March 5, 2009

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Medics teach Soldiers to save Soldiers

Story and photos by Spc. **Gregory Argentieri** 173rd ABCT Public Affairs

173rd Airborne Brigade Combat Team combat medics are back to teaching their fellow Sky Soldiers combat life saving techniques on Caserma Ederle.

The 40-hour Combat Lifesaver Course (CLS), the first since the brigade's return from Afghanistan, focused on the critical medical skills required to save Soldiers in combat.

The skills taught in the class are clearing the airway, checking breathing, checking circulation or ABC. Other medical treatments included head-to-toe exam, applying tourniquets and improvised tourniquets, making splints, administering intravenous infusions (IVs), inserting a nasopharyngeal airway and proper procedures for chest wounds and needle chest decompression.

Combat medic Spc. Paul F. Nino, a primary instructor with Headquarters and Headquarters Company, has been in the Army over two years and has taught more than 40 CLS courses.

Including his last deployment with the brigade, he has successfully instructed more than 400 American Soldiers and 700 Afghans.

"It's called a combat lifesaver course, but it's like a first responders course. If you're the first one on the scene and your medic is not there, or your medic is treating eight other guys, you have to know, okay this is what I can do to save my buddy's life

comes to help me out," said Nino. "I know from experience that every second counts."

Pvt. Dane J. Wittig, a signal intelligence analyst HHC, has just joined the brigade and been in the Army for 13 months.

He says he's glad to be here, is impressed by the leadership and knows the Soldiers are squared away.

"CLS is an opener eye compared to the stuff they taught us in basic training," said

Wittig. "You don't realize how much you forget."

In the final exercise of the CLS course, the Sky Soldiers were tested as they ran through trauma lanes, which are conducted in a simulated combat environment.

The CLS students donned full battle gear before performing on-the-spot combat lifesaving drills.

"CLS is important because there are not a lot of medics in the Army," said Sgt. 1st Class Michael Rogers, another primary instructor and a combat critical it is," said Spc. Devin L.

medic with HHC. "It's like one medic per every platoon, or one medic for every 14 Soldiers."

"If you get four or five Soldiers hurt and there's only one medic, he can't take care of everybody at one time," said Rogers. "CLS certified Soldiers can help out by keeping their battle buddies alive."

The end goal is for 100 percent certification across the entire brigade.

"On a scale of 1 to 10, I rate this CLS course at a 20 on the importance meter, that's how Daniel, a signal systems support specialist for HHC.

Daniel said Rogers and Nino, the primary instructors for the course, got 9.5 out of 10 for their instruction.

"Through real-life scenarios these instructors breathed life into the class. The instructors make or break the class," he added.

"If your battle buddy is injured, it's your battle buddy's life in your hands," said Daniel. "You have the ability to save his life, if you know what you're doing out there with your CLS bag."



173rd Airborne Brigade Combat Team Sgt. 1st Class Michael Rogers, a combat medic with Headquarters and Headquarters Company, and one of the primary instructors for the combat lifesaver course held on post Feb. 19, points to the location where Pvt. Dane J. Wittig, a signals intelligence analyst for HHC, should insert the needle to perform a proper chest needle decompression.

Can you juggle, sing, tell a joke?

Bring your talent to the Army Emergency Relief's Vicenza Variety Show auditions.

In conjunction with Better Opportunities for Single Soldiers and Soldiers' Theatre, AER is looking for community members who dare to take the stage – and help raise awareness and funds for AER.

Deadline to sign up is March 13 by calling Valerie Sweed, AER officer, at 634-8524 or the BOSS representative, Spc. Andrea Fifer at 634-7519 or stop by the Military Personnel Division, bldg 28 and sign up.

Know suicide myths, facts

By Dr. Robert McKenzie US Army Health Center Vicenza

Prior to last year, the rate of military suicides had always been below the civilian levels. Being in the military had served some protective function, either by having the individual employed, having access to health care or by being exposed to suicide prevention programs. That no longer holds true.

There are certain risk factors that may make some individuals more prone to attempt suicide, like suffering from depression or other mental illnesses, abusing drugs or alcohol or having previously attempted suicide.

People who are having relationship problems,

significant problems at work, had let someone know. legal troubles, financial troubles, are also at increased risk. can increase their risk.

If you know someone who has problems like these, be alert.

If you suspect that someone is suicidal, ask them, stay with them and get them to the help they need.

There are certain myths about suicide that need to be clarified.

Myth: Some people believe that individuals who talk about suicide are looking for attention.

Fact: People who die by suicide usually talked about it first. Up to 75 percent of suicides

Myth: Asking someone if or lack significant social support they are thinking about suicide

> Fact: Directly asking them can lead to their getting the help they need. Talking about suicide provides the opportunity for communication.

Myth: Once people decide to commit suicide there is nothing you can do to stop them.

Fact: People who are suicidal do not want to die, they just want the pain to stop. Suicide is a permanent solution to what is usually a temporary problem. Suicides can be prevented. People can be helped.

Myth: Young people never think about suicide.

Fact: Suicide is the third leading cause of death for young people 15-24 years of age. Be See Suicide on page 2

The Noncommissioned Officer PATTERNS OF SUCCESS

Sqt. 1st Class Felicia Tyson

Unit: SETAF/U.S. Army Africa

Current Position: Current Ops NCO

Age: 36

Hometown: Pompano Beach, Florida

Years in Service: 18 years

Mentor: My Dad, because he is the epitome of a man and a father. He was the first person to show me how love can propel you forward even when circumstances are trying to hold you back. My father, through his everyday life, inspired me to be the best I can be.

Motto: "Learn from your failures, or you will fail to learn" and "winners are made up of failures who did not quit."

Definition of an NCO: NCOs lead with the understanding that they are teaching their Soldiers how to successfully overcome adversity, even when things seem insurmountable.

Advice for junior enlisted Soldiers: Always strive to be the best and remember the things that they do today will determine who they will become

Your defining moment as an NCO: The day I was promoted to SGT and given charge to help shape young Soldiers into leaders who would one day receive the torch and continue the tradition of being the "Backbone of the Army."

VISIT THE ARMY'S WEB SITE DEDICATED TO THE YEAR OF WWW4.ARMY.MIL/YEAROFTHENCO

Source: SETAF PAO

OUTLOOKgraphic

Post women honored as environmental champions

Equal Opportunity Office Press Release

March is designated as National Women's History Month to ensure that the history of women will be recognized and celebrated in schools, workplaces, and communities throughout the country.

This year NWHM acknowledges women who are making a difference in the "green" movement on a local, state, national or international level.

The Equal Opportunity office asked the Caserma Ederle community to nominate women of all ages who are working to protect the environment.

Each week in March, The Outlook will print biographies about the four finalists from Caserma Ederle. Brief biographies of all 2009 honorees are on the NWHM Web site: www. nwhp.org.

Rima Gasparini

Rima Gasparini's tireless contributions to help protect an endangered species, the sea turtle, has been instrumental in saving this species. Every summer she contributes her time and efforts by



Rima Gasparini searches for hatching sea turtles under the guidance of Wilma Katz, head 'turtler' on Manasota Key, Fla. Gasparini has been helping save sea turtles for several years as well as helping keep the beaches clean. (Photo courtesy of Ann Gasparini)

cleaning up beaches and helping maintain the turtle hatchery on the beaches of Florida. She helps to protect hatching turtles as they make their way to the ocean.

Protection of one species is important for the survival of all species. Her continued stewardship by teaching others about the importance of protecting the

environment is dually appreciated. Rima has presented her classmates information about the sea turtles; how and why they should be protected.

Efforts such as these will instill in students the importance of protecting all living species, and perhaps it will motivate others to follow in their footsteps and take

Do your part, stay vigilant for signs of suicide

Suicide from page 1

aware of sudden changes in their behavior, withdrawal from friends, activities, dropping out of group activities, changes in their personality, or a lack of interest in their future. If you suspect your child is thinking about suicide, ask them. Do not trivialize plans that seem less complete or less dangerous. Impulsivity is not uncommon in this age group.

If you suspect that someone is suicidal, ask them, stay with them, and get them to the help they need.

Help is available at the Department of Behavioral Health, no appointment is necessary or call 634-7604. After hours, or if the clinic is closed, call the military police desk at 634-7233 or 7626 or off post at 0444-71-7233 or 7626, and the Chaplain's Suicide Hotline at 634-KARE

(5273) is available 24 hours a day.

Or use the chain of command and have the person transported to the emergency department at San Bortolo Hospital. The person can be assessed

there and admitted if necessary.

Help is available. Do not wish you asked or acted. Your battle buddies, friends, family members and colleagues all need you.

Free way to shape up for summer

USAG Vicenza Public Affairs Press release

If you're looking to lose a few pounds or just give yourself a quick energy boost - here's a freebie for you: walk. If you drive to work on post, instead of parking your car in a hightraffic spot (commissary, PX, health clinic), park in one of the seldom-used

lots and leave the parking spaces to those who truly need them – pregnant women, spouses with children and groceries, the elderly and disabled.

Where are these seldom-used parking spots? Hoekstra Field for one. Along Johnson Avenue (the road the dental clinic ends on; side streets running toward and away from Hoekstra field.

Speak Out

What is the best part of being assigned overseas?



Capt. Ernest Ambrose SETAF G-3

"The history of Europe —it goes back so much further than America and there's so many places to see and enjoy."



Master Sgt. Mason Bryant **SETAF G-3**

"I enjoy the travel and culture of foreign places."



Sqt. Yvonne Ralph 173rd HHC

"The opportunity to build up savings and college funds for my children."



Sgt. 1st Class Kenton Peterson **SETAF G-3**

"The opportunity for me and my family to enjoy a different culture."



Spc. Anthony Pierce 173rd ABCT

"I really enjoy the beaches and traveling."

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AFAP conference delegates trim 114 issues to 14

USAG Vicenza Public Affairs Press release

The annual Army Family Action Plan conference was held on Caserma Ederle Feb. 25-27 with a total of 114 issues submitted, according to Rose Holland, Army Community Service AFAP manager.

The conference broke down the issues and sent them to six work groups.

Helping to comb through the issues, prioritize and, in some cases, solve it on the spot, were subject matter experts from post organizations like AAFES, the Directorate of Public Works, the Directorate of Family and Morale, Welfare and Recreation, said Holland.

This led to the following 14 issues being prioritized and worked on.

Single Soldier work group

Issue 09-03: Housing for Non-Custodial Single Soldier Parents

Scope: Single Soldiers living in the barracks who are noncustodial parents cannot have their children stay with them.

The cost and availability of lodging and the high cost of airfare and transportation make arrangements difficult. Single Soldiers are not allowed overnight visitation or extended stay within the barracks because of Army Europe Command policy. It is difficult for Soldiers to exercise their parental obligations.

Recommendation: Initiate a housing program for single Soldier parents who are authorized visitation rights.

Issue 09-04: Family Visitation Program for Outside Continental United States (OCONUS) Single **Soldiers**

Scope: Soldiers living in the barracks cannot have visiting family members stay with them. Room availability in hotel lodging is not affordable for the single Soldiers and their families. It is difficult for overseas single Soldiers to pay for family visits. A family visitation program will assist in the relief of the financial and logistical burden as well as improving morale.

Recommendations: Institute an OCONUS family visitation program for single Soldiers.

Issue 09-05: Medical tracking and treatment for Expiration Term of Service (ETS) Soldiers

Scope: A program does not exist to track and treat Soldiers for medical and mental issues after they leave the military. Recent statistics have shown that military suicides are on the rise. The relationship of this statistic to separating Soldiers is complicated because a program is not in place to evaluate them. A treatment program would continually provide medical resources and track issues our Soldiers are experiencing.

Recommendation: Implement a longterm program to provide treatment for mental and medical issues related to military service for ETS Soldiers.

Teens work group

Issue 09-01: Teens Driving on Military Installations Outside the United States

Scope: Students

under 18 stationed outside the United States are not permitted to drive. When youth return to the United States, they have no realtime driving experience, which cannot be replicated in a simulator, which is the only option available through the installation outside the United States. Their lack of experience causes a potential hazard to themselves and others.

Recommendations: Garrison command implement an exception to policy for youth with a stateside license to be allowed to drive on post. (2) Establish an exception to policy for DoD dependents stationed overseas to attain a stateside driver's license without being physically present.

Issue 09-02: Unaccompanied Space Available (Space A) Flights for Minors

Scope: Teens under age 18 are cannot use Space Available flights without being accompanied by a parent or court-ordered guardian. Minors are able to fly unaccompanied or with a noncustodial adult who has a power of attorney on commercial airlines. Families and teens will benefit from low-cost flights.

Recommendations: (1) Adjust current Space A regulation to agree with the current commercial airline rules for unaccompanied minors. (2) Allow minors to travel with an adult who has a power of attorney who are eligible to utilize Space A.

Child, Youth and School Services work group

Issue: 09-06: Child and Youth School Service (CYSS) Child Specialist

Scope: Children in frequentlydeployed communities have increased and more severe

The top three AFAP issues for Vicenza were:

- 1) Retention for Wounded Warriors - Issue 09-10
- 2) Freedom to Name Children Born in Italy - Issue 09-08
- 3) Purchasing Power of AAFES Local Managers - Issue 09-14

behavioral issues. These children require consistent services. Lack of a permanent child specialist exacerbates the instability children in a military community experience.

Recommendation: Establish a permanent position on the CYSS staffing template and hire a permanent credentialed specialist in child and family behavior.

Issue 09-07: Standardized Training for Department of Defense Schools (DoDDS) **Teachers**

Scope: Some teachers do not understand the challenges our youth face in a military community. Deployment and reintegration training for teachers is not standardized in DoDDS schools. Training would help provide a stable environment with supportive teachers at military communities.

Recommendation: Establish standardized training for teachers regarding the deployment and reintegration process.

Issue 09-08: Freedom to Name Children Born in Italy

Scope: United States citizens who give birth while living in Italy may not name their child(ren) as they choose. Under Italian law, a parent and child cannot share the first name even if the middle name is different, nor can children have suffixes or hyphenated last names. Such limitations remove the ability for families to continue important family traditions when naming their children.

Recommendation: Secure a diplomatic solution that exempts United States citizens assigned to a military installation from the Italian naming requirement.

Education, Employment and Benefits work group

Issue 09-10: Employment for Wounded Warriors Desiring

who are forced to medically discharge do not have sufficient reclassification options. Current policy does not permit Soldiers to reclassify or be retained due to strict physical fitness requirements.

Retaining wounded warriors allows them to continue to serve and improves collective morale while securing the valuable leadership skills, experience and knowledge they possess.

Recommendations: (1) Legislate protections, which encourage retention of wounded

> warriors through flexible physical fitness medical and requirements. (2) Implement regulations to protect the rights of wounded warriors pertaining to retention and reclassification.

Issue 09-09: Family Member Access to Online Language Education

Scope: Army Knowledge Online provides free and

convenient access to language training for active duty service members and civilian employees. Department of the Army family members do not have access to online language classes on Armyaffiliated websites. When living in a foreign country, language barriers impact the ability to communicate during emergencies. Having convenient online access to language classes will enable family members to interact independently in the local community and facilitate necessary communication skills in unforeseen events.

Recommendation: Provide DA family members free access to online language courses.

Family Support and Relocation work group

Issue 09-11: Restricted Reporting of Sexual Assault for All Department of Defense Identification Card Holders

Scope: Military dependents, DOD civilians and other authorized DOD ID card holders are not afforded the opportunity for restricted reporting of sexual assault. Unrestricted reporting is the victim's only option resulting in a full investigation from the Criminal Investigation Division (CID) and the command.

Under the Sexual Assault Prevention and Response Program (SAPRP) AR 600-20, Chapter 8, active duty service personnel are allotted the option of restricted reporting of sexual assault which does not result in investigation.

The risk of public knowledge and retaliation affects the number of reported cases, decreasing the number of those who seek treatment, thereby adversely affecting the Army's overall mission.

Recommendation: Amend the SAPRP to authorize restricted AFAP conference June 1-5.

Scope: Wounded warriors reporting for all DOD ID card holders eligible for medical services at the medical treatment facility to reflect the program already in existence for victims reporting domestic violence.

> 09-12: Utility Tax Exemption Program (UTEP) Membership Reimbursement for Civilians

> Scope: DFMWR is losing money as a result of civilian employees electing not to join the Utility Tax Exemption Program.

> The current annual UTEP membership fee of \$232 provides tax exemption for utilities but is not reimbursable to civilians, leaving no incentive for civilians to become members of the program.

> Regardless of enrollment status the government pays the total utility bill.

> Enrolling in this program enables the government to pay only the utility costs, eliminating the host nation tax.

> Recommendation: Reimburse civilian employees the UTEP membership fee, therefore encouraging them to join UTEP, thus saving the U.S. government the monthly taxes due.

Consumer Services work group

Issue 09-13: Family and Morale, Welfare and Recreation Category C facility funding during deployments.

Scope: FMWR Category C facilities must maintain a 15 percent profit margin at all times. Throughout deployments these facilities are forced to reduce their services and hours in order to meet their required profit margin.

This reduction forces employment cuts and increases the possibility of facility closures and program cancellations, as well as a significant impact on the morale in military communities.

Recommendations: (1) Change CAT C to CAT B during deployments. (2) Lower required generating profit of 15 percent during deployments.

Issue 09-14: Purchasing Power of Army and Air Force Exchange Service local managers.

Local AAFES managers do not have control over the purchase of line item products. Product inventories are based on demographics and do not accurately reflect local consumer purchasing trends. Limited sales floor space is used for unwanted and unsold merchandise reducing profit and consumer satisfaction.

Recommendation: Amend AAFES regulations to enable local managers with more specific control over product selection and ordering.

What happens next? On March 25 the steering committee meets to determine what will be worked locally and what is sent forward IMCOM-Europe, said Holland. By April 3 the steering committee will announce issues to be forwarded to IMCOM-Europe.

IMCOM-Europe holds their

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The Outlook

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Retention

THE Outlook March 5, 2009

Community events



Mako Sharks team members start their warm ups along with the Italian swim clubs members from Lonigo-Arzignano, Altopiano of Asiago and Creazzo before the first USA-Italy Friendly Swimming Competition held at the Piscine Comunali of Creazzo Feb. 28. "About 80 participants took part in the event," said Tiziano Gianesini, Leosport Creazzo director, who helped coordinate the event with Giuseppe Martini from the Swimming Why Not club of Arzignano. "Usually, we schedule this type of event to help the younger children get prepared for competitions. But what's new this time is that the American team participated as well."



Antonio Segura, Vicenza Boy Scout Troop 295 and a member of the Mako Sharks team holds the American flag in the parade at the end of the swim meet Feb. 28.

Swim practice leads to intercultural event

By Ann Gasparini Special to the Outlook

It was more than a swim competition as swimmers, families and friends of the Vicenza Mako Sharks joined several Italian swim clubs Feb. 28 to wrap up their first year as a re-established swim team.

Hosted by the Piscine Comunali of Creazzo, the Mako Sharks competed against Italian swim clubs from Lonigo, Altopiano Asiago and Creazzo for a first-ever USA - Italy Friendly Swim Meet Competition.

The event was kicked off by members of Vicenza Boy Scout Troop 295 who entered the pool area carrying American, Italian, European Union and Veneto flags.

The teams then paraded around the pool and competitors were given medals with "USA-Friendly Swim Gervasio Cortiana.

Cortiana and Vicenza military community representative Lt. Col. Bob Unger welcomed the teams, with the mayor saying he hoped this was the first of many friendly events between our communities.

Co-organized by Mako Sharks coach Tiffany Tran-Ozuna and executed with the assistance of coaches Arlana Young and Chris Olguin, the team participated in freestyle, backstroke, butterfly and breaststroke events.

The Mako Sharks team -Jonathan, Lizzie, Moira, Caitlin, Kyla, Noah, Abigail, Antonio, Tess, Chris and Liam - gave it their all as they competed against the Italian swimmers.

"It's all for fun," said Angelo Sibilla, who helped translate and negotiate for the Mako Sharks throughout the year. His efforts contributed to the successful relations between the Italian and American swim communities.

"It was a really good meet, the pool is awesome," said 17-Competition" engraved on them year-old Mako Shark swimmer from the mayor of Creazzo, Jonathan Bowman. "This is the first meet the Mako Sharks have

had with the Italians and I think we really did well. I'd love to come back and compete again."

After the competition everyone ate American favorites such as homemade cakes, brownies, Oreos and potato chips.

"This is something we would like to host at our pool this summer at the end of our short season," said Tran-Ozuna. "It's a way for us to welcome them to our

community and say thank you for letting us be a part of yours."

If your child is interested in competitive swimming, contact Tran-Ozuna at coachmako sharks@gmail.com.



(Above) SETAF representative Lt. Col. Bob Unger (left) and Gervasio Cortiana, mayor of Creazzo, present medals to all the participants after the first-ever USA-Italy friendly competition. (Below right) Cortiana explains some of the photos in a book presented to Unger (center) and Angelo Sibilla. The book is an illustrated history of the town. "I thank all the organizers, the sport center, the parents and all the athletes who participated today and gave the chance to create this enjoyable sport exchange. I am sure we will have other opportunities to repeat this type of event," Cortiana said at the end of the event. (Below left) Six-year-old Noah Hallam, of Mako Sharks, dives in to compete in his 25 meter breaststroke competition along with Francesco Sartori, *Nuoto Lonigo* and Mario Pentoniero, *Leosport Creazzo*. Hallam placed first in the competition with a time of 35:2. (Photos by Laura Kreider, Outlook Staff)





THE Outlook March 5, 2009 March is Women's History Month

Incredible strength of women

Story and photo by Chiara Mattirolo USAG Livorno Public Affairs

Nobody objects to a woman being a good writer or sculptor or geneticist if at the same time she manages to be a good wife, good mother, good-looking, good-tempered, well-groomed and unaggressive, wrote writer and photographer Leslie M. McIntyre.

This description may not fit all women, but it certainly does fit Master Sgt. Latasha George, supervisor of the commander's support staff, 31st Munitions Squadron.

A native of Jonestown, Ga., George has served her nation for 13 years.

She was twice selected as NCO of the Year for the 31st Munitions Squadron and USAFE in 2007 and 2008.

"I always strive to perform at the highest level and to set the standards for the six people I supervise on my staff," said George.

George strongly believes that there is so much to do and see in the world, that time has to be well-managed to fit in the most you can.

With this spirit, she has been an active player in community projects. She took part in the



Master Sgt. Latasha George, supervisor of the commander's support staff, 31st Munitions Squadron, reads a book to children ages 3-5 during a special story hour held at the post library Feb.11 to celebrate African American History Month. "We need to learn more about diverse cultures. I think it all starts with children, reading for them is a helpful way to open minds and dissipate misunderstandings," said George.

setup for the Halloween Haunted House, was part of the African American History Month committee and reads at the children's story hour at the post library. She also coached basketball for 5-6 year-olds.

"Camp Darby has the good and the bad of being a small community. Sometimes people tend to stick with what they already know here, more than on any other base," she said. "There is so much to do, to learn and to see. I try to set an example as an NCO to meet more people, see more places; there is no limit to what we can do as a community," she said.

George, the mother of 5-yearold LeAire, is married to another servicemember in school at Fort Benning. But she still tries to find some time out of her busy schedule to enrich her life. She achieved her bachelors in

human resource management last year and is now working toward a master's degree in information management.

"Sometimes it seems like days last much longer than 24 hours; I wake up every morning at 4.30 and go to bed around midnight. Saturdays belong to school, but Sunday's belong to my daughter," George said. "We make up for the rest of the week."

Community members get crafty at the Art Center

Story and photos by Samantha Smith

Outlook Volunteer

The March 1 framing class was "better than sitting around the barracks playing XBox," according to Spc. Michael Schroth, a Soldier with 2nd Battalion, 503rd Infantry Regiment.

It was Schroth's first framing class and he hoped to complete some mattes for "guys who are PCSing."

"I always wanted to get into arts and crafts," said fellow student and Soldier, Jlynn Johnson, a physical therapist at

the U.S. Army Health Center Vicenza, "and now I have all the resources here at the art center."

Johnson had purchased several pictures in Italy that she hoped to frame herself once getting trained on the equipment.

"You just buy supplies from them and come in and frame them yourself during open studio," said Johnson. "It's a lot cheaper than paying them to do it," she added.

Amanda Carey has been teaching the classes since December. She learned the craft at the art center as a student several years ago.

Spc. Michael Schroth, a Soldier with 2nd Battalion, 503rd Infantry Regiment, measures the frame for the picture during the framing class held March 1 at the Vicenza **Art Center. Framing** classes are held several times a month. The fee is \$40 and includes all supplies. Call the art center at 634-7074 for details and other classes offered.





Instructor Amanda Carey (at cutting machine) shows the class how to use the frame cutting machine at the Vicenza Art Center's framing class held March 1.

Students don't need to bring anything for the first class, according to Carey, as the art center provides the postcard and all the supplies to frame it.

The framing class runs several times a month and costs \$40 with supplies included.

Upcoming framing classes are scheduled for March 11 from 2 p.m. - 6 p.m. or March 22

from 10 a.m. – 2 p.m.

Sign up in advance as the class is limited to six students.

Call the Art Center at 634-7074 or stop in to sign-up. Hours are Wednesday-Sunday, 10 a.m. – 6 p.m.

Other classes offered at the art center include oil painting, ceramics, sewing and the newly-refurbished wood shop is open.

Darby

ACS classes

Call ACS at 633-7084 to register or learn more about the classes below:

Sponsorship training

March 10: ACS offers training to outline s p o n s o r s h i p responsibilities and provide newcomers with useful information to make their overseas duty transition easier.

Thrift savings plan

March 10: Participants can learn how to sign up for the Thrift Savings Plan and learn about types of funds available for investment.

Smooth Move/Levy

March 11: If you are departing from Camp Darby in the next 90 days, sign up now for this seminar and learn how to get through an easy PCS.

Story hour

March 11: Don't miss the special story hour for children ages 3-5 years to celebrate Women's History Month.

Call the post library at 633-7623 for details.

Rome trip

March 14: Visit some of Rome's most important sites at your own pace.

You'll be dropped off near the Vatican Museum where you can check out St. Peter's Square, the museum, Sistine Chapel, Castel Sant'Angelo and other sites.

Call ITR for details at 633-7589.

Truffle fest

Check out the Truffle Fest March 14 and 15 in Cigoli, province of Pisa province. Taditional truffle products will be displayed and taste the celebrated tagliolini al tartufo (typical truffle pasta), steak with truffles and more. March 14: Fest starts at 7.30 p.m. March 15: Lunch is offered at noon and dinner at 7.30 p.m.

For details call 0571 498930 or e-mail: ufficio. t u r i s m o @ cittadisanminiato. it.

On the Web at www.cittadisanminiato.it.

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Celebrate Women's Day, plan trips, hear concerts, watch a movie

Lavoro, 8, about 38 miles west

Scale model-making expo:

La Festa della Donna

March 8 is International Women's Day and in Italy this is a day men bring bunches of Mimosa flowers to the women in their lives

The flowers are bright yellow in color and highly perfumed.

The custom started in Italy — some sources say in Rome in 1946, but no one seems to know the reason — of men giving women sprigs of bright yellow Mimosas March 8.

Women now give Mimosas to each other. The flowers are intended as a sign of respect for the women and also an expression of solidarity with the women in their support for oppressed women worldwide.

Nowadays groups of women enjoy themselves first having lunch or dinner in restaurants or pizzerias and then going to discos or clubs where special shows are organized.

The dinner usually ends with Mimosa cake.

Tourism. Leisure show

March 7 - 8, 10 a.m. - 8 p.m., in Padova on Via N. Tommaseo, 59, about 24 miles southeast of Vicenza.

Information on resorts, wellness centers, natural parks and the latest on campers, nautical and sports equipment.

Food and local produce will be on display. There will be a child's play area where your children can play under the supervision of professional staff while you visit the fair.

Admission fee is 5 euro. For a two-person free admission coupon go to the Web site www.vacanzeweekend.it.

The instructions are in Italian. If you need help, call Anna Terracino at 634-7169 or send an e-mail to anna.terracino @eur.army.mil.

Fairs in Verona

With a 10 euro admission fee you can visit two fairs March 7 and 8, 9 a.m. – 7 p.m., Viale del

Miniature trains, planes, trucks, cars; historical models, kites, and shows; hands-on workshops. Elettro expo: Electronics, electrotechnics, information technology and office goods.

of Vicenza.

NUfest 2009

March 13: Electronic Music Festival - Eivind Aarset 'Sonic Codex' live band, 9 p.m., in Padova, MPX Theater, Via Bonporti, 16. Tickets are 13 euro.

Free concerts, exhibits, classes

Opera Night: March 6, 8:30 p.m., in Vicenza, Sala Consiliare, Circoscrizione 7, Via Vaccari,

Flying to Future: Painting and Crafts Exhibition, March 7-8 and 13-15, 5–9 p.m., in San Pietro Mussolino, about 23 miles west of Vicenza, Miramarmi Loft, Via del Motto, 10.

Round About Jazz: March 7, 5 p.m., in Vicenza, Saint Anthony Church, Ferrovieri, Via Prandina, 8.

<u>Fantastic Women:</u> Painting and Sculpture Exhibition, March 7 - 15, Mon. – Sat., 4–7 p.m.; Sun 10:30 a.m. – 12:30 p.m. and 4–7 p.m. On March 7 the grand opening starts at 6 p.m. In Vigardolo, S. Maria Assunta Church, Via Vigardoletto, about four miles north of Vicenza.

Conservatory Students in Felice, 362 concert: March 7, 5 p.m., in Vicenza, Saint Chiara Chapel, Contrà Santa Chiara.

Jam Session Dalì: March 7, 9:30 p.m., in Thiene, Meb's Pub, Via Corner 19 - 21, about 18 admission coupon go to the Web site www.vacanzeweekend.it. miles north of Vicenza. Anyone miles south of Vicenza. can perform.

If you know how to play an instrument and are interested in participating, send an e-mail to info@dalimusic.it. If you need help call Anna Terracino at 634-7169 or send an e-mail to anna.terracino@eur.army.mil.

<u>Fisherman live:</u> Live Ska – electric-rock music, March 7, 9:30 p.m., in Dueville, Saint Maria church recreation center, about 10 miles north of Vicenza.

Women's self defense class: March 8, 10 a.m. in Dueville, Via IV Novembre, 3, about 10 miles north of Vicenza. The Sport Jujitsu club association offers a free personal defense class to women older than 14 in honor of Women's Day.

Max Dmitrieff: Acoustic indie pop from Russia, March 8, 9 p.m., in Vicenza, Corso San

Explore the sky: View the sky and the planets in great detail with the telescope at the astronomical observatory of Arcugnano, March 10, 8:30 p.m., Via S. Giustina, 127 – about five

March 7 - 8, 10 a.m. - 8 p.m., in Padova on Via N. Tommaseo, 59,

about 24 miles southeast of Vicenza. For a two-person free

Sevensol & Bender Universal Experience Jazz is not Dead Festival: March 10, 9 p.m., in Vicenza, Bar Sartea, Corso SS Felice.

Daedelus + The Long Lost in concert: March 11, 8:30 p.m., in Vicenza, Bar Borsa, Piazza dei Signori.

Movies in English

March 9: Happy Go Lucky plays at the Odeon Theater in downtown Vicenza, Corso Palladio, 176. Tickets are 6 euro. Show times are: 5 p.m., 7 p.m., and 9 p.m. For the schedule of upcoming English-language movies at the Odeon go to the Web site, www.mymovies.it/ cinema/vicenza/6217/

Steve Hackett concert

Steve Hackett performs in Schio March 13 at the Astra Teatro. Before going solo, Hackett began his career with Genesis in 1971.

For details on tickets go to www.schiolife.com www.bluseskypromotion.it.



Steve Hackett performs in Schio March 13 at the Astra Teatro. Before going solo, Hackett began his career with Genesis in 1971. (Photo courtesy of Cesare Greselin)

Hit the slopes, visit a brewery, castle gardens

Beginning April 1 ITR is merging with Outdoor Rec to create an expanded lineup of travel and adventure options for the entire community.

With the launch of the new summer schedule in April. Outdoor Rec will host your favorite ITR trips to major beaches cities, amusement parks, while still offering its popular extreme adventure series of hiking, biking, scuba and kayaking

Beginning April 1 all your FMWR trips can be booked at one location.

Community members can find information about the top 10 requested destinations, answers to the most frequently asked questions and links to the most popular "lindwurm." sites in the area.

ITR trips

Call ITR at 634-7094 for details on all trips below:

Belluno brewery tour

Join ITR for a tour and tasting of the Pedavena Beers on March 13 8:30-4 p.m. Enjoy a behind the scenes look at how the beer is made and visit the old wing of the brewery with ancient mosaics and the typical copper boilers.

Klagen, Austria

ITR heads to Klagenfurt Austria March 14 for a guided of this amazing town that according to legend was haunted by a special kind of dragon, a

Visit the Klagenfurt cathedral and Minimundus, a collection of small scale models of famous building from all over the world.

Miramare Castle

Visit the beautiful port city of Trieste near the Slovenian border with ITR. Explore Miramare Castle with its beautiful gardens on this prime seaside location.

After the guided tour you'll have free time for lunch and shopping.

Ski trips

Every weekend ODR takes you to the slopes. Call ODR at 634-7453 for details equipment and prices.

Now Showing

Ederle Theater March 5 Delgo (PG-13) 6 p.m. March 6 Yes Man (PG13) 6 p.m. Seven Pounds (PG13) 9 p.m. March 7 Fired Up (PG13) 3 p.m. Yes Man (PG13) 6 p.m. March 8 Bedtime Stories (PG) 3 p.m. Fired Up (PG13) 6 p.m. March 11 Bedtime Stories (PG) 6 p.m. **Camp Darby Theater** Nothing Like the Holidays (PG13)) 6 p.m. March 5 The Express (PG) 6 p.m. March 6 March 7 Delgo (PG) 6 p.m. March 8 Marely & Me (PG) 2 p.m.

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

Looking for the movie synopsis? Check out the AAFES Web site: 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.

Girl Scout cookies arrive

After being held up in customs, the Vicenza Girl Scouts are pleased to announce you can forget your diet in support of a a good cause.

Girl Scouts will be selling cookies at the post exchange and commissary beginning March 8 and continuing on weekends until April 5 – if supplies last.

Army Records Information Management training

ARIMS training is offered March 18, 8:45 a.m.-3 p.m.on a first come, first served basis.

Confirm registration and receive complete details by calling or e-mail to: Steve Roberts at 634-7752 or steve. roberts@eur.army.mil Romina Chemello at 634-8516 or romina.chemello@eur.army. mil.

Students need to register their CAC card at the distance learning center prior to class starting.

UMUC scholarship

UMUC's spring session two runs March 23 - May 16. UMUC is offering \$100 scholarships for enlisted active duty servicemembers, spouses and dependents.

Go to www.ed.umuc.edu/ financial aid/europe book award.php and fill out the online form.

For details on the current term and scholarships call UMUC 634-7055 or e-mail: vice@ed. umuc.edu.

Sex Signals

March 30, at 1 p.m. and 3 p.m. Catharsis Productions performs an interactive play, Sex Signals, at the Ederle Theater.

This interactive training is open to the community and designed to provide an insightful, educational, and provocative look into issues of sexual assault and date rape.

For reservations and details on the training call EEO at 634-

Military Pay office relocates

The Customer Service and Military Pay offices are now located in bldg 28 next to the finance cash cage.

Finance offices for in and out processing, travel, and separations will remain in the Central Processing Facility.

Passport office closure

The passport office will be closed March 6, 9-11:30 a.m.

The passport office is located in bldg 28 next to the Military Personnel division office.

Direct questions to 634-7721 or off post at 0444-71-7721.

March 5, 2009

USO St. Patrick's Day

USO offers St. Patrick's day dinner March 17 at 5 p.m.

The USO has an opening for part-time information specialist. Applicants must possess a U.S. passport, Social Security number; Soggiorno and ID card to apply.

Call the USO for details at 634-7156 or drop off your resume and cover letter. The USO is located in bldg 9A.

Visiting France?

Tourist passports are now required for visitors to France. Soldiers may no longer use leave paperwork.

Anyone intending to stay more than 90 days in France must obtain the appropriate visa issued by the French Embassy or a consulate prior to departure for France.

This also applies to anyone considering marriage in France.

Swim coaches needed

The Mako Sharks Swim Team summer season begins in June and volunteer coaches are sought. Contact Cindi Unger at 347-891-1073 or *cindi.unger*@ us.army.mil for details.

Dating Doctor workshop

David Coleman, the Dating Doctor, who inspired the movie "Hitch" has the prescription for rocky relationships. Get advice for your life March 5, 8 p.m. in the Arena.

A special workshop for single Soldiers is scheduled in the BOSS lounge March 6 at 3 p.m. Call 634-5087 for details.

Art Center classes

The Vicenza Art Center offers Ceramics on the Wheel March 7 at 10:30 a.m. and Hand Building March 7 at 3 p.m.

For a list of classes visit the Web site: www.vicenzamwr. com or go to the art center.

Call 634-7074 for details and prices. Hours are Wednesday -Sunday, 10 a.m.-6 p.m.

Principles of strength training

will hold a Principles of Strength Training class March 19, 10-11 a.m. for men and women of all

Sign up for the class at the Army Wellness Center, located inside the fitness center. Class size is limited to 16 participants.

Call 634-8186, or 0444-71-8186 from off post.

Selling your car?

BOSS operates a lot where you can park your car for \$10 per month while you are trying to sell it, on vacation or TDY.

You can now register and pay



Chaplain (Maj.) Eugene Schneider (left) chats with a family during the March 3 "Survival Skills for Healthy Families" sesson at the post chapel. Three more sessions of the Family Wellness series are offered March 10, 17 and 21. (Photo by Laura Kreider)

Family Wellness series offered at chapel

The chapel Family Life Center is offering a Family Wellness series, "Survival Skills for Healthy Families" with Chaplain (Maj.) Eugene Schneider. The classes are from 5:30-7:30 p.m.

A light meal and childcare are provided.

March 10: Children in Healthy Families

March 17: Relationships in Healthy **Families**

March 21: As Children Grow, Solving Family Problems, Passing on Values

Call the post chapel at 634-7519 for details or e-mail Chaplain Schneider at eugene.schneider@ eur.army.mil.

for the authorization card at the Tax Relief Office, Vehicle Registration or Outdoor Rec.

For details call 634-5087.

CDC closure

The Child Development Center blgd 398 will be closed March 13 for staff training.

All children normally cared for in bldg 398 will be provided care at CDC 395, which operates 6 a.m. - 6 p.m.

For details call 634-5008 or 634-8433.

Free child care with SAS

All school-aged children in grades 1-6 are eligible to receive five free hours of hourly care each month through the School Age Services program. Call SAS at 634-8253 for details.

Job Opening

DoDDS-Europe Mediterranean District has an opeing for a full-time is March 9. For details on submitting applications, call the Human Resources office at 634-8158, 0444-71-8158 comm.

Red Cross class offered

March 14: A CPR and First Aid class is offered from 8:30 a.m.-4:30 p.m.

Advance registration is mandatory.

Call the Red Cross for details at 634-7089 or off post at 0444-71-7089.

The American Red Cross is also planning a CPR/AED/First Aid Instructor class. Call the Red Cross for details.

Child Find screening

Free Child Find developmental screenings are offered April 1 at the CDC, bldg 395, from 8:30 a.m.- 4 p.m.

This is a free screening for infants, toddlers or preschoolers by the EDIS team.

Call CDC 395 at 634-8433 to schedule an appointment.

CDC staff training

The CDC in bldg 398 will be closed March 13 for staff training.

All children normally cared for in CDC 398 will be provided care at CDC 395 which operates 6 a.m. - 6 p.m.

Call Michelle Sterkowicz at 634-5008 or Luca Harbeson at 634-8433 for details.

TELECOM liaison office moves to Housing

March 9 the Telecom liaison The Army Wellness Center transportation tech. Closing date is moving from the central processing facility to the housing office outside gate 4 on via Casermette.

> This move will provide customers housing services under one roof.

The new office will be located inside the door on the right at the top of the first flight of stairs in the housing division.

Hours will be Monday, Tuesday, Wednesday and Friday 8:30 a.m.- noon and 1 p.m.-4 p.m.; Thursdays 10 a.m. - noon and 1 p.m.-4 p.m., call 634-6327 or 6328 or e-mail: michele. fracaro@ eur.army.mil.

Religious activities

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

Chaplain Crisis Line:

To speak with a chaplain after hours call 634-KARE (634-

Saturday services

of 4p.m.: Sacrament Reconciliation, or appointment.

5 p.m.: Roman Catholic mass

Sunday Services

9 a.m.: Roman Catholic Mass Mass is held weekdays at

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

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

11a.m.: Protestant worship 1:30 p.m.: Full Gospel Pentecostal worship

4 p.m.: Lutheran worship 6 p.m.: Contemporary Christian service

Monday

Noon: LDS Scripture Study 5:30 p.m.: High School Club in the Teen Center. (Oct.-May) For details contact Jocelyn Cary at 634-7890 or 349-385-3476 or vicecb@yahoo.com.

Tuesday 9:15 a.m.: Protestant Women of the Chapel (PWOC)

Wednesday

Noon: Protestant Men of the Chapel Bible study (at DFAC) 3 p.m.: Praise Dance practice 3:30 p.m.: Middle School club meets in VHS cafeteria Sept-

5 p.m.: Contemporary Praise band practice

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

Thursday

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.armv.mil.

Latter Day Saints (LDS): Scripture study is held each Monday, noon-1 p.m. at the Chapel. Sunday services, 9:30 a.m.-12:30 p.m. downtown. For details, call Sean Peterson, 335-8219492.

Darby Chapel

For details call the chapel at: 633-7267 (50-54-7267). 9:40 a.m.: Catholic

Reconciliation

10 a.m.: Catholic Mass 11:15 a.m.: Protestant

Protestant Sunday school

starts at 9:45 a.m. Catholic CCD is at 11:15 a.m.

All briefs must be received at e*ditor@eur.army.mil* noon *Monday*, or by Friday at 4 p.m. if Monday is a holiday.

Unit volleyball leagues forming, playing

Story and photos By Laura Kreider Outlook Staff

The first unit league volleyball event of the season took place at the post gym Feb. 26 between the BSB Riggers and Lucky teams. Results from the scrimmage were:

BSB Riggers vs. Lucky: 25-23, 16-25, 14-15

BSB Riggers vs. Lucky: 19-25, 25-21, 9-15

"The scrimmage matches were conducted to give the referees, scores and timers some training to prepare for the season," said Ricky Jackson, USAG Vicenza Sports, Fitness and Aquatics sports programmer.

"These scrimmage matches were also used to help teams to practice and get ready for the season. We are still accepting players and teams," he added.

Games are scheduled for March 5 at 7 and 8 p.m.

For those interested in joining a volleyball league call the fitness center at 634-7009.



(Above) Riggers player Clinton Martinez, No. 3, gets ready to block the spike by Phillip Royer of Lucky during the first scrimmage volleyball game played at the post gym Feb. 26. (Below) Sonia Hernandez, No. 18, a member of the Lucky volleyball team, goes for a forearm pass to teammate Phillip Royer during the game vs. the Riggers. The Lucky team won both scrimmages.



Ricky Jackson

Stay Army Strong Get involved in sports

S-Strong

P-Participation **O**-Ongoing

R-Rocks

T-Today and tomorrow

S-Sign up

Unit teams are forming now for volleyball, dodgeball and soccer. Individuals are sought to compete in powerliftingl boxing and the Army 10-Miler. Call Ricky Jackson, USAG Vicenza Sports, Fitness and Aquatics, at 634-7009 or e-mail ricky.jackson@eur. army.mil.



Mount Verena ski area offers family-friendly day out

Story and photos by Samantha Smith

Outlook Volunteer

An easy 75-minute drive from Vicenza, Ski Area Verena offers great skiing and a familyfriendly atmosphere close to

Verena is a small resort near Asiago that has two chairlifts

and one button lift servicing about 20 km of terrain.

Mt. Verena, at 2019 meters (about 6,600 feet) offers panoramic views over the high plains of Asiago and the surrounding Alps.

Ski and snowboard rentals are available on-site and there is also a small ski school offering private and semi-private ski and



A view from the long lift to the top of Mount Verena ski area just outside Asiago.

snowboard lessons for 15-35 euro an hour depending on the number of participants.

The runs consist of medium to difficult slopes, easy enough for youngsters but enough to keep parents interested, too.

Tickets are 29 euro, youth under age 8 get a 15 percent discount. For a family of four or more there is a discounted price of 26 euro each.

As in most places in Italy, there is no shortage of lunch options. At the base of the mountain there is a bar and restaurant serving sandwiches and meals and another rustic spot at the top of the mountain serving drinks and full-course meals.

You're never far away from history in Asiago and Mount Verena is no exception. Peeking out from above the snowcovered mountaintop is Fort Verena, an Italian fort used during World War Unfortunately it is not accessible in the winter months.

To get to Mount Verena, take the A31 Valdastico Autostrada to Piovene Rocchette exit and follow signs for Asiago.

Once in Canove (before Asiago), turn left toward "Seggovia Verena" and keep following the small brown signs up the hill. The resort is 35 km from the Autostrada exit.

The resort's Web site www.skiverena.com has some information in English plus pictures and links to nearby lodging.



The rustic lodge at the top of the mountain serves drinks and fullcourse meals.

Umpire certification

You can support our youth by becoming a paid umpire. CYS is offering a free Little League umpire certification class March 9-13, 6-9 p.m. Call 634-6151.

Aqua aerobic instructor sought

The USAG Vicenza Sport and Fitness office is looking for certified aqua aerobics instructors.

Instructors will be needed beginning June 15, Mondays and Wednesdays each week for noon classes.

Classes must be given in English.

Those interested should contact Joe Reeder at 634-5181 or 0444-71-5181 from off post.

Power lifting competition

Vicenza's power lifting competition will be held March 14-15. mandatory participants meeting is March 10 at 2:30 or 5:30 p.m. Award will be given for bench press and curl lifts. Call 634-7009 for information on competing.

Life guard training course offered

The USAG Vicenza Sports and Fitness office will offer a training course April 6 for those interested in becoming a life guard.

This certification class costs \$145 and approximately 35 hours.

Those ages 16 and older can register at the Fitness Center or call 634-6536 for more information.

Youth rock climbing

CYSS Sports & Fitness offers rock climbing for youth beginning in April. Ages 6-10, meet Mondays 3:30-5 p.m. starting April 13.

Ages 11-18 meet Wednesdays 3:30-5 p.m. starting April 15.

Classes will cover basic rock climbing. Instruction and equipment and a T-shirt are included in cost of \$35. Registration for this class is March 9-30. Call 634-6151 for information.

CYSS Track and Field

Youth ages 6-15 are encouraged to join the track and field season which runs April 14-May 29.

Practice is on Tuesdays and Thursdays 5:30-6:30 p.m. Enrollment is March 9-

Call CYSS youth sports at 634-6151 for details.

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