

# preview

NAS Sigonella, Sicily • MWR magazine

November 2016

Publication Date - October 27th, 2016

HAPPY  
THANKS  
GIVING

## INSIDE

### Thanksgiving in Tuscany!

Stop at the Navy Community Recreation Office and sign up for the Extended Trip in the North of Italy.

### Gambino Cooking Class

A nice day cooking seasonal food at Gambino Winery. Tagliatelle with Chestnuts and Mushrooms.

### Hike Ispica Cave

Discover the ancient human house in Ispica!







75 YEARS



Jay DCC Fitness Trainer

# NOVEMBER 4

## NAS I Midtown Gym • 4:00 pm

The Dallas Cowboys Cheerleaders (DCC) is the National Football League cheerleading squad representing the Dallas Cowboys. The Dallas Cowboys Cheerleaders are widely regarded as one of the best cheerleading squads in the NFL.

The DCC are offering a Youth Clinic that includes activities for both boys and girls. Ideal ages for participation are 6-18.

The Clinic will focus on team activities, motivation, exercise, and nutrition.



# MILITARY FAMILY MONTH • NOVEMBER 20

**Brunch NAS I Midtown**  
10:00 am - 1:00 pm

**Free Family Bowling at Sparetime**  
1:00 pm - 4:00 pm

**Free Family Movie at Midtown 2 Theaters**  
2:00 pm



MILITARY FAMILY MONTH

Navy Entertainment presents

# M&M



**M&M Show NAS I Midtown Atrium**  
12:00 pm - 2:00 pm



**Midtown 2 Theaters Movie Hotline x4248**

**Birthday Celebration Every Tuesday**

**Time:** See Movie Schedule **Cost:** Free (Valid for one-time use)  
If it's your birthday month, show us your valid military, family member, or DoD civilian ID and enjoy 1 free movie on us to celebrate your special day! Valid for one-time use any Tuesday in November.

**\$5 Mid-Week Movie Combo Every Wednesday**

**Time:** See Movie Schedule  
**Cost:** \$5 Adults (12 years & older) / \$4 Kids (6-11 years old)  
Visit Midtown 2 Theaters each Wednesday to receive the special \$5 Mid-Week Movie Combo. For just five bucks enjoy any movie, 1 small popcorn, and 1 drink (juice, soda or water).

**11 Veteran's Day Special Fri**

**Time:** Midtown 2 Theaters **Time:** See Movie Schedule  
**Cost:** FREE  
All Veterans receive a free small popcorn with purchase of a movie ticket during any movie today. MWR appreciates our veterans!

**15 Baby & Me Movie Matinee Tue**

**Time:** 11:00 am - 12:30 pm **Cost:** \$3 Adults (12 years & older) / \$2 Kids (6-11 years old) / Free (5 years & under)  
A family friendly movie experience with dim lights, lower sound volume and plenty of stroller parking. Available the third Tuesday of every month.

**24 Free Thanksgiving Day Movies Thu**

**Time:** See Movie Schedule  
Enjoy a special free movie on Thanksgiving.

**Library x3875**

**23 Special Thanksgiving Story time Wed**

**Time:** 10:00 am - 11:00 am **Cost:** FREE  
10:00 am • Special Thanksgiving Story Time  
10:30 am • Thanksgiving themed craft



**Youth Complex x1750 • x1747**

**3 Youth Sponsorship: Tacos & Trivia Thu**

**Location:** Keystone Room at High School  
**Time:** 1:00 pm - 2:30 pm **Cost:** FREE  
Here's the perfect opportunity for new arrivals to hangout and meet other youth and teens. Enjoy tacos and games of trivia with Keystone Club members who will fill you in on all the upcoming events. Any Youth Complex members PCSing this month are also invited to join in the fun and say your farewells. Youth needing return transportation to the Youth Complex must sign up ahead.

**4 Mariska & Emilio's Farm Fri**

**Location:** Youth Complex  
**Time:** 9:00 am - 3:00 pm **Cost:** \$12  
The Youth Complex is headed to Mariska and Emilio's farm for the day! We will learn how to make homemade pizzas in a Sicilian style brick oven. Payment is payable to the School Age Care (SAC) Bldg. 318 on NAS 1 no later than Wednesday, November 2, 2016.

**8 Ropes Course and Zip Lining Tue**

**Location:** Youth Complex  
**Time:** 8:15 am - 7:00 pm **Cost:** \$22  
Looking for something exhilarating to do? Then look no further! A fun filled day at the ropes course and zip lining.



**10 Pizza & Movie at Midtown Thu**

**Location:** Midtown 2 Theaters  
**Time:** 1:00 pm - 4:00 pm **Cost:** FREE  
Enjoy VIP treatment with pizza and a private movie at Midtown 2 Theaters. Free small popcorn and drink included. Return transportation to the Youth Complex is limited, please sign up in advance.

**14 Mall & Adventure Room Mon**

**Location:** Youth Complex **Depart:** 2:00 pm  
**Return:** 7:00 pm **Cost:** \$5 **Sign-up By:** November 10  
It's time for shopping, food, and Adventure Room! Youth can shop till they drop, dine at local food vendors, and have the option to unlock clues as they play a game at Adventure Room.

**17 Flag Football with the Marines Thu**

**Location:** Marinai Field **Time:** 2:00 pm - 3:30 pm  
**Cost:** FREE  
Come play flag football with Marines. Learn the rules, practice drills, and then show off your new skills. The Marines will be intermixed with the youth teams during the game. Friends, families, and siblings; please join us on the sidelines to cheer on your teens during this fun and fast-paced event!

**18 Month of the Military Family: Turkey Bowling Fri**

**Location:** Sparetime Bowling Center  
**Time:** 6:00 pm - 9:00 pm **Cost:** FREE  
Don't miss out on our Month of the Military Family Bowling event at Sparetime Bowling in Midtown! Families that attend can enter the drawing to win a Thanksgiving Basket with all the sides. Themed deserts and drinks will be provided.

**YOUTH COMPLEX ELIGIBILITY**

**Youth must be registered with the Youth Complex to participate in all events and activities 11 years old and in the 6th grade to 18 years of age and still in high school**

**Bingo! EVERY TUESDAY**

**Location:** Chart Room NAS I  
**Starts:** Sales 5:00 pm  
**Game 6:00 pm Ends:** 8:00 pm **Ages:** +18  
Each 10 game package consists of 73 cards. Additional Jackpot cards may be purchased along with the purchase of the 10 game package. The Jackpot started at \$2,500! Every week there is no winner, the Jackpot increases by \$500. Minimum of \$1,200 in cash prizes given out each night.

Open to all U.S. Card holders and their authorized guests ages 18 and older. Individuals under 18 are not authorized in the Bingo area. Cost is \$25 for each 10 game package and \$10 for additional Jackpot cards. Packages available for sale in Connections starting at 5:00 pm and the game starts at 6:00 pm.  
For more info call 624-5603



**17 Harlem Globetrotters Thu**

**Location:** Middle/High School Gymnasium  
**Doors Open:** 6:30 pm  
**Show Starts:** 7:30 pm **Cost:** FREE

The Harlem Globetrotters are an exhibition basketball team that combines athleticism, theater, and comedy. Over the years they have played more than 26,000 exhibition games in 122 countries and territories. Brother Bones's whistled version of "Sweet Georgia Brown" is the team's signature song, and their mascot is named Globie. The team plays over 450 live events worldwide each year.



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**Adult Sports** x3785

**3-on-3 Basketball Tournament**  
**Location:** NAS I Gym  
**Registration Starts:** November 28  
 The 2016 Holiday 3-on-3 Basketball Tournament is here. This is a Captain's Cup event on December 12 - 16, and commands are permitted to enter more than one team. The mandatory coaches meeting will be held on December 7 in the NAS 1 Midtown MWR classroom at 5pm. This event is open to all Adults (18 and over, out of High School) DOD ID cardholders. All rules and requirements will be explained at the meeting.

**Youth Sports** x1750

**Youth Dodgeball Sign-Ups**  
**Ages:** 7-18 **Cost:** \$50 **Registration Starts:** November 14  
**Sign up By:** December 16  
 You do not want to miss out on this year's Youth Dodgeball League! The league is designed to provide the participants a safe, fun, and high energy activity to kick off 2017. Boys and girls are welcome and encouraged to sign up and play. Must be 7 by: 2 January 17 Practices will take place once a week with games taking place on weekends. One parent from every family is required to complete the online parent course. Before uniforms can be issued please visit [www.nays.org/paysonline/](http://www.nays.org/paysonline/) to complete.

Register at NAS I School Age Care  
 0900-1200 and 1300-1700, Mon-Fri.  
 Call Youth Sports at 624-1750 or email  
[CYP\\_Sigonella@eu.navy.mil](mailto:CYP_Sigonella@eu.navy.mil)

**Fitness Center** x4483

Sigonella MWR Fitness offers excellent workout facilities but did you know we also offer: Massage Therapy, Personal Training, Equipment Orientations, Free Fitness Classes, and a Family Fitness Gym. To learn more about what we offer contact 624-4483 or check out [sigmwr.com](http://sigmwr.com)

**Family Fit Challenge & Fit Day**  
**Location:** NAS I Fitness Center  
**Sign-up By:** November 15 **Cost:** Free  
 Accelerate your family's fitness levels with the Family Fit Program. Sign up and receive a checklist of activities to be completed as a family. Attend Family Fit Day December 15th from 1330 - 1500 at Midtown Fit District basketball court and present your family's completed workout checklists to collect prizes and participate in fitness activities.

**Sparetime** x4302

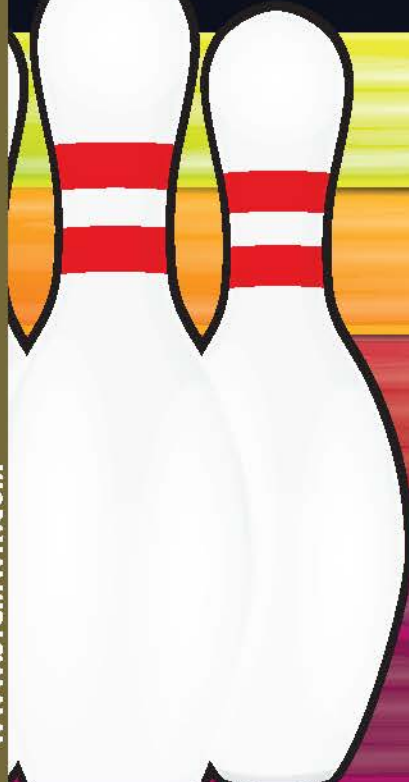
**Roll on Over Birthday Bowling**  
**Time:** During Operating Hours **Cost:** FREE **Ages:** All  
 Show us your valid military, family member, or DoD civilian ID and enjoy 1 free game on us to celebrate your special day! Valid for one-time use any day in November.

**14 Superstar Turkey Giveaway**  
**Mon** **Location:** Bowling Center **Time:** All day  
 Every day throughout the week before Thanksgiving, the bowling center will be giving away turkeys. Anyone who rolls a turkey (3 strikes in a row) will take home a bird. This contest is valid during regularly priced games.

**Family Bowling Savings Extravaganza**  
**November 21 - January 6**  
**Location:** Bowling Center **Time:** All day  
 Family Fun begins with Sparetime this Holiday season! Take advantage of our half price family special Monday- Friday from 1:30 p.m. - 4:00 p.m. (half off all regular games, shoes not included).

**9 NOFFS Sessions**  
**Wed** **Location:** NAS II Flight Line Fitness Center  
**Time:** 8:00 am - 4:00 pm **Cost:** Free  
**Sign-up By:** November 8  
 The Navy Operational Fitness and Fueling System (NOFFS) provides the Navy with "best in class" physical fitness and nutrition information for Sailors, allowing the Navy to maintain peak physical readiness, which is a top priority of the 21st Century Sailor and Marine initiative. For more information please call 624-4951 or email [Fitness\\_Sigonella@eu.navy.mil](mailto:Fitness_Sigonella@eu.navy.mil).

**19 Harvest Run 5k or 5 Mile** #5  
**Sat** **Location:** Midtown Fitness Center  
**Starts:** 9:00 am **Cost:** Free  
 Enjoy a change of running scenery as this run takes you through NAS 1 and off base into the nearby orange groves. Enjoy some orange juice and roasted chestnuts post run. This course has a mixed terrain of pavement and uneven trail surfaces. Event registration is free and will take place on the day of the event starting at 8 a.m. This run counts towards the Sigonella Race Series, and earns Captain Cup points for your command.



**MONDAY**  
 Manic Mondays  
 4pm - 9 pm.  
 \$5 per person, per hour including shoes

**TUESDAY - THURSDAY**  
 Pizza, Pinz & Pop  
 \$20 for 2 hours of Bowling for up to 4 bowlers, shoes, 1 Large one-topping pizza, a 2-liter bottle of pop!

**FRIDAY**  
 Family and Friends Night Out 5pm-8pm \$10 per lane  
 Your Lane Your Way 8pm-Midnight \$10 per person

**SATURDAY**  
 Cosmic Bowling  
 8pm-Midnight Extreme Lighting and Music  
 \$10 per person

**SUNDAY**  
 Budget Bowling  
 Bowl 1 regular price game get the 2nd FREE  
 All day Sunday





**8 Turkey Toss Corn Hole Tournament**

**Location:** Take 5 **Time:** 5:00 pm - 7:00 pm **Cost:** FREE  
 Test out your bean bag tossing skills by throwing down at Take 5! Come out to compete or to cheer on your friends. The winner will receive a pair of movie tickets to Midtown 2 Theaters, one free game of bowling and your picture on the wall of champions!



**9 Liberty Night at the Movies**

**Location:** Midtown 2 Theaters **Time:** 5:00 pm - 8:00 pm **Cost:** FREE

Visit Take 5 Liberty Center to get a free movie pass to a movie of your choice at Midtown 2 Theaters. Tickets are valid for shows on November 9 only. This event is open to single and unaccompanied service members. You must sign up at Take 5 by 12pm Tuesday, November 8. Passes are limited to the first 30 patrons.

**11 Liberty Cookie Decorating**

**Location:** Take 5 **Time:** 3:00 pm - 5:00 pm  
 In honor of Veteran's Day, decorate and devour patriotic-themed cookies. We'll offer a variety of toppings. Hot cocoa and milk provided while supplies last.

**15 UFC2 PS4 Tournament**

**Location:** Take 5 **Time:** 5:00 pm - 8:00 pm  
 Compete by showing your skills with one of the newest games at Take 5! Participants will receive free pizza while supplies last. Prizes include a \$25 NEX gift card for first place, and \$10 NEX gift card for second place.

**22 Barracks Outdoor Movie & Turkey Bowling**

**Location:** Barrack 623 back courtyard **Time:** 5:00 pm - 8:00 pm

Have you ever bowled with a Turkey? Join us as we play this competitive outdoor holiday game. Frozen turkeys will be used to take down bowling pins! The person with the highest score in 3 rounds will win a free Turkey and be crowned the Top Turkey of Take 5! Enjoy an outdoor holiday movie afterwards.

**25 After-Thanksgiving Party**

**Location:** Take 5 **Time:** 5:00 pm - 8:00 pm **Cost:** FREE  
 Still have the holiday munchies? Stop by Take 5 and get a 2nd round of your favorite Thanksgiving leftovers. Turkey Sandwiches, stuffing, desserts, and more will be available while supplies last.



**Jox Pub**

x5604

<b>Wednesdays</b>	<b>Karaoke</b>	8:00 pm - 11:00 pm
<b>Thursdays</b>	<b>Salsa Dance Lessons</b>	7:00 pm - 8:00 pm
<b>Fridays &amp; Saturdays</b>	<b>DJ Dance Party</b>	9:00 pm - 2:00 am

**Connections**

x4264

**Salsa Night every Wednesday**

**Location:** Connections **Time:** 7:00 pm - 8:00 pm **Ages:** 18+ **Cost:** FREE

Free Salsa dance lessons, mixed with Merengue, Bachata, Cha-cha and other Latin dances. Enjoy a night of dancing and fun while getting some great exercise and meeting new friends! No partner required.

**Karaoke Night every Thursday**

**Location:** Connections **Time:** 8:00 pm - 11:00 pm **Ages:** 18+ **Cost:** FREE

Sing your favorite songs every Thursday from 8:00 pm-11:00 pm. Come by yourself or bring some buddies, but either way it's sure to be a fun night at Connections!



**Take5**

**Monday-Friday 11 am-8 pm**  
**Weekends 2 pm-9 pm**  
**NAS II - 624-5602**

**Free Wifi - Computers**  
**Gaming Consoles - Movie Theater**  
**Pool and Ping Pong Tables**

\*Liberty is open to single and unaccompanied active duty service members.

**Auto Skills Center x5244**

**Auto Maintenance Class: Make your car road trip ready**

**November 1 & 15**

**Location:** Auto Skills Center **Starts:** 5:00 pm **Ages:** 18 and up **Cost:** \$5  
 Learn how to make your car road trip ready. Class includes guidance on how to check your oil, coolant, brakes, belts, tires, and other maintenance tips to keep your vehicle in good condition. Customers are encouraged to bring their own vehicle. No pre-registration is required.



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# NAVY COMMUNITY RECREATION

**PICK UP & DROP OFF**

**NAS I:** CDC Parking lot. **MARINAI:** In front of Youth Complex.  
**NAS II:** Flight Line Clinic Parking Lot.  
**All children 17 years and younger must be accompanied by a parent or guardian on ALL trips.**  
**Children are 1/2 price on all tours, unless otherwise noted.**

**1 Catania Shoe Fair**

**Tue** Depart: NAS II 8:30 am, Marinai 8:45 am, NAS I 9:00 am  
 Return: 2:00 pm **Cost:** \$12

Here is your chance to experience a unique event, the Catania Shoe Fair! This yearly event is a street fair with lots and lots of shoes! There will be shoes of all types available for purchase. Come prepared to try on the shoes right there at the booth. We recommend you bring small bills and coins in Euro for shopping; credit cards are typically not accepted and vendors can't always make change from larger bills.

**5 Circumetnea Historical Train**

**Sat** Depart: NAS II 6:15 am, Marinai 6:30 am, NAS I 6:45 am  
 Return: 4:30 pm  
**Cost:** \$30 (includes fees, bring euro for food)

Grab a few friends and enjoy a train ride around Mt. Etna with a stop in historic town of Randazzo for lunch. The medieval walled city was devastated in WWII when more than 80 percent of its houses were destroyed by Allied Forces.

**5 Olive Field Tour and lunch at Borgo Antico**

**Sat** Depart: NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am  
 Return: 4:00 pm **Cost:** \$52 (Includes lunch)

Come experience an excellent Agriturismo that makes and serves foods they have either grown themselves or sourced locally. The owner of Borgo Antico has offered to give us a tour of the olive trees that surround his beautiful restaurant. We'll do the walking tour through the trees first, so be sure to wear comfortable shoes you don't mind getting dirty.



**6 Randazzo Flea Market & Cantine Patria**

**Sun** Depart: NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am Return: 6:00 pm  
**Cost:** \$58 (Includes lunch and wine tasting)

Here is your opportunity to shop on the other side of Mt. Etna, in the town of Randazzo. We'll shop in a flea market with a variety of clothing, shoes, local fresh cheeses, and salamis. While it is similar to the Catania market, Randazzo offers a taste of the small mountain town atmosphere. After shopping, we'll have lunch and wine tasting at the Patria Winery, located in the famous Alcantara Valley of Mt. Etna.

**10 Shopping Trip at Mascalucia Fair and Brunch at the Ottogono Bar**

**Thu** Depart: NAS II 9:00 am, Marinai 9:15 am, NAS I 9:30 am Return: 3:00 pm  
**Cost:** \$25 (brunch included, bring euro for shopping)

Christmas is getting close so don't wait until last minute, shop and relax at Mascalucia center, with 100 stands where you can find everything from food, to clothes to many other gifts. After shopping, enjoy an exclusive brunch at the chic Ottogono Bar, which is located in Mascalucia center.

**11 Parsifal's Park: BBQ Lunch and Entertainment**

**Fri** Depart: NAS II 9:00 am, Marinai 9:15 am, NAS I 9:30 am Return: 6:00 pm  
**Cost:** \$50 (children 3-11 free with each paid parent)

Spend Veteran's Day, which happens to coincide with St. Martino's Day a very famous Saint in Northern Europe, with your family or friends at Parsifal's Park; located just outside of the town of Nicolosi. There will be the typical St. Martino's food of BBQ, wine, and "caliceddi" (typical vegetables of the season) served for lunch. So there will also be entertainment throughout the day that includes manufacturer of Sicilian carts, silkworms, parrot show, falcon show, and a magic show! This will be a fun-filled day for you and your family. For more information about this park, please check out their Facebook page Parsifal-Park.

**12 Naro and Sicilian Agriturismo**

**Sat** Depart: NAS II 7:15 am, Marinai 7:30 am, NAS I 7:45 am Return: 6:30 pm  
**Cost:** \$60 (Includes entrance fees and lunch)

Naro is a town located in the Valley of Paradise. It is remarkable for its history and rich artistic heritage. The name Naro, derives from the Greek word "Naron", which means river. Naro was a royal city with Frederick II of Swabia, who in 1233 gave it the title of "brilliantly radiant"; in fact, it underwent a period of great splendor between the XIII and XIV centuries. Visit several churches and a castle that hosts old collections of historical costumes. After visiting the town, relax in a typical Sicilian Agriturismo for a Mediterranean lunch.

**13 Autumn Cooking Class at Gambino Winery**

**Sun** Depart: NAS II 9:00 am, Marinai 9:15 am, NAS I 9:30 am Return: 3:00 pm  
**Cost:** \$75 (lunch and wine tasting included)

Experience preparing a typical Sicilian Autumn lunch by attending Gambino's cooking class. You will have the opportunity to work with their in-house chefs to prepare the following: chestnut and mushroom pie, fresh tagliatelle pasta with chestnut flour, filled pork pocket with chestnut, and red wine.



**17 Ex Caleca Pottery in Patti**

**Thu** Depart: NAS II 7:00 am, Marinai 7:15 am, NAS I 7:30 am Return: 3:30 pm  
**Cost:** \$15 (Bring Euro for Lunch and Shopping)

Sicily is famous for its beautiful array of pottery and Patti plays host to ex-Caleca "Ceramiche Siciliane Ruggeri", one of the more famous manufacturers. You will have the opportunity to purchase hand-painted pottery at wholesale prices! We will get a discount from 15% to 20%.



## 18 Leonidas Falling Stars and Borgo Antico Agriturismo Dinner

**Fri** Depart: NAS II 5:00 pm, Marinai 5:15 pm, NAS I 5:30 pm Return: Midnight Cost: \$52 (Includes dinner)

Eat a delicious, hearty, and family friendly dinner at the Borgo Antico Agriturismo. Considered to be some of the best food Sicily has to offer. This meal will offer a satisfying variety of dishes. "Leonide Meteor" shower will be taking place during this time, weather permitting, there will be an astronomical telescope and an astrophysicist to explain the reason behind this phenomenon. The Leonids occur when the Earth passes through the debris left by the comet Tempel-Tuttle. The comet takes around 33 years to make one orbit around the Sun. People can view about 20 meteors an hour at the peak of the Leonidas meteor shower.

## 19 Palermo Baroque & Shopping

**Sat** Depart: NAS II 6:30 am, Marinai 6:45 am, NAS I 7:00 am Return: 8:30 pm  
Cost: \$45 (entrance fees included, bring euro for food and shopping)

Discover the baroque side of Palermo. Palazzo Mirto, the Churches of San Salvatore and Gesù, and the famous Palace Gangi-Ventimiglia where the movie Gattopardo was filmed. This film won an Oscar for Best Costume Design and a Golden Globe for Best New Actor! After our tour of Palermo is finished you will have plenty of time for shopping.

## 20 Geraci Siculo & Gangi

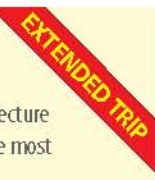
**Sun** Depart: NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am Return: 7:00 pm  
Cost: \$49 (Includes lunch and entrance fees)

Geraci Siculo was believed to be named after the Greek word "Jerax", meaning vulture. We'll visit the Cathedral with its holy treasures and the ruins of Ventimiglia's Castle, reachable through narrow streets up to 1,000m above sea level. We'll stop for lunch, and then depart for the town of Gangi with its distinctly medieval charm. There we will discover its beauties, such as Palazzo Bongiorno, where you can admire the 'Fumagalli frescoes', the Mother Church with the Last Judgment frescoes, and a small Archaeological museum.

## Thanksgiving in Tuscany

November 23-27

Visit one of the most artistically rich and beautiful regions in Italy: Tuscany! This land is known for the outstanding architecture and arts, fine wines and delicious food. We will be staying in Florence and will explore the region through day trips to the most picturesque towns including: Siena, San Gimignano and Pisa.



## 25 Catania by Night: History & Wine Tasting

**Fri** Depart: NAS II 4:30 pm, Marinai 4:45 pm, NAS I 5:00 pm Return: Midnight  
Cost: \$50 (Includes dinner and wine tasting)

Spend the evening admiring magnificent monuments from the Greek to medieval periods throughout the bustling downtown area of Catania. The city really comes alive after dark and is a great place to spend an evening sightseeing and people watching. After sightseeing, you'll enjoy a typical Sicilian Wine Tasting at an old "Enoteca", or wine shop, called Wine and Charm. The wine tasting will include a wide array of Sicilian appetizers. Please make sure to wear comfortable shoes since this is a walking tour through the city.

## 26 Siracusa and Seafood Restaurant

**Sat** Depart: NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am Return: 5:00 pm Cost: \$67 (Includes entrance fees and lunch)

Visit the archaeological area of Siracusa, including the Ear of Dionysus, the Cordari Cave, the Greek-Roman Amphitheater, and the historic island of Ortigia. Then relax for a leisurely restaurant lunch; please choose either seafood or meat at the time of registration.

## 26 Salina Island and Malvasia Wine Tasting

**Sat** Depart: NAS II 5:30 am, Marinai 5:45 am, NAS I 6:00 am Return: 9:30 pm Cost: \$80 (includes transportation in Salina, Wine Tasting, and Lunch)

Tour the greenest island of the Aeolian Islands. We will pick up the hydrofoil (passenger ferry) from Milazzo to go to Salina. We will tour the Island by vans and stop in the farm for Malvasia wine. Wine Tasting (sweet wine produced only in that Island), visit the field of cappers, which are a local product that are used to flavor Mediterranean dishes, and relax in town and do some shopping! We suggest wearing comfortable shoes.

## 27 Agrigento: Valley of the Temples and Bagliesi Winery

**Sun** Depart: NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am Return: 7:00 pm Cost: \$76 (Includes entrance fees, wine tasting, and light lunch)

Founded as a Greek colony in the 6th century B.C., Agrigento became one of the leading cities of the Mediterranean world. Situated on the island of Sicily, it is universally known for the spectacular Valley of Temples, and the sacred area of ancient Akragas, one of the most important colonies of the Greek Empire. After the tour of the Temple's Valley, we will enjoy lunch and wine tasting at the Bagliesi winery.

## 8 Cooking Class: Pasta

**Tue** Location: NAS I Midtown MWR Kitchen (2nd floor)  
Time: 5:30 pm - 7:30 pm  
Cost: \$45

Pasta is the first thing that comes to mind when you think of Italian cuisine. Learn how to make these authentic Italian pasta dishes, Spaghetti with clams and pasta alla Norma. You will receive step by step demonstration as well as a recipe so you can learn to cook these dishes at home. For more information, please contact the Community Recreation office at 624-4777.



## 15 Cooking Class: Arancini

**Tue** Location: NAS I Midtown MWR Kitchen (2nd floor)  
Time: 5:30 pm - 7:30 pm  
Cost: \$45

Learn how to make the authentic Sicilian arancini, a hearty snack with a crisp fried coat of bread crumbs stuffed with rice and a variety of savory fillings. Participants will be able to watch and prepare the arancini to take home or enjoy in class. Bring your apron and your appetite.



## LA LEGGENDA DI SAKUNTALA

Opera in 3 acts  
by Franco Alfano

November  
19  
Saturday





**PICK UP & DROP OFF**

**NAS I:** CDC Parking lot. **MARINAI:** In front of Youth Complex. **NAS II:** Flight Line Clinic Parking Lot.

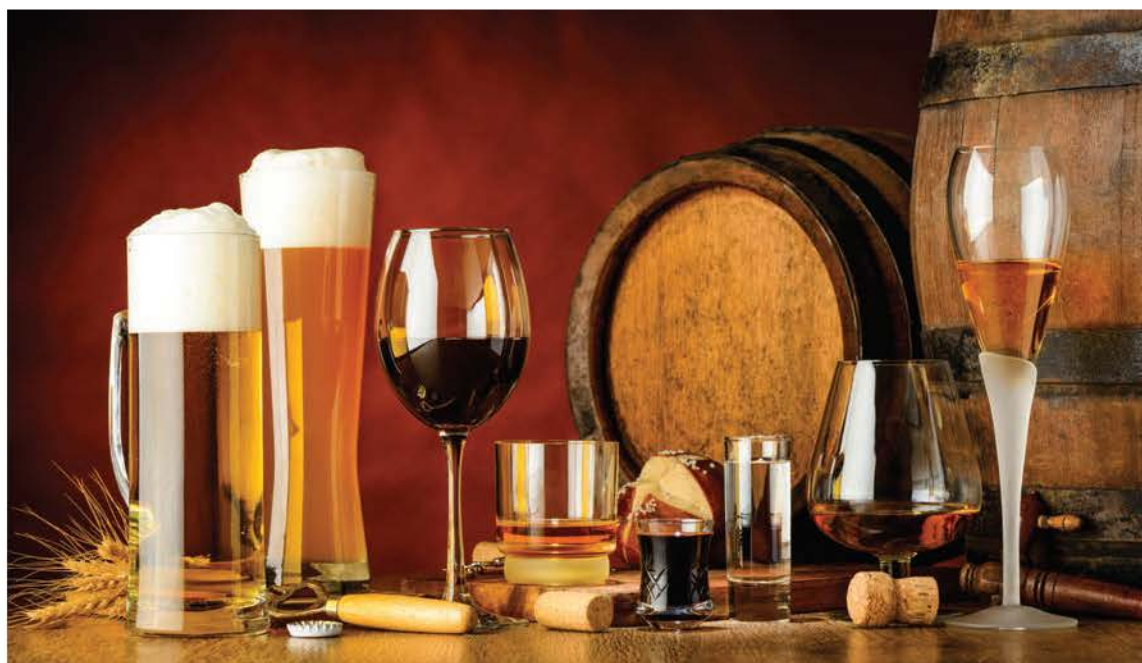
**All children 17 years and younger must be accompanied by a parent or guardian on ALL Community Recreation trips. Children are 1/2 price on all tours, unless otherwise noted.**

**5 Nicosia Hike with Lunch and Beer Tasting**



**Sat** **Depart:** NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am **Return:** 7:00 pm  
**Cost:** \$50 (Includes transportation, beer tasting, and lunch)

Enjoy an easy walk through the regional forest of Campanito San Bughetti, and then visit the center of the town with its famous medieval style cathedral. Afterwards we will have lunch at the patrician villas of 1600. The lunch will be accompanied with a beer. Finally, at the brewery you will have the opportunity to taste four different beers from the 24 Barons, located in Nicosia.



**11 Wine Trekking: Lava Hike & Gambino Winery Tour**



**Fri** **Depart:** NAS II 8:30 am, Marinai 8:45 am, NAS I 9:00 am **Return:** 5:00 pm **Ages:** 18+  
**Cost:** \$45 (Includes transportation, naturalist guide, lunch, and wine tasting)

Enjoy a mild hike through the woods surrounding the Gambino Winery. This is a great way to see the western side of Mt. Etna and the lava flow from 2002. A tour of Gambino winery will follow and will provide you with a unique opportunity to get a better understanding of the natural environment and what it can offer to the community. An Autumn themed menu will be featured during lunch and will include chestnut and mushroom pie, fresh tagliatelle pasta with chestnut flour, filled pork pocket with chestnut, and red and white wines.

**12 Sail the Marzamemi Coast**



**Sat** **Depart:** NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am **Return:** 5:00 pm **Ages:** 12+  
**Cost:** \$75 (Includes transportation, sailing tour, and light pasta lunch)

Enjoy 5 hours of sailing from the port of Marzamemi to Isola di Capo Passero or Isola di Vendicari, depending on the winds. Lunch will be served on board. Bring snacks, camera, layers, waterproof jacket, towel and a swim suit for the brave (water will be cold!).



Age Restrictions for each trip vary and are dealt with on a trip by trip basis. Please inquire for more detailed trip information regarding the physical demands of each trip.

Navy Community Rec reserves the right to modify tour itineraries in the event of unforeseen circumstances.

Difficulty levels ●  
 Adrenaline scales ●



## 13 Sun Horseback Riding Parco dell'Etna & Sicilian BBQ



**Depart:** NAS II 8:30 am, Marinai 8:45 am, NAS I 9:00 am **Return:** 4:00 pm **Ages:** 12+  
**Cost:** \$75 (Includes transportation, 1 hour ride and Sicilian BBQ lunch)

Enjoy a relaxing trailride through Parco dell'Etna in Belpasso. Riders will trailride in groups of three. Games, music, bonfire, and a Sicilian BBQ lunch will be provided while others ride. Recommended: jeans, boots (up to 1/2 inch heel), leather gloves and warm layers. The riding center can accommodate beginner to advanced riders.



## 19 Sat Hike Etna North (Timpa Rossa & Lamponi Cave)



**Depart:** NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am **Return:** 6:00 pm  
**Ages:** 16+ **Cost:** \$25/\$15 LIBERTY (Includes guides and transportation)

Spend the day on Etna North hiking from Rifugio Brunick to Timpa Rossa. There will be 5 or 6 hours of hiking on this challenging and strenuous trail. Pack water, a snack, and lunch.



## 20 Sun Wine Trekking: Hike Milo "Illice del Carrino" and Barone Villagrande



**Depart:** NAS II 8:30 am, Marinai 8:45 am, NAS I 9:00 am  
**Return:** 5:00 pm **Cost:** \$50 (Includes transportation, naturalist guide, wine tasting, and lunch)

Enjoy a pleasant walk in the woods of Milo to visit the century-old quercus ilex and walk along the remains of the depression that formed the Ox Valley. Duration of the walking hike is approximately 2hrs. Afterwards we will have a wine tasting and lunch at Barone di Villagrande in Milo, a century old winery with a marvelous palmento and a terrace overlooking the harbor of Riposto up to Taormina. This trip will give you a unique understanding of the natural environment and what it can offer the community.

## 27 Sun Hike Ispica Caves



**Depart:** NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am  
**Return:** 5:00 pm **Ages:** 10+ **Cost:** \$35 (Includes transportation, local guide and light lunch)

Tour this paradise of rock, sun, and Mediterranean vegetation, where caves were cut out of the canyon that runs through the Hyblean Mountains. The Ispica Caves were inhabited from 2000 BC through the 20th century. The hike descends the canyon to the ancient village and follows the valley along the Busaitone River, crossing ancient citrus and carob groves to a rustic farmhouse where a light lunch of local cheese, wine and other specialties awaits.





# MWR Directory

## Admin Office

### MWR Administration

Phone 624-3968

Mon-Fri: 7:30 am - 4:00 pm

Sat, Sun & Holidays: Closed

### HR Personnel Office

Phone 624-0522

Mon, Wed-Fri: 7:30 am - 4:00 pm

Tue: 12:30 pm - 4:00 pm

Sat, Sun & Holidays: Closed

## Athletics

### Adult Sports Coordinator

Phone 624-3785

### Fit District NAS I

Phone 624-4483

Mon-Fri: 5:30 am - 8:30 pm

Sat-Sun-Holidays: 10:00 am - 5:30 pm

### Flight Line Fitness Center NAS II

Phone 624-5243

Mon-Fri: 5:00 am - 10:00 pm

Sat, Sun & Holidays: 7:00 am - 7:00 pm

### Grinderz Skate Park NAS I

Mon-Sun: 8:00 am - 8:00 pm

### Splashers Pool NAS I

Phone 624-4334

Fitness Lap Swim - Tue/Thu:

5:30 am - 8:00 am

11:00 am - 5:30 pm

### NAS II Flight Line Pool

Phone 624-7766

Fitness Lap Swim - Mon/Wed/Fri:

5:30 am - 8:00 am

11:00 am - 1:00 pm

2:30 pm - 5:30 pm

## Business Activities

### Auto Skills Center NAS II

Phone 624-5244

Tue-Fri: 11:00 am - 7:00 pm

Sat: 09:30 am - 5:30 pm

Sun & Holidays: Closed

### Midtown 2 Theaters

Movie Hotline 624-4248

Theater Reservations 624-4216

Mon: Closed

See Movie Schedule

### Sparetime Bowling Center

Phone 624-4302

Mon-Thu: 1:30 pm - 9:00 pm

Fri: 1:30 pm - Midnight

Sat: 4:00 pm - Midnight

Sun: 11:00 am - 7:00 pm

Holidays: 11:00 am - 7:00 pm

### Connections NAS I

Phone 624-4264

Sun-Thu: 4:30 pm - 11:30 pm

Fri-Sat: 6:00 pm - 1:00 am

### Jox Pub - NAS II

Phone 624-5603

Sun-Thu: 5:00 pm - Midnight

Fri-Sat: 7:00 pm - 2:00 am

## Child & Youth Programs

### Child Development Center

NAS I

Phone 624-3736

Mon - Fri: 6:30 am - 5:30 pm

Sat, Sun & Holidays: Closed

### Child Development

Homes/Office

Phone 624-3185

Mon - Fri: 7:30 am - 4:30 pm

Sat, Sun & Holidays: Closed

## Child & Youth Programs

### SAC (School Age Care)

Phone 624-3712

Mon - Fri:

6:30 am - 7:30 am & 2:15 pm - 5:30 pm

School's Out Days: 6:30 am - 5:30 pm

Sat, Sun & Holidays: Closed

### School Liaison Office

Phone 624-3242

### Youth Complex Marinai

Teen Center & Youth Sports

Phone 624-1750 or 624-1747

Mon - Thu: 3:00 pm - 8:00 pm

Fri: 3:00 pm - 10:00 pm

Sat - Sun & Holidays: Closed

## Navy Community Rec

### Liberty & Take 5 NAS II

Phone 624-5602

Mon-Fri: 11:00 am - 8:00 pm

Sat, Sun & Holidays: 2:00 pm - 9:00 pm

### Library NAS I

Phone 624-3875

Mon-Fri: 10:00 am - 6:00 pm

Sat, Sun & Holidays: Closed

### Shell Travel Agency NAS I

Phone 624-4388

Mon - Fri: 11:00 am - 4:00 pm

Sat, Sun & Holidays: Closed

### ITT, Outdoor Trips & Equipment Rental; Green Space, Compass Room & Chart Room Reservations

Phone 624-4396 or 624-4777

Mon - Fri: 9:30 am - 5:30 pm

Sat: 9:00 am - 1:00 pm

Sun & Holidays: Closed



**HOURS OF OPERATION:**  
MON-FRI 11:00 am - 4:00 pm



**SHELL  
TRAVEL  
AGENCY**

**For More Info Call 624-4388**

# Massage Therapy



*Simona Mangano*

**By appointment only**  
Call: 328-888-5863  
simo.m78@live.it

Certified Massage Therapist

## MWR Contractors

OPERATED BY SMALL BUSINESS OWNERS

# BASE TAXI SERVICE

**Rosario** 349-822-5261 | **Giuseppe** 392-934-7321 | **Tony** 339-498-6032

*Call us today!*

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24 hours a day  
LIMITED SHUTTLES**

**RESERVATIONS AVAILABLE**



# Door to Door Service

NAS I to...	Day Rate	Late Night*	NAS II or Marinai to...	Day Rate	Late Night*
NAS II	20 euro	25 euro	NAS I	20 euro	25 euro
Motta	20 euro	25 euro	Motta	30 euro	35 euro
Porte di Catania	20 euro	N/A	Porte di Catania	30 euro	N/A
Centro Sicilia	25 euro	N/A	Centro Sicilia	35 euro	N/A
Etnapolis	25 euro	N/A	Etnapolis	35 euro	N/A
Catania Airport	30 euro	35 euro	Catania Airport	40 euro	45 euro
Catania Elephant Square	30 euro	35 euro	Catania Elephant Square	40 euro	45 euro
Catania Train Station	35 euro	40 euro	Catania Train Station	45 euro	50 euro
Acitrezza	50 euro	60 euro	Acitrezza	60 euro	70 euro
Outlet Village	55 euro	N/A	Outlet Village	65 euro	N/A
Etna	70 euro	80 euro	Etna	80 euro	90 euro
Augusta	80 euro	90 euro	Augusta	80 euro	90 euro
Taormina Beach/Center	85 euro	95 euro	Taormina Beach/Center	95 euro	105 euro
Gambino Winery	85 euro	N/A	Gambino Winery	95 euro	N/A
Siracusa (Ortigia Center)	85 euro	95 euro	Siracusa (Ortigia Center)	95 euro	105 euro

**Motta to...**  
Catania Airport  
Day Rate 35 euro Late Night\* 40 euro

Flat and discounted rates.

€5 / person surcharge after 4 people.

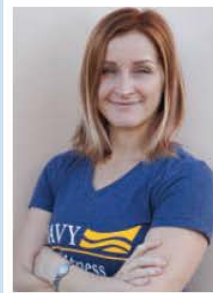
All other locations, call for quote.

Additional fee for excess luggage that exceeds taxi's capacity

\* Late Night is 11 pm - 6 am



# PERSONAL TRAINERS



**Danielle Thornhill**

Phone: 348 839 3753 Email: thornfit08@gmail.com

Plans designed based on individual goals: Emphasis on core strength, form and postural alignment to prevent and/or correct injury • Ace Personal Training and TRX Certifications.



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visit our website

**www.sigmwr.com**



# COLOR KEY

- Adult sports x3785
- Community Events
- Aquatics x4932
- Auto Skills Center x5244
- Midtown 2 Theaters x4248
- Bowling x4302
- Connections x4264
- Liberty/Take 5 x5602
- Jox Pub x5603
- Navy Community
- Recreation x4777, x4396
- Youth Complex x1750
- Library x3875
- Youth sports x1750
- Fitness x4483, x2712

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

# NOVEMBER 2016

	<ul style="list-style-type: none"> <li>■ Birthday Celebration 1</li> <li>■ Bingo</li> <li>■ Average Joe</li> <li>■ Auto Maintenance Class</li> <li>■ Catania Shoe Fair</li> </ul>	<ul style="list-style-type: none"> <li>■ \$5 Mid-Week Combo 2</li> <li>■ Karaoke</li> <li>■ Salsa Night</li> </ul>	<ul style="list-style-type: none"> <li>■ Youth Sponsorship 3</li> <li>■ Salsa Dance Lessons</li> <li>■ Karaoke Night</li> </ul>	<ul style="list-style-type: none"> <li>■ Mariska &amp; Emilio's Farm 4</li> <li>■ Family &amp; Friends</li> <li>■ Dj Dance Party</li> <li>■ Dallas Cowboy</li> <li>■ Cheerleaders</li> </ul>	<ul style="list-style-type: none"> <li>■ Cosmic Bowling 5</li> <li>■ Dj Dance Party</li> <li>■ Circumetnea Train</li> <li>■ Olive Field Tour &amp; Lunch</li> <li>■ Nicosia Hike &amp; Beer Tasting</li> </ul>	
<ul style="list-style-type: none"> <li>■ Budget Bowling 6</li> <li>■ Randazzo Flea Market</li> <li>■ Wine Trekking: Gambino</li> </ul>	<ul style="list-style-type: none"> <li>■ Manic Mondays 7</li> </ul>	<ul style="list-style-type: none"> <li>■ Birthday Celebration 8</li> <li>■ Ropes Course &amp; Zip Lining</li> <li>■ Cooking Class: Pasta</li> <li>■ Bingo</li> <li>■ Average Joe</li> <li>■ Turkey Toss Cornhole</li> </ul>	<ul style="list-style-type: none"> <li>■ \$5 Mid-Week Combo 9</li> <li>■ NOFFS Session</li> <li>■ Liberty Night at the Movie</li> <li>■ Karaoke</li> <li>■ Salsa Night</li> </ul>	<ul style="list-style-type: none"> <li>■ Pizza &amp; Movie 10</li> <li>■ Salsa Dance Lessons</li> <li>■ Karaoke Night</li> <li>■ Mascalcucia Shopping</li> </ul>	<ul style="list-style-type: none"> <li>■ Family &amp; Friends 11</li> <li>■ Cookie Decorating</li> <li>■ Dj Dance Party</li> <li>■ Parsiphal Park</li> </ul>	<ul style="list-style-type: none"> <li>■ Cosmic Bowling 12</li> <li>■ Dj Dance Party</li> <li>■ Naro &amp; Agriturismo</li> <li>■ Sail the Marzamemi Coast</li> </ul>
<ul style="list-style-type: none"> <li>■ Budget Bowling 13</li> <li>■ Autumn Cooking Class</li> <li>■ Horseback Riding</li> </ul>	<ul style="list-style-type: none"> <li>■ Mall &amp; Arcade Trip 14</li> <li>■ Superstar Turkey</li> <li>■ Manic Mondays</li> </ul>	<ul style="list-style-type: none"> <li>■ Birthday Celebration 15</li> <li>■ Baby &amp; Me Movie Matinee</li> <li>■ Cooking Class: Pasta</li> <li>■ Bingo</li> <li>■ Average Joe</li> <li>■ UFC2 PS4 Tournament</li> <li>■ Auto Maintenance Class</li> </ul>	<ul style="list-style-type: none"> <li>■ \$5 Mid-Week Combo 16</li> <li>■ Karaoke</li> <li>■ Salsa Night</li> </ul>	<ul style="list-style-type: none"> <li>■ Flag Football 17</li> <li>■ Salsa Dance Lessons</li> <li>■ Karaoke Night</li> <li>■ Ex Caleca Pottery</li> <li>■ Harlem Globetrotters</li> </ul>	<ul style="list-style-type: none"> <li>■ Turkey Bowling 18</li> <li>■ Family &amp; Friends</li> <li>■ Dj Dance Party</li> <li>■ Falling Stars and Dinner</li> </ul>	<ul style="list-style-type: none"> <li>■ Cosmic Bowling 19</li> <li>■ Harvest Run</li> <li>■ Dj Dance Party</li> <li>■ Palermo Baroque</li> <li>■ Hike Etna North</li> </ul>
<ul style="list-style-type: none"> <li>■ Budget Bowling 20</li> <li>■ Geraci Siculo &amp; Gangi</li> <li>■ Wine Trekking: Milo</li> </ul> <p><b>MILITARY FAMILY MONTH</b></p>	<ul style="list-style-type: none"> <li>■ Family Bowling 21</li> <li>■ Manic Mondays</li> </ul>	<ul style="list-style-type: none"> <li>■ Birthday Celebration 22</li> <li>■ Bingo</li> <li>■ Average Joe</li> <li>■ Barracks Outdoor Movie</li> </ul>	<ul style="list-style-type: none"> <li>■ \$5 Mid-Week Combo 23</li> <li>■ Karaoke</li> <li>■ Salsa Night</li> <li>■ Special Thanksgiving Story Time</li> <li>■ Thanksgiving in Tuscany</li> </ul>	<ul style="list-style-type: none"> <li>■ Free Movies 24</li> <li>■ Salsa Dance Lessons</li> <li>■ Karaoke Night</li> </ul>	<ul style="list-style-type: none"> <li>■ Family &amp; Friends 25</li> <li>■ After-Thanksgiving Party</li> <li>■ Dj Dance Party</li> <li>■ Catania by Night</li> </ul>	<ul style="list-style-type: none"> <li>■ Cosmic Bowling 26</li> <li>■ Dj Dance Party</li> <li>■ Siracusa Seafood</li> <li>■ Salina Island and Wine</li> </ul>
<ul style="list-style-type: none"> <li>■ Budget Bowling 27</li> <li>■ Agrigento:</li> <li>■ Valley of Temples</li> <li>■ Hike Ispica Caves</li> </ul>	<ul style="list-style-type: none"> <li>■ Manic Mondays 28</li> </ul>	<ul style="list-style-type: none"> <li>■ Birthday Celebration 29</li> <li>■ Bingo</li> <li>■ Average Joe</li> </ul>	<ul style="list-style-type: none"> <li>■ \$5 Mid-Week Combo 30</li> <li>■ Karaoke</li> <li>■ Salsa Night</li> </ul>			