

# preview

NAS Sigonella, Sicily • MWR magazine

January 2015

Publication Date - December 22nd



## INSIDE

**Snowboard on Mt Etna**

**Snowshoe Hike**

**Sicilian Cooking Class**

**Fit for Fun Bowling**





**3 Sat Kelly Bell Band**  
**Location:** Jox Pub  
**Starts:** 9:00 pm **Ages:** 18 and up  
**Cost:** FREE

Armed Forces Entertainment presents the Kelly Bell Band performing live at NAS Sigonella. Voted the Best Blues Band in the Mid Atlantic Region 12 years in a row, the band hails from Baltimore, Maryland. Combining elements of hip-hop, funk, and blue-electrified the Kelly Bell Band is sure to put on a memorable show.



**Child & Youth Programs** x1750 • x1747

**2 Fri Sledding on Mt. Etna**  
**Depart:** Youth Complex 8:30 am **Return:** Youth Complex 4:30 pm **Cost:** \$5 (Bring Euro for lunch)  
**Sign up By:** Dec 30th

Enjoy the last day of Winter Break with a fun day of sledding on Mt. Etna. Appropriate snow gear (hats, gloves, scarves, winter jackets, and snow pants) are recommended. Some snow gear is available for rent at the ITT office.  
 For more information on the trip, contact the Youth Complex at 624-1747/1750. For snow gear rental, contact ITT at 624-4777.

**9 Fri Home Basketball Game Versus Vicenza**  
**Location:** Sigonella Middle/High School  
**Depart:** Youth Complex 4:00 pm **Cost:** FREE

Support the Sigonella Jaguars as they play their first home game of the season against the Vicenza Cougars! Make spirit posters in advance and to bring them to the Youth Complex. Wear the school colors to show your support. \*\*Space is limited.



**16 Fri Newcomer's Indoctrination Barbecue**  
**Location:** Youth Complex **Starts:** 2:00 pm  
**Ends:** 9:00 pm **Cost:** FREE

Visit the Youth Complex and enjoy the monthly Newcomer's Indoctrination Barbecue and welcome those who are new to the island. A fun place to hang out together with those who have just arrived and those who have been here a while.

**23 Fri Bonfire and Movie Night**  
**Location:** Youth Complex **Starts:** 2:00 pm  
**Ends:** 9:00 pm **Cost:** FREE

Watch an indoor movie and make s'mores over a bonfire.

**30 Fri Snowball Fight**  
**Location:** Marinali **Starts:** 4:30 pm  
**Ends:** 5:30 pm **Cost:** FREE

Brace yourself for an outdoor snowball fight! Get the feeling of packed snow from the white snowballs that will be used!

**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

**1 Thu Auld Lang Syne Movie Night**  
**Starts:** 2:00 pm **Cost:** Free

Celebrate the New Year with classic movies from the past that have shaped the future of films. From teenage angst, to love lost and love found. Head to Midtown 2 Theaters on New Year's Day and raise your popcorn in salute for bringing these classics back to the big screen.

**20 Tue Baby and Me Movie Matinee**  
**Starts:** 2:00 pm

Enjoy a stress-free afternoon at the movies with the little ones! Lower sound volume, dimmed lights, plenty of stroller parking. A great outing for play groups in a no pressure, family-friendly atmosphere.



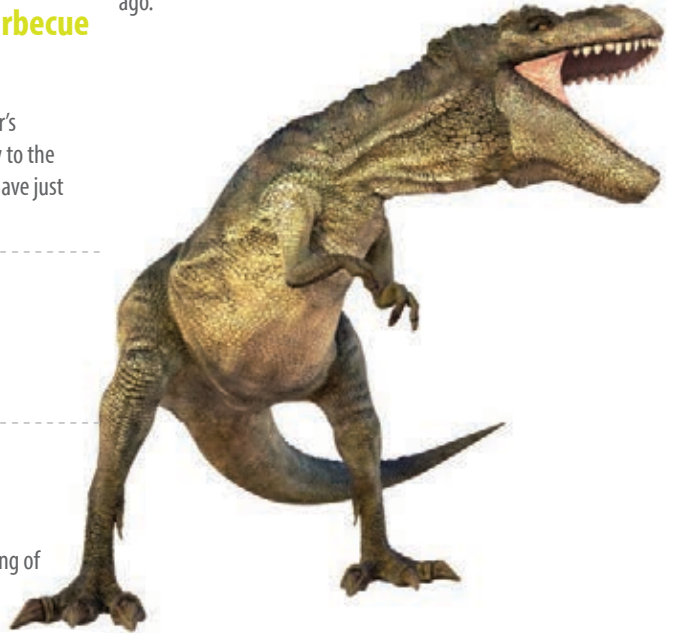
**Library** x3875

**January at the Library**

**Martin Luther King Jr.**  
 Learn about Martin Luther King Jr. and the civil rights movement.

**Family History 101**  
 FREE, Family History 101 at the Library on Thursdays from 4:30 pm to 6:00 pm. Guided by an expert researcher, you will find your ancestors and your entire family history. Drop by this week!

**Jurassic Park**  
 Jurassic Park at the library. Learn about the 'Bone Wars' of 1868. Check out a dinosaur book that will take you back 65,000,000 years ago.



## Fitness Center x4483

### Ready, Set, Go!

**Location:** NAS I & NAS II Fitness Centers **Cost:** Free  
Ready, Set, Go! Core Edition, a 6 week incentive program that works on increasing core strength. Those with the most improvement receive a prize compliments of MWR. Get more information at the front desk of the NAS I Fit District or NAS II Flight Line Fitness Center. Call 624-4951/4301 or e-mail Fitness\_Sigonella@eu.navy.mil.

### 10 Overcome Your Obstacles

**Sat**  
**Location:** NAS I Midtown **Starts:** 10:00 am  
**Ends:** 12:00 pm **Ages:** all **Cost:** Free  
**Registration Starts:** Jan 10th

The 7th run in the Sigonella Run Series! A unique 5k course that will challenge you in more ways than one. Be prepared to encounter obstacles of all kinds to earn the Run Series T-shirt at this awesome event. Registration will take place at NAS I Pool parking lot.

### 14 Base 2 Base Pre-Registration & Pizza Party

**Wed**  
**Location:** NAS I Midtown **Starts:** 4:30 pm  
**Ends:** 6:30 pm **Cost:** Pizza \$5

Register for NAS Sigonella's iconic Base 2 Base run. Pre-register to receive a special one time discounted fee! Registration fee includes run registration, Base 2 Base t-shirt and goodies in your race packet.

**Base 2 Base Registration Fee:** Jan. 13th & 14th \$10  
Jan. 15th-Feb. 28th \$15 | Mar. 1st- Mar. 5th \$20.

Enjoy hand tossed pizza straight from an authentic pizza oven. Choose cheese, veggie, or pepperoni. For more info call 624-4301.



## 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.

## Adult Sports x3785

### Intramural Ultimate Frisbee

**Sign-up by:** Jan 20th  
Sign-up for Ultimate Frisbee! Please contact the Sports Coordinator with your team roster at Fitness\_Sigonella@eu.navy.mil or 624-3785.

### 14 Intramural Basketball Registration & Coaches Meeting

**Wed**  
**Location:** Midtown Classroom **Starts:** 5:00 pm  
**Sign up By:** Jan 14th

Sign-up for Adult Intramural Basketball. Rosters are available at the front desks of both NAS 1 & NAS 2 gyms. Attend the mandatory coaches' meeting for more information about the upcoming season. For more information, please contact the Sports Coordinator at Fitness\_Sigonella@eu.navy.mil or 624-3785.

## Youth Sports x1750

### Youth Basketball and Indoor Cheerleading

Register for the Youth Basketball and Indoor Cheerleading season that will run from **February 2nd to March 28th**. Cost \$40. Registration is available at School Age Care Monday-Friday from 9:00 am - 12:00 pm and 1:00 pm - 5:00 pm.

**Basketball Ages:**  
3-18 year olds  
Start Smart - 3-4 year olds  
(no registration fee)

**Cheerleading Ages:**  
5-18 year olds  
Returning cheer participants from football (Don't need a new uniform) \$20  
New cheer participants or returning that need a new uniform \$40



### VOLUNTEERS

We need YOU! Youth Sports is always in need of energetic and fun volunteers to coach our teams. Please contact Youth Sports if you are interested.

Please call 624-1750/1747 or email  
CYP\_Sigonella@eu.navy.mil for more information

## Sparetime Bowling x4302

### Fit for Fun Bowling

**Mon - Fri 1:30 pm - 6:00 pm** **Cost:** Adults \$22.50 - Children with registered Adult \$1 per game

Strike Out the Calories with Fit for Fun Bowling! 3 games, 3 days a week. 3 Games is equivalent to walking 1 mile; 100+ calories are burned per hour! Bowling utilizes muscles not normally used, while muscle tone, strength and balance are improved!



### 6 Average Joe Bowling League

**Tue**  
**TUESDAY OR WEDNESDAY NIGHTS**  
**Starts:** 6:00 pm **Ages:** 18+ **Cost:** \$20 Team sign up registration, \$10 per person each week  
**Sign up by:** Jan 2nd

An 8 week long bowling league consisting of 4 person teams. Sign up at Spare Time Bowling or call 624-4302 for more info.

### 23 Scotch Doubles Tournament

**Fri**  
**Starts:** 7:00 pm **Ages:** 18+ **Cost:** \$30 per team  
**Sign up by:** Jan 20th  
5 Games! Teams consist of 1 male and 1 female. Entry fee \$30.00 per team Shoes, Snacks, & Prizes included.

### 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 \$15.00 per lane (up to 5 ppl) including shoe rentals.

### 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 8pm- 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- 7 pm at Sparetime Bowling.





**ITT Gear & Go**

x4777 • x4396

**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 Orange Harvesting & Borgo Antico Agriturismo Lunch**

**Depart:** NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am  
**Return:** 4:30 pm **Cost:** \$56 (Includes lunch & orange harvest) Minimum of 25 people

Visit the area of Mineo and take part in harvesting oranges. Form teams and compete to win a prize! Everyone will be able to bring home oranges to enjoy. After orange picking, savor a delicious lunch at the Borgo Antico Agriturismo.

**4 Sperlinga, Nicosia & Pietralunga Agriturismo**

**Depart:** NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am  
**Return:** 6:30 pm **Cost:** \$65 (Includes lunch)

Visit the province of Enna. See the medieval town of Sperlinga, home to a Norman castle built over caves that were inhabited by people as far back as 1080. Climb to the top of the castle and be rewarded with a beautiful view of the surrounding town and countryside. Visit Nicosia and take in interesting medieval and baroque architecture and see an impressive number of buildings and churches. Following the walking tour, eat a lovely lunch at Pietralunga, an excellent Agriturismo located nearby.

**Catania Shopping Trip**  
**Fridays 9, 16, 23, 30**

**Depart:** NAS II 8:30 am, Marinai 8:45 am, NAS I 9:00 am  
**Return:** 3:00 pm **Cost:** \$10 (Bring Euro for lunch 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.

**10 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**

**11 Naro and Sicilian Trattoria**

**Depart:** NAS II 7:15 am, Marinai 7:30 am, NAS I 7:45 am **Return:** 6:00 pm

**Cost:** \$70 (Includes entrance fees and lunch)

Visit the town of Naro located in the Valley of Paradise, a remarkable town known for its history and rich artistic heritage. Visit several churches and a castle that hosts old collections of historical costumes. After visiting the town, relax in a typical Sicilian Trattoria for a wonderful Mediterranean lunch.



**17 Palermo and Monreale**

**Depart:** NAS II 6:30 am, Marinai 6:45 am, NAS I 7:00 am **Return:** 6:30 pm

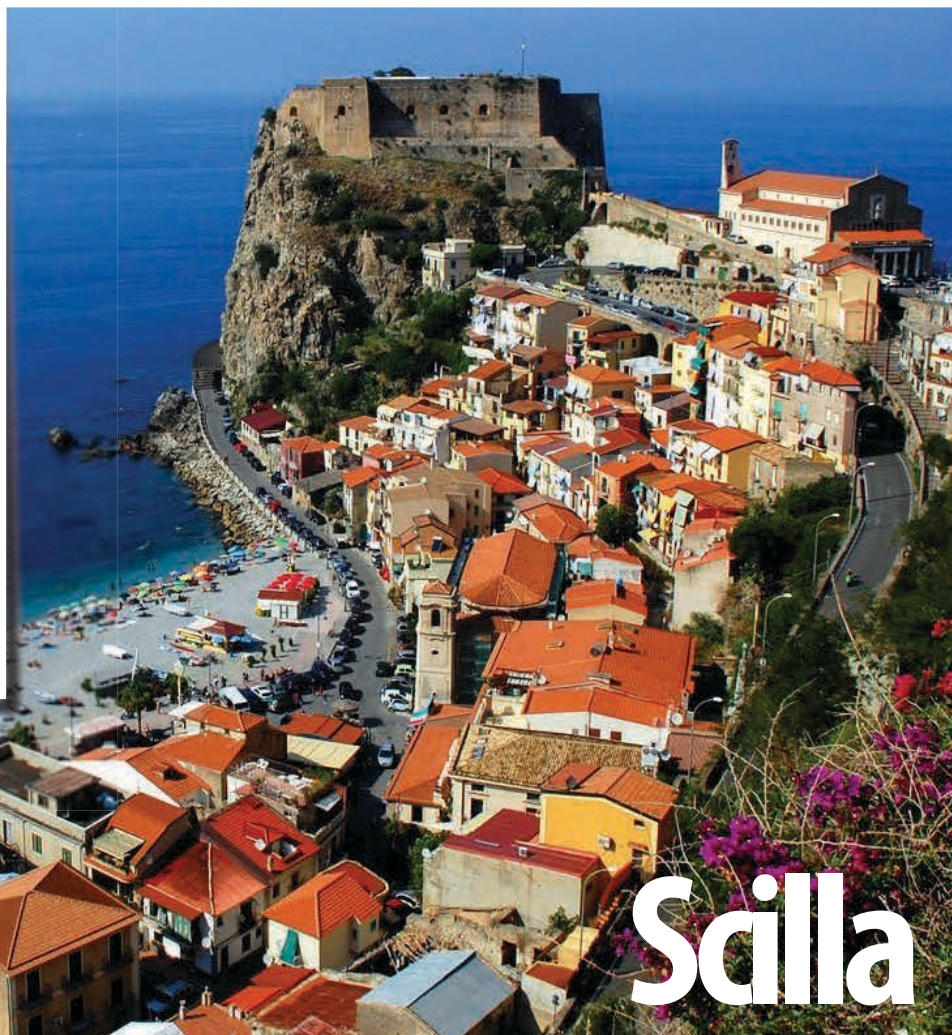
**Cost:** \$45 (Bring Euros for fees and food)

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).

**18 Scilla & Reggio Calabria**

**Depart:** NAS II 6:30 am, Marinai 6:45 am, NAS I 7:00 am **Return:** 8:00 pm **Cost:** \$65 (Bring Euro for fees and food) **Sign up By:** Jan 12th

Head to mainland Italy! Ride the ferry across the strait of Messina and visit the beautiful city of Scilla and its castle. Stop in Reggio Calabria for a chance to see two rare and stunning Greek bronze statues that were discovered in an ancient shipwreck. (Minimum of 25 people)



**Scilla**

## 19 **Aromi and Scordia: Honey & Olive Oil Tasting, Orange Picking & BBQ**

**Mon** Depart: NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am Return: 5:00 pm

**Cost:** \$70 (Includes Aromi tour, wine, and finger foods)

Spend the day at a Sicilian farm, located in the Scordia area. Test your senses with herbs and aromas, as the farmer offers the smelling, tasting, and seeing of multiple herbs and plants grown on his farm. Pick oranges to take home with you and enjoy a delicious olive oil tasting, honey tasting and Sicilian BBQ.

## 24 **Piazza Armerina Roman Villa & Aidone Museum**

**Sat** Depart: NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am Return: 6:30 pm **Cost:** \$70 (Includes entrance fees and lunch)

Visit two famous sights in one day and hear ancient stories from Sicilian history. Piazza Armerina, a UNESCO World Heritage site, is known for its magnificent 3rd century A.D. mosaic pavements. After relaxing around the villa's grounds, visit the famous statue of Aphrodite at the Aidone Museum. When the tour is complete, enjoy a peaceful lunch at the beautiful Agriturismo Gigliotto.



## 25 **Agrigento: Valley of the Temples & Bagliesi Winery Wine Tasting**

**Sun** 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.

## 31 **Nissoria & Leonforte**

**Sat** Depart: NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am Return: 5:00 pm **Cost:** \$70 (Lunch is included)

Visit the beautiful historic towns of Nissoria and Leonforte, located 600 meters above sea level on Mt. Erei in central Sicily. Take in beautiful views over the mountain summit and Lake Pozzillo. A trip worth taking to explore the interior of the island and enjoy a satisfying lunch at a cheese factory, made with fresh seasonal, local ingredients. Take advantage of buying locally made products directly from the factory.



## COMING SOON | St. Agatha Festival

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

### February 3rd

The first day of the festival, enjoy fireworks and classical music performed at Elephant Square, then free time for people and festival watching.

### February 5th

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

### February 4th

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

## 13 **Sicilian Cannoli Cooking Class**

**Tue** Start: 5:00 pm - Midtown Classroom Ends: 8:00 pm

**Ages:** 16 & up **Cost:** \$40

Take the opportunity to learn the art of making the Sicilian cannoli filled with ricotta or cream. Nice to look at and delicious to eat!

Bring your appetite and your apron.



## 23 **Homemade Sicilian Arancini Cooking Class**

**Fri** Start: 5:00 pm - Midtown Classroom Ends: 8:00 pm

**Ages:** 13 & up **Cost:** \$38

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.

For information, call ITT at 624-4777 or 624-4396

## Bellini Opera

Limited tickets available on first come, first serve basis.

"Anna Bolena"

by G. Donizzetti

on Sunday January 25th

**Floor Seats:** \$89 per person

**Gallery Seats:** \$45 per person

**Depart:** NAS I 4:00 pm

**Transportation is included and tickets are non-refundable.**

# climb section

## 13 Tue 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.

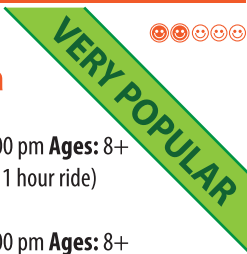
## 15 Thu Kids' Climb

**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.

## Outdoor Rec x4777 - x4396

### Sunset Horseback Ride in Motta Santa Anastasia

**Friday 2nd** **Depart:** NAS I ITT 3:00 pm **Return:** 7:00 pm **Ages:** 8+  
**Cost:** \$45 (Includes transportation and 1 hour ride)  
**Friday 23rd** **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!



### 10 Sat Paintball

**Depart:** NAS I ITT 9:00 am **Return:** 1:00 pm  
**Ages:** All, children 17 years and younger MUST be accompanied by a parent or guardian.  
**Cost:** \$5 (Bring €30 cash to pay at paintball field)  
 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.

### 11 Sun Valle dell'Anapo Trekking

**Depart:** NAS I ITT 8:00 am **Return:** 3:00 pm  
**Cost:** \$35 (Includes transportation and naturalist guide)  
 Discover the hidden paradise of Valle dell'Anapo where crystal clear waters cut through a lushly vegetated canyon. This site also contains important archeological traces, including tombs cut into the limestone dating from the 13th to 7th centuries BC. 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 7 miles. Please bring appropriate shoes for hiking, layers (cotton not recommended), snacks, water and lunch.

### 15 Thu Marzamemi Fishing Trip

**Depart:** 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. No fish guaranteed! Maximum 8 people.

### 17 Sat Mountain Bike Ronza Park with Agriturismo Lunch

**Depart:** NAS I ITT 7:30 am **Return:** 5:00 pm  
**Cost:** \$65 (Includes transportation, gear, guide and lunch)  
 Explore Eucalyptus forests and Sicily's picturesque interior during this 15 mile mountain bike ride through Ronza Park, one of Sicily's largest parks. 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.

## Snowboarding on Mt. Etna

**Saturdays 17, 24, 31**  
**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.**



### 24 Sat Snowshoe Rifugio Galvarina with BBQ

**Depart:** NAS I ITT 8:30 am **Return:** 5:30 pm **Cost:** \$50 (Includes transportation, BBQ lunch and Snowshoe rental)  
 A 7 mile round trip snowshoeing through Etna's lovely forested lower slopes and lava fields to the picturesque Rifugio Galvarina. Warm-up and refuel with a delicious Sicilian BBQ lunch in the Rifugio. Please bring waterproof boots, plenty of warm layers (cotton not recommended), water and snacks. Windproof/waterproof jackets and pants are available for rental from ODR.

### 25 Sun Cava Grande del Cassibile Trekking

**Depart:** NAS I ITT 8:00 am **Return:** 4:00 pm  
**Cost:** \$35 (Includes transportation and naturalist guide)  
 A moderate 6 mile trek along Cava Grande, a canyon carved into the landscape by the Cassibile River. Enjoy breathtaking views of the river's path through the canyon and crystal clear pools. A local naturalist will identify the plentiful species of flora and fauna present in this pristine natural area. Please bring appropriate shoes for hiking, layers (cotton not recommended), snacks, water and lunch.

### 31 Sat Snowshoe Mt. Sartorius

**Depart:** NAS I ITT 7:30 am **Return:** 4:30 pm  
**Cost:** \$35 (Includes transportation only)  
 Explore Etna north by snowshoeing through a 200-300 year old forest to admire a scenic winter landscape sculpted by volcanic activity. This tour will include around 3 hours of medium intensity snowshoeing. This trip is family friendly trip, but children must be able to snowshoe for 2 hours at a time. Please bring waterproof boots, plenty of warm layers (cotton not recommended), water, snacks and lunch. Windproof/waterproof jackets and pants are available for rental from ODR.

# 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.**

Difficulty levels ☺  
 Adrenaline scales ☹

**6 Galley Meet and Greet**

**Tue** Meet the Liberty program coordinator at the galley during lunch to learn about upcoming programs and voice your opinion on what you would like to see offered.

**Free Italian Lessons**

**Every Wednesday**

**Location:** Take5 **Starts:** 5:00 pm **Cost:** Free

Learn the basics of Italian to help you navigate through the beautiful towns of Sicily and immerse yourself in the rich and lively culture.

**10 Mt. Etna Day Trip**

**Sat** **Location:** NAS II 11:00 am, NAS I 11:15 am

**Return:** 8:00 pm **Cost:** \$5 (Bring money for food)

Adventure to Mt. Etna, the local volcano and one of the greatest tour destinations in Sicily. To the ancient Greeks, Mount Etna was the realm of Vulcan, god of fire, and the home of the one-eyed monster known as the Cyclops. Etna offers skiing in the winter months and breathtaking hikes.

**Free Guitar Lessons**

**Tuesdays 13, 27**

**Location:** Take 5 **Starts:** 6:00 pm

Free guitar lessons for all liberty patrons. Doesn't matter if you have never picked up an instrument and want to start or already know some basics, you can pick up some new tips! Some guitars are available but please bring your own if you have one.



**14 Corn Hole Tournament**

**Wed** **Starts:** 5:00 pm

Compete in a corn hole tournament. Prizes for 1st, 2nd, and 3rd place! Sign up your team at Take 5 or by phone at 624-5602.



**20 Call Of Duty Tournament**

**Tue** **Location:** Take 5 **Starts:** 6:00 pm

Challenge other gamers to a Call Of Duty match. Winner will receive a \$30 NEX gift card



**21 Empty Wallet Lunch**

**Wed** **Location:** Take 5 **Starts:** 11:00 am

Enjoy slices of free pizza while supplies last.

**24 Outlet Mall Shopping**

**Sat** **Depart:** NAS II 11:00 am, NAS I 11:15 am **Cost:** \$5

Shop to your heart's content at one of the best shopping areas, the Sicilia Outlet Village. Over 100 shops that feature many popular brands.

**29 Ping Pong Tournament**

**Thu** **Location:** Take 5 **Starts:** 5:30 pm **Sign up By:** Jan 15th

Compete in a Ping Pong tournament for a chance to win prizes! 1st place wins a \$25 NEX gift card. Register at Take 5 by 2000 on 15 Jan. or call 624-5602 for more info.



**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**

**LIKE OUR FACEBOOK PAGE  
SIGONELLA MWR**



# 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**

# January 2015

<h1>January 2015</h1>				<p><b>1</b></p> <ul style="list-style-type: none"> <li>TGI</li> <li>Auld Land Syne</li> <li>Ultimate Frisbee Reg.</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>Sledding on Mt Etna</li> <li>Family &amp; Friends Night Out</li> <li>Game Night!</li> <li>Horseback Ride</li> <li>Dance Party</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Kelly Bell Band</li> <li>Cosmic Bowling</li> <li>Orange Harvesting</li> <li>Dance Party</li> </ul>
<p><b>4</b></p> <ul style="list-style-type: none"> <li>Budget Bowling</li> <li>Sperlinga, Nicosia &amp; Pietralunga Agriturismo</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>Quarter Mania</li> <li>6 Week Incentive Program</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>Average Joe</li> <li>Galley Meet &amp; Greet</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>Average Joe</li> <li>Italian Lesson</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>TGI</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>Home Basketball Game</li> <li>Family &amp; Friends Night Out</li> <li>Game Night!</li> <li>Catania Shopping Night</li> <li>Dance Party</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>Overcome your Obstacles</li> <li>Historical Train Adventure</li> <li>Cosmic Bowling</li> <li>Paintball</li> <li>Mt Etna Day Trip</li> <li>Dance Party</li> </ul>
<p><b>11</b></p> <ul style="list-style-type: none"> <li>Budget Bowling</li> <li>Anapo River Trekking</li> <li>Naro</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>Quarter Mania</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>Average Joe</li> <li>Cannoli Cooking Class</li> <li>Rock Wall Certification</li> <li>Free Guitar Lesson</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>B2B Pizza Party</li> <li>Basketball &amp; Coaches Meeting</li> <li>Average Joe</li> <li>Corn Hole Tournament</li> <li>Italian Lesson</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>TGI</li> <li>Marzamemi Fishing Trip</li> <li>Kids' Climb</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>INDOC BBQ</li> <li>Family &amp; Friends Night Out</li> <li>Game Night!</li> <li>Catania Shopping Night</li> <li>Dance Party</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>Cosmic Bowling</li> <li>Palermo &amp; Monreale</li> <li>Mountain Bike Ronza Park</li> <li>Snowboarding Mt Enta</li> <li>Dance Party</li> </ul>
<p><b>18</b></p> <ul style="list-style-type: none"> <li>Budget Bowling</li> <li>Scilla &amp; Reggio Calabria</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>Quarter Mania</li> <li>Olive Oil Tasting in Scordia</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>Average Joe</li> <li>Call of Duty Tournament</li> <li>Baby &amp; Me Movie Matinee</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>Average Joe</li> <li>Empty Wallet Lunch</li> <li>Italian Lesson</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>TGI</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>Bonfire and Movie</li> <li>Schotch Doubles Tourn.</li> <li>Family &amp; Friends Night Out</li> <li>Game Night!</li> <li>Catania Shopping Night</li> <li>Arancini Cooking Class</li> <li>Horseback Ride</li> <li>Dance Party</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>Cosmic Bowling</li> <li>Piazza Armeria</li> <li>Snowboarding Mt Enta</li> <li>Snowshoe &amp; BBQ</li> <li>Outlet Mall Shopping</li> <li>Dance Party</li> </ul>
<p><b>25</b></p> <ul style="list-style-type: none"> <li>Budget Bowling</li> <li>Agrigento</li> <li>Cavagrande Trekking</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>Quarter Mania</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>Average Joe</li> <li>Free Guitar Lesson</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>Average Joe</li> <li>Italian Lesson</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>TGI</li> <li>Ping Pong Tournament</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>Snowball Fight</li> <li>Family &amp; Friends Night Out</li> <li>Game Night!</li> <li>Catania Shopping Night</li> <li>Dance Party</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>Cosmic Bowling</li> <li>Nissoria &amp; Leonforte</li> <li>Snowboarding Mt Enta</li> <li>Snowshoe Mt. Sartorius</li> <li>Dance Party</li> </ul>