



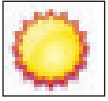
The Outlook

December 22, 2011

U.S. Army Garrisons Vicenza & Livorno

www.USAG.Vicenza.Army.Mil

Vol. 44, Issue 50



46/34
Friday



50/30
Saturday



45/28
Sunday

The Outlook newspaper is taking a two-week break and the next issue will be Jan. 12. Look for the newly-designed paper and have a happy and safe holiday.

What's Inside

Garrison News
pages 2 & 3



New IMCOM CG offers holiday message; ACS brings community aid

News
page 4

Local children write letters to Santa

USAG Livorno
page 5

Darby celebrates holidays with locals; Boy Scouts light peace candle

Community events
pages 6 & 7

Holiday markets, local Nativity exhibits & more

Page 8



A perspective on changing eating habits; USAHC participates in Santa Run

Army's top NCO visits Caserma Ederle



Photo by Sgt. Terysa M. King

Sgt. Maj. of the Army Raymond F. Chandler greets Soldiers in the Health Clinic in Vicenza Dec. 14. Chandler has traveled to different installations worldwide to listen to the questions and concerns of Soldiers and their family members so he can help impact the final decisions on the upcoming changes to Army policies and programs.

U.S. Army Africa PAO

One Facebook post from the Army's top non-commissioned officer garnered more than 1,200 comments, which led to further discussions about future changes in the Army.

This posting is relevant because it highlights when the Army's senior noncommissioned officer speaks, people listen and participate in the discussion.

For the past nine months, Sgt. Maj. of the Army Raymond F. Chandler III, and his wife, Jeanne, have travelled to different installations worldwide to gather information to improve Army current policies and programs.

During the Chandler's visit here, they met with U.S. Army Africa's senior leadership, visited with 173rd Airborne Brigade Combat Team Soldiers, had lunch with Vicenza Community Club members, and met with Vicenza Military Community Soldiers and Family members.

Additionally, the SMA and his wife toured the Warrior Transition Unit, followed by touring the Vicenza Health Clinic.

"It was such a great opportunity for our health clinic staff to meet with the Sergeant Major of the Army," said Col. Daniel Gall, VHC commander. "He and his spouse spent an hour and a half visiting each unit and making a point to speak to each staff member."

Chandler, the 14th Sergeant Major of the Army, took the stage Dec. 14 at a standing-room-only Town Hall meeting in the Caserma Ederle Post Theater. He addressed those gathered and listened to the thoughts and opinions of Soldiers and their Families.

"Your voice counts. Give me an opportunity to help you make a difference," Chandler said to the audience.

Chandler explained to Soldiers and Family members in attendance he will take their questions and concerns back to the Secretary of the Army and the Chief of Staff so key leaders can shape policy and program decisions. He stressed it is important everyone ask questions so they can have an impact on the final decisions.

"What they have to say and who they are is important," Chandler said, reiterating the importance of listening to the Soldiers.

See SMA, page 2

2nd Bn., 503rd Inf. Reg. Soldier renders aid to injured local

By Staff Sgt. Bruce Cobbeldick
173rd Airborne Brigade
Combat Team PAO

A 173rd Airborne Brigade Combat Team Soldier recently put his Combat Life Saving training into action assisting an Italian victim of a hit-and-run pedestrian accident.

Spc. Justin L. Deal, a 22-year-old from Waterloo, NY, with the 2d Battalion, Headquarters Headquarters Company Scout

Platoon, 2nd Battalion, 503rd Infantry Regiment, rendered aid Dec. 10.

Deal probably never dreamed the combat course he attended a week earlier would come into play the day he stepped outside his apartment and spotted an injured man on the ground in need of help.

"It is Italian law that people are good Samaritans and stop to lend a hand when no emergency personnel are on the scene yet. I was glad to be there and to apply

what I had been taught," said the Sky Soldier.

The Soldier rushed over and checked the injured man, looked for deviated extremities, any problems with breathing or bleeding, as well as signs of shock.

"A military police Soldier was there and provided a thermal blanket to keep the Italian gentleman warm and that helped to prevent shock perhaps," said Deal, who is a trained infantryman. He

estimates it took the ambulance about 30-40 minutes to arrive on scene.

After checking the accident victim's rib cage, Deal, who attended Basic Training at Fort Benning, Ga., ensured that his limbs all showed signs of a pulse,

The quick-thinking Soldier placed a neck brace on the Italian citizen to mitigate the chance of worsening any neck or spinal injuries.

See AID, page 2

SMA: Chandler tours Vicenza

Continued from page 1

Before answering any questions, Chandler spoke to the audience of his commitment to reinforce professionalism in the Army. He made sure to address hot topics like reenlistment, Army downsizing, overweight Soldiers, shorter deployments and new regulations on physical appearance.

“This is about ‘going after it’ as an Army. This is about taking action,” Chandler said. “I’m passionate about this because it’s a reflection of us.”

Some of the concerns expressed from the audience were reenlistment, command sponsorship, the balance between Families and the military as

well as retirement benefits. Chandler answered each question to the best of his knowledge, ensuring the audience was well informed of what is to come in the future.

“He is very informative,” said Sgt. Amelia Trueblood, Headquarters and Headquarters Company, U.S. Army Garrison, Vicenza. “He brought to life many of the questions we had.”

Following the Sergeant Major of the Army’s visit, he travelled to Africa. He was escorted by U.S. Army Africa’s top enlisted advisor, Command Sgt. Major Hu Rhodes. There, they visited with members stationed at Combined Joint Task Force, Horn of Africa, Camp Lemonnier, Djibouti.



Photo by Julie M. Lucas

While visiting Vicenza, Sgt. Maj. of the Army Ray Chandler and wife Jeanne, greet members of the Vicenza Community Club and join them for lunch and a game of Bingo.



Photo by Julie M. Lucas

Holiday cookies: Sylena Schendel, right, helps her daughter, Tristynn, 6, frost cookies at the Arts and Crafts center Saturday.

AID: 2nd Bn., 503rd Soldier’s recent training helps local

Continued from page 1

“When the emergency medical technicians got there, they placed a ‘C’ collar on the man, which replaced the brace I had used,” Deal said.

Deal, who has been in the United States Army for three years, said that he contacted his platoon sergeant immediately after the incident and that his supervisor told him that he had done a good job.

“Everyone in my chain of command has been very encouraging and I’m just glad I received that Bayonet First Responder training recently. It came in handy,” Deal said. “The man needed help and I felt confident that I could render aid to him.

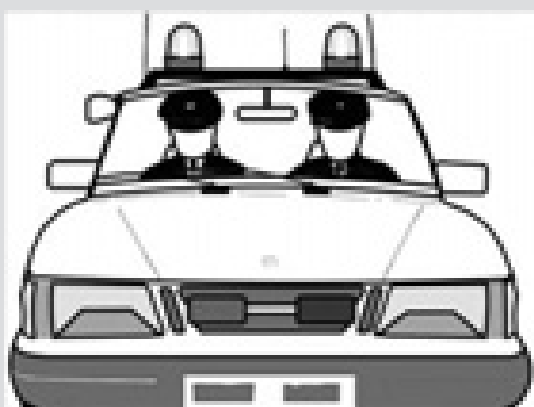
“The man had a friend there at the scene who was translating Italian and English for us, and we mostly were able to understand each other... I saw the accident victim’s family soon after the accident, as they reside across the street from where I live and where the accident occurred. The family waved to me and I could tell they appreciated what I was able to do for the man.”

Deal said he has every hope that the accident victim will recover. “I was just doing what Soldiers are taught to do — step in and help,” he said.

Soldiers: If you are questioned by law enforcement, CID or members of your command about suspected acts of misconduct, you have the right to remain silent.

If questioned, you should immediately demand to speak to an attorney. Let a U.S. Army Trial Defense attorney help you.

Call 634-7043 to speak with a free Trial Defense attorney.



Vicenza Chapel holiday schedule

Saturday	7 p.m.	Protestant Candle Light Service
	11:30 p.m.	Catholic Caroling in the Chapel
	12:01 a.m.	Midnight Mass
Sunday	9 a.m.	Catholic Mass
	11 a.m.	Combined Protestant Service
	1:15 p.m.	Gospel Service
Dec. 31	9:45 p.m.	Gospel Watch Night Service

To view holiday hours and closures visit: www.usag.vicenza.army.mil and click on the link at the bottom that says Installation holiday hours under News You Can Use.

ACS rallies community during holiday season

Luncheon, Angel Tree, Survivor Outreach events cheer Families



Local survivor spouses gather at a Survivor Outreach Services support group Dec. 15.



Above, Rita Bonamego, Mobilization Deployment Readiness Program manager presents a gift to outgoing 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team Command Sgt. Maj. Michael Williamson. At right, Tonna Williamson, ACS volunteer and Shannon Sterling, Mobilization Deployment Readiness, look over presents donated for the Angel Tree program.



Story & photos by Julie M. Lucas
Outlook editor

Most people know the number one priority of Army Community Service is to support the Army community, but this holiday season, its numerous organizations have been reaching out to everyone in extra ways.

The ACS Mobilization Deployment Readiness Program quarterly joins together local command teams for breakfast, but on Dec. 6, a luncheon was held instead. Commanders and first sergeants from Caserma Ederle and units from Aviano joined together to share information and hail and farewell leaders.

A presentation was given from two Airmen with the 724th Air Mobility Squadron on Space Available travel with the upcoming block leave and holiday. Keith Bracey, chief of Client Services of the Staff Judge Advocate briefed the commanders about the upcoming tax center opening and other legal information such as filing claims from moves and additional services from his office. Information was given out about the Exceptional Family Member Program by program manger Cara Panzarella-Tarr and the Angel Tree program by Shannon Reynolds.

Rita Bonamego, MDRP manager made six different kinds of lasagna, and was herself surprised as she was recognized as this would be the last luncheon she will sponsor. Several units presented Bonamego with gifts and spoke about their experiences working with her.

"Miss Rita has a legacy around the installation and is well known by all for her dedication, love and support to Soldiers," said Lt. Col. Jeremy Schroeder, commander, 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team.

ACS sponsored its annual Angel Tree program that this year provided Christmas gifts for 157

local military children. Numerous fund raisers and benefits were held by different organizations that joined together to assist families. Donations remain anonymous and children are nominated by commanders, assisting Families they feel could use some extra help this year.

"Our goal is that no child in our community goes without this holiday season," said Shannon Reynolds, who is in charge of the Angel Tree program.

Trees were set up at the post exchange and in ACS where people could pick an angel to purchase a gift for. The age and gender of the child was listed along with an idea of what they would like. People of all ages got involved in the purchasing of gifts for others this year.

"There was a middle school age child who was buying a gift to donate and was short \$1 and left the gift behind. A Soldier in line was so moved, he purchased the gift and gave it to the child to donate," said Reynolds. "I am so unbelievably thankful and moved by people who give from the heart."

Gifts were given to commanders Dec. 14-15 to distribute.

The Survivor Outreach Services office held a support group topic discussion Dec. 15. Five survivor spouses honored their fallen Soldiers by talking about what they are going through and leaned on each other for support.

"There is a special group of people who can be forgotten, it is especially important this time of year for them to get together and share their experiences," said SOS program manager Hal Batts.

The women were given an information sheet on coping with the holidays and tips to help brighten their season. Members of support services offices from the Vicenza chapel and Military Family Life consultants were also at the event to their aid, as well as support from command wives Allie Rohling and Martina Hogg.

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Do you know someone who has suicidal thoughts or has made comments? Don't hesitate — call for confidential help at 00800 1273 8255 or chat at MilitaryCrisisLine.net



Wishing all in the Vicenza Military Community all the Best for the Holidays and a Happy New Year!

Outlook Staff

Letters to Santa

Dear Mr. Santa,
I hope you get our letter we have moved from our house at Fort Bragg to Italy! I know we move a lot, but I hope you can keep up. Mommy says you'll find us so I know you will. I would really like a lollipop and a remote control car. Also a Lalaloopsy or a puppy (don't forget food for him please and a drink). I've cleaned my room everyday that mommy told me too. My sister would like most of the same with some Barbies too. We promise to be good girls.
Love, Hollin (3) and Jayleigh (6)

Santa,
I want Angry Birds stuffed animals, new sunglasses, a toy camera, some new crayons (not markers), Teenage Mutant Ninja Turtle toys - all 4 (Raphael is my favorite).

Love,
Kirby McNeil, age 5.

Dear Santa,
I hope this year you won't crash on the red sleigh. This year I want everyone to have a merry, merry, merry little white Christmas. And also, I want the poor people to get a house or some food. I hope that people will keep Jesus in their hearts and will forever and ever.
This year I just want one thing for me, a stuffed animal Panda as high as my neck, with a little Christmas hat! A PSP and the DVD Cheaper by the Dozen, the first one and the second one, would be nice too!
I hope you think I have been good this year!
Love,
Maddy

Dear Santa,
This is my first Christmas and I am so glad that I have met you! Sorry about the beard pulling, just checking if it was real or not.
This is what I want for Christmas: a crib and a rug for my room.
Love,
Caleigh Cheyenne Hatfield

Camp Darby celebrates holidays with local supporters

By Chiara Mattiolo
USAG Livorno Public Affairs

The Annual Commanders holiday reception held Dec. 15 at the Camp Darby Community Club was an occasion for Italian VIP's and Camp Darby leaders to gather together and share the holiday spirit.

"The Christmas season to me is the time of year when we all take time out of our busy schedules and enjoy what is really most important in our lives; our families and our friends," said Lt. Col. Kevin Bigelman, U.S. Army Garrison Livorno commander. "I ask you to keep all of our Italian and American servicemembers currently deployed in your thoughts and prayers during the holiday period."

Col. Raffaele Iubini, Italian base commander, highlighted Camp Darby's integration in the local community and economy.

"Camp Darby is not insulated from the rest of the community," Iubini said. "Today the major challenges to us are economical and morale."

"Additionally, I know that if these challenges are faced in the same manner our soldiers confront their mission, with sense of duty, honor and patriotism, it could be possible to resolve all of our issues," said Iubini.

Both commanders emphasized that the success of Camp Darby this year would not have been possible without the commitment and support of Italian institutions and agencies.

On Dec. 16, the garrison employees gathered at the DCC to exchange holiday greetings.



Photos by Elena Baladelli

Consul Stephen Barneby, left, from the U.S. Consulate in Florence and his wife Anne pose with Lt. Col. Kevin Bigelman at the holiday reception held at the Camp Darby Community Club Dec. 15.



USAG Livorno employees gather together to exchange holiday greetings Dec. 16 at the DCC. See more photos from both event at www.flickr.com/photos/campdarby.

Darby Dates

Visit the community calendar for upcoming events and details at www.usag.livorno.army.mil

Holiday Office Hours

- The Health Clinic and Dental Clinic will be closed Dec. 23-26 and Dec. 30- Jan. 2
- The Ed Center is closed Dec. 19-Jan. 2
- JAG/Legal will be open Dec. 19-22, 27-29 from 8 a.m.-noon.
- Dec. 16, Postal Finance will be open at 9 a.m. and close for the day at 1 p.m., but Parcel Pick-up Window will close at 1:30 p.m. and reopen 4 p.m.
- Dec. 12-23, Parcel Pick Up Window will be open until 5:30 p.m. each evening
- Dec. 24, Christmas Eve, Parcel Pick Up Window Hours are 10 a.m.-4 p.m.
- Library is closed Dec. 24-26 and Jan. 1-2.

Job Announcements

USA Girl Scouts Overseas-North Atlantic at Camp Darby has opened a full time position for an Administrative Assistant of Program and Adult Development. Contact the Girl Scouts at 633-8696 or 050 54 8696 to find out how to get an application.

Fitness Center

633-7440

Lose to win incentive program registration until Jan. 14.

ITR

633-7589

- Ferrari Museum, Jan. 7
- Barberino Outlet, Jan. 8

Outdoor Recreation

633-7775

Ski season is now open. Sign up for ski trips at ODR.

Bowling Alley

633-7458

New hours of operation mean more play time at the bowling alley and game room.

Mon-Thurs	Noon-8 p.m.
Friday	Noon-10 p.m.
Saturday	5 p.m.-10 p.m.
Sunday	5 p.m.-9 p.m.

Darby Community Club

633-7855

New Year's Eve dinner and party. Buy adults and childrens tickets in advance at DCC.

Religious Activities

633-7267

9:40 a.m. Catholic reconciliation
10 a.m. Catholic Mass
11:15 a.m. Protestant worship
11:15 a.m. Catholic CCD
Club Beyond activities resume after the schools winter break.

News Brief & Happenings

See new photos every day on our web site or share yours with us on the Camp Darby Facebook page



Photo by Jim Fiore

839th Transportation Battalion to defend trophy:

839th Transportation Battalion won the Icebreaker Bowling League kickoff tournament and are designated the "defending champs" of 2011. Jim Fiore, Bowling Center manager, said ten teams are pledged for the Intramural League which will begin Jan. 10. He added there is still time for additional units to form rosters and enroll in the league. Four bowlers make a team, but rosters should be deeper to allow for schedule changes, work priorities, and maximum participation. Contact the bowling center at 633-7458 for details, team registration or notification of change in team status.

Boy Scout lights Peace Candle:

Representing his Scout Troop and Camp Darby Chapel in Munich, Germany, Arthur Khan, left, receives the Peace Light originating from Bethlehem. Each year during the Christmas season, Scouts everywhere participate in an International Scouting program to distribute what is called the Peace Light that originates from the grotto manger where Jesus was born in Bethlehem to the rest of the world. Camp Darby Chapel used the Peace Light during the Third Sunday of Advent to light the candles of the Chapel Advent wreath. Learn more about Boy Scouts, which has their European headquarters at Camp Darby, Italy, at <http://tac-bsa.org/Home.html>.



Photo courtesy of Khan Family

Christmas downtown:

People come together downtown to celebrate Christmas in Vicenza. Ice skating, a London bus replica and numerous items for sale can be found downtown.



Courtesy photo

holidays 10 a.m.-11 p.m. Cost: €5.

Antique market:

Monday, Piazzola sul Brenta, Villa Contarini about 16 miles east of Vicenza. More than 700 vendors and food booths.

FREE concerts, exhibits & events

Christmas Concert:

Friday, 8:45 p.m., in Vicenza, San Marco Church, Via San Francesco 78.

Christmas Concert:

Sunday, 5:30 p.m., in Montecchio Maggiore, about seven miles southwest of Vicenza, Piazza Marconi, Bagpipe and piano concerts; stand with hot spiced wine and bombardino, a traditional Veneto liqueur made with eggs, and rum, brandy or whisky, plus whipped cream on top.

Christmas concert — Berici Choir:

Thursday, 8:30 p.m. in Torri di Arcugnano, Sports Center, Via Torri 4.

ODR trips

Asiago lunch in a lodge: Dec. 28

Ski and snowboard San

Martino di Castrozza: Dec. 31

Rome overnight: Dec. 31

Ski and snowboard Cortina:

Jan. 7

Ferrari Museum and Balsamic

Vinegar: Jan. 7

Cervinia backcountry ski

trip: Jan. 13

Innsbruck and beer factory

tour: Jan. 13

Kronplatz ski and snowboard

trip: Jan. 14

Trips can be booked on WebTrac

at <https://webtrac.mwr.army.mil/webtrac/Vicenzarectrac.html> or

by following the WebTrac link on

www.vicenzaMWR.com or at ODR.

Local events

Upcoming Italian Holidays:

Monday: St. Stephen's Day, the first Christian martyr.

Jan. 6: The Epiphany — celebrates the visit of the Magi (The Wise Men) to the infant Jesus. The day is also known as "La Befana," after a kind, ugly and old hunchback witch. Dressed in rags, she straddles a flying broomstick, carrying a self-replenishing sack of presents for children.

Christmas events in Vicenza:

- Magic Christmas: Saturdays and Sundays through Jan. 8. Wooden chalets in Corso Palladio, 10 a.m.-9 p.m.; weekends and Italian holidays 10 a.m.-11 p.m. and Piazza San Lorenzo, 9 a.m.-8 p.m. featuring typical Christmas products from Italy and abroad.

- Santa Claus Village: ongoing through Jan. 8 in Piazza San Lorenzo, 10 a.m.-8 p.m.; Christmas items and decorations, Christmas plants, seasonal fruits and vegetables and free cotton candy for children.

- Ice-skating rink: open through Feb. 12, Campo Marzo, Saturdays-Sundays and holidays 9 a.m.-noon and 3-8 p.m.; weekdays 3-8 p.m. Entrance fee: Monday-Friday: €7 and €5 for children younger than 12 (fees include ice-skate rental); €3 entrance only; Saturdays-Sundays and holidays €9; €7 for children younger than 12 (fees include ice-skate rental); and €3 entrance only.

- London Bus: ongoing through Jan. 8, 10 a.m.-midnight; Dec. 25 and Jan. 1, 1 p.m.-midnight; in Piazza Castello. Visit the typical London bus and have coffee and hot chocolate on board.

- Epiphany market: Jan. 4, 8 a.m.-9 p.m., Jan. 5, 8 a.m.-11 p.m., and Jan. 6, 8 a.m.-8 p.m., in Vicenza, Piazza dei Signori, Piazza Biade, Piazzetta Palladio, Piazza Garibaldi, Contrà Cavour, Piazza Duomo, Contrà Pescherie, and Piazzale de Gasperi. More than 200 booths featuring holiday sweets, gift ideas, and toys.

Local Christmas markets:

Asiago, in Piazza Carli, Friday-Jan. 8, 10:30 a.m.-12:30 p.m. and 3-7 p.m. Food booths featuring local specialties and typical Christmas sweets.

Bassano del Grappa, ongoing through Monday, Piazza Libertà and Piazza Garibaldi, about 23 miles northeast of Vicenza. Piazza Libertà, Friday and Sunday 10 a.m.-7:30 p.m.; Monday, Thursday and Saturday 2-7:30 p.m.; Piazza Garibaldi Thursday-Sunday 10 a.m.-7:30 p.m.; Monday 2-7:30 p.m.

Bolzano, through Friday, 10 a.m.-7 p.m. in Piazza Walther, about 120 miles north of Vicenza. More than 80 stalls in their typical little huts offer traditional seasonal gifts (handmade wooden, glass and ceramic products along with Christmas tree decorations, delicious seasonal pastries and many original gifts), plenty of food specialties available plus vin brulé or hot spiced wine. New this year: children's Christmas market where kids can take an active part baking Christmas cookies and make small Christmas decorations and presents.

Gallio, ongoing through Jan. 8, 10 a.m.-12:30 p.m. and 3:30-7:30 p.m., Piazzetta Giardini, about 41 miles north of Vicenza. Wooden outdoor booths featuring local holiday sweets, hot chocolate, hot spiced wine, local crafts and gift items. Entertainment with jugglers, musicians, fire-eaters, street artists, gnomes, elves, and acrobats. Shows and workshops for children, and a reindeer petting zoo.

Garda, "Christmas among the olive trees," ongoing through Jan. 8, Piazza Catullo e Lungolago Regina Adelaide; local and Tyrolean products; entertainment for children; folk music and dancing; art exhibits and local nativity set.

Lonigo, Second-hand toys Christmas market: ongoing through Saturday, 3 p.m. Live Nativity Scene in Piazza Garibaldi; after the midnight Holy Mass, on Dec. 24, hot mulled wine, hot chocolate and Christmas sweets for everyone.

Verona, ongoing through Saturday, Piazza Mercato Vecchio. Traditional holiday sweets and

craft; visit Santa Claus' little cottage. Thursday 10 a.m.-9:30 p.m., Friday-Saturday 10 a.m.-11 p.m.

Bussolengo (Verona), Christmas market, ongoing through Jan. 8, daily 9 a.m.-7:30 p.m., Garden Flower, Via Pastrengo 16, about 42 miles west of Vicenza. Closed Dec. 25 and Jan. 1. Entrance fee: €1 on Saturdays and Sundays, free admission weekdays. Among the many attractions you can visit a Magic forest, Santa Claus' post office and enjoy Christmas shows every Saturday and Sunday at 2:45 p.m., 3:15 p.m., and 5:15 p.m.; food booths featuring holiday specialties.

Nativity Set Exhibits:

Bassano del Grappa, in Piazza Garibaldi, ongoing through Jan. 29, weekends and Italian holidays, 2:30-6:30 p.m. Nativity sets and prayer card exhibit ongoing through Jan. 6, Saturdays 3:30-5:30 p.m. and Sundays 10:30 a.m.-noon & 3:30-5:30 p.m. through Jan. 6, Cappuccini Friar's Convent, Via S. Sebastiano 42.

Castelgomberto, Sunday through Jan. 6, Mondays-Saturdays 2:30-6:30 p.m.; Sundays and holidays: 9 a.m.-noon and 2:30-6:30 p.m.

Lugo di Vicenza, Madonna Pellegrina Church, Via Volpente, ongoing through Jan. 22, 9 a.m.-6 p.m.

Sarcedo, Via Contrà, ongoing through Jan. 20, 8 a.m. — midnight.

Molina di Malo, San Rocco Church, Sunday-Jan. 8, 10 a.m. — 7 p.m. Jan 9-19, only Saturdays and Sundays, 10 a.m. — 7 p.m.

Romano d'Ezzelino, Torre San Giacomo Church, Via Silvio Costantin, ongoing through Jan. 12, 3-7 p.m. Sundays and holidays, 10 a.m.-noon and 3-7 p.m.

Thiene, City Town Hall, Piazza A. Ferrarin 1, ongoing through Jan. 8, weekdays 10 a.m.-noon and 5-7 p.m.; weekends and holidays 10 a.m.-noon and 3-7 p.m. Closed on Dec. 25 and Jan. 1.

Verona: ongoing through Jan. 22, daily at the Arena, 9 a.m.-8 p.m. It features more than 400 nativity scenes from around the world. Entrance fee: €7; reduced cost of €6 for children 6-12 and senior citizens older than 60.

Vicenza, Viale Trento 119, ongoing through Jan. 8, daily 9 a.m.-noon and 3-6 p.m., More than 500 nativity sets from all over the world.

Villaverla, Via Bassi, Dec. 25-Jan. 8, 10 a.m.-7 p.m. and Jan. 9-19, Saturdays and Sundays, 10 a.m.-7 p.m.

Craft fair:

Ongoing through Saturday, and Jan. 4-6, 10 a.m. — 8 p.m. in Vicenza, Piazza Castello.

Chocolate Festival:

Jan. 4-8, 9 a.m.-8 p.m., in Gallio, Piazza Italia, about 41 miles north of Vicenza.

Mini train rides:

Saturdays, Sundays, and Italian national holidays through Jan. 8, 3-8 p.m., in Bassano del Grappa. Visit the Christmas market and downtown Bassano by train departing from Piazza Libertà. Fee €2.

Ecological skate rink:

Ongoing through Jan. 8, in Bassano del Grappa, Piazza Libertà, Mondays-Fridays 10 a.m.-8 p.m.; Saturdays-Sundays and Italian

Now Showing

Ederle Theater

Thursday	Money Ball (PG 13)	6 p.m.
Friday	Johnny English Reborn (PG 13) The Thing (R)	6 p.m. 9 p.m.
Saturday	Alvin and the Chipmunks (PG 13) Sherlock Holmes (PG 13)	3 p.m. 6 p.m.
Sunday	Closed	3 p.m.
Wed.	Shark Night (PG 13)	6 p.m.
Dec. 29	The Thing (PG 13)	6 p.m.
Dec. 30	Footloose (PG 13) Paranormal Activity 3 (R)	6 p.m. 9 p.m.

Camp Darby Theater

Dec. 30	The Thing (R)	6 p.m.
Dec. 31	New Year's Eve (PG 13)	6 p.m.
Jan. 1	Closed	1 p.m.
Jan. 6	TBA	6 p.m.

Admission: Age 12 and older, \$4, younger than 12, \$2.

The Ederle theater box office opens one hour prior to show.

View MOVIE TRAILERS and more online at www.shopmyexchange.com/ems/euro/vicenza.htm or www.aafes.com/ems/euro/livorno.htm

Special events

Help MWR reach their goal of 1,000 Facebook friends by Dec. 31. Friend them today at Vicenza Family and MWR. The person who is their 1,000th friend will receive an FMWR fold-up chair with carry bag. As a friend of Vicenza Family and MWR you will be able to see the latest events and activities going on the Vicenza community, plus be the first to know of any changes to our events. And coming in January, Tuesday Trivia, you will win a FMWR prize if you are the first to answer our events related trivia question of the week.

CYSS

- A reminder, CDC building 398 will be closed through Jan. 2. Hourly care during this period will be on a space available basis in the Villaggio CDC. To request care, call Villaggio CDC at 634-5700.
- CYSS is hosting the Boys and Girls Club of America's annual Fine Arts Exhibit thru Dec. 30 at the Post Library. Support the youth in the Vicenza community and stop by to view and vote for your favorites. Call 634-7659 for more information.

Arts and Crafts Center

Kids Craft Club meets Wednesday, Thursday and Friday afternoons, 2-4 p.m. through Dec. 30. Spend an afternoon during winter school break, creating with a variety of winter projects to choose from. The cost is just \$2.50 per hour. Come by the Arts & Crafts Center Wednesday-Sunday from 10 a.m.-6 p.m. and find the perfect gift for family and friends from local artists. They have jewelry items, wine glasses, ceramic tiles, framed photographs of Italy, soap, cards, gift tags, and more.

Holiday Hours

- For all the Holiday hours of all Family and MWR facilities visit www.vicenzaMWR.com and click on the clock.
- The U.S. Army Health Center will be open for clinical operations Friday from 8 a.m.-noon. Only the birthing center will be open Saturday, Monday, Dec. 31 and Jan. 2.

Government Purchase card training

The next class will be held Jan. 13 at the Distributed Training Facility, building 128, from 9 a.m.-1 p.m. Reservations are not required to attend. For questions, contact Scheryl Forsythe-Bolling at 634-3968.

Masters degrees

Interested in obtaining your master's degree? Look no further, University of Phoenix has a face to face MBA program starting in January. Classes are six-weeks long and meet one night a week. You can complete your degree in

less than two years. Mention this ad and get your application fee waived. Registration closes the first week of January, so sign up today by contacting Sarah Foley at Vicenza.Campus@phoenix.edu.

Arena

- Make your plans for New Year's Eve at the Lion's Den. Ring in the New Year with the masquerade ball party 8 p.m. until midnight. Live music from Drop Simpler!, plus a DJ, food party favors and a complimentary toast at midnight. Advance tickets are \$25 and \$30 at the door. A note to gamers: you will need tickets for this event to use the game room.

- There's also a Bowling Party downstairs for New Year's Eve. Sign up before Dec. 30 for a 2-hour package that includes shoes, two hours of bowling for up to six people, 1 large cheese pizza and 1 pitcher of soda. All for just \$35.85. Sign up at the Bowling desk.

Fuel coupons

After Dec. 31, ESSO gas stations will no longer be accepting the NATO Forces Tax-Free gas coupons. The coupon can only be redeemed at ENI (AGIP) gas stations.

Immunization clinic closure

Immunization Clinic will be closed from 7:30 a.m.-1 p.m. Tuesday-Dec. 29 and open from 1-3:30 p.m. those days.

There will be no MEDEVAC Bus to the Landstuhl Regional Medical Center from Monday-Dec. 30. The "normal" Monday and Thursday schedule will resume Jan. 2.

For any questions, call the MEDEVAC Office at 636-9053 or 0444-61-9053.

CTC registration

Term 3 registration will begin for Central Texas College January

3. They are offering CJSA 1322: Introduction to Criminal Justice, on Mondays and Wednesdays, starting Jan. 23-March 14 from 5:30-8:45 p.m. In addition, two Early Childhood classes will be offered, including CDEC 1354: Child Growth and Development, on Saturdays beginning Jan. 14-28 from 9 a.m.-5 p.m. and CDEC 1335: Early Childhood Development: 3 to 5 Years, on Saturdays beginning Feb. 11-25 from 9 a.m.-5 p.m. For more information, call 634-6514, email vicenza@europe.ctcd.edu, or visit room 206 in the Education Center.

UMUC Spring session

This holiday season UMUC is giving gift of knowledge, scholarships and more. The following classes are being offered locally: Italian 1, 2 and 3, Accounting 2, History of Venice, Child Psychology, College Math, Intro to Writing, Intro to Contemporary Social Problems, Ethics in Computers and Library Research Seminar. If you are active duty or a military spouse, apply for a \$150 textbook scholarship. Registration for UMUC's Spring Session 1 runs until Jan. 15. Term dates are from Jan. 16-March 11. For more info call 634-7055 or e-mail vice@europe.umuc.edu or visit www.ed.umuc.edu.

Continuing education scholarships

In May 2011 the Vicenza Community Club Scholarship Committee gave away \$25,000 in continuing education scholarships. High School seniors, VCC members working towards completing their degrees, and dependents of VCC members can apply for 2012.

If you or your children are interested in our Scholarship program, our applications will be made available January 5. You can pick up an application at the

Library, through the guidance counselor at the High School, at the VCC Thrift Store, Davis Hall, and through our website <http://vccitaly.org>.

For more information on the VCC Scholarship Program contact Mari McKenzie at scholarships@vccitaly.org.

Italian school info meeting

Do you have kids in Italian school or on Italian sports teams?

Join a new group that is forming Jan. 17 at 9:30 a.m. in the ACS classroom to share your personal experiences /challenges so they can develop a packet for newly arrived parents who are considering these options, but don't know where to start the process or what to expect. If you are unable to attend the meeting, email your best advice on Italian schools and sports to bernadettehanley@me.com and they will include your lessons learned in the information packet.

Motorcycle club

The Green Knights Military Motorcycle Club, Chapter 93, is seeking new members in the Vicenza military community. They are currently accepting new applications and are preparing for the spring 2012 riding season. The Green Knights Military Motorcycle Club is dedicated to fostering camaraderie, motorcycle safety, and community motorcycle awareness. Membership in the Green Knights is open to all military, Department of Defense civilians, family members and local nationals employed on Caserma Ederle. The Green Knights accepts members with all motorcycle types: cruiser, sport, trikes, motorcycles with sidecars and scooters. All members must have a motorcycle license endorsement and own a 200cc or larger vehicle. For more information contact chad.t.scoggins@gmail.com or corey.kerzmann@yahoo.com.

Religious activities

Chaplain Crisis Line

To speak with a chaplain after hours, call **634-KARE** (634-5273)

Sunday services

9 a.m.: Mass, Sacrament of Reconciliation following Mass, or during duty hours
11 a.m.: Protestant worship
1:30 p.m.: Full Gospel Pentecostal worship
5 p.m.: Contemporary Christian service

Tuesdays

9:15 a.m.: Protestant Women of the Chapel.

Wednesdays

3 p.m.: Praise dance practice
3:15 p.m.: Middle School Club Beyond meets in Villaggio Youth Center
5 p.m.: Contemporary Praise band practice
5:30 p.m.: PWOC Bible study. Dinner provided. No child care
5:30 p.m.: High School Club Beyond meets at the Teen Center for dinner; meeting starts at 6:30 p.m. Call 340-139-4073 for information
5:30 p.m.: Catholic choir practice
6:45 p.m.: Gospel choir practice

Thursdays

9:30 a.m.: Catholic Women of the Chapel
5:30 p.m.: Gospel service choir rehearsal
7:15 p.m.: Gospel service Bible study

Faith group contacts

Islamic: Call 634-7519 (0444-71-7519) for info
Jewish: Call Paul Levine at 345-907-2108
Latter Day Saints: Call Chance Wilson at 327-869-8107. Sunday services, 1:30-4:30 p.m. at Viale Trento 246, Vicenza.
Bahá'í Faith: Call Russell Menard at 389-133-4627 or 349-708-2535.

Call the Caserma Ederle chapel at 634-7519 (0444-71-7519) for more information on religious activities.

Know of an event we're missing? Email the *Outlook* at editor@eur.army.mil
 We gladly accept story ideas, photo and story submissions. All submissions are subject to editing.



Photo by Julie M. Lucas

Raffle winner: Jennifer Dalzell, Vicenza Community Club president, presents a check to Lt. Col. Ross Colt, winner of the winter trip raffle. The winner had the option of choosing a ski trip or \$2,000.

DON'T BE LATE: E-mail briefs to editor@eur.army.mil noon on Monday, or by 4 p.m. Friday if Monday is a holiday.

Be aware of what you put into your body

Commentary by **Christina Salas**
MWR Sports and Fitness personal trainer

I was just passing by the Wellness Center about a month ago when I saw the staff in a video training with deep interest and almost awe in their eyes. Curious, I joined them for a few minutes to watch "Forks Over Knives" and was so impressed I rented it later that night on iTunes to see it for myself. The movie is a documentary on two separate doctor-led studies which inform how nutrition directly impacts one's life-long health. These studies state that a plant-based diet not only impacts the obvious, weight control, it can also halt, and even reverse, heart disease, the nation's number one killer, as well as dramatically lower risks for most types of cancer, diabetes, and Alzheimer. Other benefits include: lowered cholesterol, weight loss, increased energy, improved sleep, increased sex drive, better digestion, and even clearer and brighter skin. After watching, my fiancé and I immediately made changes in our diets.

People think of vegans and

vegetarians as weird yogis (Ok, yogis is sometimes true), hippies, or even as a "cult." I was one of those people; to me it was crazy and didn't make sense. That was my uneducated opinion. Now, I see it as a choice to live and eat healthier and to give your body the nutrients it needs to work better and longer. Would you put used black oil into your car? That's kind of what happens when you eat processed foods, fast foods, and, yes, also meat and dairy (which have harmful effects on the body which most people are unaware of). I'm not going to try to convince anyone to "convert," I just want to get a message out that there is a simply put, entertaining way to gain a better understanding. I've recommended it to friends and past clients, but I want more to know about it.

It's for anyone who wants to feel better about themselves on the inside and out, anyone who's at a plateau, has a fitness goal, or feels like their body is aging but their mind isn't. The change can be as slight as limiting processed foods and adding more fruits and veggies. There's not a doctor I know who would say eating veggies is bad for you.



Photo by djennphoto.com

Christina Salas does a yoga King Pigeon pose and credits good health not only to exercise but what she eats.

America is addicted to convenience foods that are not granting longevity, but are killing us slowly. Unlike other addictions, these "Con Food" addictions are widely acceptable in our society. Just like drugs or alcohol, they give us a temporary satisfaction, a high, but leave the hangover of sluggishness, bloated bellies and, eventually, layers and rolls of fat. Something needs to be done about the nation's soaring obesity rate. That something could be started here in Vicenza with you pressing play. I met

someone this week who said, "Being healthy is so hard!" Being healthy doesn't have to be hard; there are better options all around you and you alone are responsible for your own health.

In my opinion, and I'm not a doctor (but Dr. Oz agrees), it is well worth watching so that you too can make more educated nutrition choices. The only questions are: "Are you ready?" What better time than now? Start off 2012 by choosing a lifestyle that will give your body that change it's been longing for.

James wins at Free Throw contest

By **Tom Hlavacek**
Special to the Outlook

Roderick James won the annual free throw contest hosted at the Fitness Center Dec. 8 netting 32 shots in four rounds of competition. Contestants had 45 seconds to make as many free throws as possible. Justin Simmons was 2nd hitting 27.

Following the contest, James said "I play regularly with 'The Throne' basketball team and I'm actually better shooting three-pointers than free throws because I practice more at three-pointers."

Contact Sports, Fitness and Aquatics Director Mark Juliano at 634-6240 about the next challenge. The basketball season is taking a break during the holidays.



Photo by Julie M. Lucas

Military Santas: Soldiers posed with the U.S. Army Health Center Vicenza guidon before participating in the Santa Claus run downtown Saturday. For the third year in a row, the center won biggest group for their 105 participants.

COMMUNITY UNIT/REC OPEN PLAY BASKETBALL

Team	Win	Loss	HHC 1-503rd	2	2	The 2011 USAG-Vicenza Unit/Recreational Basketball League matches are Mondays and Wednesdays at 6 and 7 p.m. Call the Fitness Center for specifics at 634-7009.
USAHC	4	0	CHOSEN 2-503rd	1	3	
LEGION 1-503rd	3	1	21st TSC	1	3	
USARAF	3	1	DESTINED 2-503rd	0	1	
THE THRONE	2	0	C Co 1-503rd	0	4	

Sports Shorts

Lunch hour fitness

Does your lunch hour need more excitement? Come join the Fitness Staff for the "Game of the Week" each Thursday afternoon at noon. Reminisce while you play old school recess games such as four square and kickball. The new game for each week will be posted at the Fitness Center on Tuesday.

Unit & rec play

New players are always welcome. Call 634-7009 or individual POCs.

Rugby: Tuesdays and Thursdays 6-7:30 p.m., North 40 field.

Basketball: 11:45 a.m.-1:30 p.m. Mondays, Wednesdays and Fridays for 10 or more, Fitness Center.

Racquetball: 6-7 p.m. Tuesdays and Thursdays for 16 participants, Fitness Center.

Men's Soccer: 7-9 p.m. Tuesdays and Thursdays for 24 or more players at the turf field behind the Ederle Inn. Email shaun.nurse@amedd.army.mil or call 636-9648/9120/9632.

Women's Soccer: (not currently meeting) 5:30-7 p.m. Tuesdays and Thursdays for 12 or more players at the turf field behind the Ederle Inn. Email sr_brasher@yahoo.com or call 634-8925.

Volleyball: 6:30 p.m. Tuesdays for eight or more, Fitness Center.

Frisbee golf: 6 p.m. Wednesdays, North 40 field.

Tennis: Open play Singles and Doubles on Mondays and Wednesdays, 6 p.m. and 7 p.m.

Volunteers needed

The Mako Sharks Swim Team is looking for adult volunteers to assist. Swimmers are elementary-high school ages and compete in the European Forces Swim League. For more info., contact John Casey at 0444-91-2612 or email john.j.casey@us.army.mil. Visit <http://makosharks.homestead.com/index.html>.

Become a ninja

Check out the Ninpo Taijutsu class at the Fitness Center. Learn the ancient art of Ninja with classes every Tuesday and Thursday at 5:30 p.m. at the Fitness Center.

Chapel Dance Team

The Chapel's Praise Dance Team is looking for new recruits to join the fun. Contact Stephanie Lewis at mrs.tallaslewis@gmail.com for more information.