunities> for new openings.
- ▶ **DoDEA-Europe:** These schools offer full-time positions, substitute teachers, administrative staff and educational aids. Visit [www.dodea.edu/Europe/offices/hr](http://www.dodea.edu/Europe/offices/hr)
- ▶ **Navy Exchange (NEX):**  
Apply at <https://www.mynavyexchange.com/nex/work-for-us>
- ▶ **Defense Commissary Agency (DECA):** Jobs at commissaries.
- ▶ **Non-profit organizations:** The USO, Navy Marine Corps Relief Society and American Red Cross all have offices on base. They periodically hire full- and part-time employees.

*continued on page 32*



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*continued from page 30*

- ▶ **Defense Contractors:** Job opportunities in technology, management, accounting and administration are available with contracting firms. Contact the Contracting Department for more information.

**Note:** Check websites and offices for new openings frequently – a job can be posted one day and stay posted for only 48 hours. Contact the Fleet and Family Support Center's Employment Specialist for Sigonella employment assistance.



## VOLUNTEERING

With limited employment options for dependents at Sigonella, many choose to volunteer at organizations on base to apply their skills, give back to the community and add to their resumes. Volunteering can even help you gain experience and network to land a paid position in the future.

### Start making connections

- ▶ Visit FFSC, MWR, the American Red Cross and the USO.
- ▶ Reach out to various offices on the installation that align with the career field you're interested in. It's possible that they need volunteers or are willing to let people shadow them.



With limited employment options for dependents at Sigonella, many choose to volunteer at organizations on base to apply their skills, give back to the community and add to their resumes.

## EDUCATION

Taking the time to advance your education can help you excel in the future. Educational opportunities on the installation come with a variety of programs at universities partnered with the DoD.

- ▶ **University of Maryland Global Campus:**  
<https://www.europe.umgc.edu/>  
Offers a variety of undergraduate and graduate degrees as well as associate, bachelor's, master's and doctoral programs. Online, face-to-face and hybrid courses.
- ▶ **Central Texas College Europe:**  
[www.ctcd.edu/locations/Europe](http://www.ctcd.edu/locations/Europe)  
Offers primarily associate degrees and practical training. The Advanced Skills Education Program develops leadership qualities within noncommissioned and junior officers. Face-to-face and online classes.
- ▶ **Embry-Riddle Aeronautical University:**  
<https://europe.erau.edu>  
Offers certifications, undergraduate and graduate degrees. Face-to-face and online courses.  
*Please note that programs are subject to change from in-person to online only. Talk to the school's representatives to see what options there are for you.*

## OTHER PERSONAL ENRICHMENT AVENUES

- ▶ Take Italian classes and explore Sicily outside the "triangle" to enjoy the culture.
- ▶ Start DIY projects you've always wanted to do.
- ▶ Spend time in the gym and establish healthy habits.
- ▶ Travel, travel, travel! Living in Italy means traveling between other European countries is easier than ever.
- ▶ Start a blog – whether it be travel, fitness, military living, etc. Contribute your articles to [www.europe.stripes.com](http://www.europe.stripes.com) for a chance to get published online and in various magazines.

Find what works for your goals and dreams - whether you land a great job, volunteer with an amazing organization, further your education or find other ways for personal enrichment. What matters is utilizing your time in Italy to benefit your future to the best of your ability. ■



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# KEY

## *Services*

### *& Information*

#### AFN

Armed Forces Network (AFN) Sigonella broadcasts locally on 105.9 FM. You can also stream it live, either on the website at [afneurope.net](http://afneurope.net) or on the AFN Go mobile app.

#### USO

The USO Center is located in the NAS II Air Terminal. In addition to the typical USO center amenities such as coffee, hot tea, cold drinks, snacks, troop computers, internet connectivity and TVs (both WiFi and TVs provided throughout the NAS II Air Terminal) the center also supports the transit flights with drinks, snacks and serves a free lunch every week out of the center. Programs delivered outside the center include events for parents and young children, spouses, single/unaccompanied personnel, families and various other outreach programs across the base, including NAS I, NAS II and Marinai, as well as virtual programming.

Website: <https://italy.uso.org/sigonella>  
Phone: +39-095-56-6377; DSN: 624-6377

#### RED CROSS

The American Red Cross provides Emergency Communications coverage 24/7. The after-hours emergency coverage is from 4:30 p.m. to 8 a.m. every day and 24 hours a day during weekends and holidays.

In addition to emergency communications, the Red Cross offers classes in CPR for adults, infants and children; first aid and safety; babysitting and disaster preparation. Red Cross-certified instructors conduct Red Cross swimming and lifeguard courses through MWR. Red Cross volunteers provide service to the Sigonella military community as

workers at the Naval Hospital and Dental Clinic, Disaster Action Team (DAT) members and instructors of health and safety classes. Volunteers also provide a variety of services by giving of their time at the Red Cross Field Office.

DSN: 624-4900  
Toll Free: 877-272-7337 (24 hours a day, 365 days a year)  
Email: [sigonella@redcross.org](mailto:sigonella@redcross.org)

#### RELIGIOUS MINISTRIES

The NAS Sigonella Chapel hosts Catholic Mass (9 a.m.), Protestant services (11 a.m., Traditional/Contemporary) and Church of Jesus Christ of Latter Day Saints (1:30 p.m.) at NAS I Chapel. There are Catholic and Protestant religious education programs for children and teenagers throughout the year.

The Religious Ministries Department also supports life skills classes such as marriage enrichment, stress management and ethics workshops. The CREDO program sponsors resiliency retreats and workshops for women, couples, singles and families.

The Religious Ministries are also here to help facilitate worship services and provide faith-specific needs to accommodate all of our Nation's diverse religious requirements.

NAS I Chapel: 624-3975  
NAS II Chapel: 624-9049  
[https://www.facebook.com/NAS\\_Sigonella\\_Chapel](https://www.facebook.com/NAS_Sigonella_Chapel)

#### MORALE, WELFARE, AND RECREATION

Morale, Welfare, and Recreation (MWR)'s mission is to provide top quality-of-life support through a

*continued on page 36*



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*continued from page 34*

wide variety of recreation activities, quality childcare and entertainment services to forward-deployed service members and their families in Sicily. MWR aims to make your stay in Sigonella comfortable and memorable.

MWR recreational programs and facilities include: Two 24/7 Fitness Centers, two year-round Outdoor Pools, a Family Fitness Center, Adult Sports Program, the Spare Time Bowling Center, Auto Skills Center (ASC), Self-Service Car Wash, Jox Pub, Connections Pub, Midtown 2 Theaters, Library, Community Recreation Trips & Tours, Party Equipment Rental, Command Function equipment rental, Liberty Program for Single Service Members, and a comprehensive year round Youth Sports Program. <https://www.facebook.com/SIGONELLAMWR>  
<https://www.navymwr.sigonella.com>

## POSTAL SERVICES

### How do I get mail?

Postal services in Sigonella are provided on NAS I and NAS II. The Post Office on NAS I is located in building 318 across the MWR Thrift Shop and is open Monday through Friday 9 a.m. to 4 p.m. The Post Office on NAS II is conveniently located inside the Fleet Mail Center (FMC) and is open Monday through Friday 9 a.m. to 4 p.m.

NAS I Post Office (DSN): 624-4477

NAS II Post Office (DSN): 624-5915




## HOW TO CONNECT

To learn more about NAS Sigonella, visit these official sources of information:

► NAS Sigonella Facebook page: <https://www.facebook.com/nassigonella>

► Public Affairs Office:  
+39-095-86-5440/DSN: 624-5440, or  
Email: [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil).

► Sigonella CNIC Website: [https://www.cnic.navy.mil/regions/cnreurfcent/installations/nas\\_sigonella.html](https://www.cnic.navy.mil/regions/cnreurfcent/installations/nas_sigonella.html).

► The Signature:  
This biweekly digital publication can be found as a PDF at →   
or: online-optimized at [https://issuu.com/nas\\_sigonella](https://issuu.com/nas_sigonella) ■

## FOREIGN SERVICE BENEFIT PLAN

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[afspa.org/fsbp](https://afspa.org/fsbp)

FEHB plan offered to eligible Federal Civilian employees  
All benefits are subject to the definitions, limitations, and exclusions set forth in the Foreign Service Benefit Plan's Federal brochure (R172-001)

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# COUNSELING *SERVICES*

If you are in need of counseling or mental health services, know that there are a multitude of programs and personnel that can assist you. Mental health is important for your well-being, and mental health challenges and issues should never be ignored or hidden.

## CHAPEL

Chaplains provide 100% confidential counseling services focused on personal, family and relationship resiliency. Crisis counseling is also available. Counseling services are non-clinical and available to all regardless of religious affiliation.

### ► Eligibility

Available to all active-duty members, dependents and DoD civilians

### ► Locations

NAS I — building 317  
NAS II — building 742

### ► Hours

Appointments are available Monday-Friday from 8 a.m. to 4 p.m.

### ► Contact

NAS I Chapel — +39-095-56-3975  
NAS II Chapel — +39-095-562-2382  
24/7 assistance — +39-335-831-4493  
Facebook: <https://www.facebook.com/SigChapel>



*continued on page 40*



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DELIVERY AND  
TAKE AWAY



*continued from page 38*



## HEALTH

Psychologists, psychiatrists and behavioral health technicians are able to evaluate and manage psychiatric disorders. They can facilitate patient movement to a Military Treatment Facility (MTF) where they are able to receive the services required. They will refer most cases to other counseling services available on base.

**Note:** *If anyone is experiencing active suicidal ideations, seek emergency medical care from the Emergency Room at the installation.*

### ► Eligibility

Adults ages 18 and older with TRICARE coverage. Other adults will be billed by your individual health insurance.

### ► Location

Flight Line Clinic, NAS II — building 148

### ► Hours

Monday-Friday, 8 a.m. to 4 p.m.  
Closed on federal holidays.

### ► Contact

Mental Health Clinic - +39-095-86-6095  
Substance Abuse Clinic - +39-095-86-6092

## FLEET AND FAMILY SUPPORT CENTER

FFSC provides short term, non-medical counseling for individuals, couples and families. Areas covered include but are not limited to relocation difficulties, adjustment problems, work related stress, crisis intervention and personal, marital, or family problems.

### ► Eligibility

Active duty members and their dependents, DoD civilians and DoDEA employees and their families who are eligible in the military treatment facility.

### ► Location

NAS I — building 319

### ► Hours

Monday - Friday, 7:30 a.m. to 4 p.m.

### ► Contact

+39-095-56-4291  
Facebook: <https://www.facebook.com/ffsc.sigonella>  
Email: [sign9.ffsc@eu.navy.mil](mailto:sign9.ffsc@eu.navy.mil)

## HOSPITAL & CHILD GUIDANCE CLINIC

The Hospital and Child Guidance Clinic provides psychotherapeutic treatment to address a broad range of psychological issues faced by children to include anxiety, depression, ADHD, adjustment difficulties and relationship issues.

### ► Eligibility

Children of any age who are eligible to receive care in the MTF

### ► Location

NAS I Educational and Developmental Intervention Services Clinic — building 272

### ► Hours

Monday-Friday, 8:00 a.m. to 4 p.m.,  
by appointment only.

### ► Contact

+39-095-56-4536





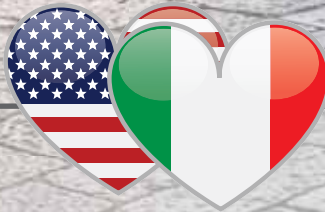
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# *LIVING* *Like a Local*

As things start to settle down with your move to Sigonella, it's best to immerse yourself into the culture as soon as you can. It may seem intimidating at first, but with the installation's resources, understanding Italian culture and learning easy Italian phrases — you'll be adjusted in no time!





## WELCOME ORIENTATION

During base indoctrination, the FFSC will take you on an intercultural relations trip to the nearby city of Catania and town of Motta Sant'Anastasia. You may stop in a restaurant, grocery store, market or other shops. The goal is to show you the ins and outs of how to order food and drinks, make purchases in stores and embrace the Italian culture overall. Consult with FFSC about other area orientation classes such as the New Spouse Orientation and ICR (Intercultural Relations) Follow Up.

## EVERYDAY LIFE IN ITALY

### ► Dining

- Water is served in bottles only: still or sparkling.
- Expect meals to last at least two hours.
- Lunch times are around noon to 2:30 p.m.
- Dinner times start around 7 p.m. and may stay open until midnight.
- Restaurants close between lunch and dinner.
- Be sure to ask for the check.
- Most times, you pay at the register.

### ► Shopping

- You'll need a 50 cent or 1 euro coin to insert into shopping carts for use.
- Weigh your produce before checking out.

- Bring reusable bags for your groceries.
- If you forget a bag, you'll need to pay for one at the register.
- Many shops close for "riposo" which tends to take place between 1 and 4 p.m.

### ► Driving

- Italians tend to drive faster and more aggressively than what U.S. drivers are used to.
- Don't attempt to drive like the Italians to keep up with their pace.
- Italians do not consider it rude to tailgate. Don't get upset when they're tailgating you – however, don't form a habit of trying to tailgate them back.

## AMICI PROGRAM

Visit the Fleet and Family Support Center for information on their "Amici" program. This program connects service members—single or with families—to their Italian counterparts. The goal of this program is to bring people with similar life situations together to experience full immersion in Italian culture.



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## RECYCLING IN ITALY

Recycling is a requirement in Italy. Each town has different trash and recycle pick-up schedules — so be sure to ask your landlord, neighbors or the Housing Office for information.

Items must be placed in clear or semi-transparent bags. Black trash bags will not be accepted for any items. Do not mix different types of items in the same bag.

### ► Here's a clear list of what to recycle:

#### Paper/Cardboard

Boxes (from cereal boxes to shoe boxes)  
Cardboard  
Envelopes  
Paper  
Paper bags  
Reading materials (paperback books, newspapers, magazines, catalogs, mail)

#### Plastic/Metal

Aluminum foil  
Bottle tops  
Jar lids

Metal cans/packaging  
Net bags for produce  
Plastic bags (storage bags, bags that food comes in, grocery bags)  
Plastic bottles/cartons  
Styrofoam

#### Biodegradables/Organics

Coffee Grounds  
Bread  
Egg shells  
Fruit  
Nutshells  
Paper towels  
Tea bags  
Vegetables

#### General Trash

Ashes  
Cat litter  
Diapers  
Feminine products  
Tissues  
Meat (including bones)  
Mirrors  
Non-packaging metals/plastics  
Seafood (including shells)

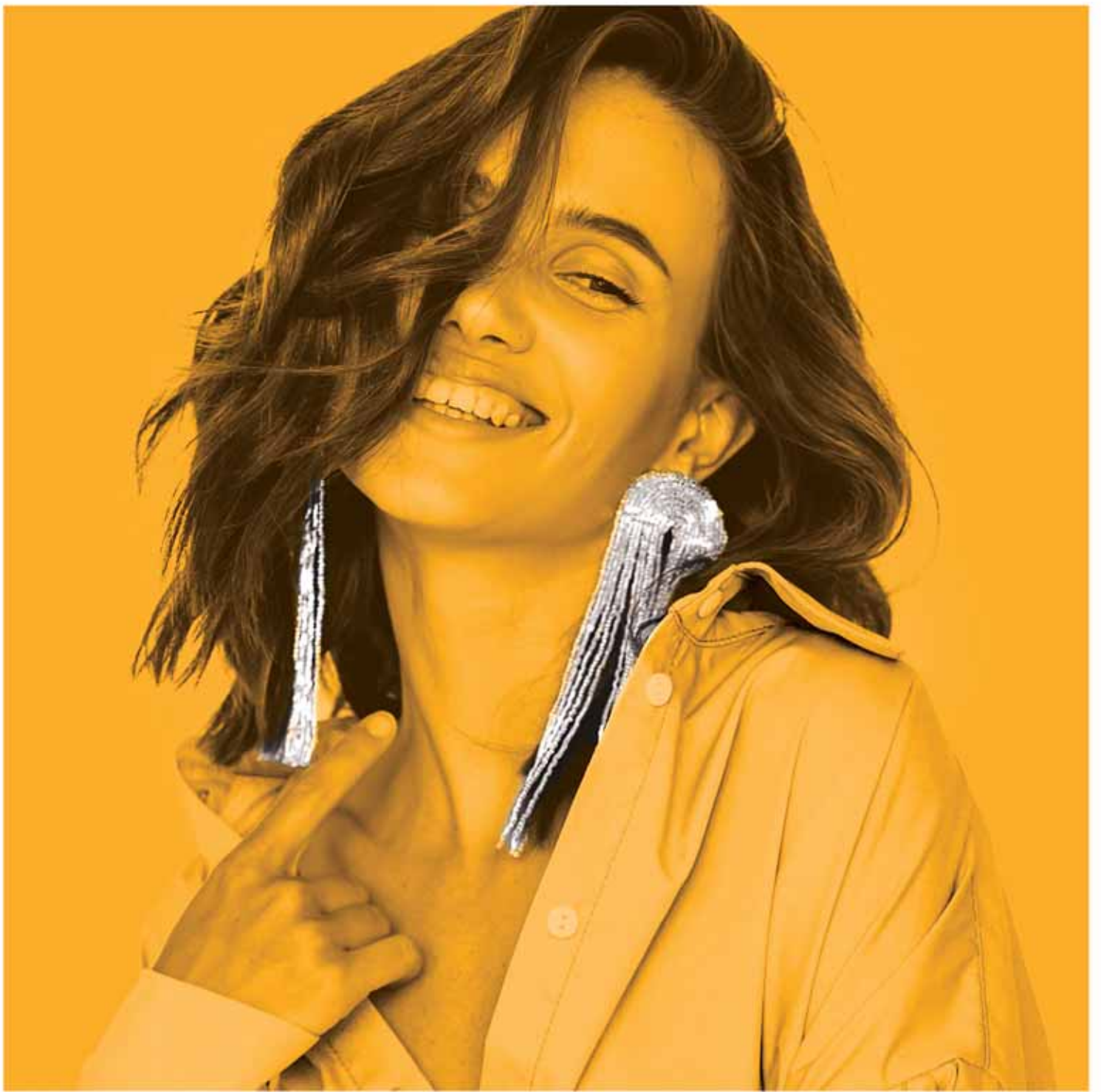
Soiled paper/cardboard (pizza boxes)  
Vacuum cleaner bags

#### Glass

White, clear, green, brown, blue and other colored glass  
Drinking glasses  
Non-returnable glass jars/bottles  
Other glass packaging  
*\*No ceramics, porcelain, glass or metal/plastic lids*

#### Bulk and Hazardous Waste

Batteries/chemicals/detergents/pesticides  
Construction waste  
Cooking oil  
Electronics  
Furniture  
Large branches  
Lightbulbs  
Mercury thermometers  
Other oils  
Paint  
Scrap metal  
Tires  
Trees



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# Useful ITALIAN Phrases

*Ready to learn Italian? Local nationals will appreciate that you are attempting to speak their native language. Remember, practice makes perfect!*

## SALUTATIONS

Hi .....	Ciao
Goodbye .....	Arrivederci / Addio
Bye .....	Ciao
Good morning .....	Buongiorno
Have a good day .....	Buona giornata
Good afternoon .....	Buon pomeriggio
Good evening .....	Buonasera
Have a good evening .....	Buona serata
Good night .....	Buona notte
See you soon .....	A presto

## POLITE EXPRESSIONS

Please .....	Per favore
Thank you .....	Grazie
You're welcome .....	Prego
Yes .....	Sì
No .....	No
Yes, please .....	Sì, grazie
No, thank you .....	No, grazie
How are you? .....	Come stai?
What's going on? .....	Cosa sta succedendo?
Very good .....	Molto bene
I'm OK .....	Sto bene
I'm sorry .....	Mi dispiace
Excuse me .....	Scusami
That's fine .....	Va bene
Of course .....	Ovviamente
Don't worry .....	Non ti preoccupare

## ASSISTANCE OR CLARIFICATION

Can you please help me? .....	Potete per favore aiutarmi?
Pardon me? .....	Scusami?
Excuse me? .....	Scusami?
I understand .....	Capisco



That sounds good/All is good .....Suona bene / Tutto va bene  
 Exactly ..... Esattamente  
 I don't understand .....Non capisco  
 I don't know .....Non lo so  
 I speak English .....Io parlo inglese  
 I don't speak Italian ..... Non parlo Italiano  
 I speak a little Italian ..... Parlo un po di italiano  
 My Italian is bad .....Il mio italiano è cattivo  
 What's that called in Italian?..... Come si chiama in italiano?  
 How do you say " \_\_\_\_\_ " in Italian? ..... Come si dice " \_\_\_\_\_ " in italiano?  
 What does " \_\_\_\_\_ " mean in English? ..... Cosa significa " \_\_\_\_\_ " in inglese?  
 Do you speak English? .....Parli inglese?  
 Please write it down ..... Per favore scrivilo

## DINING

I'd like to reserve a table ..... Vorrei prenotare un tavolo  
 My name is \_\_\_\_\_ .....Il mio nome è \_\_\_\_\_.  
 I have a reservation.....Ho una prenotazione  
 I would like \_\_\_\_\_ .....Mi piacerebbe  
 I would like to pay, please .....Vorrei pagare, per favore  
 Check, please .....Controlli, per favore  
 Keep the change .....Tieni il resto  
 Waiter/waitress ..... Cameriere cameriera  
 Menu ..... Menu

## SHOPPING

How much does this cost? ..... Quanto costa questo?  
 Do you have \_\_\_\_\_? ..... Hai \_\_\_\_\_?  
 How much? ..... Quanto?  
 What is this? ..... Cos'è questo?  
 Do you have this in size \_\_\_\_\_? ..... Hai questo in size \_\_\_\_\_?

## TRAVEL

Hotel .....Hotel  
 Room ..... Camera  
 Train station .....Stazione ferroviaria  
 Main train station ..... Stazione ferroviaria principale  
 Subway .....Metropolitana  
 Airport .....Aeroporto  
 ATM ..... Bancomat  
 Gas station .....Stazione di servizio  
 When is the next train to \_\_\_\_\_? ..... Quando è il prossimo treno per \_\_\_\_\_?  
 When does the train leave? ..... Quando parte il treno?  
 Where is \_\_\_\_\_? ..... Dov'è \_\_\_\_\_?  
 North .....Nord  
 South ..... Sud  
 East ..... Est  
 West ..... Ovest  
 Left ..... Sinistra  
 Right ..... Destra  
 Straight ahead .....Sempre dritto

# LEARNING THE LANGUAGE

**A**lthough the basics are great – nothing beats hearing the language spoken well. Make the most of your tour in Italy by trying to learn the language.

► **Google Translate App**

This app allows you to “say” the word in Italian and hear how it is pronounced. You can also turn on the image feature and hover your phone over the Italian text to translate in real-time to English without typing each word.

► **Italian Language Classes**

FFSC will go over Italian language basics during the in-processing ICR, Spouse Orientation and ICR Follow Up. ■







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# Conversions & Holidays

## LENGTH

1 kilometer =	0.6 miles
1 meter =	3.3 feet
1 centimeter =	0.39 inches

## WEATHER TEMPERATURE

°C.....	°F
0.....	32
5.....	41
10.....	50
15.....	59
20.....	68
25.....	77
30.....	86
40.....	104
50.....	122

## ITALY PUBLIC HOLIDAYS 2023

**January 1**  
New Year's Day

**January 6**  
Epiphany

**April 9**  
Easter Sunday

**April 10**  
Easter Monday

**April 25**  
Liberation Day

**May 1**  
International Workers' Day/Labor Day

**June 2**  
Republic Day

**August 15**  
Assumption Day

**November 1**  
All Saints' Day

**December 8**  
Immaculate Conception

**December 25**  
Christmas Day

**December 26**  
St. Stephen's Day

## WOMEN'S SIZES

Shoes		Dresses/Shirts/Pants		Bras (Cups AA-E)	
US.....	EU	US.....	EU	US.....	EU
5.....	35-36	2 (XS).....	32	32.....	70
5.5.....	36	4 (XS/S).....	34	34.....	75
6.....	36-37	6 (S).....	36	36.....	80
6.5.....	37	8 (M).....	38	38.....	85
7.....	37-38	10 (M).....	40	40.....	90
7.5.....	38	12 (L).....	42	42.....	95
8.....	38-39	14 (L-XL).....	44	44.....	100
8.5.....	39	16 (XL/1X).....	46	46.....	105
9.....	39-40	18 (1X-2X).....	48-50		
9.5.....	40	20 (2X).....	50-52		
10.....	40-41				
10.5.....	41				

## MEN'S SIZES

Shoes		Suits/Coats		Pants	
US.....	EU	US/UK.....	EU	Inches.....	CM
8.....	41	36.....	46	28.....	71
8.5.....	42	38.....	48	30.....	76
9.....	43	40.....	50	32.....	81
10.5.....	44	42.....	52	34.....	86
11.5.....	45	44.....	54	36.....	91
12.....	46	46.....	56	38.....	97
13.....	47	48.....	58	40.....	102
14.....	48				

## CHILDREN'S SIZES

Clothing		Shoes	
8.....	134	1.....	32
US.....	EU/UK	2.....	33
2T.....	92	3.....	34
3T.....	98	4.....	36
4.....	104	5.....	37
5.....	110	6.....	38
6.....	116	7.....	39
6X.....	122	8.....	40
7.....	128	9.....	41

## INFANT SIZES

Clothing		Shoes	
US.....	EU/UK	6.....	22
NB.....	56	7.....	23
3 MO.....	62	8.....	24
6 MO.....	68	9.....	25
9 MO.....	74	10.....	27
12 MO.....	80		
18 MO.....	86		





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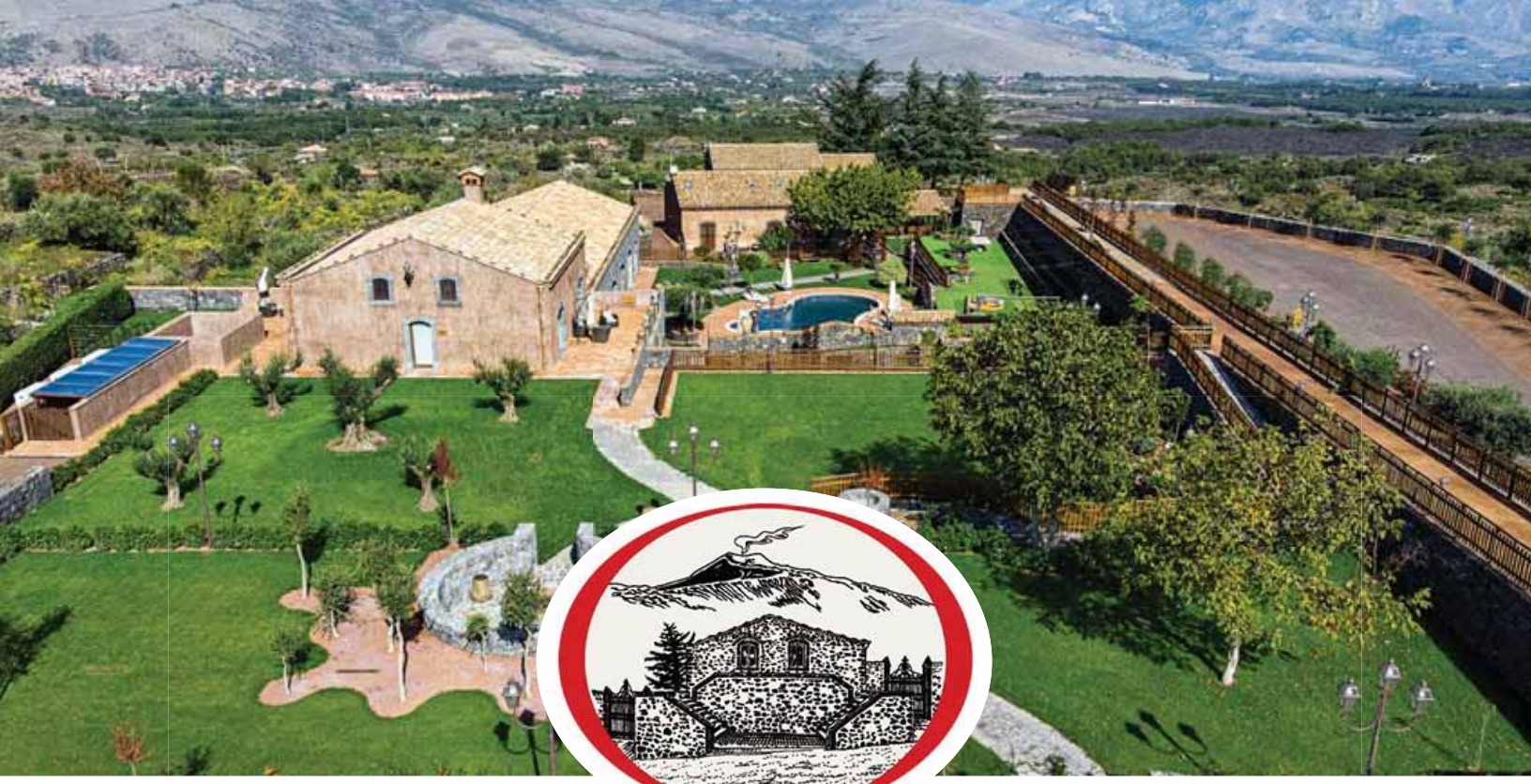
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# *Day Trip from Sigonella* **Charming Catania**

By Karen Bradbury



**Catania traces its earliest history back to the year 729 B.C., when Greeks who had already settled to the north founded Katane.**

Through the years, the city in the shadow of Mount Etna has alternately prospered and met devastation. An earthquake in 1169 led to thousands of deaths, and another in 1693 destroyed much of the city. Catania owes its unique present-day appearance to 18th century reconstruction in a Baroque style making extensive use of lava rock. With a population of around 310,000 today it's Sicily's second-largest city after Palermo and can be enjoyed in one day.



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*continued from page 58*

## Catania Cathedral

Dating back to close to a millennium is Saint Agatha's Cathedral, named in honor of a teenage girl of high birth who underwent many horrific tortures for refusing to recant her Christian beliefs and was martyred in 251. Destroyed by the 1693 earthquake and reconstructed in the mid-18th century, the cathedral's most impressive sights include its striking gray and white lava and limestone façade, a medieval Roman sarcophagus containing the ashes of Aragonese kings and in the sacristy, a portrayal of the 1669 eruption of Mount Etna. From Feb. 3-5 each year, the city's patron saint is venerated as part of one of the largest religious festivals in all Sicily. The bust of Saint Agatha and her relics are placed in an ornate cart which is pulled through town by her devotees.

## Fontana dell'Elefante

The city's most charming monument is found on the Piazza del Duomo, where an elephant carved of black lava appears to wear a smile on its face. Nicknamed Liotru by the locals, he's one of the most recognizable symbols of the city. Mystery and legend surrounds the elephant's origins. One story holds the statue was the work of an 8th century nobleman who turned to the making of idols. The statue was restored by famed architect Giovanni Battista Vaccarini between 1735 and 1737, who added an Egyptian-styled obelisk to the elephant's back. As to why the elephant's trunk points directly to the Cathedral of Saint Agatha is another matter of speculation, with some suggesting its magical powers could shield the city from the eruptions of Mount Etna.



## La Pescheria Market

For fresh fish and foods of all kinds, head to this market where all manner of sea creatures and fresh food await purchase and transformation into a tasty meal. Nearby seafood restaurants offer a mouth-watering selection of squid, tuna and sea bass along with a variety of shellfish. Osteria Antica Marina, smack-dab in the middle of the market, is popular with locals and tourists alike.



## Via Etna

The city's main shopping drag runs from Piazza del Duomo to the foothills of the mountain for which it takes its name. By day, it buzzes with shoppers in search of the latest fashions or a bargain too good to pass up, while in the evening hours, strollers enjoying their "passeggiata," leisurely-walk, are out in force. Serving as an oasis to all that is the Giardino Bellini, where shaded benches invite travelers to rest their weary feet. Just across from this pleasant park is found the Pasticceria Savia, known for its rendition of the shaved ice dessert, "granita," as well as the fast food that's been around for centuries and the topic of our last tip.

## A famous street food

One of the stars of Catania's informal dining scene is the "arancino," a conical ball of rice that's been breaded and fried. Its most typical filling is ragu, a tomato, meat and pea sauce, but other variations are popular as well, to include eggplant (these are called Norma), mushrooms, sausage and pistachio. This Sicilian staple is the topic of a longstanding language dispute. While residents on the eastern side of the island use the masculine form of its name, ending with an "o," Sicilians to the west refer to it in the feminine, "arancina." ■





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# WEEKEND TRIP

## *Enjoy Roman Villas, Agrigento and Turkish Steps*

By Stacy Roman



Romana del Casale



Agrigento

Now that the jetlag has worn off, newcomer's orientation has been completed and you're down to a handful of sealed boxes in the maelstrom of paper and cardboard, why not take a break and hit the road? One of the best things about exploring an island is if you get lost, you'll eventually find your way back home. Full of rich history, spectacular views and, delicious food, Sicily is the perfect place to explore. Grab your keys and discover these amazing spots in your new backyard.

### **Piazza Armerina and Villa Romana del Casale**

(1 hour, 20 minutes)

Approximately 75 kilometers west of Sigonella, in the heart of the island is Piazza Armerina. With an imposing Duomo piercing the skyline, it's worth exploring the narrow alleys leading up to the impressive cathedral. Enjoy a cappuccino and cornetto from a sidewalk cafe before jumping back in the car and heading a few more kilometers east.

A short 15-minute jaunt from Piazza Armerina are the impressive remains of an ancient Roman getaway, Villa Romana del Casale. First excavated in the 19th century, more than 3,500-square-meters of exquisitely detailed mosaic flooring has been unearthed. A designated UNESCO World Heritage Site, the villa is thought to date back to the Imperial Age, at the height of the Roman Empire. Columns

and crumbling walls outline the exterior of the villa. Although the area was subject to devastating flooding and mudslides in the 11th century, the mosaics and floors survived without much damage.

### **Agrigento**

(1 hour, 40 minutes from Villa Romana del Casale)

Once you've explored the remnants of the beautiful villa, hop back in the car and drive through the scenic Sicilian countryside toward the southwestern shore to the city of Agrigento. Nestled on a hilltop overlooking the sea, at first glance, the town doesn't look like much. Resembling a concrete jungle from the outset, the city center is home to a beautiful Medieval town center. Harkening back to its history as a wealthy Greek colony, the influence of Greek culture can be seen and felt around every corner—including just down the road at the Valley of the Temples.



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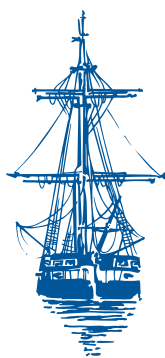
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continued from page 62

Just a mere 3 kilometers south of Agrigento is one of Sicily's most-visited attractions, Valle dei Templi, or Valley of the Temples. The behemoth archeological site lies on the prehistoric city of Akragas. Visitors can explore the Temple of Concordia, which is surprisingly intact with imposing columns rising around 17-meters tall. Other temples include Temple of Heracles, Juno, Asclepius and more. Visitors can also stroll through the lush olive and citrus groves which took root in an ancient Greek swimming pool.

## Scale dei Turchi and Realmonte

(20 minutes from Agrigento)

The Turkish Steps, or Scala dei Turchi, are steeped in rich pirate lore. As local legends recall, Turkish pirates would anchor their ships off the coast, which were hidden due to the step. They would use the naturally formed stairs to sneak into the villages atop the cliff, and carry out their plundering and pillaging before retreating back to their ships.

Nowadays, the Turkish Steps draw curious tourists and sunbathers. From afar, the stairs look as though they've been molded out of clay. Created over centuries due to erosion, wind and rain, the brilliant white hue of limestone and marl is a breathtaking contrast to the jewel-toned turquoise and blue water below. Golden, sandy beaches surround the steps on either side of the cliff.

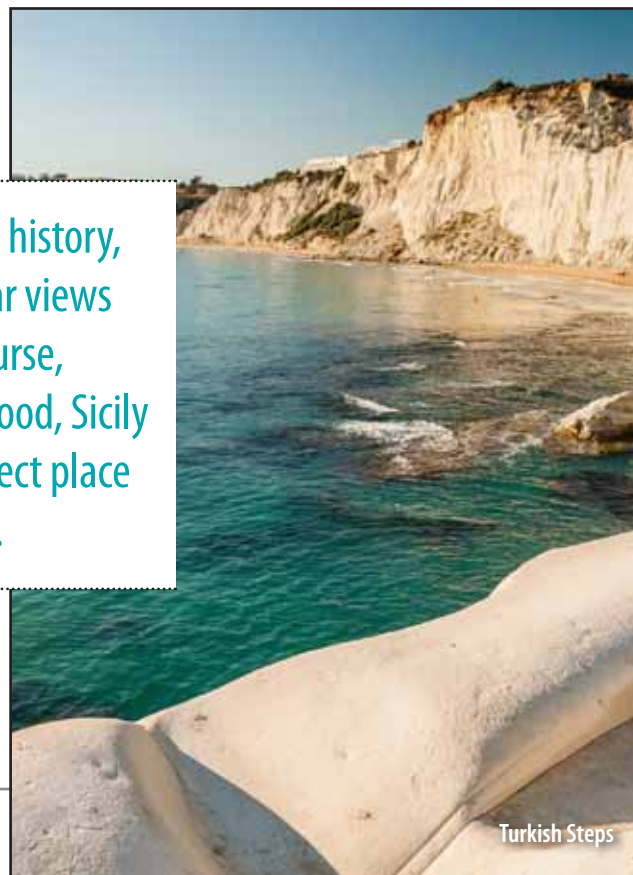
If the steps are a bit crowded, or you've had your fill of vitamin D for the afternoon, head into the nearby town of Realmonte. Home to one of the most unique churches in Sicily, descend into a halite mountainside to discover the Church of the Realmonte Salt Mine. The "Cathedral of Salt" is carved entirely out of salt, including the crucifix, altar and bishop's seat. Nearby above ground, are the remains of an 1,800-year-old Roman villa. Discovered in the early 20th century, the once opulent home covers more than 5,000-square meters. Intricate mosaic floors and marble have been uncovered, along with columns and collapsing wall remnants distinguish rooms from one another.

With a fascinating and vibrant history, Sicily is home to jaw-dropping historical sites, post-card-worthy panoramas and amazing culture. While it can be tempting to stay inside your comfort zone, there's a fantastic world waiting for you. Grab your sunscreen and explore the beautiful host country around you. ■



Valley of the Temples

Full of rich history, spectacular views and, of course, delicious food, Sicily is the perfect place to explore.



Turkish Steps





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# Indulge in a long weekend to **MARSALA**

By Jessica Zen

Salt Flats of Trapani

From the towering mountains in the northern Tyrol region to the glittering ocean beaches on the southern islands, Italy is truly a stunning and vast country. Start your Italian adventure close to home and make your way across Sicily to the northwestern side of the island to Marsala, the perfect location for a long weekend.

**M**arsala packs a punch with a plethora of things to see and do. Start in the center of the town at Piazza della Repubblica, the main square. Your eyes will be drawn to the Chiesa de San Tommaso. This cathedral was built around 1176 and features a Baroque façade with two bell towers. Inside you'll find ornate statues, a marble altar and baptismal font, religious art and a large organ. Next, wander towards Palazzo VII Aprile, the city council palace. It was completed in the 15th century and now features a large clock with Roman numerals and a bell.

Then, head to Porta Garibaldi, a large arch that opens into the town. It is part of the remains of what was once a complex defensive system of walls and gates. This is where Giuseppe Garibaldi and the Thousand entered the city in 1860 and began the unification of Italy. The arch features intricate stonework with Latin inscriptions and inlets with statues.

After you've explored the town, get ready for some fabulous food and wine at Baglio Oneto. Plan for a relaxing afternoon of wine tasting and touring this family estate. Begin your

*continued on page 70*






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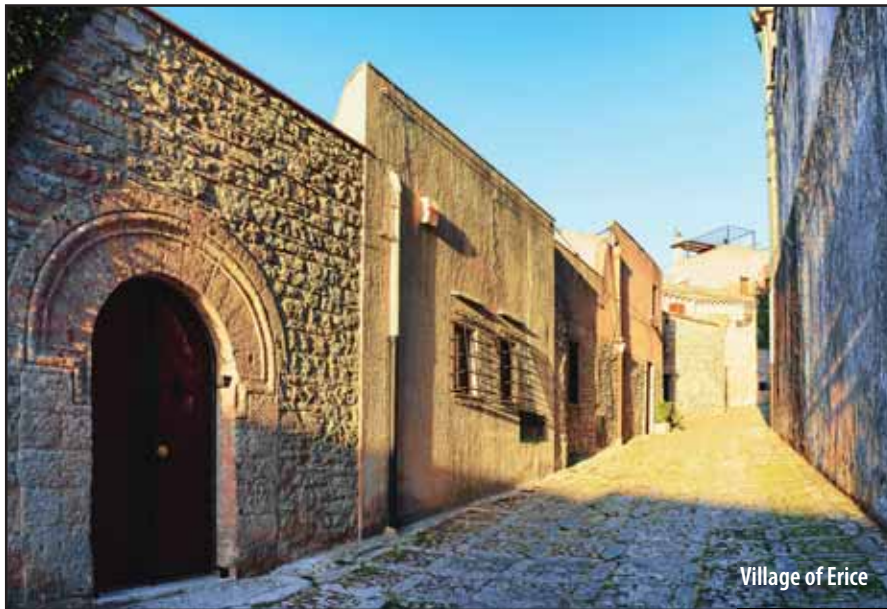
## Enjoy fantastic views of the Gulf of Bonagia and surrounding landscapes as you hike the trails of Erice.

journey at the source of all the goodness, the vineyard. Carry on to the milestone room where the grapes were pounded by foot! Stop at the manor house and then make your way to the grand finale, the wine cellar. Take your time sampling various wines while you enjoy Sicilian cheeses, salami and biscotti. Next, get ready to indulge in some seriously good food.

The restaurant on-site, La Calandra, proclaims they offer “a renaissance for all the senses.”

See the beautiful interior with gabled ceilings and exposed wooden beams, or sit on the patio and dine al fresco and look out over the sea. Smell the Mediterranean cuisine with fresh herbs as it is lovingly prepared in the kitchen. Finally, taste the masterpieces from the chef! Meals like blue Egadi fish or the famous red prawns are sure to tickle your fancy. After a tranquil end to your day, head back to your lodging to rest up for the next day's adventures.

On your second day, get ready for some sightseeing in the village of Erice, which you may have heard of before. The ancient Roman poet Virgil talked about it in his Latin epic poem, “The Aeneid.” Erice is known as the city with a hundred churches, which is of course, a gross exaggeration. Plan on taking the hiking trail to three churches, known as Porta Castellammare. Here you'll have a fantastic view of the Gulf of Bonagia and you'll see the St. Maria Maddalena, St. Ippolito and St. Maria Maggiore churches.

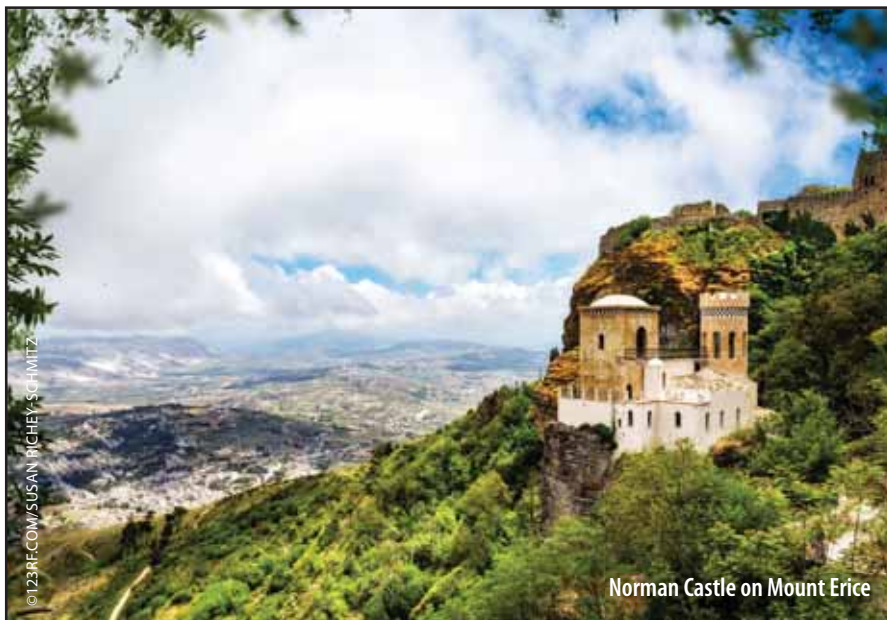


Next up is Venus Castle. It was built in the 12th century by Normans and stands as a reminder of the goddess of fertility. The castle is built into the cliff-side and features a defensive system of towers. Don't miss out on touring the beautiful gardens, where you can have a panoramic view of the area.

On your way back to Marsala, stop at the salt flats of Trapani. This incredibly unique and unexpected attraction is where salt has been harvested since the 12th century. Piles of salt can be found sitting on a network of “roads” over the shallow water. Windmills dot the landscape and were once used to grind the salt. Though little salt is produced there currently, it still remains a fascinating location. If you have time, rent a canoe and row out into the marshes.

On the last day of your trip, spend the morning at Isola Favignana. There is a multitude of caves and rock formations to explore on this small island off the coast of Marsala. Either scuba dive, snorkel or take a boat around the area. On your way back to Sigonella, make a pit stop in Selinunte to check out the ruins. Though you likely haven't heard of this fascinating location, it is home to the largest archeological site in Europe! Here you'll find temples, an acropolis and other various Greek ruins high up on a plain overlooking the ocean.

Marsala is just one of the many beautiful places to visit in Sicily. Make time to explore the region and learn about its thrilling history. Visit a church or five, lounge on the beach and learn a few things about civilization's past. This is just the beginning of many Italian adventures to come! ■





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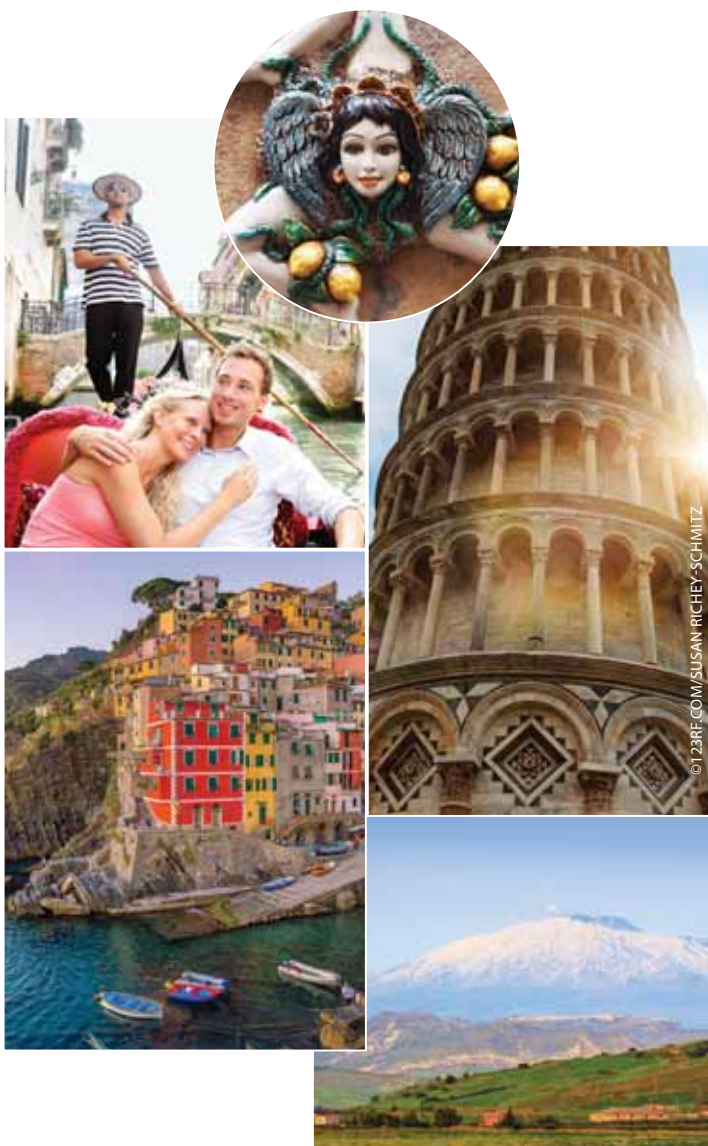


# BUCKET LIST:

# Italy Edition

By Stripes Staff

Italy is a dreamy country filled with countless treasures, from architectural masterpieces and picturesque coastal towns to some of the world's best food and experiences waiting to be had. While stationed in Sigonella, be sure to traipse through Italy and cross these items off your Italian bucket list.



— 1 —

Toss a coin in the Trevi Fountain.

— 2 —

Explore the villages of Cinque Terre.

— 3 —

Hike up the mighty and impressive Mount Etna.

— 4 —

Snap an iconic pic with the Leaning Tower of Pisa.

— 5 —

Take a gondola ride through the canals of Venice.

— 6 —

Witness the clash of Roman and Greek architecture in Taormina.

continued on page 74



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continued from page 72

— 7 —

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— 8 —

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— 9 —

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— 10 —

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— 11 —

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— 12 —

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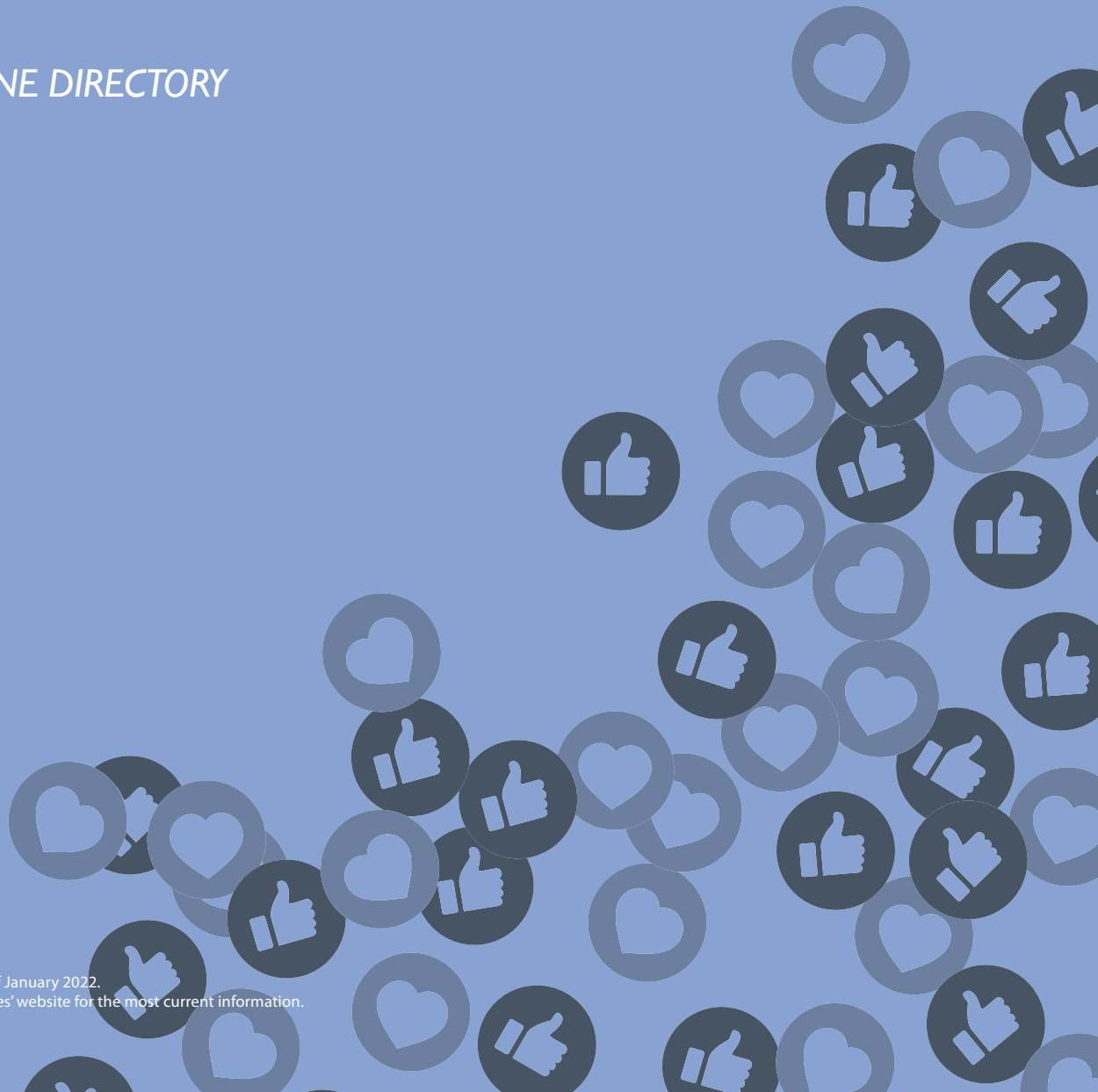
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**80** *PHONE DIRECTORY*



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BASE COMMUNICATIONS OFFICE.....	624-2916
COMMUNITY BANK .....	NAS I 624-9811; NAS II 624-9331
CHILD DEVELOPMENT CENTER .....	624-3736
DODDS ELEMENTARY SCHOOL.....	624-4406
DODDS MIDDLE/HIGH SCHOOL.....	624-4281
EARLY DEVELOPMENT INTERVENTION SERVICES.....	624-4536
EMERGENCY MANAGEMENT .....	624-5225
EMERGENCY MANAGEMENT OFFICER.....	335-193-8823
EMERGENCY OPERATIONS CENTER.....	624-2621
FLEET MAIL CENTER.....	NAS II 624- 5915
.....	NAS I 624-4477
Fleet and Family Support Center .....	624-4291
GALLEY NAS II .....	624-2061
HOSPITAL APPOINTMENT LINE.....	624-2273
.....	624-3842 QRT DECK
HOSPITAL MEDICAL HOME PORT.....	624-4622
HOSPITAL TRICARE.....	624-4880/4848/4087
HOUSING SERVICE CENTER.....	624-4311
HOUSING MARINA/TROUBLE CALLS.....	095-518-3394/342-347-1370
HOUSING LOANER FURNITURE .....	095-56-3879/3878/4164
EMERGENCY ECONOMY HOUSING .....	335-830-6382/8222
EMERGENCY GOVERNMENT QUARTERS.....	342-347-1370
EMERGENCY BACHELOR HOUSING.....	335-578-5520
MOTOR VEHICLE REGISTRATION OFFICE (MVRO).....	624-5275/6171
MWR OUTDOOR EQUIPMENT RENTAL ITT.....	624-4396/4777
MWR MOVIE HOTLINE.....	624-4248
NAVAL COMPUTER AND TELECOM .....	624-5553
.....	335-831-4461 (AFTER HOURS)
NCIS.....	624-9210
NAVY GATEWAY INNS & SUITES.....	624-6832/2926
NAVY MARINE CORPS RELIEF SOCIETY.....	624-4212
REGION LEGAL SERVICES.....	624-5258
PERSONNEL SUPPORT DET. ....	624-5651
PUBLIC WORKS TROUBLE DESK.....	624-6013
PUBLIC AFFAIRS OFFICE .....	624-5440
.....	335-831-4474 (AFTER HOURS)
SCHOOL AGE CARE.....	624-3712
VET CLINIC.....	624-4258
WOMEN, INFANT, CHILD (WIC).....	624-3198

i

## How to Call On-Base Number from Off-Base:

For NAS 1:  
095-56-Last 4 digits

For NAS 2:  
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**A**

**AIRCRAFT INTERMEDIATE MAINTENANCE DETACHMENT (AIMD)**

CDO .....	335-645-5477
ACDO .....	335-184-0993
QUARTERDECK .....	624-5432

**AMC TERMINAL**

COMMAND POST 24 HR .....	624-5371
COMMAND POST LPO .....	624-2748
QUARTER DECK .....	624-5432
FLIGHT INFORMATION/PASSENGER SERVICES CHECK-IN .....	624-5576

**AMERICAN RED CROSS**

OFFICE .....	624-4900
DUTY PHONE .....	335-606-5839
EMERGENCY MESSAGES .....	1-877-272-7337
AUTO PORT .....	624-2814
AUTO SKILLS .....	624-5244

**B**

BARBER/BEAUTY SHOP NAS I .....	624-4234
BARBER SHOP NAS II .....	624-5951
BASE EDUCATION AND TRAINING .....	624-4696
BASE SECRETARY .....	624-5251/5252/5253
BEAUTY SHOP .....	624-4234
BIG AL'S .....	957-848308/331-1008520
BOWLING CENTER .....	624-4302

**C**

CENTER FOR PERSONAL AND PROFESSIONAL DEVELOPMENT (CPD) .....	624-4189
--	----------

**CIVILIAN HUMAN RESOURCES**

DIRECTOR .....	624-4178
SUPERVISOR .....	624-4181

**CNREURAFCENT**

INSPECTOR GENERAL / COMMAND EVALUATION AND REVIEW .....	624-6148/2714/2432/6019
HOTLINE .....	DSN 314-626-2983

**COMMAND TASK FORCE 67 (CTF-67)**

ADMIN .....	624-5362/5123/5129
WATCH FLOOR .....	624-5120/5121

**COMMANDER NAVAL FORCES EUROPE DETACHMENT MOBILE ASHORE SUPPORT TEAM (CNE DET MAST)**

ADMIN .....	624-5804
IT DEPT .....	624-5463(NAS SIG SAFETY DEPT)/624-6140 (CNE DET MAST)

**COMMISSARY**

CUSTOMER SERVICE .....	624-3880
SECRETARY .....	624-3777

**CONTRACTING DEPARTMENT**

SUPERVISORY CONTRACT SPECIALIST .....	624-2393
CONTRACT SPECIALIST .....	624-2311

**D**

**DEFENSE COURIER STATION (DCS)**

AFTER HOURS DUTY COURIER .....	335-606-0293
STATION ADMIN .....	624-5328

**DEFENSE DISTRIBUTION DEPOT SIGONELLA**

AFTER HOURS .....	335-833-4592
CUSTOMER SERVICE .....	624-5752/2361

**DEFENSE LOGISTICS AGENCY DISPOSITION SERVICES AKA (DRMO)**

CUSTOMER SERVICES .....	624-2641
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SITE LEAD .....	624-2642
ENVIROMENTALIST .....	624-5319

**DoDEA**

ELEMENTARY .....	637-6838
MIDDLE/HIGH .....	637-6848

**E**

**EMERGENCY MANAGEMENT**

24HR .....	624-5225
EMERGENCY MANAGEMENT OFFICER .....	335-193-8823
EMERGENCY OPERATIONS CENTER .....	624-2621/2629

**EXECUTIVE TRANSPORT DETACHMENT (ETD)**

ADMIN OFFICE .....	624-5289
OPS DUTY OFFICER .....	624-5324/DUTY PHONE 335-128-1528

**F**

**FIRE AND EMERGENCY SERVICES**

FIRE CHIEF .....	624-0564
DEPUTY FIRE CHIEF .....	624-0531
ASSISTANT CHIEF OF OPERATIONS .....	624-5191
ASSISTANT CHIEF OF TRAINING .....	624-5201
ASSISTANT FIRE CHIEF .....	624-5172
FIRE PREVENTION OFFICE .....	624-5194/6294
LCPO .....	624-6485
NAS 1 FIRE STATION OFFICE .....	624-4031
NAS 2 FIRE STATION OFFICE .....	624-2419

**FLEET AND FAMILY SUPPORT CENTER**

ALL SERVICES AND PROGRAMS .....	624-4291
BASE INDOC COORDINATOR .....	624-4696
SAPR 24/7 HOTLINE .....	335-642-8312 / 335-606-6146

**G**

GALLEY (RESTAURANT BELLA ETNA) .....	624-2061/624-5739/624-2585
CUSTOMER SERVICE .....	624-2061
LCPO .....	624-2585

**H**

**HOSPITAL, U.S. NAVAL**

EMERGENCY-AMBULANCE .....	OFF BASE 095-86-1911/ON BASE 911
EMERGENCY DEPARTMENT/ROOM .....	624-3844
HOSPITAL APPOINTMENT LINE .....	624-2273
NURSE ADVICE LINE .....	800-979-721

**NAS I HOSPITAL & CLINIC**

24HR DUTY/QRT DECK NUMBER .....	624-3842
DENTAL CLINIC NAS I .....	624-4205
DIETICIAN .....	624-4578
HEALTH PROMOTIONS OFFICE .....	624-4710
HOSPITAL MEDICAL HOME PORT .....	624-4622
MENTAL HEALTH CLINIC .....	624-6095
OPTOMETRY NAS I .....	624-4847
ORTHOPEDICS .....	624-4118
OUTPATIENT RECORDS .....	624-3847
OVERSEAS SCREENING .....	624-4086
PATIENT CONTACT COORDINATOR .....	624-4087
PHARMACY NAS I .....	624-4685
PUBLIC AFFAIRS OFFICER (HOSPITAL) .....	335-578-8163



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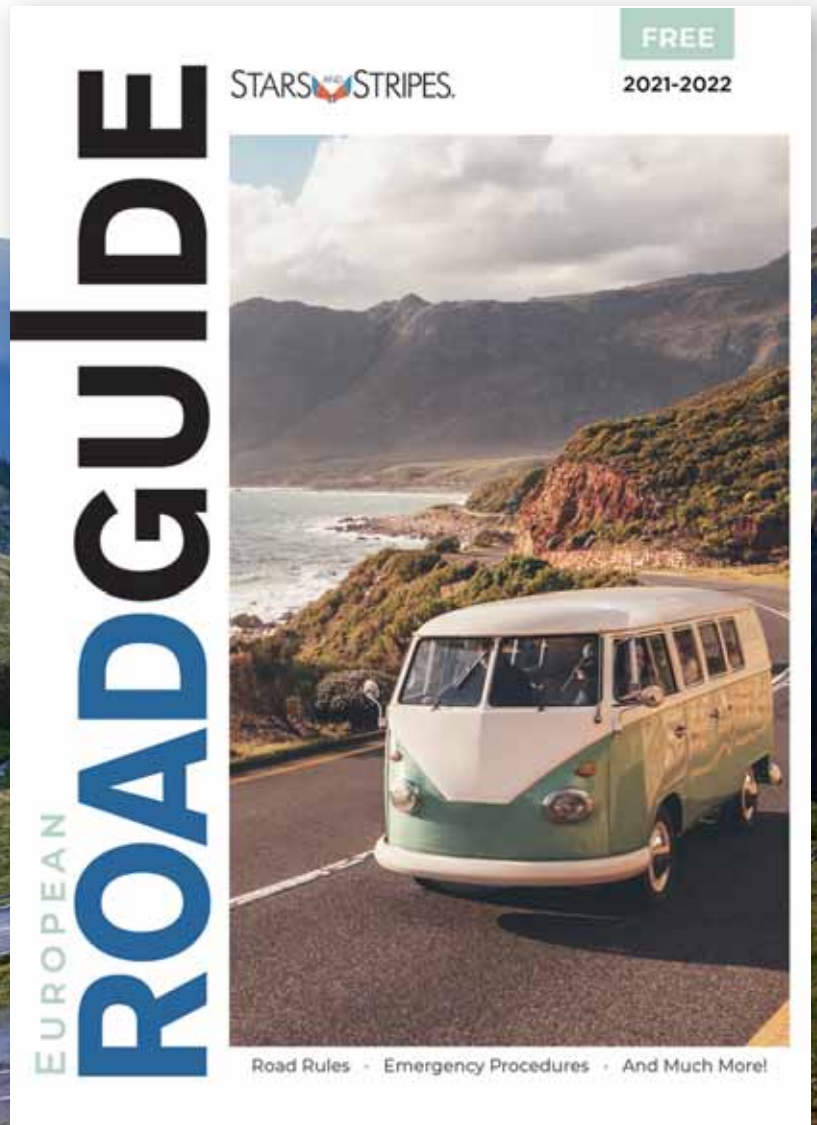


Emergency Phrases

European Road Rules



The Stripes European Road Guide will be available at your installation's A&FRC, ACS and FFSC!



RADIOLOGY DEPT .....	624-4701
SAFETY MANAGER.....	624-4852
SUBSTANCE ABUSE CLINIC (SARP) .....	624-6092
<b>FLIGHT LINE CLINIC</b>	
AVIATION MEDICINE (PHYSICAL SCREENINGS) .....	624-6291
DENTAL CLINIC NAS II .....	624-6317/5447
DEPLOYMENT HEALTH .....	624-5455
IMMUNIZATIONS .....	624-6932
INDUSTRIAL HYGIENE.....	624-6229
LABORATORY.....	624-6312
NAS II RECEPTION/APPOINTMENTS.....	624-5455
MEDICAL RECORDS OFFICE.....	624-6295
OCCUPATIONAL HEALTH CLINIC.....	624-5331
OPTOMETRY NAS II.....	624-6306
PHARMACY NAS II .....	624-6292
PREVENTATIVE MEDICINE .....	624-6231
RADIOLOGY NAS II.....	624-6305/2827
TRICARE OFFICE.....	624-4880/4878,4087,4635/4848 SUPERVISOR

**HOUSING DEPARTMENT**

HOUSING SERVICE CENTER.....	624-4311
MARINAI HOUSING OFFICE FRONT DESK .....	624-1731
MARINAI HOUSING TROUBLE CALLS DESK	
Pizzarotti.....	095-784 8690 / 342-347 1370 (Mon-Fri 07.30-1600)
Pizzarotti Emergency/after-hours .....	349-776 4404 (Mon-Sun from 1600)
NAS I HILLIS DRIVE (SENIOR OFFICERS/FLAG QUARTERS).....	624-4311/3825
Emergency Hillis Drive .....	349-776 4404 (Mon-Sun from 1600)
HOUSING LOANER FURNITURE .....	624-4311
ECONOMY HOUSING.....	624-4311
EMERGENCY ECONOMY HOUSING .....	335-8308222/335-8306382
UNACCOMPANIED HOUSING	
Bldg. 170 (NAS I).....	624-3162/3324/4387
Bldg. 623 (NAS II).....	624-8689/8990/8684
EMERGENCY UNACCOMPANIED HOUSING .....	335-578 5520
EMERGENCY GOVERNMENT QUARTERS.....	342-347-1370

**I**

**INFORMATION TECHNOLOGY (N6) DEPARTMENT**

CUSTOMER SUPPORT .....	624-5555
IT DIRECTOR .....	624-2116
INFORMATION SECURITY SYSTEM MANAGER (ISSM) .....	624-6633

**L**

**LEGAL SERVICES OFFICE DETACHMENT (RLSO)**

FRONT DESK .....	624-5258
------------------	----------

**M**

**MORALE, WELLNESS AND RECREATION (MWR)**

AUTO SKILLS CENTER.....	624-5244
BIG AL'S.....	095-7848308/331-1008520
BOWLING CENTER .....	624-4302
CHILD DEVELOPMENT CENTER .....	624-3736
NAS I FITNESS DISTRICT FRONT DESK.....	624-4483
NAS II FLIGHT LINE FITNESS CENTER .....	624-5243
MOVIE HOTLINE.....	624-4248
COMMUNITY RECREATION TRIPS & TOURS .....	624-4396/4777
JOX PUB .....	624-5604

LEISURE TRAVEL AGENCY-SHELL TRAVEL.....	624-4388
CONNECTIONS NAS I .....	624-4264
LIBRARY NAS I.....	624-3875
MARINAI YOUTH COMPLEX/YOUTH SPORTS .....	624-1750/1747
MIDTOWN 2 THEATRE MANAGER .....	624-4216
MWR ADMIN OFFICE.....	624-3968
PIAZZA HUT.....	624-4499
NAS I SPLASHERS POOL.....	624-4334
NAS II FLIGHT LINE POOL .....	624-7766
SCHOOL LIASON OFFICE.....	624-3732
LIBERTY CENTER.....	624-5602
SCHOOL AGE CARE.....	624-3712
<b>MOTOR VEHICLE REGISTRATION OFFICE (MVRO) .....</b>	<b>624-5275/6171</b>

**N**

**NAVAL COMPUTER AND TELECOMMUNICATIONS STATION (NCTS)**

QRT DECK .....	624-5521
ADMIN .....	624-6963/6964/5132/
CDO .....	335-831-4461
BASE COMMUNICATIONS OFFICE DIRECTOR.....	624-2916
BCO ADMIN OFFICER.....	624-5564
BCO VTC FACILITATOR.....	624-6922
BCO CELLUAR PHONES MANAGER.....	624-6500
BCO TROUBLE DESK .....	624-5561
NAVAL RADIO TRANSMITTER FACILITY NISCEMI FRONT DESK.....	624-1040

**NAVAL CRIMINAL INVESTIGATIVE SERVICE (NCIS)**

NCIS .....	624-9210
NAVY COLLEGE.....	624-4517-4514

**NAVY EXCHANGE**

ADMIN .....	624-4278/4541
AUTO PORT.....	624-2814
BARBER SHOP NAS I .....	624-4234
BARBER SHOP NAS II .....	624-5951
ETNA GRILL/TACO BELL.....	624-4213
BUSINESS CENTER/LAUNDRY/DRY CLEANING .....	624-4531
MILITARY AUTO SOURCE (MAS) NAS II .....	624-5852
CELLULAR SHOP .....	624-4493
CENTRAL CHECKOUT .....	624-3784
EUROPE CAR RENTAL ACROSS FROM NAS I .....	624-5468
EXCHANGE LOCATION MANAGER.....	624-5423/5424
FLOWER SHOP .....	624-4384
GEICO INSURANCE .....	624-9427
LOSS PREVENTION/SAFETY MANAGER.....	624-4920
MAIN STORE CUSTOMER SERVICE.....	624-4363
MAIN STORE MANAGER .....	624-4277/4379
NAVY LODGE RESERVATIONS.....	624-4082
OPTICAL SHOP.....	624-3274
PERSONNEL OFFICE .....	624-4276
PHOTO SHOP .....	624-3274
PIZZA HUT.....	624-4499
SERVICE OPERATIONS MANAGER .....	624-4363
SEVEN DAY NAS II MINI NEX.....	624-5423
SUBWAY NAS I.....	624-4013
TAILOR SHOP .....	624-6398

**NAVY FEDERAL CREDIT UNION (NFCU)**

TOLL FREE FROM ITALY .....	00-800-0-842-6328
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**NAVAL SUPPLY FLEET LOGISTICS CENTER (NAVSUP FLC)**

DUTY PHONE.....	335-735-4963
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ADMIN .....	624-5711/5002
AVIATION SUPPORT DEPOT .....	624-2215
PERSONAL PROPERTY/HOUSEHOLD GOODS CUSTOMER SERVICE .....	624-9440/9441/9270
PERSONAL PROPERTY INBOUND .....	624-9443
POST OFFICE NAS I.....	624-4477
POST OFFICE NAS II.....	624-5915
SUPPLY RESPONSE SECTION (SRS-24HRS).....	624-2209

**NAVY GATEWAY INN & SUITES**

NAS I NGIS FRONT DESK.....	624-3070
NAS II NGIS FRONT DESK.....	624-6832/2926

**NAVY MARINE CORPS RELIEF SOCIETY (NMCRS)**

AFTER HOURS EMERGENCIES.....	335-130-5139
MAIN OFFICE .....	624-4212

**NAVY MUNITIONS COMMAND ATLANTIC DETACHMENT (NMCLANT DET)**

QRT DECK .....	624-2119
ADMIN .....	624-2965

**O**

**OPERATIONS DEPARTMENT**

OPS SECRETARY .....	624-2211
ADMIN OFFICER.....	624-5787
AIRFIELD MANAGER .....	624-5095/2037
<i>AIR TRAFFIC CONTROL</i>	
ADMIN .....	624-2729
BASE OPS .....	624-5513/2908
AIR CARGO .....	624-5180
GROUND ELECTRONICS MAINTENANCE DIVISION (GEMD) .....	624-5964
TRANSIENT LINE SERVICES (T-LINE) .....	624-2018

**P**

**PATROL SQUADRON (VP SQUADRON)**

DUTY PHONE.....	624-6797
ADMIN .....	624-2420
OPS OFFICER.....	624-6770
MAINTENANCE MATERIAL CONTROL OFFICE.....	624-5977
MAINTENANCE CONTROL.....	624-5338/5339

**PERSONNEL SUPPORT ACTIVITY DETACHMENT (PSD)**

CUSTOMER SERVICE.....	624-5651
SATO/NAVPTO.....	624-2994
<i>LOGISTICS SUPPORT CENTER</i>	
MAIN LINE.....	624-5482
PERSONAL PROPERTY/HOUSEHOLD GOODS CUSTOMER SERVICE.....	624-9440/9441/9270
PERSONAL PROPERTY INBOUND .....	624-9443
POST OFFICE NAS I.....	624-4477
POST OFFICE NAS II.....	624-5915
PROTOCOL OFFICER.....	624-5313

**PUBLIC AFFAIRS OFFICE**

FRONT DESK .....	624-5440
ASSISTANT PUBLIC AFFAIRS OFFICER (APAO) .....	624-6530
COMMUNITY RELATIONS (COMREL) DIRECTOR.....	624-5229

**PUBLIC WORKS DEPARTMENT (PWD)**

ADMIN .....	624-5771
AFTER HOURS EMERGENCIES.....	624-5354/335-796-4280
ON BASE TROUBLE CALLS .....	624-6013
TRANSPORTATION .....	624-6428
ZONE MANAGERS .....	624-6867

**R**

**RELIGIOUS MINISTRIES DEPARTMENT**

CHAPEL NAS I.....	624-3975
CHAPEL NAS II.....	624-9049
DIRECTOR OF YOUTH MINISTRIES (NAS I).....	624-3782/3826

**S**

**SAFETY DEPARTMENT**

MAIN LINE.....	624-5630
EXPLOSIVE SAFETY (ESO) .....	624-5291

**SECURITY DEPARTMENT**

ON BASE.....	095-86-1911
OFF BASE NAS I .....	095-86-1911
OFF BASE NAS II .....	095-86-1911
NON-EMERGENCY DISPATCH.....	624-5225/6065
MOTOR VEHICLE REGISTRATION OFFICE (MVRO).....	624-5275
ANTI-TERRORISM OFFICER (ATO).....	6395/5927
SECURITY MANAGER .....	624-5767/5768

**SEXUAL ASSULT PREVENTION AND RESPONSE (SAPR)**

SAPR 24/7 HOTLINE.....	335-642-8312
SEXUAL ASSULT RESPONSE COORDINATOR (SARC / 24/7).....	338-670-0195
CIVILIAN VICTIM ADVOCATE (24/7) .....	335-773-3553
VICTIMS LEGAL COUNSEL (VLC).....	624-3246/624-56-3246

**T**

**TLA APARTMENTS**

MAGNOLIA CLUB .....	095-7553048
MOTTA RESIDENCE .....	095-309918
NEW PLACE .....	339-650-2283
ORANGE PARK .....	095-7559035
SIGONELLA INN .....	095-7130237

**U**

UNIVERSITY OF MARYLAND.....	624-4492
USO SIGONELLA.....	624-6377

**V**

VEHICLE PROCESSING CENTER.....	624-5413 / 008000-CARSHIP (Toll Free)w
VETERINARY CLINIC .....	624-4258
VISITOR CONTROL CENTER .....	624-6387

**W**

WEBMASTERS DEPARTMENT.....	624-6628
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**Y**

YOUTH CENTER/SPORTS.....	624-1747/1750
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## FOOD & DRINK

Alphio's Garden .....	+39-095-6143-953
Angelo & Bros .....	+39-328-9181990
Arancia Sicula .....	+39-095-5183324
Bar Old Time .....	+39-095-306724
Bar Vitelli .....	+39-366-4391-835
Be At One Pub .....	+39-333-165-1383
Carlito's .....	+39-095-346709
Cool Food .....	+39-392-412-2185
Cristaldi Food Specialties .....	+39-095-316422
Dakoky .....	+39-093-119-99811
Days Inn .....	+39-342-8022540
Esagonal .....	+39-095-780-7868
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Etna Quota Mille .....	+39-095-518-7293
Farmhouse Oasi Di Francesca .....	+39-327-6996068
Gambino Vini .....	+39-389-8525100
Gisira .....	+39-095-349652
Golden Restaurant .....	+39-095-216-3812
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Mad in Italy .....	+39-095-818-4361
Osteria Agostiniana .....	+39-0942-721074
Oxidiana .....	+39-095-532585
Pasticceria Puleo Andrea .....	+39-095-309466
Patria Winery .....	+39-0942-983133
Pokay .....	+39-095-3788-231
Ristorante Crateri Silvestri .....	+39-349-6436334
Ristorante Pizzeria Donna Fortunata .....	+39-331-320-1707
Steak House Catania .....	+39-095-316-865
Tap House .....	+39-320-750-5344
Thai Princess Ristorante Thailandese .....	+39-333-191-8404
Umberto's .....	+39-095-0668554

## ACCOMODATION

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Agostiniana Hotel .....	+39-0942-721608
Azienda Agrituristicca Orange Park .....	+39-095-7559035
Farmhouse Oasi Di Francesca .....	+39-327-6996068
Housing Solution .....	+39-327-7697366
Il Gelso Bianco .....	+39-095-7181159
Magnolia Club Residence .....	+39-095-755-3048
New Place Temporary Lodging Apartments .....	+39-095-308639
Naca Suite .....	+39-339-249-6707
Pantellaro Immobiliare .....	+39-095-713-0164
Parc Hotels Italia .....	+39-0942-643161
Pizzarotti .....	039-0957848690
Sigonella Inn .....	+39-095-7130237
Tenuta Hotel .....	034-94013064

## HEALTH & MEDICAL

Aesthetic and Reconstructive Plastic Surgery Center .....	+39 095 7126972
Dr. Rizza Calogero .....	+39 095 303674
Life Chiropratica Catania .....	+39 095 226 4708

## SHOPPING

Centro Sicilia .....	+39-095-749-3520
Sicilia Outlet Village .....	+39-0935-950040

## PETS

Care & Move 4 Pets .....	+39-345-2392093
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## SCHOOL

L'angolo Di Dodo .....	+39-339-459-7491
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## AUTOMOTIVE

American Auto Center .....	+39-327-743-9588
American Muscle Auto Repair .....	+39-347-668-6878
EG Service Soccorso Stradale .....	+39-339-813-7297
EG Service .....	+39-095-8320641
Mario & Brother .....	+39-338-3630009
Noleggio Easy .....	+39-095-530993
Soccorso Stradale F.Ili Chiecho .....	+39-095-463607
VIP Cars SRL .....	+39-335-6396324

## OTHER

Antonio Barber Shop .....	+39-339-824-2870
Beauty Center Agostina .....	+39-095-308639
BHB Tufano .....	+39-081-5027349
Calvary Baptist Church .....	+39-348-517-4074
Mario's Iron Works .....	033-84164605
New Hope Christian Center .....	+39-3425693614
Parco Avventura Etna .....	+39-329-9188187
Palermo Style Di Palermo Giovanni .....	+39-0933-982167
Siportal .....	800-166-800
Sigonella insurance .....	+39-095-869427
The Family Ink Tattooing .....	+39-095-216-7767



Hours of operation :  
Monday to Sunday 06.30/18:00  
LOCATED: Food court  
Nas 1 - Sigonella  
☎ +39 095 564 213



Hours of operation :  
Monday to Sunday 11.00/18:00  
LOCATED: Food court  
Nas 1 - Sigonella  
☎ +39 095 564 213



Hours of operation :  
Monday to Sunday 10.30/18:00  
LOCATED: Food court  
Nas 1 - Sigonella  
☎ +39 095 564 213



Hours of operation :  
Monday to Sunday 11.00/21:00  
LOCATED: NAS I SIGONELLA  
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☎ +39 095 7848 306  
Chock full o nut's:  
Nas II - Air terminal  
☎ +39 0957848305



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Sunday 11:00/19:00  
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☎ +39 331 1008 520



Hours of operation :  
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Sunday 10:00-17:00

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DSN: 624-5951 • COMM: 095 565 951

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- Nail Extensions and Decoration
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**SUPPORT SITE**  
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