

preview

NAS Sigonella, Sicily • MWR magazine

February 2015

Publication Date - January 26th



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Family Friendly Hike

Valentine Bowl

Love 'em or Leave 'em Run





CARNIVAL

The 2015 Carnival fast approaches, beginning January 31st and continuing through Fat Tuesday February 17th.

This popular celebration is well-known for its lively and colorful atmosphere.

The origin of the "Carnevale", unfortunately, is not quite clear. Some Historians argue the word "Carnival" comes from the Latin expression: "Carrum Novalis" (ship wagon), a sort of a floating boat-shaped device the ancient Romans used to open their commemorations. Others think the word comes from the Latin "Carnem Levare" ("eliminate meat"): which in ancient times was the name of the banquet held on the last day of Carnival (Mardi Gras), immediately preceding the period of abstinence and fasting of Lent, during which the consuming of meat was banned.



Although its origins are not well known, the Carnival is a celebration loved by children and adults alike. Festival goers can dance, sing, throw confetti and streamers and eat traditional pastries and sweets. Some popular treats include the "castagnole" filled with ricotta cheese and resembling a chestnut in size and shape and the "chiacchiere", covered with powder sugar. Several Sicilian cities boast as being famous for their carnival. The Carnival of Acireale, also called "the most beautiful Carnival in Sicily" contends as the most popular festival, with a long tradition dating back as early as 1500.

In Sicily in 1601, the first carnival float was made. The paper mache built float was decorated with the image of the god Neptune and dancing mermaids. Today, eight floats are built in competition measuring 15 meters long by 13 meters high. Several of the themes represented include politics, social issues, and the world of popular culture. Carnival is a memorable festival in Sicily rich with joy and full of history that cannot be missed. Participate in this wonderful event with organized tours through ITT. See the ITT section for further Carnival tour information or call 624-4777.



Child & Youth Programs x1750 • x1747

2 Mon

Blood Orange Picking and Lunch

Depart: Youth Complex 8:30 am

Return: Youth Complex 12:30 pm **Cost:** \$10

Enjoy blood orange picking and a delicious lunch at Mariska and Emilio's farm.

2 Mon

Auto Skills Class

Location: Auto Skills Center NAS II **Depart:** Youth Complex 12:30 pm **Return:** Youth Complex 2:15 pm

Cost: FREE **Sign up By:** Jan 29th

Increase your knowledge of automotive maintenance by learning car basics from a Master Mechanic.



13 Fri

Dodgeball at NAS I Gym

Depart: Youth Complex 12:30 pm

Game starts: 12:45 pm NAS I Basketball Court

Return: Youth Complex 3:30 pm **Cost:** FREE

Play a lively game of dodgeball, burn some energy, and enjoy the half day off from school with friends.

20 Fri

Capture the Flag

Location: Marinai **Time:** 5:00 pm - 7:30 pm **Cost:** FREE

Play "Capture the Flag", a traditional outdoor game where two teams compete to capture the other team's flag.

27 Fri

Newcomer's Indoctrination Barbecue

Location: Youth Complex **Starts:** 5:30 pm

Ends: 10:00 pm **Cost:** FREE

The monthly Newcomer's Indoctrination Barbecue, welcoming those who are new to the island and giving those who have been here a fun place to hang out together.



YOUTH COMPLEX ELIGIBILITY

11 years old and in the 6th grade to 18 years of age and still in high school



Midtown 2 Theater Movie Hotline x4248

For the Love of Candy - Candy Grams

Looking for a gift to give your favorite movie goer? Starting in February you can purchase Candy Grams. These great cards will include small popcorn, candy and a soda plus room to leave a note! During February this \$3.25 valued card will sell for \$2.50.

To purchase your Candy Grams and Movie Passes stop by and talk to any Theater attendant.

Dinner & Movie

Be on the look out! The Theater will be Introducing our "Dinner & a Movie". This new program will kick off in March so match for more information MWR Facebook / www.sigmwr.com or calling 624-4216.

Ladies Choice at Midtown 2 Theaters

Every Wednesday (Everyone is welcome)

February is Ladies Choice so join us at Midtown 2 Theaters!

Every Wednesday in February at 7:30 pm you will laugh, you will cry, you will swoon so bring a date, bring a friend, bring yourself to the movies **FOR FREE!** For more information, please call 624-4216

17 Tue

Baby and Me Movie Matinee

Starts: 11:00 am **Doors open:** 10:30 am

Enjoy a stress-free afternoon at the movies with the little ones. A family friendly experience with: lower sound volume, dimmed lights, and plenty stroller parking.

Visit the www.sigmwr.com to vote on which movie will be played, and contact us for more information call 624-4216.

Every 3rd Tuesday of every month.

COMING SOON - March

Guys Choice at Midtown 2 Theaters

Every Wednesday (Everyone is welcome)

Vote for March's free Guys Choice Movie showing from Feb 1st-15th on www.sigmwr.com and the MWR Facebook page! For more information, please call 624-4216



Library

x3875

February at the Library

Deployment Books for Kids and Adults

Pick up an annotated list of resources on how to handle being separated from loved ones.

Fitness Books

Featured this month are hundreds of fitness books to help you get back in shape after the Holiday Blitz. Check out the display.

Magazines

Did you know you can take some magazines home from the library? All back issues can be checked out. Take a look at the state magazines. We have your state with regional recipes, events, history and more.

Black History

Discover Black History Month at the library with award winning children's and young adult books.

**Fitness Center**

x4483

11
Wed**Love 'Em or Leave 'Em Run****Location:** Flight Line Fitness Center**Registration:** 4:00 pm **Run Starts:** 4:30 pm

The eighth run in the Sigonella Run Series! Race your partner in a 5K (3.1 miles) or 5.6 mile run! Will you "love 'em" and stay with them or "leave 'em" in the dust?

Ready, Set, Go! Speed Edition**Location:** NAS I & NAS II Fitness Centers **Cost:** Free**Sign up by:** Feb 20

The Ready, Set, Go! incentive series returns with its second edition! Improve your running speed over six weeks and earn a prize for most improved 1.5 mile time! Earn a better score for the PFA!

Sign up at the Fit District or the Flight Line Fitness Center and log your starting mile time.

**Adult Sports**

x3785

4
Wed**Hiring Sports Officials:
Membership Meeting****Location:** Midtown Classroom **Starts:** 5:00 pm

Referees and Scorekeepers needed for the upcoming intramural basketball season. Earn money for each game you officiate. Training provided, no experience necessary.

Please contact the Sports Coordinator for more information at Fitness_Sigonella@eu.navy.mil or 624-3785.

4
Wed**Captain's Cup Soccer
Coaches Meeting****Location:** Midtown Classroom**Starts:** 5:00 pm

Register for the upcoming Soccer Season for a chance to win the Captains Cup

Commands wishing to participate must send a team representative to register their team and review rules & regulations at this mandatory team captain/coaches meeting.

Contact Adult Sports at 624-3785 for more information.

**Aquatics NAS I & NAS II**

x4932

Pool Reservations

Command pool reservation for PT or Special Training such as Zodiac Drill, and also group lifeguard classes available upon request. For more info call 624-4932.

Gym and Swim**Jan 27- Mar 31****Every Tuesday at the NAS I Fitness Center****Starts:** 1:00 pm **Ends:** 2:00 pm **Grades:** K-12th

A physical education program for home school students presented by Aquatics and CYP. Students will learn about health and nutrition, as well as participate in a variety of sports and learn water safety and swim techniques.

**Water Safety Instructor (WSI) Course****Sat 21 Feb & Sun 22 Feb****Time:** 9:00 am - 5:00 pm **Cost:** \$120

Register to become American Red Cross certified water safety instructor. For more info call 624-4932.

Swim to Spring Break!!**February 9 - April 3**

This 8 week incentive program will give you the opportunity to swim against yourself, and receive a prize at the end! Choose from one of the top 4 spring break locations in Europe including Rome, Greece, Malta, and our very own Club Med here in Sicily. You can register at either the NAS I or NAS II pool during operational hours, or contact the Aquatics Manager at 624-4932. This is for all ages (must be able to pass the swim test), though we ask that you respect the age limits set forth at the NAS II pool.

**Youth Sports**

x1750

Youth Baseball

Register for the upcoming youth baseball season at School Age Care, **Monday-Friday from 9:00 am - 12:00 pm & 1:00 pm - 5:00 pm.**

Ages: 3-18 **Cost:** 5-18 years: \$40 | Start Smart 3-4 years: **Free****Registration Starts:** Feb 23rd **Sign up By:** Mar 20th**START SMART- Ages 3-4**

Start Smart is a parent involvement program that introduces children to the basic skills, fundamentals, and rules of the sports. Participants in Start Smart do not play regular games.

For more information, contact Youth Sports at 624-1750/47 or email CYP_Sigonella@eu.navy.mil

We are accepting applications for volunteer coaches. Become a coach and receive one free registration!

Please call 624-1750/1747 or email

CYP_Sigonella@eu.navy.mil for more information**Sparetime Bowling**

x4302

14
Sat**Valentine Bowl****Time:** 4:00 pm - Midnight**SWEET HEART BOWL** | \$15 per couple

Couples bowl from 4:00 pm to 8:00 pm to classic love songs & cupid's cosmic lighting. Free snacks provided. No date? No problem!

STUPID CUPID'S COSMIC BOWLING | \$10 per person

Bowl from 8:00 pm to midnight. Free pizza for qualified Liberty Patrons and free snacks for all bowlers.

Quarter Mania Monday**Mondays from 1:30 pm - 9:00 pm****Cost:** \$4.25 cover charge | \$0.25 per game

Strike some pins for just a quarter a game! Pay a small cover charge that includes shoe rental.

TGI Thursday!

\$1.50 games for all plus shoe rental!

All day Thursdays from 1:30 pm - 9:00 pm

**Friday Family & Friends
Night Out!****from 5:00 pm - 9:00 pm**

Music, lights and fun for everyone every Friday night at Sparetime Bowling! Only \$15 per lane/hour (up to 5 ppl). Includes shoe rental.

Friday Night Game Night!**Starts:** 9:00 pm **Ends:** Midnight **Cost:** \$10

Play Poker, Red Pin, Striker, Rocky Road Race & more at Sparetime Bowling every Friday night!

Cosmic Bowling Saturdays

Saturdays from 8:00 pm - Midnight

Extreme lighting and music from your IPOD! \$10 per person includes shoes

Budget Bowling Sundays!

Bowl 1 game, and get the 2nd game FREE!

All day Sunday from 11:00 am - 7:00 pm at Sparetime Bowling.



**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 both ITT and ODR. Children are 1/2 price on all tours, unless otherwise noted.

3
Tue
St. Agatha Festival - 1st day
Depart: NAS II 6:30 pm, Marinai 6:45 pm,
NAS I 7:00 pm **Return:** 11:30 pm
Cost: \$20 for 1 or 2 for \$30

Witness the great annual celebration dedicated to St. Agatha, the patron saint of Catania. Explore the history of this Saint and partake in the processions and festivities observing her importance during the celebration. The first day of the festival: enjoy fireworks and classical music performed at Elephant Square, then free time for people and festival watching.

VERY POPULAR
4
Wed
2nd day
Depart: NAS II 4:00 pm, Marinai 4:15 pm, NAS I 4:30 pm
Return: 11:30 pm **Cost:** \$20 for 1 or 2 for \$30

The second day of the festival: witness the religious procession along the streets of Catania that starts on this day. This procession used to take place outside the Roman city walls. See fireworks that take place near the Roman Amphitheater.

5
Thu
3rd day
Depart: NAS II 4:00 pm, Marinai 4:15 pm, NAS I 4:30 pm
Return: 11:30 pm **Cost:** \$20 for 1 or 2 for \$30

The final day of the festival: see the second day of the religious procession held all along Via Etnea in Catania and fireworks at Elephant Square.

A busy and crowded festival, it is recommended to keep your purse or wallet close and refrain from bring valuables on this tour.

**Catania Shopping Trip****Fridays 6, 13, 20, 27****Depart:** NAS II 8:30 am, Marinai 8:45 am, NAS I 9:00 am **Return:** 2:00 pm**Cost:** \$8 (Transportation only, bring Euro for food and shopping)

Shop in downtown Catania at the market and the many shops along Via Etnea. Small bills and coins in Euro are recommended for shopping; credit cards are typically not accepted and change cannot always be provided at market stalls.

7
Sat
Circumetnea Historical Train Adventure
Depart: NAS I 6:45 am **Return:** 4:30 pm **Cost:** \$38 includes fees (Bring 15 Euro for Food)

All-aboard the Circumetnea Historical Train Adventure for some fabulous views of Mt. Etna! Ride the train around Mt. Etna, with a stop in the notable town of Randazzo for lunch. The city contains architecture dating back to the medieval period and has significant history from WWII. Comfortable shoes recommended.

VERY POPULAR
12
Thu
Fireworks at Elephant Square & Wine Tasting
Depart: NAS II 5:00 pm, Marinai 5:15 pm, NAS I 5:30 pm **Return:** 11:00 pm
Cost: \$25 (Includes Wine tasting and appetizers)

View the fireworks display in honor of Catania's patron saint, St. Agatha! Enjoy a delightful wine tasting at the Enoteca Wine and Charme. Taste a variety of local wines paired with an assortment of Sicilian appetizers.

14
Sat
Palermo and Monreale
Depart: NAS II 6:30 am, Marinai 6:45 am, NAS I 7:00 am **Return:** 6:30 pm
Cost: \$45 (Bring Euro for entrance fees and lunch)

Experience the breathtaking cathedrals of Palermo and Monreale. Palermo's cathedral is home to a unique mixture of architectural styles on a grand scale where you can witness eight periods of art in one single setting. Behold intricate, awe-inspiring biblical mosaics decorating the nave of Monreale's cathedral. The brave can tour the Capuchin Catacombs (optional, entrance fee is approximately €5).

Acireale Carnevale
Saturday 14 | Depart: NAS II 4:00 pm, Marinai 4:15 pm, NAS I 4:30 pm **Return:** 11:00 pm

Sunday 15 | Depart: NAS II 4:00 pm, Marinai 4:15 pm, NAS I 4:30 pm **Return:** 12:00 am

Tuesday 17 | Depart: NAS II 4:00 pm, Marinai 4:15 pm, NAS I 4:30 pm **Return:** 12:00 am
Cost: \$20 (Bring 15 Euro for Food)

Don your mask and experience Carnevale in Sicily! View extraordinary parade floats crafted by local artisans. Watch marching bands and majorettes, toss confetti, and listen to music during this unique and lively cultural experience.


19
Thu
Noto "San Corrado" Festival and La Trota Restaurant
Depart: NAS II 10:00 am, Marinai 10:15 am, NAS I 10:30 am **Return:** 7:30 pm
Cost: \$55 (Includes lunch)

Visit the culturally significant town of Noto, a UNESCO World Heritage Site. Enjoy lunch at La Trota Restaurant. Choose a fish or meat entree at time of registration. View the wonderful examples of Baroque architecture during the tour and watch the San Corrado Festival, which celebrates the patron saint of Noto.

21 Family Sledding Day on Mt. Etna**Sat****Depart:** NAS II 9:00 am, Marinai 9:15 am, NAS I 9:30 am **Return:** 4:00 pm**Cost:** \$10 | Ages 2-12: \$5 (Price includes transportation, sled and hot chocolate)

Enjoy a family sledding adventure on Mt Etna. It is recommended to wear warm, water proof clothing and bring plenty of water.

**22 Siracusa and Seafood Restaurant****Sun****Depart:** NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am **Return:** 5:00 pm**Cost:** \$75 (Includes entrance fees and lunch)

Visit the archeological area of Siracusa, including the Ear of Dionysius, the Cordari Cave, the Greek-Roman Amphitheater, and the historic island of Ortigia. Then enjoy a relaxing lunch (please choose either seafood or meat at the time of registration).

28 Agrigento: Valley of the Temples & Bagliesi Winery Wine Tasting**Sat****Depart:** NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am **Return:** 6:00 pm**Cost:** \$85 (Includes entrance fees, lunch & wine tasting)

Visit the Valley of the Temples archaeological park in Agrigento and behold spectacular and well-preserved Greek temples. Relax at a wine tasting paired with a light meal after the tour.

**Digital Photography Class****Tuesday 10 & Thursday 12****Location:** Midtown Classroom**Time:** 6:00 pm - 7:30 pm**Cost:** \$25

A two day photography class. Learn basic digital photography and capture all the amazing moments while travelling and living overseas! Discover more about manual modes and learn hands-on about photography compositions. Must bring own camera. For ages 8 and older. For more information or to register call ITT at 624-4777.

26 Photography Lightroom Software Class**Thu****Location:** Midtown Classroom**Time:** 6:00 pm - 7:00 pm**Cost:** \$15

Learn to use basic tools in Adobe Lightroom to edit your digital photos. Also, learn the importance of shooting RAW with DSLR cameras. For more information or to register call ITT at 624-4777.

27 Creatively Uncorked**Fri****Location:** Midtown Classroom**Time:** 6:00 pm - 8:30 pm**Ages:** 18 and up **Cost:** \$46

Two and a half hour painting classes designed with both beginners and experts in mind. A local artist will guide each individual with stroke-by-stroke instructions on how to paint the artwork selection for each class. Make great memories, share some wine, and brush up on your painting abilities.

COMING SOON - March**1 Taormina & Gambino Winery****Sun****Depart:** NAS II 9:00 am, Marinai 9:15 am, NAS I 9:30 am**Return:** 6:00 pm**Cost:** \$68 (lunch and fees included)

We are off to Taormina, known for its spectacular views of Mt. Etna. You will have time to go shopping, visit the Greek Amphitheater, and eat a light Sicilian lunch at Gambino Winery, located on Mt. Etna north.

climb section

11 wed Rock Wall ☺☺☺☺☺ Certification Course

Location: The Cave - NAS I Gym
Starts: 5:30 pm **Ends:** 7:30 pm
Cost: \$5 Pre-Registration is required (Maximum 6 people for belay certification) **Ages:** 14+
Get certified to use the indoor climbing wall at Midtown with a two hour rock wall certification course. Learn the basics of indoor climbing and how to belay safely. Climbing is a great cross-training workout and a mental challenge too! All equipment will be provided by Outdoor Recreation.

19 Thu Kids' Climb ☺☺☺☺☺

Location: The Cave NAS I Gym
Starts: 4:00 pm **Ends:** 6:00 pm
Cost: \$5 per child (pre-registration required)
Let the kids climb the Cave wall instead of your walls! ODR staff will teach the basics of climbing including how to properly warm-up, safely climb and effective techniques for successful climbing. Plus, there will be fun games to encourage technique development. A parent must accompany children. No climbing certification is necessary, as ODR staff will be present to belay children.

snowboard

SNOWBOARD/SKI RENTAL

Snowboard Tune Up \$5

(Wax and sharpen edges)

Snowboard Full Tune UP \$15

(Wax, Sharpen edges and P-tex repair)

Ski Tune UP \$15 (Wax and sharpen edges)

Ski Full Tune UP \$20

(Wax, Sharpen edges and P-tex repair)

SNOWBOARD RENTAL RATES

Pick up on Friday and bring back on Monday for our discounted weekend rate!

Snowboard Package \$15 for the Day or \$28 for the weekend

(Snowboard, Boots, Bindings and Helmet)

Winter Apparel Package \$8 for the Day or \$15 for the weekend (Pants and Jacket)

Snowboard and Apparel Package \$22 for the Day or \$40 for the weekend.

(Snowboard, Boots, Bindings, Helmet, Pants and Jacket)

Non package/standalone items are also available for rental. Call ODR for pricing. 624-4777

ITT and ODR reserve the right to modify tour itineraries in the event of unforeseen circumstances.



Outdoor Rec

x4777 - x4396

Sunset Horseback Ride in Motta Santa Anastasia

Wednesday, 4

Depart: NAS I ITT 3:00 pm **Return:** 7:00 pm **Ages:** 8+

Cost: \$45 (Includes transportation and 1 hour ride)

Friday, 20

Depart: NAS I ITT 3:00 pm **Return:** 8:00 pm **Ages:** 8+

Cost: \$65 (Includes transportation and 2 hour ride)

Enjoy the vistas around Motta Sant' Anastasia from horseback. A professional guide will lead the ride through beautiful scenery as the sun sets. Beginner to moderate riding experience is necessary for trail riding. ODR recommends jeans, boots with up to 1/2 inch heel and leather gloves. Dress warmly as the temperature will drop once the sun goes down. Sign up quickly as this trip will fill up fast!

7 Sat Marzamemi Fishing Trip ☺☺☺☺☺

Depart: NAS I ITT 4:00 am **Return:** 3:00 pm

Cost: \$130 (Includes transportation, fishing equipment, bait and BBQ lunch)

Spend a day at sea fishing off the coast of Marzamemi, a small fishing village surrounded by crystal clear blue-green waters. Expect to catch small to medium sized fish while enjoying a delicious Sicilian BBQ lunch on the boat. This is a 6-hour fishing trip, so brings snacks and plenty of waterproof/windproof layers to stay warm. Fish not guaranteed. Maximum 8 people.

8 Sun Taormina Stairs to Madonna della Rocca by Day ☺☺☺☺☺

Depart: NAS I ITT 8:00 am **Return:** 4:00 pm

Cost: \$25 (Bring Euro for food and shopping)

Ascend more than 1,000 stairs for spectacular views of Mt. Etna and the Ionian Sea. The hike will start by the lovely La Isola Bella, continue through Taormina and end at Madonna della Rocca, perched on the hilltop town of Castelmola. There will be free time to explore Taormina during the middle of the hike and the opportunity to sit down for a well-earned dinner in Castelmola. Wear comfortable shoes as this is a walking/stair-climbing tour.

14 Sat Family Friendly Hike-Siracusa Coastline ☺☺☺☺☺

Depart: NAS I ITT 9:00 am **Return:** 4:00 pm

Cost: \$35 (Includes transportation and naturalist guide)

Walk along the picturesque and rocky coastline of Siracusa from Capo Murro di Porco to Punta Mola. Admire the Plemmirio Marine Protected Area and learn about the region's rich archeological and natural history. A local naturalist will accompany this tour to identify the plentiful species of flora and fauna present in this pristine natural area. This tour will cover approximately 4 miles of mild terrain. A wonderful hike for families, photographers and nature enthusiasts that want to slow down, take pictures and enjoy the scenery! Please bring appropriate shoes for hiking, layers (cotton not recommended), snacks, water and lunch.



Snowboarding on Mt. Etna

Saturdays 7, 14, 21, 28 ☺☺☺☺☺

Depart: NAS I ITT 8:30 am **Return:** 4:00 pm **Ages:** Minimum age 12 years, children 17 and under must be accompanied by an adult.

Cost: \$25 (transportation ONLY); \$35 (transportation and rental package) **Liberty:** \$15/\$25

Experience the ride of a lifetime shredding Mt. Etna's snow covered slopes. Outdoor Recreation offers rental packages that include: snowboard, boots, bindings and helmet. Note: All reservations for rental gear must be made 1 day prior to the trip on a first-come, first-serve basis. Not a snow person? Enjoy a day of beautiful winter scenery, shopping and lunch.

LIFT TICKETS are NOT included; bring €35-45 for lift ticket and food. Trip is subject to proper snow and weather conditions.



15 Sun Paintball ☺☺☺☺☺

Depart: NAS I ITT 9:00 am **Return:** 1:00 pm

Cost: \$5 (Transportation only)

Play paintball in Motta Sant' Anastasia for an adrenaline rush! This field provides both urban and natural structures to use as barriers. Outdoor Recreation will provide the transportation; bring snacks, water and Euros for the BBQ, gear rental and paint. Children 17 years and younger MUST be accompanied by a parent or guardian. Bring €30 cash to pay at paintball field.

21 Sat Mountain Bike Floristella Park & Agriturismo Lunch ☺☺☺☺☺

Depart: NAS I ITT 7:30 am **Return:** 5:00 pm

Cost: \$65 (Includes transportation, gear, guide and lunch)

This is a 10-mile ride through Floristella Park in the Enna province of Sicily. Please inform ITT staff if you would like to bring a personal bike for a discounted price (\$55) at the time of registration. Wear clothes that can get dirty and bring layers (cotton not recommended), water and snacks.



28 Sat Snowshoe Rifugio Timpa Rossa ☺☺☺☺☺

Depart: NAS I ITT 7:00 am **Return:** 7:00 pm **Cost:** \$35 (Includes transportation, Snowshoe rental & guide)

Explore Etna north by snowshoe and admire a scenic winter landscape sculpted by volcanic activity. This is a difficult tour that will take 5-6 hours to complete and will also be at 5,000-6,000 feet elevation. There will be a hot chocolate break at Rifugio Timpa Rossa to rest and warm up. Please bring waterproof boots, plenty of warm layers (cotton not recommended), windproof/waterproof jacket/pants, gloves, hat, headlamp/flashlight, water, snacks and lunch. Windproof/waterproof jackets and pants are available for rental from ODR.

Difficulty levels ☺
Adrenaline scales ☺

Liberty Take5 x5602 - Connections x4264

2 Galley Meet and Greet

Location: Galley **Time:** 11:30 pm - 12:30 pm **Cost:** Free
Liberty is coming to YOU! Talk with Liberty staff at the galley during lunch and learn about upcoming programs and have the opportunity to voice your opinion on what you would like to see offered.

3 Board Game Night

Location: Take 5 - 5:00 pm **Cost:** Free
Play a friendly game of Jenga, Battleship, Chess, Checkers, and more. A fun way to spend an evening and meet fellow board game lovers!



7 Taormina

Depart: NAS II 11:00 am, NAS I 11:15 am
Return: 9:00 pm **Cost:** \$5 (bring Euro for food)
Explore the beautiful city of Taormina. Be amazed by the beaches, views, and many shops. Visit the famous amphitheater, chill on the beach, and explore at your leisure.

12 Black History Month Luncheon

Location: Take 5 **Time:** 11:30 am - 1:00 pm **Cost:** Free
Honor great contributions of African Americans past and present at the Black History Month Luncheon. Enjoy a free BBQ lunch with guest speakers LT Chambers and Mr. Ralph E. Jackson on the importance of the holiday.

16 Texas Hold 'Em Tournament

Location: Take 5 **Time:** 7:30 pm - 9:00 pm
Register to compete in a Texas Hold 'Em tournament for a chance to win a \$75 NEX gift card! The Tournament limited to the first 12 Liberty qualified registrants. The top three from each table will advance to compete in the finals.



21 Dinner at Downtown Catania's Best Steak House

Depart: NAS II 7:00 pm, NAS I 7:15 pm
Cost: \$5 (bring 50 Euro for dinner)
Catch a ride to the best steak house in Catania and savor a delicious dinner while enjoying the restaurant's great atmosphere and unique decor.



23 Xbox 360 March Madness Tournament

Location: Take 5 **Time:** 11:00 am - 8:00 pm **Cost:** Free
Registration Starts: Feb 1st **Sign up By:** Feb 20th
Register to compete in a five day single elimination March Madness tournament for a chance to win a \$50 NEX giftcard. The Tournament limited to the first 16 Liberty qualified registrants.
Championship Game - Friday, February 27th at 6:00 pm

25 Empty Wallet Lunch

Location: Take 5 **Starts:** 11:30 am **Cost:** Free
Free meatball subs while supplies last!

Jox Pub

x5604

Have your private party at Jox

Reservation free of charge. Call for more info.

Weekend Dance Party

Fridays & Saturdays at 10:00 pm

Move to a mix of dance, hip-hop, rock and country music and wind down from the work week. Free soft drinks all night for designated drivers!



***Liberty Patrons**
Qualified E5 & below
Single Service Members

See ODR page for
Special Liberty
discounted trips



Monday-Friday 10 am-8 pm
Weekends 2 pm-9 pm
NAS II - 624-5602

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

SUPER BOWL PARTY at JOX PUB

SUNDAY, 1ST FEBRUARY - Starting 2230

Lots of Super Bowl Door Prizes

\$125 in NEX Gift Cards

Free Shuttle from NAS I and Marina I

- Free Shuttle
- Door Prizes
- Special Halftime Breakfast
- 1st 100 people get free entry into 100 Square Game to win \$25 NEX Gift Cards



COLOR KEY

Adult sports x3785
 Community Events
 Aquatics x4932

Midtown 2 Theaters x4248
 Bowling x4302
 Connections x4264

Liberty/Take 5 x5602
 Jox Pub x5603
 ITT x4777, x4396
 Outdoor Rec x4777, x4396

Youth Complex x1750
 Library x3875
 Youth sports x1750
 Fitness x4483, x2712

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Budget Bowling 1 SUPERBOWL at JOX PUB	Blood Orange Picking 2 Auto skills Class Quarter Mania Monday Galley Meet & Greet	St. Agatha Festival 3 Board Game Night	St. Agatha Festival 4 Horseback Ride Lady Choice Hiring Sports Official Captain's Cup Meeting	St. Agatha Festival 5 TGI	Catania Shopping 6 Family & Friends Night Out Game Night Dance Party	Antique Train Adventure 7 Marzamemi Fishing Trip Snowboarding Cosmic Bowling Taormina Dance Party
Taormina Stairs 8 Budget Bowling	Quarter Mania Monday 9 Swim to Spring Break Starts	Photography Class 10	Love 'Em or Leave 'Em 11 Rock Wall Cert. Course Lady Choice	Fireworks at Elephant 12 Square & Wine Tasting TGI Black History Month Photography Class	Catania Shopping 13 Dodgeball at NAS I Gym Family & Friends Night Out Game Night Dance Party	Palermo & Monreale 14 Acireale Carnevale Hike-Siracusa Costline Snowboarding Valentine Bowl Cosmic Bowling Dance Party
Acireale Carnevale 15 Paintball Budget Bowling	Quarter Mania Mon. 16 Texas Hold 'Em	Acireale Carnevale 17 Baby & Me Movie Matinee	Lady Choice 18	Noto - S. Corrado 19 Kids' Climb TGI	Catania Shopping 20 Horseback Ride Capture the flag Family & Friends Night Out Game Night Dance Party	Sledding Mt. Etna 21 Snowboarding Mt. Bike Floristella Park WSI Course Cosmic Bowling Steak Night in Catania Dance Party
Siracusa Seafood 22 WSI Course Budget Bowling	Quarter Mania Mon. 23 Xbox Tournament	24	Lady Choice 25 Empty Wallet Lunch	Lightroom Software 26 Class TGI	Catania Shopping 27 Creatively Uncorked INDOC BBQ Family & Friends Night Out Game Night Dance Party	Agrigento 28 Snowboarding Snowshoe on MT Etna Cosmic Bowling Dance Party

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