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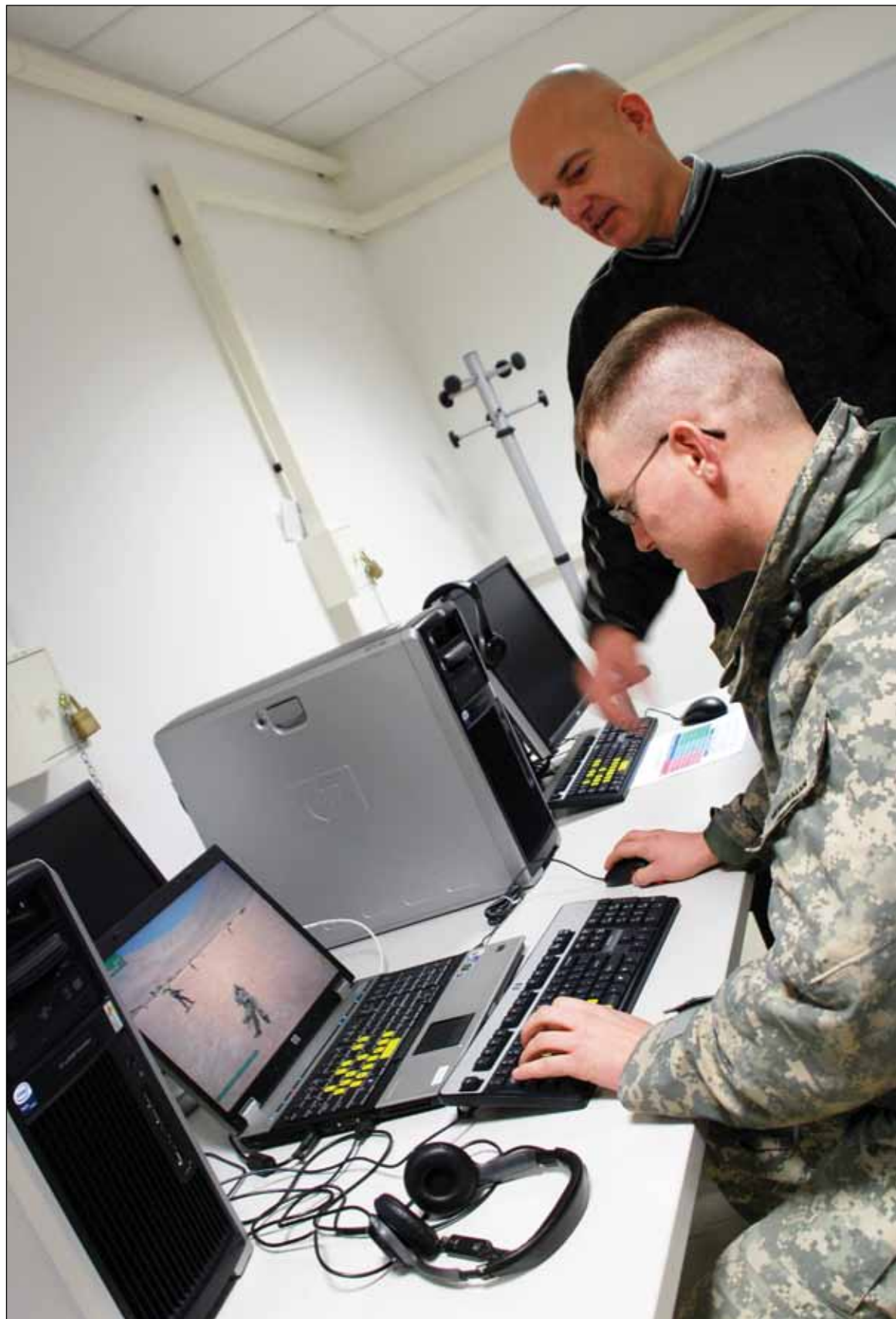
OUT & ABOUT: A listing
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Brrrr! Don't miss the
next polar bear dip in
Milan Jan. 21



Futuristic training

Sgt. Eric Heiselman of the 14th Transportation Battalion conducts training on the Virtual Battle Space 2 assisted by subject matter expert Kendal O'Leary at the Vicenza Battle Command Training Center Dec. 17.

The VBS2 is a first-person simulation that allows Soldiers to virtually conduct mounted and dismounted operations on geo-specific or geo-typical terrain.

The gaming-based training allows small units to practice Warrior Leader Skills, action on contact, IED defeat and tactics, techniques and procedures.

The Vicenza Battle Command Training Center offers a full spectrum of individual Soldier and unit collective training events.

Photo by Laura Kreider

Ready to file? Tax center offering free services to ID cardholders

Caserma Ederle Tax Center

As wage and tax statements become available for Soldiers and civilian employees online at www.mypay.dfas.mil, Caserma Ederle's Tax Center personnel prepare for another successful tax season.

Last season, the Caserma Ederle Tax Center assisted 1,729 tax filers, saving our military community more than \$322,000 in preparation fees and generating \$3,593,117 in direct deposit refunds.

Army tax centers throughout Europe assisted 11,792 tax filers, saved personnel \$1.5 million in preparation and filing fees and generated more than \$22.4 million in direct deposit refunds.

Come prepared

Military ID cardholders, including Soldiers and Department of Defense civilians and retirees who wish to use the

free tax preparation and e-filing services should have all their documents, including:

- prior year tax returns and W-2's,
- mortgage statements and
- receipts

If taxpayers come prepared, it not only helps ensure an accurate return, but also enables the preparers to make sure the taxpayers are able to capitalize on all of the deductions and credits they are entitled to receive.

'Complicated' returns

Taxpayers with complicated returns should take extra time to ensure that their documents are in order. A tax return is considered complicated if it includes capital gains, rental real estate income or loss, foreign earned income or foreign taxes paid, or multiple state income tax returns.

Filing returns can be confusing, but the installation tax center is there to help. The

Caserma Ederle Tax Assistance Center will open for free tax preparation and e-filing Wednesday, the day W-2s are scheduled to be released by DFAS.

Grand opening

The center's grand opening ceremony is scheduled Jan. 28 at 4:45 p.m. and will include a ribbon cutting ceremony hosted by USARAF Commander Maj. Gen. William B. Garrett III. The community is invited.

If you have income tax related questions or would like more information, stop by or call the center:

Hours: Monday, Wednesday, Friday from 9 a.m.-4 p.m. (walk-in or drop off) and Tuesday and Thursday by scheduled appointment.

Location: USARAF OSJA Bldg. 241
Phone Number: DSN 634-7316 CIV 0444-71-7316.

Opinion & Editorial

We have great expectations for the Vicenza military community

This year will be a great year for the Vicenza military community! Many of our Soldiers are already deployed or will be deploying this year to defend our security and promote stability in multiple theaters. 2010 also ushers in U.S. Army Africa's first year as the Army Service Component Command (ASCC) assigned to U.S. Africa Command and supported by U.S. Army Europe.

For the Vicenza garrison, the SETAF mission support element and our tenant units supporting community operations, 2010 marks the year we set the stage for growing our community of excellence.

By the end of 2012, Dal Molin will be the most modern and environmentally-green installation in use by any U.S. military command.

With the consolidation of the 173rd Airborne Brigade Combat Team, U.S. Army Africa's expansion into a fully capable and stand-alone ASCC, and the growth of community support elements, the Vicenza Military Community will soon encompass the second largest U.S. Army community in all of Europe.

Together, we must continue operating simultaneously as a team and as our nation's first responders, force providers, force sustainers, training enablers and as a forward deployed resource. Success demands from all of us our full commitment

– from everybody, every day!

Our mission: America's premier Army community team dedicated to sustaining Vicenza Soldiers, Civilians, and Families, while supporting contingency operations in multiple theaters.

We must also maintain a sincere commitment to provide our Soldiers and families a quality of life commensurate with their service to our nation. Our business decisions, while mission-focused, must also be balanced with our obligation to meet the requirements of our Soldiers, civilians, and families. In particular, we will take care of all our Soldiers and our military families, honoring the Army Family Covenant over their many deployments.

All of our organizations will plan strategically for our community's future growth, anticipating consequences and programming future requirements. This year we'll also see the completion of key construction projects enhancing community quality of life: a new Ederle indoor swimming pool, the



WILLIAM B. GARRETT III
Major General, USA
Commander, SETAF/ U.S. Army Africa

Ederle gym expansion, a world-class expanded health and dental center and state-of-the-art elementary and middle schools at Villaggio. We will also see the initiation of build-to-lease housing in multiple Vicenza communities. Fulfilling our vision and accomplishing our mission calls for us to embrace these guiding principles: **foster a favorable attitude** towards the U.S. everywhere we go; **be a team player** – move beyond cooperation to collaboration; **add value** to existing activities without disruption or confusion; **exemplify professionalism** in all our actions and encourage the same in others; **maintain strong relationships** with partners, especially our Italian hosts; be learning organizations - **continuously adapt to change**. Remember, **how we do what we do** will define our success and determine our future. We have a tremendous year ahead of us. Our Soldiers and civilians, American and Italian, are making a meaningful difference every day. Together, we will make our community a Center of Excellence.



ERIK O. DAIGA
Colonel, MI
Commander, U.S. Army Garrison Vicenza

What do you know about your Army Family Covenant?

On Oct. 8, 2007, the Army unveiled the Army Family Covenant, institutionalizing the Army's commitment to providing Soldiers and families—active, Guard and Reserve – a quality of life commensurate with their quality of service.

However, as I travel around the Army meeting with Soldiers and families I'm surprised to find that many are not familiar with the Army Family Covenant and the commitment Army leadership has made to provide a better quality of life to Soldiers and families.

We are delivering the Army Family Covenant with a focus on five specific areas: standardization and funding of existing programs and services, increasing accessibility and quality of health care; improving Soldier and family housing; ensuring excellence in schools, youth services and child care and expanding education and employment opportunities for family

members.

Some accomplishments over the past two years include: standardized Army community staffing and programs at all garrisons; the addition of 1,079 Family Readiness support assistants positions to provide administrative and logistical support to commanders and FRG leaders; funded Exceptional Family Member respite care providing up to 40 hours of care per month for families; increased primary care visits to more than 7 million people, meeting access standards for 90 percent of acute, routine and specialty appointments; authorized TRICARE standard coverage for more than 500,000 eligible members of the Selective Reserve and their family members and lowered the co-payment; funded the Training Barracks Modernization Program to allow 11,306 Soldiers to move into newly designed or renovated barracks in FY09; introduced the

First Sergeants Barracks Initiative to enhance single Soldier quality of life; reduced financial burden on Army families by eliminating CYSS registration fees and reducing program fees; collaborated with more than 373 school districts to support military-connected students transferring to new school districts and increased placement of military spouses through the Army Spouse Employment Program, a partnership with Fortune 500 companies and government agencies to provide employment opportunities.

We are indeed making progress on delivering the Army Family Covenant, but we have much more work to do.

I am dedicated to deliver on the Army leadership's promise to continue to provide the best care and quality of life possible to Soldiers and their families.

Our commitment to delivering the Army Family Covenant is non-

negotiable. We will not depart from this commitment.

I would ask that we always take the time to accentuate the positive.

We have so very much to be thankful for when it comes to health care, housing, services and programs, and many other things.

Many times we immediately start talking about negative items, and many of those conversations are based on anecdotal evidence without firsthand knowledge.

Let's be grateful for what we have, and strive together to improve. An attitude of appreciation will go a long way. Optimism is a combat multiplier.

As always, thanks for your continued service to our Army and our nation.

Together we are making history.

RICK LYNCH
Lieutenant General, USA
Commander, U.S. Army IMCOM

Speak Out

What are the top three locations you want to visit while in Europe?



Robin Gonzales
USAG Vicenza

"I would visit again Amsterdam, Vienna and Prague."



Lee LeComte
USARAF

"The great capitals: Rome, London and Paris."



Ileana Reha
CYSS

"Paris. Also Egypt and locations in Africa, the oldest places on earth."



Fara McKinley
Family Member

"Auschwitz and Cracow in Poland, Moscow and Athens and the Greek isles."



Arlana Young
CYSS

"Barcelona, Portugal and Budapest."

Grandi aspettative per la Comunità Militare di Vicenza

Il 2010 sarà un anno eccezionale per la Comunità Militare di Vicenza! Molti dei nostri soldati sono già impiegati fuori area oppure lo saranno, nel corso di quest'anno, per tutelare la nostra sicurezza e promuovere la stabilità su molteplici fronti.

Il 2010 rappresenta inoltre il primo anno durante il quale U.S. Army AFRICA diviene la componente terrestre (ASCC) assegnata al Comando AFRICA degli STATI UNITI (USAFRICOM) e sostenuta da U.S. Army EUROPE.

Per la Guarnigione di Vicenza, che costituisce l'elemento di supporto alla Missione SETAF nonché le nostre unità di supporto alle attività della comunità, il 2010 segna l'anno nel quale vengono gettate le basi per espandere la nostra Comunità d' Eccellenza. Entro la fine del 2012, il Dal Molin diventerà l'installazione più moderna ed ecocompatibile utilizzata dal Comando militare statunitense.

Con il consolidamento dell'unità di combattimento 173esima Brigata Paracadutisti, l'evoluzione di U.S. Army AFRICA in una componente terrestre (ASCC) molto compendente ed indipendente, e la crescita degli elementi di supporto della comunità, la Comunità Militare di Vicenza diverrà presto la seconda comunità militare statunitense, per dimensioni, in tutta Europa. Insieme, dobbiamo continuare ad operare contemporaneamente come una squadra e come interlocutore principale per la nostra nazione, in grado di fornire unità, sostenerle, occuparsi

dell'addestramento, e rappresentare una risorsa schierata sempre in primo piano. Il successo richiede un impegno totale da parte di tutti noi – da parte di tutti, ogni giorno!

La nostra missione: Siamo la prima comunità dell'esercito statunitense impegnata a sostenere i soldati di Vicenza, i civili, e le loro famiglie, in grado schierare un comando di contingenza dedicato ad operazioni di risposta a diverse situazioni nei diversi luoghi. Dobbiamo altresì mantenere un impegno sincero per offrire ai nostri soldati ed alle nostre famiglie una qualità di vita commisurata al servizio da loro fornito alla nostra nazione.

Le nostre decisioni professionali, se da una parte sono orientate all'espletamento della nostra missione, devono d'altra parte essere bilanciate e rispondere al nostro dovere di realizzare le richieste dei nostri soldati, dei civili e delle famiglie.

In particolare, noi ci prenderemo cura di tutti i nostri soldati e delle famiglie dei soldati, rendendo onore al Patto stretto con le Famiglie dell'Esercito. Ogni struttura della nostra organizzazione pianificherà in modo strategico per la crescita futura della nostra comunità, prevedendo le possibili conseguenze e programmando le necessità future.

Quest'anno vedremo anche il completamento di alcuni progetti chiave per il miglioramento della qualità di vita della nostra comunità: una nuova

piscina coperta all'interno della Caserma Ederle così come un ampliamento della palestra, un centro medico e dentistico di prima categoria, nonché scuole elementari e medie all'avanguardia presso il Villaggio. Vedremo inoltre l'inizio della costruzione di alloggi da affittare in numerose comunità del vicentino.

Realizzare la nostra visione e espletare la nostra missione richiede a tutti noi di abbracciare i seguenti principi guida: promuovere un atteggiamento positivo nei confronti degli Stati Uniti ovunque andiamo; essere parte di una squadra, muovendo dalla cooperazione verso la collaborazione; aggiungere valore aggiunto alle attività già in essere senza creare sconvolgimenti o confusione; mostrare professionalità in tutte le nostre azioni incoraggiando gli altri a fare lo stesso; mantenere legami solidi con i partner, specialmente con i nostri amici italiani; apprendere dalle organizzazioni ed avere la capacità di adattarsi continuamente al cambiamento. E, infine, dobbiamo sempre ricordare che, come agiamo e cosa facciamo determinerà il nostro successo ed il nostro futuro. Abbiamo davanti a noi un anno straordinario. I nostri soldati ed i nostri civili, americani ed italiani, fanno la differenza, ogni giorno. Insieme, faremo della nostra comunità di Vicenza un Centro d' Eccellenza.

(See Page 2 for the English language version.)

WILLIAM B. GARRETT III
Major General, USA
Commander, SETAF/ U.S. Army Africa

ERIK O. DAIGA
Colonel, MI
Commander, U.S. Army Garrison Vicenza

Veterinary facility to charge pet exam fees, offering comprehensive wellness

Vicenza Vet Treatment Facility

The Vicenza Veterinary Treatment Facility will charge an examination fee for all appointments in which a veterinarian exams the pets beginning Friday.

Formerly there was no cost for service. The new fees are:

- \$25 for a Wellness exam;
- \$25 for a Sick call exam;
- \$25 for a Health Certificate exam (except for certificate need for PCS)
- \$15 for a follow-up visit;
- No charge for a health certificate exam for personnel PCSing with pets.

The fees will be standard across Department of Defense and are mandated by DoD. The examination fees have become necessary to support the day-to-day operations of veterinary

treatment facilities and will be invested back into veterinary services to improve equipment, offer additional training and ensure all DoD veterinary clinics are able to provide quality care.

Veterinary clinic prices will still be significantly lower than veterinary fees on the economy, both in Europe and the United States.

Routine veterinary services will now be grouped into Wellness packages in an effort to provide better preventative care.

"A wellness package will provide comprehensive preventive medical care that is tailored to your pet's specific needs and stage of life," said Maj. AJ Rebecca Evans, Chief of VETCOM's Future Operations.

Services such as de-worming,

fecal flotation, micro-chipping and vaccinations will be done all at one time to ensure pets are getting comprehensive care.

"The veterinary profession is shifting from vaccination-driven appointments towards wellness-driven appointments," said Col. David S. Rolfe, commander of the Veterinary Command.

The standardization of these services will parallel the veterinary profession's move toward wellness, promoting public health and providing consistency in veterinary care.

Fees will be the same for all clients at all military veterinary treatment facilities.

For more information, call Capt. Tony May at DSN 635-4841.

Reminder: MLK march set today

Vicenza Equal Opportunity Office

The U.S. military community in Vicenza will honor Martin Luther King Jr. by participating in a memorial march Thursday:

1 p.m. - Gather at the post theater parking lot for a welcome, a few words about safety, and an introduction of the march leader.

1:10 p.m. - March to chapel activity room.

1:30 p.m. - Hear comments by Pastor Mikaela Cade.

1:45-2 p.m. - Enjoy light refreshments.

All Soldiers, DoD civilians, family members, retirees and local national employees are invited to participate.

For information, call Sgt. 1st Class Stu Cameron at 340-722-3720 or Sgt. 1st Class Keith Cade at 331-650-5462.

The Outlook

January 14, 2010 Vol. 43, Issue 2

U.S. Army Africa Commander
Maj. Gen. William B. Garrett III

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Outlook Editor

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The editor reserves the right to edit all submissions for style, brevity and clarity. Circulation is 3,000 per week.

At your service Fitness Center



Miranda Vanscoy (left) and Roxanna Martinez are recreation aides at the post fitness center.

Both spouses of 173rd ABCT Soldiers, Vanscoy and Martinez assist community members with signing up for aerobic classes and personal trainers. They also assist in the physical fitness portion of Comprehensive Soldier Fitness.

Vanscoy or Martinez can be located at the gym front desk Monday-Friday, 6 a.m.-9 p.m. and Saturday and Sunday from 8 a.m.-5 p.m. They can be reached at DSN 634-7616.

Deployment Support



Office Automation Technician,
ACS Front Desk
Tiffany Tran-Ozuna
DSN 634-7500
CIV 0444-71-7500
M-F 8 a.m.-5 p.m.

"We offer our knowledge and free services to help with military life and being stationed overseas."

We offer several free administrative services such as copies, faxing and digital sender capabilities, information and referral services and ACS class sign-ups.



Employment Readiness
Program Manager
Reid F. Buckland
DSN 634-6884
CIV 0444-71-6884
M-F 8 a.m.-5 p.m.

"Preparation is key to the success of finding the employment opportunity of your choice."

The Employment Readiness program assists military spouses and families with their job and career needs such as resume writing, interviewing skills, career assessments and evaluations. The Employment Readiness program also assists spouses with their job and career search efforts by utilizing job fairs and networking connections with other community agencies. The Employment Readiness room at Davis Hall has a computer lab with four computers and printer that spouses can use for job search and resume printing.



Exceptional Family Member Program Manager/Coordinator
Frances Packard (at left) & Jean Sweeton
DSN 634-8582/7912 CIV 0444-71-8582/7912
M-F 8 a.m.-5 p.m.

The Exceptional Family Member Program advocates for family members who may have a physical, emotional, development or intellectual disorder that requires special treatment, therapy, education, training or counseling. Our program assists family members by providing information, referrals, crisis intervention, support groups, relocation assistance or any service necessary to meet your needs. The EFMP program provides respite care for qualifying exceptional family members.

"We are here to help family members by providing them with services and creating consistency of services and a better quality of life for those with special needs."



Relocation Readiness Program
Manager
Julia Sibilla
DSN: 634-8525
CIV 0444-71-8525
M-F 8 a.m.-5 p.m.

"These programs are especially important during deployment so that families have positive activities to keep them busy."

We offer spouses and family members services for a successful integration into the Vicenza community.

These programs include cultural integration and language classes (Italian as a Second Language). We also offer English as a Second Language classes to foreign-born spouses and a quarterly multicultural spouse forum on a variety of topics to help them successfully integrate into American society. We offer newcomers briefings (for Soldiers, civilians and family members), welcome packets, sponsorship training, tours of local sites including the Italian hospital and pre-departure briefings.



Army Volunteer Corps
Program Manager
Allie Vallery
DSN 634-7942
CIV 0444-71-7942
M-F 8 a.m.-5 p.m.

Assists and supports volunteers and volunteer managers on Caserma Ederle.

"Volunteering is a great way to keep busy, meet new people, gain skills for employment and add to your resume while supporting your community. From assisting with Soldier's Theatre productions to helping with the American Red Cross, there are many opportunities available."



Soldier and Family Assistance
Center Specialist (SFAC)
Kurt Springer
DSN 634-7591
CIV 0444-71-7591,
M-F 8 a.m.-5 p.m. or by
appointment (leave a message
or ask the receptionist to
contact him if out of the office)

The Soldier and Family Assistance Center provides comprehensive services and service brokerage for Wounded Warriors, families, friends and loved ones. It's a great place for information and assistance with services, benefits or if you are in transition. We also have a break area where you can relax, read, chat with a friend or make new ones.

"I don't have all the answers but I know the 'village' does. Together we will find what you need. Please drop by or call."



Survivor Outreach Support
Coordinator,
Yvonne Leible
DSN 634-6173 / 7500
CIV 0444-71-6173 / 7500
M-F 8 a.m.-5 p.m.

"We embrace and reassure survivors that they are continually linked to the Army Family for as long as they desire."

Survivor Outreach Services is an Army-wide program that picks up where a casualty assistance officer leaves off following the death of a Soldier. The program aims to improve the responsiveness and streamline assistance for survivors, providing bereavement and financial counseling and benefit coordination. Visit http://www.vicenzamwr.com/acs_sos.html.



Family Advocacy Program Manager
Tammy Wilbur-Hoistad (pictured at left)

FAP Parent-Child Educator **Mary Yandura (right)**
DSN 634-7489, CIV 0444-71-7489, M-F 8 a.m.-5 p.m.
FAP Specialist (not pictured) **Adrienne Williams**
DSN 634-7489, CIV 0444-71-7489, M-F 8 a.m.-5 p.m.
Advocacy 24hrs at DSN 634-5878 (JUST) or CIV 0444-71-5878 (JUST)

Family Advocacy offers many educational services, including stress and anger management to help strengthen individuals and their relationships with others. We offer deployment-specific parenting and couples workshops to address the challenges during deployment. Services are open to Soldiers, families, and civilians. We also offer parent-child classes to promote healthy families. Our Victim Advocacy Program provides emergency and day-to-day confidential support to adult victims of domestic violence or sexual assault.

"Families don't have to be in crisis to reach out for our services."



Financial Readiness
Program Manager
Erin Wilcher
DSN 634-8634
CIV 0444-71-8634
M-F 8 a.m.-5 p.m.

"The first step to financial freedom is the decision to make it a priority."

Financial Readiness can help Spouses and families organize their finances, develop budget and spending plans, reduce debts and inform them of investment and deployment savings options. Sherri Funk is the volunteer Financial Readiness educator. She helps to provide Financial Education to our SM's & Families.



Mobilization and Deployment
Specialist
Terry Sturdivant
Program Manager 634-8523
Program Specialist 634-6690
M-F 8 a.m.-5 p.m.

"The program enables families to stay connected to deployed loved ones and the community."

With the Soldiers currently deployed, we provide three main services to families and spouses. Those services are the Family Assistance Center, the Yellow Ribbon Room and providing family readiness assistance to rear-detachment commanders. The FAC provides a one-stop-center for all services on post and acts as an information center. The FAC coordinates all installation support services via identified points of contact. The Yellow Ribbon Room provides automated support for Soldier-to family communication. The Yellow Ribbon Room has eight computer systems dedicated to supporting the spouses of deployed Soldiers. The Room's computers will receive a complete automation upgrade in the very near future. The FAC and the Yellow Ribbon Room are located in Davis Hall, Bldg. 108.



Army Emergency Relief
Specialist
Mary T. Duenas
DSN 634-8524
CIV 0444-71-8524
M-F 8 a.m.-5 p.m.

AER helps with emergency financial needs and gives undergraduate-level education scholarships to children, spouses, and surviving spouses of Soldiers.

"AER's mission is to provide emergency financial assistance to Soldiers and their families."



New Parent Support Program
Andreina Howard (pictured)
Beth Eastman
DSN 634-7567 or 634-6020
CIV 0444-71-7567 / 6020
M-F 8 a.m.-5 p.m.

This program offers the opportunity to learn new skills as parents and to improve old ones. Parents often have many questions about the changing needs of children as they grow and mature. The NPSP is a reliable source for answers to parenting questions and to the issues confronting parents today. The program and its staff are particularly sensitive to the unique challenges facing military families. NPSP is designed to provide support to parents and families from pregnancy to a child's fourth birthday.

"We all need some support and encouragement when we become parents and we are raising children. Here you will find a supportive team that will help find the answers that will take the stress out of parenting"

Rainfall hits 60-year high

By CHIARA MATTIROLO
USAG Livorno Public Affairs

Half of the cities of Pisa and Livorno are under water, according to a Jan. 11 report in Il Tirreno newspaper.

The high rain fall has caused major problems in Tuscany since Dec. 24 when the Serchio River rose above its banks and flooded the autostrada and main roads.

At the moment, all the rivers, as well as the Massaciuccoli Lake, are constantly monitored by National Civil Protection agencies to avoid and prevent other possible flooding.

According to the Pisa commune, the Via Aurelia, known as the SS1, is currently blocked and will remain closed for two months in order to repair the road. Entrance and exit to the autostrada between Pisa and Viareggio will be free during that time.

"It is not safe to drive through flooded

"If you come upon a flooded road, turn around and go another way because a car can be carried away by just two feet of flood water."

Chiara Chelossi
USAG Livorno Safety and Occupational Health specialist



Record high rainfall and flooding in Tuscany have washed out roads and caused major rerouting of traffic on the western coast line.

areas even if you think the water is low," said Chiara Chelossi, U.S. Army Livorno Safety and Occupational Health specialist.

"If you come upon a flooded road, turn around and go another way because a car can be carried away by just two feet of flood water," said Chelossi. "Even walking through flooded areas can be extremely dangerous since as little as six inches of moving water can knock you off your feet."

She added that there are some simple

precautions that can be taken when driving in the rain.

Before driving a vehicle in the rain, check your tire pressure and windshield wipers and reduce speed to avoid the chances of hydroplaning, Chelossi said.

In case of rain, the speed limit on the autostrada is lowered from 130 to 110 km per hour.

More flood tips and winter safety information can be found on the USAG Livorno safety Web page at www.usag.livorno.army.mil.

Facebook, Twitter no longer blocked in Yellow Ribbon Room

Community members can stay in touch with family, friends via social media

By JOYCE COSTELLO

USAG Livorno Public Affairs

Camp Darby's Yellow Ribbon Room is helping customers communicate with deployed family members and families, and adding a new option to make communication easier.

They now offer new options that will please customers, according to Evelyn Watkins, Army Community Service director.

"We now have computers that allow access to several social media web sites like Facebook and Twitter," said Watkins. "With a variety of units on different networks at Camp Darby, certain social media sites are blocked by some servers and not by others; this will allow spouses of a deployed service member to being able to communicate with loved ones."

With more than 65 million active users on Facebook according to Facebook's statistics, and with 25 million users expected to "tweet" this year, according



Camp Darby community members use newly accessible social media sites at the Camp Darby Yellow Ribbon Room. The facility is open weekdays from 9 a.m. to 1 p.m.

Photo by Loredana E. King

to Techcrunchies.com, giving access to social media sites on post will give families another way to communicate with stateside families and deployed service members.

The Yellow Ribbon Room is open weekdays from 9 a.m. to 1 p.m., but Watkins adds that if there is a need to use the facility after hours, customers can get in touch with their family readiness

leader who can sign out the key for the building and make the room available.

The Yellow Ribbon Room also has a kitchen available, an area for children to play and an area to watch TV.

"The Yellow Ribbon room is just one more way that Family, Morale, Welfare and Recreation supports the Army Family Covenant in the local community," said Watkins.

Darby Dates

Resume writing

Get resume ideas and feedback at the resume review board Friday.
Call ACS at 633-7084 for details

Shopping with children

As parents know, shopping with a child can be a challenge.
Call ACS at 633-7084 for details.

Investment club

Learn what it takes to get the most out of your investing Tuesday.
Call 633-7084 for details

International spouses meeting set Wednesday

Obtain information on medical services, employment, immigration and naturalization services, driver's license, ESL and much more Wednesday.
Contact ACS at 633-7084 for details

Texas Hold'em

Texas Hold 'em matches are set for Jan. 22 at the Community Club.
Call 633-7855 for details.

Salsa night

Salsa Night is offered Jan. 23 at 7:30 p.m. at the Community Club. Call 633-7855 for details.

Carnival museum trip

Visit the Carnival Museum Monday to learn more about the Viareggio Carnival and make your own mask.
Call 633-7589 for details.

Venice trip

Visit Venice Jan. 23 with ITR to see one of the world's most famous cities.
Call 633-7589 for details.

Outdoor recreation trips

A skiing/snow boarding trip is planned Abetone Saturday and to Mount Cimone Jan. 23.
Call 633-7775 for information.

Florence trip

Spend the day in Florence Saturday with free time. Visit museums, galleries, shop or just enjoy the scenery of this magnificent city. Call 633-7589.

SAEDA training

The annual SAEDA, Operations Security and Information Security briefings will be Jan. 28 at 10 a.m. and 2 p.m. in the base theater. The briefing fulfills mandatory training requirements for Soldiers, DA civilians and U.S. contractors. Community members and Italian employees are encouraged to attend. These briefings will be in English. Italian briefings are set for February.

Darby Religious activities

For details, call the chapel at 633-7267 (050-54-7267).

9:40 a.m.: Catholic Reconciliation

10 a.m.: Catholic Mass

11:15 a.m.: Protestant worship

Protestant **Sunday school** starts at 10 a.m.; Catholic CCD at 11:15 a.m.

Christian Men's **Bible study** is every Thursday at 5 p.m. in Mertz Hall at the Darby Chapel.

Protestant Women of the Chapel **Bible study** meets Tuesday from noon to 1 p.m. and Wednesdays from 5:30 p.m.-6:30 p.m.

Choir practice is at 9:30 a.m. on Sunday before Mass.



Ready for some excitement?

Community members can attend a local motor bike show this weekend in Verona. See below for details. Visit <http://www.motorbikeexpo.it/inglese/index.htm> for information in English.

Courtesy photo

Local events

Broccolo Fiolaro Festival: Jan. 15-27, in Creazzo sports center, Via Torino, about five miles west of Vicenza.

The broccolo fiolaro is a type of broccolo particular to the Creazzo hillside area. The name is derived from the presence of several sprouts along the stalk of the plant, which in Venetian dialect are called "fioi" (offspring).

■ Friday, 6:30: food stands featuring the typical broccolo e baccalà alla vicentina (broccoli with Vicentine dried cod fish) and fritole (doughnuts). 9 p.m. tribute to Genesis with the Dusk e-Band.

■ Saturday, 8:30 p.m.: food stands featuring broccoli dishes and other typical Creazzo agricultural products and fritole, 9 p.m. live music.

■ Sunday, 8 a.m.: Local products and antique exhibition and market. Starting at 12:30 p.m.: sampling of broccoli specialties and fritole, 9 p.m.: live entertainment.

Torcolato New Wine Festival: Jan. 17 in Breganze, Piazza Mazzini, about 15 miles north of Vicenza. The Torcolato is the gem of Breganze's winemaking tradition.

It is produced from pressing dried Vespaiola grapes which are hung (torcolate, in the local dialect) on strings from the wooden beams of the attics of farmhouses.

Public pressing for the 2009 grape harvest starts at 4 p.m. Entertainment with folk music and songs. Free Torcolato wine tasting. Market of local products.

Bike Expo Show: Jan. 15-17, 9 a.m.-8 p.m. in Padova, Via Tommaseo 59, about 24 miles southeast of Vicenza. Admission

fee: 10 euro. Reduced: 8 euro for children between 13 and 17 and senior citizens (over 60). Free for children under 13.

Free parking and reduced admission fee to everyone who drives their motorcycle to the fair. For details in English visit <http://www.bike-exposhow.com/indexing.htm>.

Motor Bike Expo Show: Jan. 15-17, 9 a.m.-8 p.m., in Verona, Via del Lavoro 8, about 38 miles west of Vicenza. Admission fee: 15 euro; 12 euro for children between 6 and 12.

For details in English, visit <http://www.motorbikeexpo.it/inglese/index.htm>.

Free concerts & classes

The Roulotte Hi-Fo Released Party band: Folk'n'roll live music Friday at 10 p.m. in Vicenza, Bar Sarteia, Corso San Felice Fortunato, 362.

Tribute to Genesis: Friday at 9 p.m. in Creazzo, Via Torino, about five miles west of Vicenza.

Conservatory students in concert: Saturday at 5 p.m., in Vicenza, S. Chiara Chapel, Contrà Santa Chiara.

Check out the **sample lessons** in Thiene: Associazione Silicon Kafe, Via Zanella 38/40, about 18 miles north of Vicenza. They include:

- Hip-hop today at 8 p.m.
- Caribbean dance Monday at 8:15 p.m.
- Pilates Tuesday at 7 p.m.
- Lap gym Tuesday at 8 p.m.
- Belly dance Tuesday at 8:15 p.m.

Explore the sky: Astronomical Observatory of Arcugnano on Tuesday, 8:30 p.m., Via S. Giustina, 127, about five miles south of Vicenza.

View the sky and the planets in great detail with the observatory's telescope.

The Odeon Theater in Vicenza: Corso Palladio 176, will be featuring movies in English through the winter. Monday: Julie & Julia by Nora Ephron.

Show times are 4:40 p.m., 6:50 p.m. and 9 p.m. Tickets cost 6 euro. Visit www.mymovies.it/cinema/vicenza/6217/.

Paid concerts

Stryper: Jan. 19 in Milan, Alcatraz.

Michael Bolton: Jan. 20 in Milan, Arcimboldi Theater; Jan. 23, in Mantova, Palabam.

Europe: Jan. 26 in Milan, Alcatraz; Jan 28 in Rome Atlantico; Jan 29 in Nonantola (Modena), Vox Club; Jan. 30 in Padova, Gran Teatro.

Dave Matthews Band: Feb. 22 in Milan, Palasharp; Feb. 25 in Padova, Palasport.

Joss Stone: Feb. 6 in Padova; Feb. 7 in Rome, Auditorium; Feb. 8 in Milano, Club Alcatraz.

Labyrinth: March 3 in Milan, Alcatraz.

Johnny Winter: March 4 in Roncade, Treviso, New Age Club; March 5 in Milan, Music Drome.

Saxon: March 15 in Milan, Trezzo sull'Adda, Live Club; March 16 in Bologna, Estragon.

Alicia Keys: May 2 in Verona, Arena.

Whitney Houston: May 4 in Milan, Assago, Mediolanum Forum.

AC/DC: May 19 in Udine.

Michael Bublé: May 22 in Verona, Arena; May 13 in Milan, Assago, Mediolanum Forum.

Tickets are available in Vicenza at Media World, Palladio Shopping

Center or online at http://www.greenticket.it/index.html?imposta_lingua=ing or <http://www.ticketone.it/EN/>.

Outdoor Recreation

Obereggen ski & snowboard, Saturday.

Merano indoor pool & spa, Sunday.

Folgaria ski & snowboard, Monday.

Innsbruck and Swarovski crystal shopping Monday.

Val Gardena ski & snowboard, Jan. 23.

COMING UP: Panarotta ski & snowboard weekend Jan. 30-31. Special discount available for BOSS members.

Outdoor Recreation offers the best in skiing and snowboarding adventures.

Whether you are a beginner,

parent with children in tow or an expert skier, there are excursions for you.

Visit www.vicenzamwr.com/odr_air.html for information on all winter sport adventures, or book online at <https://webtrac.mwr.army.mil/webtrac/Vicenzaretract.html>

Stop by Outdoor Recreation for a recommendation on a trip to suit your needs and skill level.

Ice rinks

■ Torri Di Quartesolo, next to the Warner Village Cinemas, Via Brescia, 4 miles southeast of Vicenza. Open until March 1; weekdays 2 p.m. – 1:30 a.m.; Sundays and holidays 10 a.m. – 1:30 a.m. Entrance fee: 5 euro, ice-skate rental: 5 euro. Reduced: 4 euro entrance fee and 4 euro ice-skate rental for children up to 12 years old.

Now Showing



Ederle Theater

Thursday	Michael Jackson's This Is It (PG)	6 p.m.
Friday	Amelia (PG)	6 p.m.
	The Men Who Stare at Goats (R)	9 p.m.
Saturday	The Fourth Kind (PG-13)	3 p.m.
	Day Breakers (R)	6 p.m.
Sunday	Amelia (PG)	3 p.m.
	Day Breakers (R)	6 p.m.
Wed.	The Men who Stare at Goats (PG-13)	6 p.m.
Jan. 21	The Fourth Kind (PG-13)	6 p.m.

Camp Darby Theater

Friday	Sherlock Holmes (PG-13)	6 p.m.
Saturday	Alvin & Chipmunks Squeakquel (PG)	6 p.m.
Sunday	Amelia (PG)	1 p.m.
Jan. 21	The Men Who Stare at Goats (R)	6 p.m.

Admission: Age 12 and over \$4, under age 12, \$2.
The Ederle theater box office opens one hour prior to show.

Looking for the movie synopsis? Visit www.aafes.com, scroll to the bottom of the page and click on Movie Schedule.

Looking to buy or sell items? Check out MWR's Marketplace at www.mwrmarketplace.com.

BSA needs volunteers for 100-year celebration

BSA Troop 295 is looking for volunteers to help with the 100-year celebration of Boy Scouts of America.

Those interested should contact Scoutmaster Chuck Calabrese at scoutmasterbsatroop295@gmail.com. The troop is always looking for volunteers to help with the mentoring of our young men. If you like camping, hiking and working with youth, you are the person the troop is looking for.

Troop 295 meets on Tuesdays at the school cafeteria from 5:30-7 p.m. Feel free to stop by.

Music Cafe hosted by Soldiers' Theatre

Enjoy the small relaxed music club experience of **Music Café** at Soldiers' Theatre Friday at 7:30 p.m.

The musical event is a great opportunity to enjoy local talent. Call 634-7281 for information.

Acoustic Jam slated

Acoustic Jam 2010 is slated Jan. 22-23. Guitarist Roberto Dalla Vecchia returns with special guests for a folk, blues, bluegrass and classical guitar concert at 7:30 p.m. at Soldiers' Theatre. Cost is \$10. Call 634-7281.

SAC wants your feedback

Do you have issues or concerns that affect the Vicenza Elementary School community? The School Advisory Council meets quarterly and discusses concerns brought up by the community.

E-mail sac.vicenzaelementary@yahoo.com to submit issues you think the council should address and to give recommendations that will improve the school community.

The next meeting is set Jan. 25 at 3:30 p.m. in the VES Conference room.

Arts center events

"**Krafty Kitchen**" cooking classes includes five sessions, \$160. Begins Jan. 25. Includes cook book, Italian cuisine. Call 634-7074 for information.

Bag the Basics sewing 101 is a six-week class that began Wednesday. Learn the basics of machine sewing through the construction and completion of three gift bags and a multifunctional bag. No prior knowledge or experience needed. Call the arts center for information at 634-7074.

At the Arena

Regular, monthly no-limit **Texas Hold'em** tournament Saturday at the Arena starting at 8 p.m. \$20 entry fee starting with 5 p.m. sign-up. Call 634-8257 for info.

Wednesday Night **Mixed League Bowling** starts Wednesday and runs for 13 weeks. Get your team of four together now with any combination of men and women. Call 634-8293 for information.

ACS happenings

Financial Readiness hosts the class **Home Buying 101** Tuesday at 9 a.m. at the ACS building. Before

making this major purchase, learn as much about the process as you can during this workshop.

Are you new to the community and Italy? Join ACS for **Benvenuti Tuesday** and gain valuable insight into Italian culture and language.

Benvenuti offers practical suggestions on how to make your time in Italy an extraordinary experience.

Call 634-8525 to reserve your spot.

Basic Principles of Parenting

Tuesday at 11:30 a.m. at ACS. Parents explore the fundamentals of raising happy, healthy children. The event is hosted by the Family Advocacy Program.

Join in the fun as **Freddy FAP journeys to Pakistan** Wednesday at 3:30 p.m. at the ACS building.

Enjoy crafts, food, and games reflecting the culture and heritage of Pakistan. For ages 4-10 years old.

New Parent Support Groups hosts a **Playgroup** Wednesday at the Youth Services building at Villaggio from 10-11:30 a.m.

Enjoy this wonderful opportunity for children to interact with others their age and bring parents together.

ACS Lunch Bistro Series hosts "Cooking with Rita" Wednesday at 11:30 a.m. at the ACS building. Join in a delicious, free lunch and hearty discussion.

Bringing Baby Home class set January 21 at 3:30 p.m. ACS helps you prepare for your new arrival. Reservation is required. Call 634-7567.

Power up your family with the **7 Habits of Effective Families** workshop Jan. 21 at 9 a.m. at the ACS building.

This course offers the most dynamic training for personal and family effectiveness. Call to reserve a spot at 634-7500.

Anger Management for Parents and their Children set Jan. 21 at 3:30 p.m. at the ACS building.

Learn fun ways to reduce stress and anger in your life through games. Call 634-7500 for more information.

CYS Services

Don't miss the upcoming **CYSS Parents' Advisory Group Meeting** Wednesday at noon at the ACS building, Davis Soldier and Family Readiness Center.

Important topics of discussion include plans for a new CDC/SAS and future child care in Vicenza, status of SAS accreditation, future EDGE and Youth HIRED programs and CYSS Online (WebTrac).

Call 634-8347 for more information.

Community Calendar Highlights

Thursday: Retiree ceremony; No School
Friday: USAREUR Training Holiday
Monday: No school; U.S. Holiday (MLK Day)
Jan. 29: No School
Feb. 7: Super Bowl Sunday
Feb. 12: USAREUR Training Holiday

CYSS hosts Family Art Day Jan. 23 at 10 a.m. at the art center.

Join us for an open session for families to work on scrapbooking pages.

Parents' Night Out is Feb. 19 from 7 p.m.-midnight, so book your child care now with CDC Bldg. 395.

Sign up at **CYSS Central Registration** by calling 634-7219. Enrollment opens Feb. 1-12. Space is limited.

USO hosts Family Movie Night

The USO Vicenza welcomes community members to its Family Movie Night. Each Wednesday in January, the USO will play family-friendly movies from 4-6 p.m.

Join us and enjoy a movie, mingling with other spouses and family members, refreshments, popcorn and sweets at the USO Vicenza, Bldg. 9A, Warrior Transition Unit.

Call 634-7156 for information.

UMUC providing college and more

Did you know that experts predict that in the next 10 years, jobs requiring college degrees will increase by 30 percent?

UMUC offers classes in various formats to fit your degree and schedule. Hybrid classes combine online and face-to-face experience. Morning classes, lunchtime and evening classes are available during your free time.

UMUC is also offering \$100 textbooks scholarships to active duty troops and dependents and waiving the \$30 application fee for new students.

MYCAA provides \$6,000 in scholarship money and AER pays for half of one or more classes. Register through Sunday.

Classes start Jan. 19. Call 634-7055 or e-mail vice@ed.umuc.edu.

MOMS Club events

■ **Tuesday:** Toddler Playgroup 10-11:30

■ **Jan. 23:** Out and About 9:30 a.m., MOMS Night Out 7 p.m.

■ **Jan. 25:** MOMS Club Monthly Meeting 10 a.m.

■ **Jan. 27:** Pre-school Playgroup

4 p.m. For more information, visit momsclubofvicenza@yahoo.com.

Mandatory briefing

A briefing providing special information regarding Subversion and Espionage Directed Against the Army (SAEDA) and Antiterrorism (AT) will be offered at the post theater as follows:

Jan. 25 at 9 a.m. and (in Italian) at 1:30 p.m. and

Jan. 26 at 9 a.m. (in Italian) and 1:30 p.m.

The USAREUR directed briefing will meet the annual requirement for attendance.

Community personnel over age 14 are welcome to attend.

Call 634-8984 / 8069 or CIV 0444-71-8984 / 8069 for more information.

Lost & Found

A wedding ring was found on the ground by the Caserma Ederle Education Center.

To identify and claim, contact Stacey-anne Swilley at 634-7055, 0444-71-7055 or sswilley1@ed.umuc.edu.

Free classes available

Free classes are offered by the Army Europe Information Technology Training program in Bldg. 372.

Log in to your account at <https://itt.eur.army.mil> for a listing of available classes listed under "Find New Classes."

SOTA seeking members

The South Of The Alps Warrant Officer Chapter is looking for outstanding warrant officers.

If you are interested in being a part of the chapter or just want to hang out, come to the warrant officer breakfast held every Tuesday from 8-9 a.m. at the South of the Alps dining facility.

Call CW4 Marilyn Bradley at 635-4717 or CW4 Pattie Roberts at 634-7750. SOTA's next monthly meeting is Jan. 21.

Stay on top of your students' grades

Register at <https://dodea.gradespeed.net/gs/Default.aspx> to keep in touch with teachers and to check your student's grades.



Prima del Torcolato photo

New wine: Community members can attend the **Torcolato New Wine** festival in nearby Breganze Sunday. A public grape pressing begins at 4 p.m. There will be entertainment and a free tasting. For more information, see the **Page 6** announcement.

Religious activities

Chaplain Crisis Line

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

Sunday services

8 a.m.: Sacrament of Reconciliation, or by appointment

9 a.m.: Roman Catholic Mass

(Daily Mass is held weekdays at noon)

9 a.m.: Protestant Sunday school and AWANAs (September through May in Vicenza High School)

10:45 a.m.: Catholic religious education (Sept.-May in Vicenza High School)

11 a.m.: Protestant worship

1:30 p.m.: Full Gospel Pentecostal worship

4 p.m.: Lutheran worship

5 p.m.: Contemporary Christian service

Mondays

Noon: LDS scripture study

Tuesdays

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

Wednesdays

3 p.m.: Praise Dance practice

3:30 p.m.: Middle School Club Beyond meets in VHS cafeteria September-May

5 p.m.: Contemporary Praise band practice

5:30 p.m.: PWOC evening Bible study (beginning Sept. 8. Child care offered for children ages 6 weeks to 4 years)

5:30 p.m.: High School Club Beyond meets at the Teen Center September-May. Call 340-139-4073.

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: Spc. Kasimov, 329-034-3511.

Jewish: Sandy Schoenberg at 634-6202 or sandy.schoenberg@eur.army.mil.

Latter Day Saints:

Scripture study is held each Monday, noon-1 p.m. at the chapel. Sunday services, 9:30 a.m.-12:30 p.m. downtown. Call Sean Peterson at 335-821-9492.

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

Local soccer player wins third championship team title

By **TOM HLAVACEK**
CYSS Edge!

Mixing art and sports may be hard to image – until you see 15-year-old Derek Stevenson free-styling with a soccer ball.

Stevenson can dribble or hold the ball on his body more than 1,000 times without it touching the ground. This skill is developed after many hours of training.

Small wonder Stevenson has been on the 2008 and 2009 Child, Youth and School Services Vicenza Junior B teams that won the IMCOM-Europe Regional Championships. In December, playing as striker for the local Dueville club, he scored two goals, assisting in the regional championship win.

This win advanced Dueville to a higher-level championships set for southern Italy in the spring, and boosted Stevenson to the ranks of one who has netted three championship wins in two years, playing on U.S. and Italian teams.

Coach Ronaldo Reytervogel has trained Stevenson on two championship teams. Reytervogel praised Stevenson for his ability to handle and control the ball while having “a good personal attitude. He is a humble player that follows directions and contributes to support his teammates,” said Reytervogel.

Teammate Quinn Hurt noted that what sets Stevenson apart “is his dedication.” Hurt also called Stevenson’s running and ball handling skills top notch.

Stevenson said his ultimate goal is to play soccer at the university level. His short term goals, he said, include training with the Edge! program starting Jan. 22. He then hopes to compete at the Olympic Development Camp in Kaiserslautern, Germany, Feb. 12-14 and start on the Vicenza High School team when the spring season kicks off March 8.

For more information on Edge! Programs, call 634-7502.



Derek Stevenson, 15, practices after school at the post multi-purpose field Jan. 12.

Photo by Laura Kreider

Sports Shorts

Volleyball coach needed

Volleyball coach needed to begin training middle school boys and girls in March.

Send resumes to Tom Hlavacek@us.army.mil or call 634-7502 or 335-818-6927.

Free spouses only swim lessons through March

Every Wednesday at the Post Pool there will be free swim lessons for military spouses. Class size is limited to six swimmers per lesson. Sign-up no later than the Monday prior to class at the Post Fitness Center.

For information, call swim instructor David Besuden at 634-7009.

Lifeguard course set Feb. 1

A lifeguard certification class begins Feb. 1 for swimmers 18 and older. Swimmers must complete a pre-test of swimming 500 meters (200 freestyle) prior to enrollment. Upon successful completion of the course and passing written and practical exam, participants will be American Red Cross lifeguard certified. Cost is \$145.

Contact David Besuden, at 634-7009.

Ski and snowboard trip

CYSS Youth Program ski and snowboard trip Thursday to Folgaria. Call 634-7659 to find out how you can participate.

Wellness in the New Year

The Army Wellness Center Fitness Assessment and Metabolic Testing provide great ways to set goals and learn how to implement an obtainable New Year’s Resolution and earn points/miles for the Lion Strong and Walk for Freedom Programs.

Whether your goal is weight loss, strength training, stress management or conditioning, let the Wellness Center Staff help with their expertise. Appointments are now available for the new year Monday-Friday 7:30 a.m.-4:30 p.m. Call 634-8186 or 0444-71-8186 to make your appointment today. Classes include:

Thursday: Principles of Strength Training, 10-11:30 a.m.

Wednesday: Stress Relief for a Healthy Lifestyle, 9-10:30 a.m.

3-part course

Thursday: Part 1, The Diet noon-1:30 p.m.

Jan. 21: Part 2, Supplements Q&A, noon-1:30 p.m.

Jan. 28: Part 3, Commissary tour, noon-1:30 p.m.

Space is limited. Call 634-8186 or 0444-71-8186 to register. All classes are free and open to the entire community.



A man plunges into the ice cold waters of the Mediterranean Sea Jan. 6 at Marina di Pisa, Italy, as part of an annual tradition to wake their body up for the New Year. About 60 people participated. The next event will take place in Milan Jan. 31.

‘Polar bears’ take icy Mediterranean plunge

Story and photo by
JOYCE COSTELLO

USAG Livorno Public Affairs

Around the world there is a small group of people who deliberately jump into freezing waters in the dead of winter and thrash about enjoying the ice cold water like polar bears on vacation. On the costal line of western Italy, these same cold-loving people dash into the Mediterranean normally on the first or six day of the New Year.

At the second annual dive of the witch

Tuffo della Befana in Marina di Pisa, ten minutes from Camp Darby, sixty folks (most well over 60 years old) shed their cloths while the temperatures remained at a brisk 41 degrees Fahrenheit and dove into the sea.

“This sport has been my passion for over 50 years,” said Giancarlo Pedani. “When I come out of the water I can feel the cortisone adrenaline rush though my hands like fire.”

Umberto Cianfanelli added that he was part of an Italian study 15 years ago where doctors did examinations before

and after he took the plunge.

“After I get out of the cold water my skin looks better and I can even see better,” said Cianfanelli.

Thirty minutes later, he shows he can read without his reading glasses.

In America, events focused around diving into cold water during the winter are often called Polar dives, but in Italy if you want to do the same thing, you’ll want to look for events that say “cimento invernale”. Club Cantottieri Olona in Milan will be hosting such an event on Jan. 31.