



What's Inside

Garrison news
pages 2 & 3

Commentary: Retired sergeant major laments weight gain, road to weight loss AND Chairman of Joint Chiefs Adm. Mullen highlights his lessons from the Army

Community events
pages 4 & 5

TRAVEL: Trip to nearby Ledro Lake offers a prehistoric glimpse into the past

Community news
pages 6 & 7

OUT & ABOUT: A listing of local concerts, festivals and events

Movie Schedule

Sports
page 8

Find out what sport activities are available to you.



Breaking News:

173rd ABCT deployment announcement official

U.S. Army news release excerpt:

The Department of the Army confirmed July 14 the Department of Defense's announcement for the next rotation of major units scheduled to deploy in support of Operation Enduring Freedom.

The announcement involves two brigade combat teams consisting of approximately 7,500 people. These units will replace redeploying units, with no change in force strength. The deployment window for these units will begin in the fall and continue into early 2010. The brigade combat teams confirmed to deploy are the 173rd (Sky Soldiers) Airborne Brigade Combat Team from Vicenza, Italy, and the 3rd (Rakkasan) Brigade Combat Team, 101st Airborne Division, Fort Campbell, Ky.

See LOCAL Page 3



Photo by Jon Fleshman

HELPING HANDS: Pfc. Nathan Whaley of HHC, 1-503rd Infantry (Airborne) works with Nazzareno Campana, a member of the Costabissara town council, on one of two community improvement projects Whaley's unit was working on with the town northwest of Vicenza July 8-10. "The first project involved clearing enough land so the town can build a public park along a walking path for area kids to stop and play," explained Capt. Jason Wayne, HHC, 1-503rd Inf. commander. "The second project, in conjunction with the Costabissara Alpini association, is helping in the deconstruction of the town's old Boy Scouts hut and helping rebuild a new one. This is a long-term project that will take several months to complete." Companies from the 173rd ABCT's first infantry battalion are partnering with Province of Vicenza towns to provide their Soldiers the opportunity to participate in local projects. "We pride ourselves on being a part of our communities in Italy and this is a way we can help show our support and make our neighborhoods a better place," Wayne said.

Army Family Covenant UPDATE

IMCOM-E news release

From mid-July through September, the United States Army in Europe and Installation Management Command Europe Region will join forces to evaluate just how well the Army Family Covenant is meeting the needs and expectations of Soldiers and families in Europe.

An AFC assessment will be conducted at Caserma Ederle Aug. 4-5.

"It is an opportunity for the U.S. military community members in Vicenza to express their opinions and observations on how the implementation of the Army's Family Covenant has performed," said Matt Steger, director of the garrison's Plans, Analysis and Integration Office. "It also allows the command to provide data and documentation

See ASSESSMENT Page 3

Breen updates community on new health center, state of medical support

USAG Vicenza Health Center

"You cannot go on any Army installation today without seeing massive construction projects ongoing," remarked Army Chief of Staff Gen. George Casey during the Department of the Army's annual Army Family Action Plan conference in Alexandria, Va., in January.

At no location is that statement more evident than at Caserma Ederle.

This week, USAG Vicenza Health Center Commander Col. Lorraine T. Breen discussed one of the installation's new facilities, the Enhanced Health Care Center—a 141, 700 square-foot, \$52 million dollar complex slated to open in fall 2010.

"This is the largest medical construction project in more than 30 years in Europe," Breen said, speaking to American Forces Network reporters during a tour of the

Italian NCO honored, receives U.S. medal for outstanding service

By RICK SCAVETTA
U.S. Army Africa

During the past seven years the U.S. Army has relied upon Italian Sgt. Maj. Sergio Bondielli through countless complex training exercises.

The best part of my 25-year career has been the seven years spent working with the U.S.

Army in Caserma Ederle.

has been the best unit; we organized lots of collective training and accomplished many

For his efforts Bondielli received the U.S. Army Meritorious Service Medal during a July 10 awards ceremony at U.S. Army Africa headquarters.

"The best part of my 25-year Italian Army career has been the seven years I spent working with the U.S. Army here in Caserma Ederle," Bondielli said. "This



Photo By Ed Johnson

Col. Eric Nantz, U.S. Army Africa's senior operations officer, presents the Meritorious Service Medal to Italian Sgt. Maj. Sergio Bondielli July 10 at U.S. Army Africa headquarters.

See BONDIELLI Page 3

Weight gain solution right under my nose

It's funny how increased weight and poor conditioning can sneak up on you.

It's even funnier that the solution can be right under your nose, if you just look for it.

Now this problem shouldn't be a big concern for most of you Soldiers. Uncle Sugar keeps you plenty busy and sees to it you keep fit. But for the rest of us it can be a challenge.

I retired from the Army nine years ago. I had some long-term aches and pains that already kept me from doing some of the things I always had to stay in shape.

Running was out - bad knees. Pushups were out - bad wrist. But the biggest problem for me was a lack of focus. I was a mission-first kind of guy. Keeping fit was part of the mission, so it was second nature. But when the

mission went away, so did the psychological requirement to keep pushing myself.

It didn't happen overnight. It took years, but gradually, the pounds started to climb, the waist started to expand. And the extra weight had a lot of other negative effects, too.

It got harder to get through what exercise I attempted. My back hurt more. My knees got worse. Even my sleep suffered, as I began to snore more and louder - I often woke myself up.

Last fall the garrison began offering a six-month program allowing employees to spend on-duty time working out. I signed up, but it didn't do much for me. I tried some cardio work in the gym, then went for walks, and finally just found reasons - excuses? - for doing nothing at all.

And the weight kept creeping up. When I went to the closeout session for that fitness program I got a bit testy with the organizers.

"What a lousy program," I charged. "It didn't do anything for me at all."

They came back at me, too. And they made it clear to me that I had been waiting for someone to spoon feed me a solution to my problem. I needed to take some positive steps.

In response to their challenges, I began a program to eat more responsibly.

I also made an appointment for a fitness assessment at Jensen Family Health and Fitness Center. The results were kind of shocking. I was always the skinny guy, but I found that I had passed all the way through the overweight category and edged into the clinically obese. That was an eye opener.

With a doctor's clearance, I made an appointment with one of the

personal trainers at Jensen. She used my assessment and my personal goals to design a workout routine, then coached and monitored me as I got into the swing of regular workouts.

I started all that a couple months ago. The results have been pretty dramatic. I have dropped more than 30 pounds; my knees feel better; my back doesn't bother me at all; and my wife tells me I barely snore. My fat clothes no longer fit and have gone onto the top shelf in the closet. Trousers I hadn't worn in years are back into use.

I have a mission again. I will always have to guard against slipping back into old habits, but I have the tools and support to keep me fit.

That support was always available - almost under my nose. I just had to look for it. (Call Caserma Ederle's Wellness Center today at 634-8186.)

(David W. Kuhns Sr., is editor of Fort Lewis' Northwest Guardian and a retired Army sergeant major.)

COMMENTARY

by DAVID W. KUHNS Sr.
Fort Lewis' Northwest Guardian

Adm. Mullen: What I have learned about the Army

Commentary by Navy Adm. MICHAEL G. MULLEN
Chairman of the Joint Chiefs

Our Army is the center of gravity for the U.S. military - and this center includes the Guard and Reserves.

It is the best and most combat-hardened Army that the nation has ever known - indeed, the world has ever known. And we must do all we can to make sure it stays that way. Let me take you through

some of the things I have learned about our Army, which we all serve. Some of these things might surprise you, most probably will not, but I thought you might be interested in how this Sailor has come to see it.

Go stand atop one of those hills in the Korengal Valley in Afghanistan, where I was last February and July with 173rd Airborne paratroopers.

The first thing I learned about the Army is hooah.

There are 1,000 or 10,000 or 100,000 different ways to say hooah. But I learned that it is more

than just a battle cry; it is a way of life. It says that you will never quit, never surrender, never leave your buddy. It says that you are proud of the hardships you have endured because there is deep meaning in every one of them.

Go stand atop one of those hills in the Korengal Valley in Afghanistan, where I was last February and July, with paratroopers assigned to the 173d Airborne Brigade Combat Team. Look around at the utter desolation of the place and the spartan conditions that these young people are living in. You cannot help but come back a little thick in the throat.



Adm. Michael G. Mullen awards the Silver Star to Capt. Gregory Ambrosia in Korengal Outpost, Afghanistan, July 2008. Photo by Chad McNeeley

I awarded a Silver Star to a young officer there, Capt. Greg Ambrosia, who placed himself in the line of fire to direct his men to safety. I pinned on some Bronze Stars, Commendation Medals, and Purple Hearts as well. These troops had been out there 14 months and seen a lot of tough

fighting. They lost a lot of good Soldiers. We often forget the impact of war on those who were alongside our fallen. That loss impacts them for the rest of their lives.

When those Soldiers yelled "Hooah!" after the ceremony, I understood that it was not

See MULLEN Page 5

Speak Out

What is the ideal souvenir from Italy?



Robert Cruce
Education Center

"Unique porcelain figurines from Nove to remind me of the area."



Christina Cottrell
Family member

"Something that represents the Italian culture like a roof tile."



Pvt. Danny Parks
Service member

"A water color painting. It captures the essence of Italian art."



Sarah Wallace
Post exchange

"A bottle of wine to remember the good times in Italy; it's more meaningful than clothes."



Ronaldo Reiter
Family member

"Pictures from the time spent here."

The Noncommissioned Officer

PROFILES OF SUCCESS



Sgt 1st Class William Terry

Unit: HHC., 2nd Bn., 503rd Inf. Regt. (Abn.)

Current Position: Assistant Operations NCO

Age: 33

Hometown: Montclair, N.J.

Years in service: 14

What would surprise people about you: I'm a HALO 3 gamer.

Biggest mentor(s) and why: Staff Sgt. Coleman, my first squad leader, and Command Sgt. Maj. Hartless, who has a wealth of knowledge and with whom I shared my first firefight.

Life's ambition: Always improve; never decline.

Motto: Too easy!

Your definition of an NCO: Someone who has a genuine concern for his Soldiers and knows where he came from.

List of major assignments: Fort Bragg, Korea, Fort Benning, The Rock.

Advice for junior Soldiers: Strive to be the best.

Reason for your success: My command sergeant major's support.

Your defining moment as an NCO: Being able to lead, coach and mentor Soldiers of the Rock.

Visit the Army's Web site dedicated to the Year of the NCO at www.army.mil/YearoftheNCO.

Local care initiative model for ERMIC

continued from Page 1

facility July 14. "The project is more than 50 percent complete and all systems are a go for a dedication ceremony next year."

Some of the additions and enhancements will include the consolidation of all medical assets on post under one roof, the establishment of a mammogram facility, an expanded labor and delivery section, the ability to provide more diversified same-day surgery and an increased capacity to see more primary care patients.

According to Mark Rice, transition manager for the Enhanced Health Center, "We're working diligently to ensure the entire resource piece is positioned to support next year's opening."

Breen, who changes command today after a two-year tour, discussed other health care enhancements developed recently at the U.S. military community

in Vicenza.

"The change in health care support is night and day compared to two years ago," she said.

Today, there is a Warrior Transition Unit, a Soldier and Family Assistance center co-located in Davis Hall, and a sports and wellness facility in the post gymnasium.

In addition, the behavioral health care support has more than doubled to support Soldiers and their families.

"I think one of the main improvements is in the area of access to care," she said, discussing one of the U.S. surgeon general's strategic goals. "Probably one of the most significant advancements is in the area of mental health."

"Before the 173rd Airborne Brigade redeployed, the SETAF chaplain, Col. Dave Smith, and my senior mental health advisor, Lt. Col. Bob McKenzie, deployed to Afghanistan themselves to assess the Soldiers and their mental care

status," said Breen. "From this visit, the team was able to not only gather information on behavioral health needs and requirements but also help break down barriers where Soldiers felt confident they could seek credible health care support."

This action, designed in Vicenza, is now the model for the European Regional Medical Command to emulate and may become the model for the entire U.S. Army Medical Department, according to Breen. With the new center's completion date on target and as Breen departs for Washington, D.C. to attend the Industrial College of the Armed Forces at Fort McNair, she attributes the high standard of quality care and support to the community to the team of professionals at the Health Center.

"It has been an absolute honor and privilege," she said, "to be associated with these great people. They define what it means to be Army Strong."

Don't keep it to yourself! Give leadership a true view of local services with AFC survey

continued from Page 1

on the financial impacts the Covenant is having on our family programs."

Steger said community members will have several opportunities to provide their input:

- Take an online assessment.
- Volunteer to participate in one of the focus groups (FRG, BOSS, staff) at the Arena Aug. 4-5.
- Provide insights to the visiting team members as they tour facilities on post.
- Provide comments and recommendations on the ICE Web site.

"This is a chance to provide useful feedback to the leadership on how this important program has impacted the Soldiers and family members within our community," said Steger. "With the pending deployment of the 173rd, this program's success will have an immediate and critical impact to our military families and the surrounding community."

The Army Family Covenant Assessment in Europe is the first initiative

of its size and scope in the Army. It is a holistic approach designed to study and evaluate the effectiveness of the full range of AFC programs and services. The goal is to maximize the positive impacts for Army families in Europe.

The assessment begins in July with pre-defined focus groups drawn from the seven garrisons across Europe that have been most impacted by recurring, extended deployments: USAG Weisbaden, Stuttgart, Ansbach, Schweinfurt, Bamberg, Grafenwoehr, and Vicenza. On-site facility visits and interviews will be conducted spanning a wide range of uniformed and civilian individuals represented in FRGs, BOSS programs and commanders and command sergeants major.

The focus group assessment will be followed up in August with an online survey that anyone in Europe will be encouraged to complete.

Stay tuned to the Outlook, Command Channel, and AFN for the survey address and ensure your voice is heard to improve programs and services.

Bondielli's support, military expertise 'key to mission success,' U.S.- Italian relations

continued from Page 1

important missions together."

Bondielli served under the U.S. Army's Southern European Task Force, which has since transformed to become U.S. Army Africa, the land component to U.S. Africa Command.

Bondielli's military expertise allowed him to offer sound guidance on training matters and offer focused feedback during joint exercises – key to the mission success, said Col. Eric Nantz, U.S. Army Africa's senior operations officer.

"I'm truly honored to recognize the incredible support and assistance Sgt. Maj. Bondielli has provided this command," Nantz said. "His stellar service continued to meld the collaborative working relationships of the Italian and U.S. armies and his performance has been invaluable to our overall mission."

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

**USAG Vicenza Commander
and Publisher**
Col. Erik Daiga

**USAG Vicenza
Public Affairs Officer**
Jon Fleshman

Editor
Adriane Foss

Photojournalist
Laura Kreider

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off post at 0444-71-7000 or e-mail: DL_USAG_Vicenza_Outlook_Editor

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At your service Commissary



Ronald Vickerstaff is Caserma Ederle's new commissary director.

"We deliver a premier commissary benefit to the armed services community, and one that encourages an exciting shopping experience, satisfies patron demand for quality grocery and household products and delivers exceptional savings while enhancing quality of life, fostering recruitment, retention and readiness and supporting war fighters' peace of mind, knowing their families have secure and affordable American products.

Vickerstaff said his commissary team serves 28,000 customers per month. He is located in the post commissary most days from 9 a.m. to 7:30 p.m. at 634-7997 or by e-mail at ronald.vickerstaff@deca.mil.

Back in time: A visit to Ledro Lake is a prehistoric trip

Lakes may be a destination for water sports, trekking around the shore, picnics and relaxation. On the banks of a lake located in the Trentino Region, visitors may also jump into the past, back about 4,000 years to the Bronze Age.

Story and photos by LAURA KREIDER
Outlook staff

Ledro is not an amusement park or a set for a movie. It's a lake-dwelling settlement, discovered in 1929 when water levels were lowered to use the lake as a hydroelectric basin, resulting in the discovery of the prehistoric site.

The lake of Ledro is located in a narrow valley about 600 meters higher than the larger neighboring *Lake Garda*.

Ledro Lake is about three kilometers long and less than one kilometer wide. It is the creation of an accumulation of earth and stones carried and finally deposited by a glacier.

The prehistoric settlement was discovered on the lake's eastern side. During excavations, the remains of a pile-dwelling site were found in a 4,500-square meter area. Approximately 10,000 piles re-emerged - very tangible proof of the prehistoric humans who once dwelt there.

Water levels rose and again hid the the archeological site for many years until in the late 1960s new research uncovered enough artifacts to

open a museum. *The Museo delle Palafitte*, or pile-dwellings museum, opened in 1967 as part of the Natural Science Museum of *Trento*. It is located in *Molina di Ledro*, along the river *Ponale*, which is the effluent river of the lake.

A myriad of objects, ranging from pottery to bronze artifacts and horn handcrafts, were relocated from the site and are now on display at the museum. Visitors can get an understanding of the lifestyle of the ancient inhabitants who lived, worked and hunted around the lake in the year 2000 B.C.

Also on display is a canoe that measures more than five meters in length and was carved from an enormous tree log.

Near the bank of the lake, a few meters from the entrance of the museum, a reconstructed pile dwelling gives visitors a glimpse of the types of ancient dwellings that once dotted the landscape.

Today, the area is considered one of the most significant lake-dwelling discoveries in Europe.

For information in English on this historic site, visit www.palafittedro.it

To visit by car, take the *Autostrada A22* in the direction of *Trento* and exit at *Rovereto Sud*. Follow the *SS240* until *Riva del Garda*, and follow the brown signs for approximately six kilometers to *Val di Ledro*.



THE WAY IT WAS: About 10,000 prehistoric piles re-emerged during the late 1920s. The water submerged them again until the drought of 1936 when the excavations started again.



REMNANTS: A reconstructed pile-dwelling is on display near the museum.



VISIT: Visitors leave the pile area to visit the museum, which offers free admission for children under 14, 3 euro for adults.

BEYOND YOUR AVERAGE FUN

This year's Club Beyond participants enjoyed beach volleyball at the American Beach in Tirrenia. Hundreds of students from garrisons throughout Europe camped out on the Camp Darby grounds for the annual weeklong event. For more information on the club, contact Camp Darby's Jessica Barlow at jessica.barlow@eur.army.mil or Caserma Ederle's Cadena Trusty at ctrusty@clubbeyond.org. For more information on Camp Darby's American Beach in Tirrenia (lodging cost and location, where to eat, driving directions, and amenities), visit www.usag.livorno.army.mil/ and scroll down to "PLAN MY VACATION."

Photo by Chiara Mattirola



Darby Dates

Upcoming ITR trips

- Acqua Village trip July 19: The park features water slides, play rooms and more.
 - Venice trip July 20: Built on 117 small islands, it has more than 150 canals and more than 400 bridges.
 - Cinque Terre trip July 21: A remote piece of the Italian Riviera consisting of five villages connected by trails that hug the coastline.
 - Volterra July 22: The city is situated on a high plateau with views of the surrounding hills and famous for its craftsmen who have been carving elaborate statues from locally mined alabaster for 2,500 years.
 - Rome trip July 23: Visit the city's most famous sites.
 - Elba trip July 24: One of the three major islands off the coast, it is considered the most beautiful. Swim, scuba, snorkel, or rent a scooter.
 - Apuane Alps: Enjoy a day of challenging hiking up to an elevation of 4,900 feet in the Apuane Alps July 25 by calling ODR at 633-7775 to reserve a spot. Register by July 24 at noon.
 - Florence trip July 25: Spend the day at your leisure. Visit museums, Accademia Gallery, shop in the outdoor market or along the Ponte Vecchio or enjoy the scenery at an outdoor café.
- Call ITR at 633-7589 for information or to reserve a spot for the trips.**

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.

The chapel is collecting cardboard, robes, children's plastic swimming pools and cardboard rolls from paper towels and toilet paper.

Contact the Catholic education coordinator to find out when the next confirmation will take place or for more information.

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

The congregation needs a cantor. Talk to Chaplain Porter or Father Roberto to serve.

Mullen bothered by troops with PTS bottoming out

continued from Page 2

because they were proud of their new medals; it was because they were proud of the difference they knew they were making together, as a team-as an Army.

The second thing I have learned is that our Army has become a world-class counterinsurgency force in an extraordinarily short time.

In Iraq, I walked down the streets of Sadr City, and visited an outpost in Mosul.

These were places where, just a few weeks before, we could not have visited at all. Al Qaeda is clearly on the run in Iraq, and the surge and Anbar Awakening and even Muqtada al Sadr's ceasefire all helped to make that happen. But what really turned it around was the counterinsurgency tactics that our troops embraced and perfected.

Think about it: As late as the winter of 2007, when President Bush announced the surge, attacks were averaging nearly 180 a day, the highest level since major combat operations ended. A new national intelligence estimate predicted that Iraqi leaders would be hard pressed to reconcile over the next year and a half.

But look where we are now. Our commitment to counter-insurgency warfare worked. That meant sharing risk with the Iraqis, which in turn meant a whole lot of courage on the part of our Soldiers. Yet they prevailed because they learned, adapted, and most of all believed.

Third, I learned that it is irresponsible to neglect the continual improvement of our conventional capabilities.

I was struck during one of my first visits as chairman to an Army base - Fort Sill - by how few young artillery officers had earned their basic qualifications because they had so often deployed outside their skill set.

Now, as the chief of Naval Operations who deployed upwards of 12,000 Sailors to work on the ground in the U.S. Central Command theater, I understand the benefit for people to develop themselves.

We need more balance in the way we think, train and resource ourselves. Very real threats still exist from regional powers who possess robust conventional and, in some cases, nuclear capabilities. We must restore some of the more conventional and expeditionary expertise that we will require in the uncertain years ahead.

It is difficult to modernize while fighting a war. But there is also an argument that a combat footing generates the energy and sense of urgency that allow us to meet the pace of change.

The essential truth is that we are at war - and it is a war that is moving at lightning speed.

And that brings me to my fourth observation: our peacetime processes are not adapted to a wartime reality. We simply have not kept pace with the demands that this war requires of our wounded, fallen, and their families.

Some wounded service members are waiting too long to receive disability ratings and transition out of the military, leaving them and their families in limbo.

Indeed, service members tell me that their most precious resource is time. They want their lives back. They want to move on.

I know that we have launched a pilot program with the Department of Veterans Affairs designed to streamline the transition process, but we are still not moving quickly enough. And I hope that we are able to expand it as rapidly as possible.

Recent studies suggest that as many as 20 percent of today's troops may suffer from post-traumatic stress brought on by combat in Iraq and Afghanistan.

Many are understandably wary of the stigma attached to mental health issues - a problem we can alleviate by making everyone undergo screening, so no one has to raise his or her hand.

I recently had the chance to visit the VA hospital in Palo Alto, Calif., and talked

with about 30 mostly active-duty PTS patients from every service. It bothered me to see what they had to go through just to get help - essentially bottoming out, like they were in an alcohol or a drug rehabilitation program.

The families of the fallen and the wounded never lost the American dream.

They still want to work; they want to send their kids to school;

they want to get an education; they want to own a piece of the rock. Indeed, they have earned it. And it is up to us to ensure that they get the chance.

Finally, I have learned that the Army, above all, is a learning organization. From rapid development and adaptation of doctrine, to command organization, to movement of brigade combat teams and modular headquarters, to the way people are promoted, the Army is constantly changing and adapting to meet the challenges of the day.

We are seeing people succeed, grow, and lead. We are seeing people unafraid to challenge assumptions or old ways. Our mid-grade noncommissioned officers and young captains love what they do. They have led in combat. They are remarkably resilient, and they do us all proud.

Junior officers and enlisted men and women need to know that it is right to question the direction of their service and seniors. In fact, they should be rewarded for it.

That sort of feedback is healthy, and it foments the kind of change we need. As General George Marshall once quipped, "Soldiers are intelligent. Give them the bare tree; let them supply the leaves."

I have certainly seen the forest for the trees here, and have learned a lot about the Army. Most importantly, I have learned from the Army.

(Adm. Michael G. Mullen serves as chairman of the Joint Chiefs of Staff. This article first appeared in the Joint Force Quarterly magazine, First Quarter 2009 edition.)

Venice fetes city salvation with festival



Photo courtesy of Venice APT

Promises Kept

Venice will host its annual Redentore (Our Savior) festival July 18-19, complete with elaborately decorated boats, nighttime fireworks and gondola regatta. In 1576, the Venetian Senate decreed that if the city were saved from a devastating plague, it would build a church in honor of Christ the Savior. The city survived, the church was built, and an annual pilgrimage and festivities have taken place since the 14th century.

Festivals & events

Redentore (Our Savior) Festival, July 18-19, in Venice, San Marco Basin.

The festival is particularly popular with Venetians as it combines a religious theme with a spectacular celebration that attracts thousands of visitors.

It celebrates the city's redemption from a plague in 1576. In an attempt to ward off the worst, the Senate decreed that if the city were saved, a temple would be built in honor of Christ the Savior.

The city survived and the Redentore Church was built. Since then an annual pilgrimage has been held.

On July 18 hundreds of decorated boats will gather in the Giudecca canal and in front of St. Mark's Square. This display of lights and sound culminates with a firework display over the water. The night ends with the boats going over to the Lido to await the sunrise. On July 19 there will be a procession to the Redentore Church and gondola regattas on the Canale della Giudecca from 4 p.m. until.

■ **July 18: 7 p.m.** opening of the votive bridge, a 330-meter floating bridge that goes from Zattere to the church of Redentore on Giudecca isle. 12:30 p.m. firework display at St. Mark's Basin.

■ **July 19:** 4 p.m. regattas of the Redentore. 7 p.m. mass at the Church of Redentore.

Redentore (Our savior) historical parade: July 17-22 in

Ponte di Barbarano, at Villa Rigon, Viale Crispi 2, about 13 miles south of Vicenza. It dates back to the end of the XVII century.

■ **July 17:** 8 p.m. food booths open. Free tasting of the "Doge's bread;" 9 p.m. historical commemoration parade - people wearing the traditional costume of the Venetian aristocracy disembark at the canal's dock. Live baroque music and dances, entertainment with fire-eaters and jugglers. Exhibition of Venetian artifacts of the XXVII century; 10 p.m. fireworks on the Bisatto Canal.

■ **July 18:** 7 p.m. food booths with local specialties; 8:30 grand opening of the Berici area crafts exhibition; live music and dancing with *Il Mulino del Po*.

■ **July 19:** from 4 p.m. carnival rides; 7 p.m. food booths; painting and crafts; live music and dancing with *Checco e B. Band*.

■ **July 20:** 4 p.m. cycle race; 7 p.m. food booths, exhibitions, carnival rides, live music and dancing with *Marco e i Niagara*. 10:30 p.m. lottery draw.

■ **July 21:** 7 p.m. food booths. Painting and crafts exhibitions, live music and dancing with *Mery e Elisa*; midnight fireworks.

Hoga Zait, Cimbric Festival: July 17-19 in Roana, about 37 miles north of Vicenza. Hoga Zait in Cambric language means "time to celebrate." The inhabitants of many mountain towns of the province claim to be descendants of the ancient

Cimbric of Scandinavia origin.

■ **July 17:** 8 a.m. guided excursions; 4 p.m. old utensils and artifacts exhibition; 6 p.m. Mass in Cimbric language; 9 p.m. and 11 p.m. live music.

■ **July 18:** 9:30 a.m. guided excursion to the Valdassa's graffiti; 4:30 p.m. Klainen Dolomiten Concert; old utensils exhibition; 6:30 mass in Cimbric language. 9 p.m. torchlight procession in period costume; ethnic shows and music.

■ **July 19:** 2 p.m. Local handmade whistles exhibition; cow milking and cheese making demonstration by local biological farms. *I Gruetzigaar* Group exhibition. 4 p.m. farmers wearing their traditional costumes will gather the sheep to move them to lowland pastures; weavers exhibition. 9 a.m. closing ceremony.

FREE concerts exhibits, classes

The Garden of the mix art - exhibition: July 16-23, 9 p.m., in Dueville, Giardino Magico, Parco Via Rossi, about 8 miles north of Vicenza.

Sunday night voices in concert: July 16, 9 p.m., in Sandrigo, Via Tugurio, about 9 miles north of Vicenza

DJ Set High Promotion - outdoor disco night: July 16, 10 p.m., in Sandrigo, Via Tugurio, about 9 miles north of Vicenza.

Hard rock, space rock, pop and experimental music concert: July 16, 9 p.m., in Dueville, Giardino Magico, Parco Via Rossi, about 8 miles north of Vicenza.

Yano DJ - Afro music: July 17, 9 p.m., in Campotamaso di Valdagno, sports field, about 20 miles northwest of Vicenza. Food booths and ethnic market.

La Zurda - Argentine music, songs and dances: July 18, 10 p.m., in Campotamaso di Valdagno, sports field, about 20 miles northwest of Vicenza. Food booths and ethnic market.

Tango Night: July 19, 9 p.m., in Caldogno, Piazza Europa, 7 miles northwest of Vicenza.

Ferrock 2009 in Vicenza's Retrone Park, Via Malvezzi
 ■ **Rock, punk, pop and folk music:** July 16, 9 p.m.,
 ■ **Funk and Punk'N'Roll music:** July 17, 7 p.m.
 ■ **Reggae music:** July 18, 7 p.m.

■ **Brasilian percussion and belly dancers:** July 19, 7 p.m.

Explore the sky, Astronomical Observatory of Arcugnano, July 21, 9 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.

Pay concerts & events

Madonna: in Udine, July 16.
Motörhead, in Piazzola Sul Brenta July 17.

Burt Bacharach with special guest Karima: Lucca, July 18.

George Benson: in Villafranca (Verona), July 19.

Tracy Chapman: Arezzo, July 22.

Bruce Springsteen: in Rome, July 19; in Torino, July 21; in Udine, July 23

The night of rock legends: Jack Bruce-Robin Thrower-Gary Husband in Savona July 23.

Simple Minds: in Venezia, Piazza San Marco, July 24.

Jack Bruce and Robin Trower: in Piazzola sul Brenta, July 26.

Gary Husband: in Piazzola sul Brenta, July 26.

John Fogerty: Lucca, July 26; Piazzola sul Brenta, July 28.

ColdPlay: in Udine, Friuli Stadium, Aug. 31.

Notre Dame de Paris: in Verona, Arena, Sept. 10.

Buy tickets in Vicenza at Media World, Palladio Shopping Center, or http://www.greenticket.it/index.html?imposta_lingua=ing or <http://www.ticketone.it/EN/>.

Outdoor Recreation

Try kayak fishing

Enjoy kayak fishing **July 25;** \$65 includes equipment, tackle, and transportation. Call 634-7094.

Cruise Switzerland

Cruise the lakeside town of Lugano **July 25.** Call ODR today.

Portofino village

Discover the small fishing village of Portofino on the Italian Riviera **July 26.** Call 634-7094.

Learn scuba July 27

Learn to scuba dive in the open water basic scuba class. Fee is \$280 and includes equipment, transportation and certification. Call 634-7453 to register.

Experience Lake Garda

Enjoy a day on the beautiful Lake Garda **July 30.** Call 634-7453 now to make your reservation.

Hydrospeed Aug. 1

Enjoy hydrospeeding on the Brenta from 9 a.m. -3 p.m. on a guided trip with ODR. Call today.

Now Showing

Ederle Theater

July 16	Ghost of Girlfriends Past (PG-13)	6 p.m.
July 17	Battle for Terra (PG)	6 p.m.
	The Soloist (PG-13)	9 p.m.
July 18	Battle for Terra (PG-13)	3 p.m.
	I Love You Beth Cooper (PG-13)	6 p.m.
July 19	The Soloist (PG-13)	3 p.m.
	I Love You Beth Cooper (PG-13)	6 p.m.
July 22	Angels & Demons (PG-13)	6 p.m.
July 23	Angels & Demons (PG-13)	6 p.m.

Camp Darby Theater

July 17	Transformers: Revenge of Fallen (PG-13)	6 p.m.
July 18	Angels & Demons (PG-13)	6 p.m.
July 19	Transformers: Revenge of Fallen (PG-13)	1 p.m.
July 23	Ice Age: Dawn of the Dinosaurs (PG)	6 p.m.

Admission: Age 12 and over \$4, under age 12, \$2.
The Ederle Theatre 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.

Madonna tickets on sale through ODR

ODR is selling tickets for Madonna's concert in Udine July 16 on July 16 from 10 a.m.-3 p.m.

Tickets are 65 and 75 euro, depending on seating. ODR will run a bus to the concert. Cost for transportation is \$30.

Call 34-7453 today.

Make your deployment dollars change your life

Build wealth but not debt with your deployment dollars. Find out how July 28, 3 p.m.

Call 634-7500 to register.

Bake sale set July 18-19

The SOTA Warrant Officer Chapter is having a bake sale July 18-19 from 11 a.m.-4 p.m. in front of the PX.

The donations will be put back into the community for charities and scholarships.

Community members can purchase baked goods or make donations.

Call CW4 Roberts at 634-7750 for information.

FMWR pool party

FMWR is hosting a pool party at the Villaggio pool July 18, 11 a.m.-3 p.m.

Enjoy free food and drinks, music and activities.

Call 634-5087 for information.

EFMP roundtable

EFMP Roundtable meets July 28, 11 a.m. at the Davis Soldier and Family Readiness Center. Anyone may attend.

Call 634-7912.

Stress management

An Aug. 3 ACS class at noon can help you identify signs and explore techniques to manage and reduce your stress.

Call 634-7500.

Eleanor Roosevelt topic of book club meeting

The next book club group will meet Aug. 6 at 7 p.m. to discuss the autobiography of Eleanor Roosevelt.

The library has several copies available for check out at the circulation desk.

FMWR job opportunities

DFMWR has two two positions available in the financial management division, tax relief office:

- financial assistant - NF-0503-02, One (1) regular part-time and one (1) flexible, temporary not to exceed Sept. 30. Hourly wage range is \$8.62 - \$10.18 per hour.

For more information, call the Vicenza HRO, NAF Office.

USAG Vicenza, Directorate of Family and Morale, Welfare and Recreation, has an exemption to the Dual Compensation Act for the following positions:

- custodial worker, NA-3566-01/02

- waiter/waitress, NA 7420-01/02

- food service worker, NA-7408-01/02

- bartender, NA-7405-03

- cook, NA-7404-04/06

- operations assistant, NF-1101-02

- recreation aide, NF-0189-01

Current non-appropriated fund (NAF) employees who occupy regular or flexible full time positions and current appropriated fund (APF) employees who occupy permanent or temporary full time positions may be selected for dual appointments to the above positions within the USAG Vicenza.

The dual appointment may only be flexible (intermittent).

Questions regarding the above should be directed to the Vicenza HRO, NAF Branch at 634-7349 or 7290.

Lifeguard competition

Lifeguard competition on July 28, 1-2:30 p.m. at the Villaggio pool.

The community is invited to cheer on its favorite guards in these competitive events: water entry, approach relay, active drowning victim, brick race, passive drowning victim, and back boarding. There will be no open swimming during these events.

July MOMS club

- July 17 Pool Playdate at 4 p.m.

- July 18 Family Night at 6:30 p.m.

- July 22 Out and About Group Activity at 9:15 a.m.

- July 24 MOMS Night Out at 7 p.m.

- July 27 MOMS Club Monthly Meeting at 10:30 a.m.

- July 29 Pool Playdate at 11 a.m.

Family classes

ACS offers the following classes to assist families:

- **Basic Principles of Parenting** July 21, 11:30 a.m. Parents can explore the fundamentals of raising happy, healthy children.

- **Romp and Stomp**

playgroup July 22 and 29, 10 a.m. at the Villaggio Youth Center, and bowling July 20, 3-4 p.m. *for families enrolled in the EFMP Program.*

- **Stress Management** on July 27 at 11:30 a.m.: Participants learn about the biology of stress and how and why it has such profound effects on our lives.

- **Benvenuti** July 20-23. New to the community and Italy? Join ACS for its Benvenuti class, which gives new arrivals a look at the culture, language and gives practical suggestions for making your time in Italy an extraordinary experience.

All classes require registration. For information and to register call 634-7500.

Shell painting workshop set July 29

The library is hosting a shell painting workshop at the art center July 29, 5-6 p.m., with Franco Lidron. It's free for kids 6 and up. Call 634-7291 to register before July 20.

Kinders program still has openings

Space is available in the Kinders program for children who will enter first grade in the fall.

Activities include: fitness, gardening, and Slimy Science along with field trips around and off post. Call 634-5008 for information.

Multimedia art

Learn the basics of multimedia art in four sessions beginning July 15 at the Art Center. Classes are 4-6 p.m.; supplies included. Call 634-7074.

Create your pottery

Learn to create your own pottery at the art center in the basic wheel throwing class. Two sessions begin July 19.

Beginner hand-building classes offered July 22 and 29.

Register by July 17 at 634-7074.

Framing class July 22

If it's been a while since your last framing project, get back to the basics with a one-hour session July 22, 5 p.m. Call 634-7074 to register.

Makeup class July 25

Learn how to turn basic daytime look into evening magic in the make-up techniques class at the Art Center July 25, 2-4 p.m.

Sign up before July 23.

Eating healthy does not have to be painful

This four-week nutrition series (Thursdays from noon-1 p.m.) with Lt. Col. John Vogel, DO, USAHC-Vicenza, will introduce participants to the

basics of nutrition.

It will also provide practical information on how to shop for and prepare healthy meals.

- July 23: Commissary Tour: To Buy or Not to Buy (meet at commissary)

- July 30: Healthy Cooking Class, 11:30 a.m.-1:30 p.m.

Call 634-8186 for information.

Woodshop certification

Create your own cutting board and get certified to use the woodshop July 26, 10 a.m. Register by calling 634-7074.

Intro to framing

Discover how to save time and money learning to frame your own art, certificates and photos July 25. Sign up by July 12. Call 634-7074.

Check out dvds for free

The Caserma Ederle library has new releases of your favorite movies, TV shows and CDs. Visit www.vicenza.mwr.com.

PWOC hosting summer studies

PWOC offers two different studies over the summer. *Frazzled Female*, a book study, helps women balance faith, ministry, work and home life.

Bible Studies By Demand is a video study perfect for those who will be in and out over the summer.

PWOC meets Tuesdays July 21 and 28 from 10-11:30 a.m. in the chapel activity room.

Child care is provided for ages 6 weeks to 12 years. Evening study is on Wednesday from 5:30-6:30 p.m.

USO announcements

Sign-up for our Level 1 Italian Class. Cost is \$118 plus the cost of the book.

Classes are Tuesdays and Thursdays, July 21-Sept. 17.

Mark your calendars for our Back to School Bash Aug. 15. We'll have live music, crafts, food and a face painter.

Call 634-7156.

Leadership workshop slated July 22

Group Processes and Dynamics: A free workshop is offered July 22 at 6 p.m. at the Vicenza Education Center.

The workshop highlights group structure and how to effectively lead a group. Topics include the Myers Briggs Type Indicator and conflict management.

A few hours will help you to lead a more cohesive group — whether at work, at school, at home or within the community. E-mail dfrayne11@email.phoenix.edu for info or to reserve a spot.

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

6 p.m.: Contemporary Christian service

Mondays

Noon: LDS Scripture Study

5:30 p.m.: High School Club in the Teen Center

Contact Cadena Trusty at 320-808-6148 or vicecb@yahoo.com.

Tuesdays

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

Wednesdays

3 p.m.: Praise Dance practice

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

5 p.m.: Contemporary Praise band practice

5:30 p.m.: PWOC evening Bible study

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 335-8219492.

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

Community Calendar Highlights

Aug. 8 - DFMWR-1-503rd Health Run

Aug. 10 - Veterans Affairs Individual Counseling

Aug. 14 - Veterans Affairs Benefits Briefing

Aug. 24-25 - Training Holiday

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

Ready for fun?

Flag football season, Mr. & Mrs. Bodybuilding competition and more offers fall fun for everyone

Sports Shorts

Flag football referees needed, clinic set July 27
 Referees are need for flag football. An official's clinic will be held July 27 6 p.m. at the firing range classroom.
 For information on how you can get certified and earn extra money, call 634-7009.

Mr & Mrs. Vicenza Bodybuilding Competition
 Start training now for the bodybuilding competition in September. Open to all U.S. ID cardholders 18 years and older and out of high school in the U.S. military communities in Vicenza, Livorno and Ghedi.
 Need a personal trainer? Want help with training plans and nutrition? Call the Fitness Center at 634-6716. Registration information to be released online at www.vicenzaMWR.com.

Would you like to coach? CYS needs YOU
 CYS Sports is always trying to come up with other sports to offer. If you have an idea and are willing to coach this sport, call 634-6151 or 0444-71-6151.
 CYS Sports is also looking for tennis, basketball, swim team and bowling coaches for next fall.
 Perks for becoming a coach include discounts, photos, certification class, T-shirt and supplies.

Members, coaches needed for post softball team
 Sports, Fitness & Aquatics is looking for players and coaches to help build a male and female post softball team.
 Teams will practice Tuesdays and Thursdays at 7 p.m. at the softball field.
 Participants must be at least 18 and out of high school.

Aqua aerobics instructor
 The USAG Vicenza Sports and Fitness Office is looking for certified aqua aerobics instructors.
 Call Joe Reeder at 634-5181 or 0444-71-5181 for more information.

Swim team coaches needed
 The Mako Sharks community swim team is looking for adult volunteers interested in coaching a competitive swim season throughout the summer and fall 2009-2010.
 If you would like to spend time mentoring children between ages 6-19, contact Cindi Unger at cindi.unger@us.army.mil or Arlana Young at arlanayoung@hotmail.com.

AIR TIME:

Receiver Jeff Black catches the ball during a 2008 flag football practice officiated by clinic participants on Caserma Ederle's multipurpose field. USAG Vicenza is seeking flag football referees for the upcoming season. If you would like to become a certified paid referee, sign up today for the July 27 official's clinic. The clinic starts at 6 p.m. at the firing range classroom. Call 634-7009.

File photo by Laura Kreider



THE VIEW:

Spectators watch a flag football game during the 95th MP Battalion Pig Bowl last year at Taylor Barracks, Mannheim, Germany.

If you are a Soldier interested in playing or refereeing flag football, call the fitness center today at 634-7009.

Photo by Jason L. Austin



GROUND POUND:

Capt. Samuel Arnett, commander, 92nd Military Police Company, Baumholder, Germany, heads to the ground after colliding with Sgt. Shaun Beverly, from Headquarters and Headquarters Company, 95th Military Police Battalion, Mannheim, during the 95th MP Battalion Pig Bowl held last year on Taylor Barracks, Mannheim.

Photo by Jason L. Austin



SOFTBALL Soldier League Standings

Team	Win	Loss	Game Scores
SETAF	7	1	June 29
HHD 509	6	4	USAHC: 2 vs. F&M: 15
D Co. 1/503	5	3	D Co. 1/503: 15 vs. HHD 509: 3
14th Trans.	5	5	Ghedi: 9 vs. SETAF: 12
AFN South	4	5	July 8
Female & Male	3	3	Ghedi: 6 vs. 14th Trans: 28
HHC 1/73	2	0	USAHC: 10 vs. Ghedi: 12
HHC 1/503	1	2	
Ghedi	1	2	
USAHC	1	9	

JULY FOURTH Sports Events

Bocce Tournament
Female Singles
 3rd Place- Teri Finney
 2nd Place-Jessica Clark
Champion-Rachel Clark
Males Singles
 3rd Place-Andrian Cleveland
 2nd Place-Thomas Clark
Champion-Lee Clark
Mix Doubles
 3rd Place-James Hughes
 Jared Hughes
 2nd Place-Adrian Cleveland
 Thomas Clark
**Champions-John Casey
 Jamie Casey**

Horse Shoe Tournament
Female Singles
 2nd Place- Adriona Cleveland
Champion-Tiffany Cleveland
Male Singles
 3rd Place-James Hughes
 2nd Place-Mike Leahy
Champion-Justin Vincent

Basketball Challenge
Certified 45 vs. 123 Team 34
Certified 52 vs. 123 Team 22
Certified 45 vs. 123 Team 27