



**U.S. NAVAL SUPPORT ACTIVITY
NAPLES, ITALY
PLAN OF THE WEEK
10 – 16 DECEMBER 2024**

OUR MISSION: *To provide outstanding support to NATO and SIXTH Fleet, afloat units, 55 tenant commands and approximately 10,000 personnel. Ensure reliable command and control for all units in the Naples, Italy area of operation.*

The Plan of the Week (POW) contains both official and unofficial information. All hands must read the POW and be responsible for its contents and actions prescribed herein. Do not remove from NSA Naples spaces.

UNIFORM OF THE DAY: NWU/Flight Suit



DATE	TIME	EVENT TITLE	LOCATION
10-13 DEC	ALL DAY	ELD	G43/44
10 DEC	0900-1100	CSG 8 Non-Nuclear Rate Detailer/MNA Brief	G41/42
10 DEC	0900-1000	Annual Security Training	CCC
10 DEC	1200-1400	CSG 8 Non-Nuclear Rate Placement Training	CCC
10 DEC	1300-1400	Quarterly Safety Council Meeting	Neopolis Conference Room
11 DEC	1230-1400	EURAFCENT AHC	CCC
12 DEC	0830-1130	CNREURAFCENT N36	CCC
12 DEC	0930-1130	CDT Training	G14
12 DEC	0930-1130	CPO Mess Meeting	PD30
13 DEC	1000-1200	NCTS Frocking Ceremony	CCC
16 DEC	1000-1100	NSA Naples Quarterly Career Counseling (Retention) Brief	G38/39
16 DEC	1200-1400	NAVFAC EURAFCENT All Hands Call	CCC

EMERGENCY NUMBERS	NUMBERS	HOTLINES	NUMBER
EMERGENCY CALLS ON BASE	911 OR 626-4911	FRAUD/WASTE/ABUSE	626-2983
EMERGENCY CALL OFF BASE	081-568-4911	FAMILY ADVOCACY	629-6533
AIR TERMINAL	626-5283	SAPR	335-640-6621
DUTY CHAPLAIN (VIA QUARTERDECK)	626-5547	INFORMATION SECURITY VIOLATIONS	626-2207
EMERGENCY MANAGEMENT OFFICE	626-5303		

NAVAL HISTORY: December 13, 1837, Fulton, the first seagoing steamship to see operational service in the Navy, is commissioned in New York.

COMMANDING OFFICER	626-6289	CAPT JOHN RANDAZZO
EXECUTIVE OFFICER	626-6289	CDR BRIAN KOCH
COMMAND MASTER CHIEF	626-5396	CMDCM DARIN VAZQUEZ
COMMAND SECURITY MANAGER	626-5397/4313	CWO3 BRIAN CURRAN
DUTY CACO	+39 (345) 870-4084	CWO3 BRIAN CURRAN
COMMAND CAREER COUNSELOR	626-5174 626-1690	NCC RASHAAD ETHRIDGE NC1 MARTIKA VELASQUEZ
COMMAND CMEO	626-5483	ACC COLIN MCLINDEN
COMMAND DAPA	626-6894	PSC DIONA BROWNE
COMMAND SARC COMMAND SAPR LCPO	+39 (334) 661-3140 626-5480	ELYSE HAMILL ETC ASHLEY KEMPTON
COMMAND OMBUDSMAN: NSA NAPLES	331-622-3453 331-647-1634	REBECCA MCLINDEN KAITLIN WALL
COMMAND OMBUDSMAN: NAVSUPPACT GAETA	335-816-3087	DAWN TOMEI
COMMAND DUTY CHAPLAIN	+39 366-680-5972	*ON DUTY CHAPLAIN*
COMMAND VWAP	626-2889/ 366-670-1470	LT COOPER JONES
COMMAND VOTING ASSISTANCE OFFICER	626-4460	LCDR DAVID DOWNIE
COMMAND SUICIDE PREVENTION OFFICER	626-6897	LCDR DAVID DOWNIE
COMMAND CFS	629-4675	MACS JIMMY ELIZONDO
COMMAND FITNESS LEADER	626-5525	MMCS RAY WILLIS

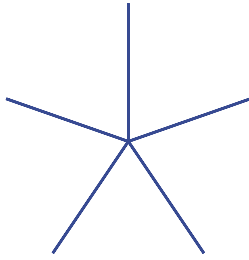
From your Safety Office
 "From your Safety Office - Reporting, it's how we help keep everyone from being just another statistic. A rule of thumb is if you injure yourself beyond self-aid, contact your supervisor and/or the Safety Office. Reporting increases awareness to trends as well as hazards allowing us to get the word out to prevent the unfortunate from occurring - especially to you.

Be smart and be safe"

HAPPY BIRTHDAY

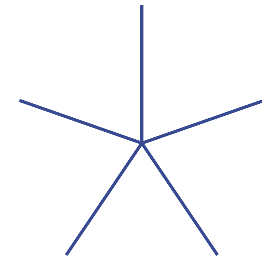
DATE	NAME
10 December	MA3 Hanttula
11 December	MA2 Jones
12 December	MASN Ramos
13 December	ETC Kempton
13 December	CS2 Ortiz-Ramirez
14 December	ABF1 Correa
15 December	ABH1 Duncan
15 December	MA3 Haynes
16 December	MASN Orr
16 December	YN1 Davis

**CONGRATULATIONS TO OUR SAILORS OF THE YEAR
AND CIVILIANS OF THE 4TH QUARTER**



SAILORS OF THE YEAR: FY-24

SSOY- ABH1 PEREZ
SOY- MA1 REDD
JSOY- CS2 WAUGH
BJOY- LSSA JUNG



CIVILIANS OF THE QUARTER

CAT I- MARIO GRILLO
CAT II- KRISTA STEVENS
CAT III- JOSEPH CONNELLY

**CONGRATULATIONS TO ALL THE E-5 AND E-6
ADVANCEMENT SELECTEES**

E-6 SELECTEES

ET1 JESUS E. GONZALEZFRANCO
FC1 MALCOM G. SCOTT
MA1 SYDNEY E. COGGESHALL
MA1 ERIC C. GRAND
MA1 CHRISTOPHER Y. MORRIS
MA1 SEAN M. REDD
YN1 GABRIEL N. KIBIC

E-5 SELECTEES

ABH2 RAUL J. MARTINEZLEON
AWF2 MCKADE D. KERR
BM2 GARRETT F. JONES
CS2 ALEXANDER H. OZELIUS
CS2 CHRISTIAN R. WAUGH
IT2 AUSTIN K. WALSTON
LS2 RACHEL S. WILEY
MA2 JACOB Z. COX
MA2 SAVANNA P. DAVIS

MA2 ALTON D. J. FRASER
MA2 KRISTEN L. GILMORE
MA2 QUINTON T. HANKS JR
MA2 BRIANNA R. LARSEN
MA2 ANDREW N. MARROQUIN
MA2 SARAH C. MEADER
MA2 DAVID PASCUALMACEDA
MA2 MICHAEL A. TUBBS
MA2 MARCUS I. WALLACE

TRANSITION ASSISTANCE PROGRAM (TAP) 2025 WORKSHOPS

FLEET AND FAMILY SUPPORT CENTER U.S. NAVAL SUPPORT ACTIVITY NAPLES, ITALY

Pre-Retirement

27-29 JAN
12-14 MAY
21- 23 JUL
3- 5 NOV

Pre-Separation

6-8 JAN 7-9 JUL
3-5 FEB 4-6 AUG
3-5 MAR 15-17 SEP
14-16 APR 27-29 OCT
5-7 MAY 17-19 NOV
9-11 JUN 8-10 DEC

Executive TAP

17-19 MAR*
22- 24 SEP*
*MUST BE AN
E9,W4,OR O5 AND
ABOVE
NO EXCEPTIONS

Transition Tracks

EMPLOYMENT	ENTREPRENEURSHIP	VOCATIONAL	EDUCATIONAL
DEPARTMENT OF LABOR (DOL) EMPLOYMENT WORKSHOP EVERY THURSDAY AND FRIDAY FOLLOWING A CORE TAP WORKSHOP	BOOTS TO BUSINESS 10-11 FEB 16-17 JUN 20-21 OCT	CAREER AND CREDENTIAL EXPLORATION (C2E) 10-11 MAR 19-20 MAY 25-26 AUG 15-16 DEC	MANAGING YOUR (MY) EDUCATION 13-14 JAN 7-8 APR 14-15 JUL 6-7 OCT

TAP is a DoD-wide program; therefore, all TAP workshops follow the same curriculum across all branches and ranks to include Pre-Retirement, Pre-Separation, and Executive TAP.



Participants MUST register for workshops through their Command Career Counselor. Workshops are from 0800-1600.



Contact Us



081-811-6372
629-6372



NSANaplesFFSC@us.navy.mil



Transitions



Wondering what comes after your military service?

We're here for you.

USO Pathfinder Transition Program helps you and your spouse create a plan for life after military service through free one-on-one support (virtual support also available).



A USO Pathfinder Transition Specialist can connect you with the services and resources that are the best fit for you in the following focus areas:



Education



Employment



Financial Readiness



Mentoring



Veterans Benefits

Connect with a USO Transition Specialist Today!

USO.org/transition

Grow with Google



learn more

The USO is a not-for-profit organization and not part of the Department of Defense. The use of DoD imagery does not constitute an endorsement by DoD.

CULTURAL
AWARENESS



OBSERVANCE

NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH



ACCESS TO GOOD JOBS FOR ALL

National Disability Employment Awareness Month (NDEAM) recognizes the contributions by those with disabilities who make our Nation great.

Led by the U.S. Department of Labor's Office (DOL) of Disability Employment Policy, NDEAM reaffirms the Department of Defense's (DoD) commitment to recruit and advance disabled individuals throughout its workforce. The DOL has chosen the theme, "Access to Good Jobs for All."

People with disabilities are part of a diverse group that includes people with sensory, physical, and mental conditions. Disabilities cross the lines of age, ethnicity, sex, race, sexual orientation, and socioeconomic status.

Almost everyone is likely to experience some form of disability—temporary or permanent—at some point in their life.

Do you know about *Olmstead v. L.C.*?

Olmstead v. L.C. is considered the most important Supreme Court case for disabled members' civil rights. 2024 marks the 25th anniversary of this key decision, which expanded the Americans with Disabilities Act (ADA) and bolstered the independent living movement.

The case was brought by Lois Curtis and Elaine Wilson after they were kept in Georgia mental institutions despite being recommended for community-based treatment.

As a result of neglect towards them, attorney Sue Jamieson filed a lawsuit on their behalf against the Georgia Department of Human Resources.

At the Supreme Court, the justices ruled in favor of the women, asserting that they had been unfairly segregated into institutions alongside others with disabilities.

The ruling specified that individuals with disabilities had the right to receive treatment in integrated settings if they choose, with their doctors' approval, and provided that the accommodations are reasonable. In the years since, the *Olmstead* decision has served as the basis of several other decisions that have increased the rights of disabled individuals.

Olmstead v. L.C. has allowed disabled individuals greater autonomy and freedom from discrimination. It tested the strength of the ADA and has served as the bedrock for Federal Government policies in providing opportunities for independent living and employment.

Nobody should be held back from access to job opportunities because of a disability. People with disabilities offer important, unique perspectives that can make the workplace, and our Nation at large, better. The DoD recognizes this and strives to build an inclusive workforce for total force readiness.



Child and Youth Programs Hiring Incentives

Existing employees:

- Refer a friend and receive \$300 after the referred employee works 40 hours
- \$500 when you transfer to another Navy CYP Program

New employees receive:

- \$500 sign-on bonus after 40 hours worked
- \$500 sign-on bonus and eight-hour time off award after 90 days worked (full-time or flex position)
- \$500 sign-on bonus and eight-hour time off award after six months worked (full-time or flex position)
- \$750 sign-on bonus and eight-hour time off award after 12 months worked (full-time or flex position)



Child care discount:

100 PERCENT discount for the first child and 20 percent for additional child(ren) (direct-care employees including CYP Program Assistants and teachers in classrooms).

50 PERCENT discount for all children (Operations Clerks, Custodians, Food Service Workers, Cooks, Trainers and Directors).

For more information, call 081-811-4722 | DSN 629-4722
or email NaplesCYP1@us.navy.mil.



HUMAN FACTORS AT WORK: GETTING TO THE REAL BOTTOM OF OCCUPATIONAL MISHAPS

LACK OF ATTENTION TO DETAIL: WHAT, NOT A WHY

CY17 data in ESAMS cites "Lack of Attention to Detail" 35%, followed by "Other" 28%, as Primary Cause Codes (PCC), for nearly 63% of all 5845 valid mishaps. Likewise, they account for 41% of secondary and 26% of tertiary cause codes.

But are those really the leading causes? Perhaps more can be gleaned from investigating WHY someone was inattentive.

Research indicates that this is indicative of circular thinking, e.g.

Q: Why did the driver fail to see the pedestrian?

A: Because the driver was inattentive.

Q: How do we know the driver was inattentive?

A: Because the driver failed to see the pedestrian.¹

The better questions are, "WHY was the driver inattentive?" Was there a distraction outside the car? Was the driver daydreaming? Was the driver sneezing? Was the driver aware of the pedestrian, even subconsciously? Those questions are more revealing than stopping at the summary event.

Don't let your lack of attention to detail hamper your investigation.

¹ Green, Marc: "What is 'Inattention?'" www.visualexpert.com/Resources/whatis-inattention.html. Accessed 12 Sep 2018.

Every incident is a notice that something is wrong with men, methods or material. Investigate, then act.

Unknown

A POUND OF PREVENTION

If you could prevent a mishap, would you? Fully 9% of mishaps are due to some sort of supervisory failure, whether it be untrained personnel doing a job, or a lack of communication in some part of the process. Protecting your people is part of your job. Supervise!

Statistically, there are more injuries per day and with the most lost time in June through August; remind your people to be extra vigilant and more cautious. Most fractures occur December through February.² Look around and ensure walkways are being shoveled, ice melt spread where needed and have cleats available.

Look at and compare statistics; the trends become the **leading indicators** where preventive actions can mitigate the circumstances which allow injuries to occur. Yes, everyone should pay attention to the walking surface, but snow can hide lifted sidewalks, introducing trip hazards. If there are seven slip/trip/fall mishaps each winter, perhaps there should be an initiative to identify and mark the frost-raised sections of sidewalks for visual awareness.

Extra daylight allows for extended outdoor work hours, where fatigue and heat stress can occur. Summer also brings about a temporary workforce; are they being trained on hazards and expected procedures they will face for summer employment?

Temporary workers are also present at winter holiday times as well as summer breaks. OSHA has resources available for temporary workers at www.osha.gov/temp_workers/index.html.

² Pierce, Brooks: "The Seasonal Timing of Work-Related Injuries," JSM 2013, Gov.Stats.Sec., Bureau of Labor Statistics Oct. 2013. www.bls.gov/osmr/ www.bls.gov/osmr/research/papers/2013/pdf/st130230.pdf. Accessed 12 Sep 2018

What do 3-year olds and good mishap investigators have in common? They both ask, "Why?" a lot.

DON'T DISREGARD DESIGN DETAILS

In our homes, how often do we flip the wrong switch on a panel? Upstairs light vs. downstairs? Garbage disposal vs. light? Often there no logic to switch order or placement, or it is contrary to what we have "always" known.

How many may have had problems with these symbols?



Is that round thing Open (as in circuit=off) or Open (as in an eye=on)? Or is it O for On? The line seems like less of something, as in not operating or off, or like a shut eye, opposite of open. Many are relieved that the combined icon is a simple on/off button vs. an on/off switch.

It is that sort of small detail that seems like a minor point, but can cause serious consequences in operational environments.

Don't overlook design elements just because "that is the way it is."

CLASSIFIEDS

PUBLIC SERVICE ANNOUNCEMENT! Improve your safety investigation techniques using Human Factors. Don't get in a rut using the old "Lack of attention to detail." Step back and look at the ever-expanding background and discover what ELSE was going on. Nature abhors a vacuum... and so should you.

NSA Naples Safety
presents

WINTER SEASON STAND DOWN FY25



Support Site Reel Times Cinema

18 Nov: 1100-1200

1300-1400

19 Nov: 1100-1200

1300-1400

Capo Command Conference Center

20 Nov: 1100-1200

1300-1400

21 Nov: 1100-1200

1300-1400

Who needs to attend?

- NSA personnel: required training
- Tenant/Supported commands: invited to attend
 - this will satisfy command semi-annual training requirement
 - bring attendance rosters for documentation of attendees

NSA Naples Safety Office

Capo Admin III, Room 153

Phone: 626-2414 / 4857

Duty Phone (cell): 334-600-3173

Email: M-NA-NSA-SAFETY@us.navy.mil





NSA NAPLES

HOLIDAY *party*

Friday | **06** | December
1730-Midnight | 2024

Villa Mauriello
Via Madonna del Pantano, 121,
80014 Giugliano

Ticket Prices

E4 and Below/LN €40
E5 & E6/GS05 - GS07 €50
CPO - MCPO/ ENS - LT/GS08 - GS10/CWO's €60
LCDR & Above/GS12 & Above €70



DECEMBER

FLEET AND FAMILY SUPPORT CENTER

Classes are held at the Fleet and Family Support Center, Bldg. 2072B, Support Site, unless otherwise stated.

AREA ORIENTATION

Area Orientation (mandatory for newcomers)

Dec. 4 and 5, Dec. 18 and 19

Wednesday, 8 a.m.-2:30 p.m.

Thursday, 8 a.m.-3 p.m.

Reel Times 2 Cinema, Support Site

Cultural Assimilation trip to downtown Naples

Friday, Dec. 6 and 20 | 7:45 a.m.-2:30 p.m.

Monday, Dec. 23 | 7:45 a.m.-2:30 p.m. (all ages)



INTERCULTURAL RELATIONS

Italian at Lunch Time

(Basic Italian for beginners)

Monday, Dec. 2 and 9

11 a.m.-12:30 p.m.

Capodichino

Easy Italian (beginners)

Tuesday, Dec. 3, 10 and 17

10:30 a.m.-12:30 p.m.

Advanced Italian at Lunchtime

Monday, Dec. 16

11 a.m.-12:30 p.m.

Capodichino

Traditional Christmas

Sweets Tasting trip

Friday, Dec. 13

9 a.m.-Noon

Italian Christmas Traditions:

Seminar and Neapolitan

Tombola (Bingo)

Thursday, Dec. 19

9:30 a.m.-Noon



LIFE SKILLS

Holiday Stress Management

Wednesday, Dec. 4

10-11 a.m.

Mindfulness Meditation

Bootcamp

Friday, Dec. 6

Noon-12:30 p.m.

Fitness Forum, Support Site

Managing Grief during the Holidays

Wednesday, Dec. 11

11:30 a.m.-12:30 p.m.

Capodichino

Mind-Body Mental Fitness: Mindfulness & Meditation*

Thursday, Dec. 12

11 a.m.-Noon

FAMILY READINESS

American Red Cross Volunteer Orientation

Tuesday, Dec. 17

11:30 a.m.-Noon

Ombudsman Assembly Meeting

Tuesday, Dec. 17 | 5:30-6:30 p.m.

Reel Times 2 Cinema, Support Site



EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP Leadership Brief*

Tuesday, Dec. 3 | 1-2 p.m.

EFMP 101*

Wednesday, Dec. 4 | 3-4 p.m.

Selective Service Information Session

Tuesday, Dec. 10 | 3-4 p.m.

Sensory Friendly Story Time

Wednesday, Dec. 11 | 3-4 p.m.

Library, Support Site

TRANSITION ASSISTANCE PROGRAM

Pre-Separation Workshop

Monday-Wednesday, Dec 2-4

8 a.m.-4 p.m.

Department of Labor

Employment Workshop

Thursday and Friday, Dec. 5-6

8 a.m.-4 p.m.

Department of Labor Vocational Track (C2E)

Monday-Tuesday, Dec. 9-10

8 a.m.-4 p.m.

Capstone Event

Thursday, Dec. 12

9 a.m.-Noon

FAMILY EMPLOYMENT PROGRAM

Job Search Strategies*

Wednesday, Dec. 18

Noon-2 p.m.



PERSONAL FINANCE MANAGEMENT

Credit Management*

Tuesday, Dec. 10

11 a.m.-12:30 p.m.

RELOCATION

Smooth Move

Wednesday, Dec. 11

9 a.m.-Noon



* Virtual Class



To register for a class:

- Call 081-811-6372 | DSN 629-6372
- Email NSANaplesFFSC@us.navy.mil and include the class title, your name, email address, phone number, sponsor's rank and command



BUST DRINKING MYTHS

Have you or your buddies ever heard the following myths?

IT'S TIME TO GET THE FACTS

MYTH

Beer before liquor, never been sicker; liquor before beer, in the clear.



FACT

How much alcohol you have affects how drunk, sick or hungover you get – not the type or order of the alcohol.

MYTH

Coffee or a cold shower will sober me up.



FACT

Time is the only thing that can help you sober up. Since your body can only process so much alcohol at a time, neither caffeine nor a cold shower will improve your coordination or judgement.

MYTH

A drink before bed will help me sleep better.



FACT

Drinking alcohol before bed might cause you to wake up in the middle of your sleep and make it harder to get quality sleep.

MYTH

Alcohol can ease my chronic pain.



FACT

While drinking may ease chronic pain in the moment, it's only temporary. In fact, this type of alcohol misuse could possibly increase pain in the long-term by damaging your nerves.

MYTH

Alcohol can be substituted for food.



FACT

Alcohol contains a lot of calories which is why your body feels a short burst of energy when you drink. However, it doesn't contain the nutrients your body needs and is not a substitute for food.

Visit ownyourlimits.org to make sure you know the facts about drinking.

**OWN YOUR
LIMITS**
SERVE HONORABLY.
DRINK RESPONSIBLY.

www.ownyourlimits.org



U.S. Department of Defense

HOW MUCH ARE YOU DRINKING?

KNOW WHAT A STANDARD DRINK IS.

Each drink below is a "standard drink." Beer, wine and liquor all have different amounts of alcohol in them, which is why standard drinks come in various sizes.



5 oz of wine,
12% ALCOHOL



1.5 oz or a "shot" of
80-proof spirits or liquor,
40% ALCOHOL



12 oz of beer,
5% ALCOHOL

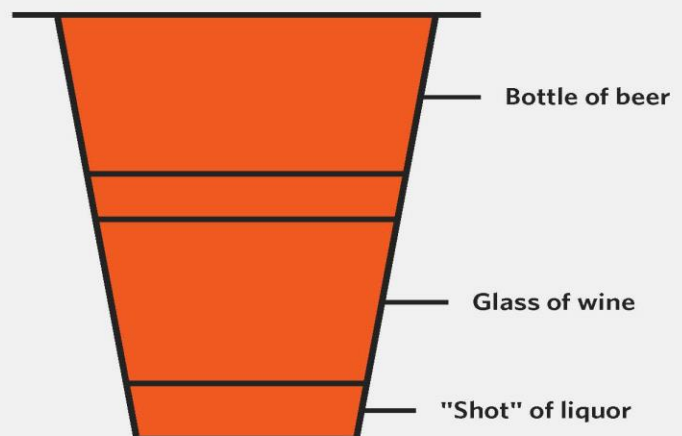


8 oz of malt liquor,
7% ALCOHOL

TIPS TO DRINK RESPONSIBLY

- A standard 16 oz plastic drinking cup can help you measure a "standard drink." The lines on the cup show you how much to pour of beer, wine or liquor without overdoing it.
- Be aware that one drink you order at the bar or make at home could be equal to two or three "standard drinks." It depends on the type and amount of alcohol in the drink.
- Get more information on standard drink sizes with the [Rethinking Drinking Drink Size Calculator](#).

PLASTIC CUP



Know how much you're drinking so that you can identify your limit and drink responsibly.
Learn more at www.ownyourlimits.org/responsible-drinking/

OWN YOUR LIMITS
SERVE HONORABLY.
DRINK RESPONSIBLY.

www.ownyourlimits.org



U.S. Department of Defense

TRANSITION ASSISTANCE PROGRAM (TAP) 2025 CAPSTONE EVENT CALENDAR

What is the Capstone Event?

Service members participate in a Capstone to validate and verify that they are prepared to be successful following military service by producing documentation that they meet all Career Readiness Standards (CRS).

All service members are required to attend a Capstone Event a minimum of 90 days prior to their separation/retirement date.

2025 Dates

22 JAN 1300-1600
26 FEB 0900-1200
25 MAR 1300-1600
23 APR 0900-1200
21 MAY 1300-1600
30 JUN 0900-1200
30 JUL 1300-1600
27 AUG 0900-1200
30 SEP 1300-1600
22 OCT 0900-1200
25 NOV 1300-1600
17 DEC 0900-1200

Required Documentation

1. Individual Transition Plan (ITP)
2. Proof of registration on eBenefits (DS Logon)
3. Resume OR Proof of Employment OR College Comparison Chart
4. Gap Analysis*
5. Post-Separation Financial Plan*
6. Completion of Two-Day Transition Track, required for Tier 3.

***Required for Tier 2 and 3 only**

Failure to bring all required documents completed in full will result in having to reschedule your Capstone. If assistance with these documents is needed, please contact your Command Career Counselor or attend Preparing for Capstone. To learn more, email FFSC at NSANaplesFFSC@us.navy.mil



Participants MUST register for workshops through their Command Career Counselor.



Contact Us



081-811-6372
629-6372



NSANaplesFFSC@us.navy.mil

See it, Say it, Sort it!

An unidentified hazard is an unmitigated risk



NSA Naples Safety QR Code

Send an email directly to the NSA Naples Safety Office via the QR Code

or

NSA Naples Safety Office

Capo Admin III, Room 153

Phone: 626-2414 / 4857

Duty Phone: 300-600-3173

Email: M-NA-NSA-SAFETY@us.navy.mil



B. S. CURRAN
CWO3, USN



Safety



Basically Seal Team Six - Just Better