



81/70 Friday
82/64 Saturday
81/61 Sunday

Due to a repair, the food court, barber and beauty shop will close June 16 at 2 p.m. and are expected to remain closed the remainder of the day.

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CYSS holds track meet to finish program; Soldiers learn alternative physical training methods

Celebrities play basketball on Caserma Ederle

By Sasha Sibilla
Outlook intern

Several hundred community members went to the post gym for the Hollywood Knights celebrity basketball games June 7. As part of their six-day tour in Italy sponsored by the USO, the Hollywood Knights played the Vicenza Ladies and Men's teams.

"This was such a fantastic community event. I was very pleased with spectator turnout and the performance of both ladies and mens teams," said Mark Juliano, FMWR Sports & Fitness Director.

The Hollywood Knights was created to raise funds for California schools, but, now one of its mission is to boost troop morale by bringing celebrities overseas to various U.S. military bases throughout the world. The celebrities participating in the Vicenza event were: Nicholas Braun, Hill Harper, Josh Henderson, Robbie Jones, Gilles Marini, Jesse Metcalfe, Omar Benson Miller and Jeremy Sumpter.

The crowd went wild as the celebrities appeared on court and began practicing. The Knights first played the Vicenza Ladies community team, made up of active-duty Soldiers, spouses and DA civilians.

"It was truly a wonderful opportunity for me" said ladies player Sam Shirley. "I had so much fun participating on the ladies team and my children had a blast not only cheering all of us but getting to meet all of the Knights. It was a special treat for my family. We are all missing our best half (Sgt. Maj. Michael Shirley) who is deployed right now in Afghanistan. We look forward to telling him all about it when he gets to take his R & R next month."

The game with the ladies included short intervals where the Knights pulled spectators onto the court to help with the game.

Three baskets were made by Vicenza Middle School students to add to the Knights victory. Between games, fans got the chance to take pictures and get autographs signed by the Knights.

"I haven't had much previous experience in basketball myself," said Nicholas Braun,



Photo by Laura Kreider

Jeremy Sumpter, left, a star of the television show, "Fright Night Lights" attempts to dribble past a Vicenza basketball player during the game June 2. Sumpter, along with seven other celebrities, played a free game for Soldiers and their families. See more photos on page 4.

an actor in "Prom" and "10 things I hate about you." "However, all the other guys in Hollywood Knights have been great in helping me out as a player. The practices and time spent really pays off when the energy and enthusiasm of the other team's players and the spectators at our games shows."

The men's game was more intense and ended with a Knights victory, edging out the Vicenza team by just a couple of baskets. Vicenza men fought a tough battle and scored several three pointers, resulting in a nail-biting finish.

"Robbie Jones is definitely our strongest

player" said Jesse Metcalfe, "Chase" and "John Tucker Must Die" star. "I like to contribute with my 3-pointers and strong defense. In Italy, we've played in Naples, Sigonella and Camp Darby bases. Aviano is the next on our list."

Lisa Tietjen, assistance center manager for the USO Vicenza said she was excited to bring celebrities to Italy to entertain the families.

"An event like this is a goal for us to have once a year. It's thrilling for us have these free events for Soldiers and their families," Tietjen said.

Ombudsmen available to assist with military problems

Army Medical Command Ombudsmen Vicenza Office

Soldiers, family members and others who may be looking for someone to help them with medical related issues and other problems have a ready resource in Europe.

Ombudsmen affiliated with the Army Medical Command's Medical Assistance Group are based in Europe to help with all kinds of issues. Though they focus on helping Wounded Warriors and their Family Members, Ombudsmen may also assist Active Army, Army Reserve and National Guard Soldiers and their families, as well as veterans and military retirees.

"We serve as an independent, neutral, and impartial resource for Soldiers, veterans, and family members to address their concerns and speak on their behalf if necessary," said Rhonda Palmore, who administers to the Italy region.

Ombudsmen are "very instrumental" in resolving issues faced by Soldiers assigned to Warrior Transition Units, along with other warriors that are healing or awaiting a Medical or Physical Evaluation Board. Ombudsmen help Soldiers navigate

the complexities of the system and locate resources for them in a safe environment.

MEDCOM Ombudsmen are comprised of former or retired officers, non-commissioned officers and experienced civilian personnel. Most have served in the medical field and have extensive knowledge and experience, along with a demonstrated passion for helping people.

Ombudsmen serve as advocates to resolve issues that the Soldier or family member has been unable to resolve through normal channels. Many of the issues are complex or overwhelming and include, but are not limited to health care, disability processing, medical retention, transition to the Veterans Administration and administrative issues. Ombudsmen are intended as a Soldier resource and not as a means of circumventing the chain of command. They also work closely with the MEDCOM Medical Assistance Group to assist with issues that come through the Army-wide wounded Soldier and family hotline.

Soldiers and family members can call their local Ombudsman
See OMBUDSMEN, Page 2

BRAC: On time and on target for the Army's future

The past 10 years have brought a great deal of change to our Army. Not only do our Soldiers continue to fight in two wars, but the Army is going through the greatest organizational change since World War II.

Between instituting the Army Force Generation model, reorganizing around modular brigades and the Base Realignment and Closure process, our Army looks very different than it did 10 years ago. The BRAC process is a large part of that reorganization. With its completion on time and on target in September, the Army will have reshaped its infrastructure to better support Soldiers, Civilians and Families.



The BRAC commission made recommendations about how to make efficiencies in the Department of Defense to the president, who presented them to Congress and those recommendations became law in September 2005. Of the 182 commission recommendations, 113 affected the Army. This BRAC is an important part of the Army's historic transformation and has affected many commands, including the Installation Management Command Headquarters in San Antonio, Texas.

BRAC 2005 enables the Army to reshape its infrastructure to support its forces. It repositions our forces, making them more relevant and combat ready for the combatant commander. It also creates doctrinal efficiencies by consolidating schools into centers of excellence and headquarters and other activities into joint or multifunctional installations for efficiency and cost control.

Joint Base San Antonio is experiencing the largest economic development in its history with 10,000 Families relocating here.

This BRAC move has transformed the former Fort Sam Houston into a premier medical complex and the largest medical training campus in the world. Joint installations, like JBSA, improve training capabilities and eliminate excess capacity while providing the same or better service at a reduced cost.

Fort Benning, Ga., the new home of the Maneuver Center of Excellence, is a good example of how BRAC growth has been handled in an environmentally and fiscally sustainable way. Thirty-four new projects have been built there as a result of BRAC and all of them have been designed to be LEED Silver certified. All of the new construction supports increased operational capacity and our war-fighting capability.

On installations across the Army you can see

signs of success in meeting the goals of BRAC 2005. Construction alone has brought thousands of jobs to surrounding communities. Expanded installations have caused local businesses and service providers to grow. Even communities surrounding closure installations have benefitted by working with the Army to redevelop the surplus property. But with BRAC successes, there are also challenges. More people require more schools, houses and emergency services. The city of El Paso, Texas, is a great example of a community that turned its challenges with BRAC into a success story.

Fort Bliss is experiencing the largest BRAC realignment in history with unparalleled growth of 29,600 Soldiers and 45,000 Family members relocating there. El Paso embraced BRAC, building new schools, while the state invested \$1 billion for transportation projects in the city and creating thousands of civilian jobs. When BRAC and Army Transformation are complete, Fort Bliss will have enough new facilities to accommodate five brigade combat teams, a division staff and their Families.

IMCOM plays a big part in transforming the Army's infrastructure through BRAC, supporting the movement of several organizations and welcoming thousands of Soldiers and Civilians onto our installations and into surrounding communities. This transformation has made us a stronger more efficient and agile organization, supporting a stronger, more efficient and agile Army.

BRAC is an important part of the largest Army transformation in three generations. Consolidating and repositioning several major commands will save millions in personnel and facilities costs and is needed to put the Army on the path to future sustainability.

We have no way of knowing exactly what the future will look like, but the 2005 BRAC process better positioned the Army to meet future challenges.

The Army has realigned its infrastructure with the new modular structure and modernized our support facilities, all while becoming more fiscally and environmentally sustainable. When it is complete it will be a major achievement for the Army.

By this September, the Army will have completed over \$13 billion in construction and renovation projects, and a reorganization that will affect one-third of the Army. This will all have been done in six years putting the Army on time and on target to meet its future missions.

- Lt. Gen. Rick Lynch
Commanding General,

Army Installation Management Command

Viewers must adjust AFN dish, decoder

By George A. Smith

AFN Europe Public Affairs

AFN's satellite delivery platform is changing, requiring viewers who with an AFN decoder and satellite dish to make some changes by July 31 to continue receiving AFN TV.

Direct-to-home viewers will need to reconfigure their home decoder and realign their satellite dish from the current satellite Hotbird 6/9 at 13 degrees east, to the new satellite, Eurobird 9A at 9 degrees east. The signal will be carried on both satellites until July 31. Viewers in Villaggio do not have to make the changes.

AFN Vicenza Station Manager Navy Chief Lori Steenstra said, "Folks in the Vicenza area who don't want to do it themselves should go to www.afneurope.net. Under the EB9 icon, they will also find link to a list of local service providers who can help adjust their satellite dishes. That way they'll continue to receive local command information on AFN Vicenza channel 14 on their AFN decoders."

The change to the new satellite will save the government money over time. AFN has posted detailed "how-to" materials on their website. An AFN Help Desk will be manned until July 31 on Tuesdays-Fridays from 1-9 p.m. and Saturdays, 10 a.m.-8 p.m. Viewers can call toll free 00800-236-268-3662 (00800-AFNANTENNA).

OMBUDSMEN: helps troops resolve military issues

continued from page 1

directly during the workweek or reach them through the wounded Soldier and family hotline. The hotline is available toll-free at 312-421-3700 or 001-800-984-8523. Hotline calls are fielded to the appropriate Ombudsman for resolution.

"Our standard is to resolve a hotline issue within 48-72 hours," said Palmore.

Palmore is located in building 113, room 227 and can be reached at 636-9679 or 0444-61-9679. To find out more, visit <http://medcomombudsman.amedd.army.mil>.

Speak Out

What are your plans after retirement?



Sgt. 1st Class Esteban Ortiz-Ventura
USARAF

"After retirement I plan to relocate to Vieques, Puerto Rico, to take over my parents' business and perhaps campaign for city major in 2016 elections."



Sgt. 1st Class Dave Segulin
USARAF

"After retirement, I plan to continue in government service as a D.A. civilian."



Sgt. 1st Class Kenneth Vaughn
USAG Vicenza

"After retirement, the immediate plan is to attend college to complete a master's degree."

By Laura Kreider

Vicenza wounded warriors learn to sail on local lake

By Julie M. Lucas
Outlook editor

Chock, davit, spinnaker — these words are all a part of new vocabulary used by a group of local wounded Soldiers who recently had an opportunity to learn a new skill.

“We were contacted by the American Red Cross that they had funds to support activities for wounded Soldiers,” said Kobie Johnson, Outdoor Recreation aide. “We contacted the WTU and asked what they would like to do and they said, ‘learn to sail’.”

Six Soldiers in the Warrior Transition Unit started a few weeks ago and have a few weeks to go before they receive a sailing permit, which qualifies them to go out on their own.

The group is split into two with

three people in each boat. The first lesson was to learn to tie knots and to rig up the boats on Lago Fimon, just south of Vicenza.

“It was hectic at first, being my first time rigging up a sail boat,” said Spc. Josh Grant, WTU sailing participant. “Once we got on the water it was actually really peaceful. This was a real confidence booster.”

This project is especially important to Johnson, as he is a wounded veteran who served with 173rd Airborne Combat Team.

“Doing activities like this is why I came back here to Italy,” Johnson said. “Despite (wounded Soldiers) injuries, this is something they can do on their own.”

Many other activities are on the horizon for wounded Soldiers such as SCUBA training and horseback riding.



Photo by Kobie Johnson

Three members of the Warrior Transition Unit, along with an instructor, learn to sail on Lago Fimon May 26. The program lasts several weeks and in the end, the Soldiers will earn a sailing certification, allowing them to go sailing on their own.

Warrior Adventure Quest gives Soldiers high-adrenaline adventure



Above, Sgt. Justin Vincent instructs Soldiers on the proper way to fall during a Warrior Adventure Quest outing. At left, Legion Company Soldiers practice “buddy aid” while learning how to snowboard. More than 1,000 Soldiers from Caserma Ederle participated in the reintegration program, which is designed to give troops a high-energy outlet for post-deployment stress.

Photos by Chris Wolff



By Patty Hussey

Outdoor Recreation Aide

This winter and spring, Outdoor Recreation hosted 58 groups of Soldiers for the Warrior Adventure Quest.

Activities involved skiing, snowboarding, extreme sledding or paintball, with trips led by Outdoor Recreation’s directors, managers and trip leaders. The goal was to provide an active, healthy way for Soldiers to reintegrate after their deployments.

Approximately 1,090 Soldiers participated in an adrenaline-filled way to transition back into post-deployment life, according to program organizers.

The majority of the Warrior Adventure Quests occurred during an 11-week period in which five platoons ventured out Mondays through Thursdays.

The staff of Outdoor Recreation worked together as a team assisting with several logistical issues, such as program organization, equipment set-up and maintenance and leading the trips. Soldiers learned skills from other Soldiers on the trips.

Lewis Kuklinski of Headquarters and Headquarters Company, 173rd Airborne Brigade Combat Team, stated after his snowboarding trip that he “enjoyed practicing a newly acquired skill while

getting outdoors.”

This sentiment was shared by several Soldiers who returned from their trips, who shared their excitement and stories with the staff of Outdoor Recreation.

“We were happy to provide a service that represented garrison life as the Soldiers reunited with their families,” said Olena Campbell, ODR staff member.

WAQ concluded May 12 with a paintball trip for the medics of the HHC, 1st Battalion, 503rd Infantry Regiment.

Staff members of Outdoor Recreation were able to evaluate the effectiveness of the trips with leader-led after-action debriefings and surveys.

The surveys addressed such topics as program outcomes, the Soldier training brief, group cohesion, stress, future plans, release and support.

One goal is that Soldiers who participated in the Warrior Adventure Quest will continue to attend Outdoor Recreation activities using the trips as a way to burn off stress, bond with their family members and fellow Soldiers and, of course, have fun.

According to Campbell, the true effects of transitional measures and post-deployment activities such as WAQ reveal themselves over time, but some Soldiers are already reaping the benefits.

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At Your Service



U.S. Army Health Center

Giovanna “Jo” Penhallegon is the U.S. Army Health Center patient advocate. Penhallegon is available to receive patients’ questions, concerns, ideas and recommendations. She also ensures ICE comments are directed to the proper person.

“When patients feel their concerns are not properly addressed, they see me,” Penhallegon said.

Penhallegon is located on the second floor of the health center, building 2310. She is available Mondays-Fridays, 8 a.m.-noon and 1-4:30 p.m. with no appointment needed. Penhallegon can be reached at VZHCPatRep@amedd.army.mil or by calling 636-9106.

To suggest a new staff member or volunteer to be featured in “At Your Service,” e-mail their name, contact information and why we should feature him or her to The Outlook staff at editor@eur.army.mil.

Community Camera



Hollywood Knights: Above, Josh Henderson greets excited fans before an exhibition basketball game June 7. At right, actor Jesse Metcalfe signs autographs for fans after games June 7. Metcalfe was part of a traveling basketball team of celebrities who visited Caserma Ederle. The team also visited other Italian military installations.

Photos by Laura Kreider



Army Birthday Rock Fest: Above, the band Drop Simpler performs, "Margaritaville," on Hoekstra Field Saturday. A few other local bands performed with sponsors of the Vicenza USO and BOSS. At right, free massages were given to military members and their families at Rock Fest Saturday. Food was sold as a fund raiser for BOSS and there were prizes given away to audience members.

Photos by Laura Kreider



Passing the colors: Lt. Col. Christopher Varhola, left, commander, 457th Civil Affairs Battalion, 361st Civil Affairs Brigade, passes the Company A guidon to Capt. Timothy Byrne, right, incoming commander of Company A, 457th CA Bn., which is stationed in Vicenza, during a change of command ceremony on NCO Field at Daenner Kaserne in Kaiserslautern, Germany, June 4.

Photo by Spc. Glenn M. Anderson

Grand-prize winner: Joan Bradford, left, Vicenza Housing Office, receives a prize of \$1,000 gift card from Vicenza AAFES store manager Charles Eaves June 3. Bradford was the winner of a drawing, sponsored by Hanes, for the card with three winners in Europe. She plans to buy a camera for a safari trip next year.

Photo by Julie M. Lucas

Darby celebrates 236 years of Army service



Above, Soldiers, Airmen, families and civilians take part in a two-mile fun run around Camp Darby to celebrate the 236th Army Birthday. Below, Camp Darby community members salute those who have made the ultimate sacrifice during the Army Birthday celebration at the American Beach in Tirrenia June 10. See more event photos at www.flickr.com/photos/campdarby.

Story and photos by Joyce Costello
USAG Livorno Public Affairs

Camp Darby community members started celebrating the Army's 236th Birthday June 10 with a special event at the American Beach in Tirrenia.

"This is certainly a special place to celebrate the Army birthday surrounded by friends and families that make a difference everyday," said Lt. Col. Kevin Bigelman, USAG Livorno commander.

The celebration continued June 13 with an installation-wide run, including Air Force personnel.

"This is the second time I've run the Army Birthday fun run and it really is one team, one fight, here at Camp Darby," said Air Force Capt. Ronald Marquez, 731st Munitions Squadron.

For the actual birthday June 14, members celebrated with a special Right Arm night at the Darby Community Club.

"What I love most about the Army is the sense of family you develop with the people you serve with and the indomitable spirit of Soldiers," said Sgt. Maj. Angelia Keltz, 839th Transportation Battalion.



Darby Dates

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

Fitness Center Upgrade

The women's locker room and the racquetball courts are being renovated. All female patrons wishing to shower can use the shower facility located near the tennis courts or go to the showers by the pool. Completion of the renovation is expected in August.

Decoder Upgrade

AFN is moving to a new satellite July 31. Before then, viewers must program their decoder to a new frequency and realign their satellite. Go to www.usag.livorno.army.mil and click on "AFN upgrade" for more information, including contact information for the help desk.

Child, Youth and School Services

- ◆ Registration now open for a dance and theater program to begin in July.
- ◆ Parent's Night Out and Youth Center Kick back night, June 25

Army Community Services

- ◆ ACS Birthday Celebration at the Darby Pool, 9-11 a.m. followed by lunch, June 23
- ◆ Breast feeding 101, June 29
- ◆ Effective relaxation techniques, June 30
- ◆ Play group, July 6
- ◆ Couples Communication, July 8

Call 633-7084 to learn about these programs.

ITR trips

Call 633-7589.

Daily trips June- August

- ◆ Cinque Terre, Mondays
- ◆ Venice, Tuesdays
- ◆ San Gimignano and Siena, Wednesdays
- ◆ Rome, Thursdays
- ◆ Elba, Fridays
- ◆ Florence, Saturdays

Italian American Carnival

June 17-26, open every night from 7 p.m. until midnight. Enjoy rides, games, food and music.

Outdoor Recreation

Call 633-7775

- ◆ Elba Boat trip, June 25
- ◆ Fourth of July celebration: games, barbecue, fireworks and more
- ◆ Hiking in San Rossore, July 9

Religious Activities

Call 633-7267

9:40 a.m. Catholic reconciliation
10 a.m. Catholic Mass
11:15 a.m. Protestant worship
11:15 a.m. Catholic CCD
Sign up or volunteer for Vacation Bible school June 27-July 1.

News notes

Check out who stars in the Photo of the Day everyday on www.usag.livorno.army.mil

Hollywood Knights take on Camp Darby:

A Camp Darby youth helps a celebrity basketball team consisting of Hollywood actors: Nicholas Braun, Hill Harper, Josh Henderson, Robbie Jones, Gilles Marini, Jesse Metcalfe, Omar Benson Miller and Jeremy Sumpter when they played the Camp Darby community team June 6.

After a game that ended with Camp Darby winning 75-57, the Hollywood Knights signed autographs and posed for photos. The exhibition game was presented by the Armed Forces and USO in cooperation with Family and Morale, Welfare and Recreation. More photos can be found at www.flickr.com/photos/campdarby. Click on "Hollywood Knights".

The next Armed Forces Entertainment show at Camp Darby will be the Mathew JC & The All-Stars Rock band and Fashion Show July 8 at the Darby Community Club.



Photo by Margaret Robbins



Photo by Chiara Mattiolo

405th AFSB returns 173rd equipment:

The 405th Army Field Support Battalion-Italy is preparing to re-issue equipment to the 173rd Airborne Brigade Combat Team. The Army's LBE program is designed to maintain a deploying unit's equipment. The battalion stored and maintained 1,336 items for the Vicenza-based units, including fuelers, generators, parachute harnesses and humvees. During the 173rd ABCT's deployment, the 405th AFSB serviced, repaired and maintained the equipment for readiness. Read the full story at www.usag.livorno.army.mil/News283.html.

Biker fest:

will be June 16-Sunday in Osoppo, Udine, Via Arduino Forgiarini, about 130 miles northeast of Vicenza. The fest will feature freestyle motocross, speedway, stuntman, body painting, tattoos and much more. Free admission for the 25th anniversary event.



Courtesy photo

July 8 in Pistoia; July 10 in Ferrara; July 19 in Milan; July 20 in Rome
John Mellencamp: July 9 in Vigevano (Pavia); July 12 in Udine
Chicago: July 10 in Milan
George Benson: July 11 in Milan; July 13 in Naples
Take That: July 12 in Milan
Elton John: July 12, Piazzola sul Brenta, Padova; July 14 in Lucca
Amy Winehouse: July 16 in Lucca
Bon Jovi: July 17 in Udine, Friuli Stadium
Paul Simon: July 17 in Milan
Deep Purple: July 18 in Verona
Ben Harper: July 18 in Lucca; July 19 in Rome; July 20 in Milan; July 29 in Tarvisio (Udine)
James Blunt: July 21 in Lucca; July 23 in Mantova

Sting: July 29 in Venice, Piazza San Marco

George Michael: Sept. 10 in Florence; Sept. 11 in Naples, Sept. 13-14 in Verona

Lenny Kravitz: Nov. 20 in Villorba (Treviso); Nov. 21 in Assago (Milan)

Rihanna: Dec. 11 in Torino; Dec. 12 in Assago (Milan)

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

Local events

Fiaccolata – 10K torchlight procession:

June 25, in Solferino, about 58 miles west of Vicenza. In 1859 Henry Dunant of Geneva, Switzerland, travelled to northern Italy. As he passed through the aftermath of the Battle of Solferino, he couldn't ignore the destruction the battle left behind. The French victory left more than 40,000 Austrians dead or wounded. This experience led him to write a book titled "A Memory of Solferino" and to found the Red Cross. Every year his achievements are commemorated with a torchlight procession or "Fiaccolata", which winds between the site of the Battle of Solferino and Castiglione, where the wounded were given care. The Italian Red Cross has invited national Red Cross societies around the world to join in celebrating their ideals as well as to enjoy the togetherness their cause evokes. For more information, call the Vicenza American Red Cross office at 634-7089 or 0444-71-7089

Fish festival:

Friday-Monday, in Marola, Torri di Quartesolo, Viale della Vittoria, about five miles east of Vicenza. Food booths featuring meat and fish local specialties open at 6:30 p.m.; carnival rides, local products and craft exhibit and sale, charity raffle

♦ Friday: 9 p.m. live country music with DJ Luke, Nike and Eros; dance show performed by the Country Dance School

♦ Saturday: 8:15 p.m. live music and ballroom dancing with Unika and Checco e B. Band; 9:30 p.m. Latin-American music and dancing

♦ Sunday: 7:30 p.m. dance show performed by Team Diablo dance school and ballroom dancing with Rodigini; 9 p.m. group dances with the Ricky Animation Band

♦ Monday: 9 p.m. live music and ballroom dancing with Caramel; 9 p.m. magic show; 10:30 p.m. fireworks; 11 p.m. raffle drawing

Cherry Festival:

Thursday-Sunday, in Chiampo, Piazza Zanella and Piazza Galtelli, about 16 miles west of Vicenza. Local cherry exhibit and sale; cherry contest; food booths; live music starts at 9 p.m. in Piazza Zanella. On Sunday, at 5 p.m.

acrobats, jugglers, fire-eaters, and clowns; 8:30 p.m. best cherry awards

Gran Polù – Polenta & Luganega Festival:

Friday-Sunday, in Castelnuovo, Isola Vicentina, Parco Rizzi, Via Orolo, about 10 miles northwest of Vicenza. 7:30 p.m. food booths featuring bruschette, horse meat, luganega sausage, bigoli with duck sauce, and gnocchi; carnival rides and charity raffle

♦ Friday: 9 p.m. live music and dancing with the Skiantos

♦ Saturday: 9 p.m. music and dancing with Herman Medrano & The Groovy Monkeys

♦ Sunday: 5 p.m. aerobatic model aircraft and helicopter show; 6 p.m. dancing show presented by the Castelnuovo Twirling Group; 9 p.m. live music and ballroom dancing with Rossella Ferrari and I Casanova; 11 p.m. lottery drawing

Saint John Festival:

Friday-Monday, in Pianezze del Lago, Arcugnano, about six miles south of Vicenza. Food booths feature Vicentina cod fish with polenta, homemade bigoli, grilled meat and local wines; charity raffle

♦ Friday: 7 p.m. food booths; 10 p.m. live music and entertainment

♦ Saturday: 7 p.m. food booths; 9 p.m. live music and dancing with the Blue Moon Orchestra

♦ Sunday: 5:30 p.m. homemade pasta workshops; 6 p.m. food booths; 8 p.m. "Tirinballo" Veneto folk dances show; 9 p.m. live music and dancing with Eros Valbusa Orchestra

♦ Monday: 7 p.m. food booths; 8:30 p.m. live music and dancing with the Marco e Il Clan Orchestra; 11 p.m. charity raffle drawing

Saint John Festival:

Friday-Sunday, in Thiene, Piazza Ferrari and Corso Garibaldi, about 13 miles north of Vicenza

♦ Friday: 7:30 p.m. food booths; 6 p.m. parade and live music; 8 p.m. Happy hour; 9 p.m.- midnight music and dancing

♦ Saturday: 10 a.m.-midnight exhibit of local artists in Piazza Ferrarin; 11:30 a.m. food booths; 3 p.m. figure skating show in Piazza Chilesotti; 4-5 p.m. and 5-6 p.m. clay art workshops for children and adults; 8-10 p.m. live music in Piazza Chilesotti

♦ Sunday: 11:30 p.m. food booths; 3 p.m. fitness show;

4-5 p.m. and 5-6 p.m. clay art workshops for children and adults; 9 p.m. dance show featured by local dance schools

SassoRock – Beer Festival:

Friday, in Sasso, Asiago, about 36 miles north of Vicenza. 6 p.m. food booths featuring local specialties and homemade draft beer; live music starts at 8 p.m. Happy hour with beer and sausage starts at midnight. Free shuttle service departs from Asiago, Piazza Mercato, at 9 p.m. and returns from Sasso at 2 a.m.

Week of the sea:

Saturday-June 26, Cavazzale, Monticello Conte Otto, about five miles north of Vicenza. The event is organized by the town of Monticello Conte Otto, the National Association of Italian Navy - Civil Protection, and the National Association of Italian Sailors. Saturday, 3:30 p.m. grand opening with a parade departing from Cavazzale's railway station, Piazzale della Stazione; 5 p.m. exhibition of model ships at the Sport Center in Via Revoloni, free entry; the exhibition will be open through June 26, 5 -10 p.m. Saturday and Sunday 5 p.m. food booths featuring fried fish. Take-away service available

participation of musicians, singers, music schools and associations

Live music – Cartoons Rock:

Saturday, 9:30 p.m., in Vicenza, Piazza dei Signori

Classical concert:

Sunday, 4:30 p.m., in Velo D'Astico, Villa Montanina, Via Montanina 1.

Explore the sky:

Astronomical Observatory of Arcugnano, Tuesday, 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.

Model ship exhibit:

Saturday-June 26, 5-10 p.m., in Cavazzale, Sport Center in Via Revoloni

Concerts

Gods of Metal: Wednesday in Milan, Arena

Bob Dylan and his Band: Wednesday in Milan, Alacatraz

Sean Paul: July 2, Rome

Roger Waters: July 3 and 4 in Assago (Milan)

Ricky Martin: July 4, Verona

Burt Bacharach and Mario Biondi: July 5 in Lucca; July 6 in Milan

Skunk Anansie: July 6 in Udine;

FREE concerts, exhibits & events

89th Opera Festival at the Verona Arena:

Friday-Sept. 3. For info in English and tickets, visit <http://www.arena.it/en-US/arena/schedule-2011.html>.

Sculpture/painting exhibit:

Renato Meneghetti paintings and sculptures exhibit: ongoing through July 3, in Bassano del Grappa, Palazzo Agostinelli, Via Barbieri 34, about 22 miles northeast of Vicenza. Tuesday-Friday 3-7 p.m.; Saturday, Sunday and holidays 10 a.m.-1 p.m. & 3-7 p.m. For more info in English, visit http://www.meneghettirenato.com/bio/annexes_en

European music festival:

Saturday-Sunday, in Schio, Via Pasini, 9-11:30 p.m. Open to anyone willing to perform and based on the spontaneous and free

ODR trips

Cruise the lake in Lugano, Switzerland, June 25

Jesolo Beach trip, June 26

SCUBA Croatia, June 27-July 2

Florence and Fiesole, July 2

Mt. bike group ride, July 6

Milan and the Last Supper, July 9

Riccione Beach, July 10

Sirmione, Lake Garda, July 13

Waterwater rafting, July 16

Trips can be booked on WebTrac at <https://webtrac.mwr.army.mil/webtrac/Vicenzarectrac.html> or by following the WebTrac link on www.vicenzaMWR.com or at ODR.

Now Showing

Ederle Theater

Friday	Arthur (PG 13) Your Highness (R)	6 p.m. 9 p.m.
Saturday	Arthur (PG 13) Super 8 (PG 13)	3 p.m. 6 p.m.
Sunday	Hanna (PG) Super 8 (PG 13)	3 p.m. 6 p.m.
June 24	Source Code (PG 13) Scream 4 (R)	6 p.m. 9 p.m.

The Caserma Ederle Post Movie Theater will be closed Monday-Thursday for renovations until further notice.

Camp Darby Theater

Friday	Diary of a Wimpy Kid 2 (PG)	6 p.m.
Saturday	The Hangover 2 (R)	6 p.m.
Sunday	King Fu Panda 2 (PG)	1 p.m.
June 24	Source Code (PG 13)	6 p.m.

Admission: Age 12 and older, \$4, younger than 12, \$2. The Ederle theater box office opens one hour prior to show.

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

July 4 celebration

This year's Festa Americana July 4 celebrations will be a one-day event July 4, 5 p.m.-midnight. The festival area is located in the hospital parking area, the Sports & Fitness Field and in front of the Ederle Inn. Italian guests are invited to enter through Gate 5 near the Health Clinic on via Corbetta. Italian guests signed on by ID card holders will be required to enter only at Gate 1 on via Aldo Moro and sponsors must remain with their guests at all times. No alcohol, glass bottles, roller skates, skateboards, hee-ies, bicycles, mopeds or pets are allowed to in the festival area. Activities include carnival rides for young and old. Better Opportunities for Single Soldiers will operate the popular dunk tank and car bash. Food and entertainment will be available throughout the evening. The "Jalapenos" Country Rock Band will be the featured stage performance for the evening. This year fireworks will be set off from one of the highest points in Vicenza, the historical Monte Berico. For more information as it becomes available visit www.vicenza.com or DFMWR Vicenza on Facebook.

Motorcycle show

Join the motorcycle show July 4 during the post Independence Day celebration. All riders are welcome. There will be six "People's Choice" awards for: Photo Shoot, Spent the Rent, Bad Attitude, Smokin' Knees, Good Vibrations and Diva, plus Best in Show selected by "Celebrity" Judges. All motorcycles must have a valid registration and insurance. Entrance is free. Registration is July 4 in the Health Center Parking lot from 4-6 p.m. All bikes must be in place before 4:30 p.m. for the judging. For more info., contact grant.sattler@eur.army.mil.

Soldiers' Theatre

- Learn to tap dance or just polish your skills in adult beginner classes Wednesday evenings, Wednesday-July 13, 5:15-6:15 p.m. Dress comfortably and bring tap shoes if you have them. Instructor is Jerry Brees. Call 634-7281.
- Music Café Friday is your chance to relax with fellow music lovers and enjoy refreshments while listening to local musicians or get onstage yourself.

Job openings

- Vicenza Main Store is hiring a cashier, and store associates in softlines and hardlines. Positions close Sunday.
- Subway is hiring a food service worker. Position closes Friday.

Central Texas College

CTC Term 5 classes starting Monday include: two Early Childhood classes; CDEC 1173-Parenting for Healthy Families seminar and CDEC 1321-The Infant and Toddler and Criminal Justice seminar-Introduction to Gangs and Gang Infiltration of the Military. For info, contact the Vicenza CTC field representative at 634-6514 or vicenza@europe.ctcd.edu.

Health center closure

The health center will be closed Friday, but will be open Saturday, 9 a.m.-1 p.m. The Dental Clinic will be open Friday. To call an ambulance, dial 118 from off and on post. To call the San Bortolo Patient Liaisons, call 0444-73-3300. For the Nurse Advice Line, call 800-877-660. TRICARE beneficiaries may book appointments on line at www.tricareonline.com.

Fishing tournament

The Mediterranean Chapter of the Association of the U.S. Army hosts the WTU Community Fishing Tournament, June 24, 8 a.m.-1 p.m. at Lago Verde. The fees are €10 per person for a 3 kilogram limit. RSVP by Friday to daniel.king2@us.army.mil or call 634-7661/7635. Following the tournament will be a free fish fry and hot dogs and the winners will be announced.

CYS Services

- Junior Life Guard swim program is available thru EDGE! starting June 27. Youth in grades 6-9 can develop the technical skills of a lifeguard under the guidance of an aquatics trainer. Call 634-7502.
- Register youth for flag football by Friday. Space is limited. Youth ages 9-18 with a valid CYSS registration through the end of the season are eligible. The season runs July 13-Aug. 17. Call 634-6151.
- EDGE! youth programs for this summer include: Spike Volleyball June 28-Aug. 25; Pre-conditioning Monday-Aug. 26; and Wrestling Monday-Wednesday. Programs are for youth in grades 6-12 and are free. Register at Parent Central Services or on Web Trac. Call 634-7502.
- Visit www.vicenzamwr.com for a complete listing or call Parent Central Services at 634-7219.

ACS

- Become a volunteer, build your resume and meet new people. Call the Army Volunteer Corps to find out about opportunities in Vicenza. Register at www.myarmyonesource.com and your volunteer hours

which will follow you to any installation. Call 634-7500.

- The deadline to apply for the AER Overseas Spouse Education Assistance Program (term 1) is July 18. Spouses of active-duty Soldiers pursuing their first undergraduate degree and residing with the Soldier overseas are eligible.

Arts & Crafts Center

- Use one of the many studios for \$2.50 per hour. Get creative with clay, paint on canvas, have fun making cards, finish up some of your framing projects, or choose from our wide variety of bisque ware and paint some pottery.
- Learn to use the equipment in the frame studio and become certified to frame your own pictures Saturday at 10 a.m. The class costs \$40, including a 4x6 picture and all the supplies needed. Call 634-7074.
- Are you ready for some messy art time with your young child? Not sure where to start? Bring messy clothes, a camera and an open mind and the Art Center will provide everything else. Open time for Messy Art is June 25, 10 a.m.-noon, for children 6 months-5 years. Call 634-7074 for more information.

Change of command

The 509th Signal Battalion will hold a change of command ceremony June 24 at 10 a.m. on Hoekstra Field. All are welcome to attend as Lt. Col. G. Shawn Wells turns over command to Lt. Col. Kevin P. Romano. For more info contact 1st Lt. Neville Rose at 634-5280.

Arena

- Texas Hold 'em tournament is Saturday at the Arena. Sign up starts at 5 p.m. Play begins at 8 p.m.
- Summer Movie Nights are every Thursday through Sunday, 6-8 p.m. Enjoy a movie, two hours of bowling, shoe-rental, a large pizza and a pitcher of soda for as many as five people for \$29.95.

Summer PWOC studies:

- Wednesdays until August 17,

5:30-7 p.m., 10-week Summer Bible study, "Really Bad Girls of the Bible" by Liz Curtis Higgs (e.g., Bathsheba, Herodias, Tamar the widow & five others)

- Tuesdays, July 12-August 16, 9:30-11 a.m., six-week Summer Bible studies & book clubs with child care available. Bible studies include, "Satisfied ... at Last!" by Kay Harms and "Understanding Spiritual Gifts" by Kay Arthur, David & BJ Lawson. Summer book clubs will be determined later on "Conversation Peace" by Mary Kassian and "She's Gonna Blow" by Julie Barnhill.

Library

Registration for Summer Reading Programs are begins Monday. A "Midsummer Knight's Read" is the theme this year. Teens participating can fill out a slip each week when they finish a book and enter for a prize drawing at the final party July 26 at 3 p.m. The program for ages 6-11 will offer different activities each week on Tuesday from 11 a.m.-noon. Children ages 3-5 can come Wednesdays, 11 a.m.-noon. Read 10 books over the summer and receive a prize at the end of summer party. Call 634-8419 or stop by the circulation desk to register.

MOMS Club events

- Bunco, June 16
- Fitness Group, June 24 at 10:30 a.m.
- Monthly Meeting, June 27 at 10 a.m.
- Jesolo Beach Trip, June 29 at 9 a.m.

Project

Spots are still available for the 2011 Romania Service Project with Club Beyond, June 24-July 2. Transportation costs will be covered for the next 10 high school students who sign up (a \$320 value). Also, if you've never been on a Club Beyond trip, huge scholarships are available. Contact Laura Livingston at LLivingston@clubbeyond.org or 340-139-4073 for more information or to receive a registration form.

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
11 a.m.: Protestant worship
1:30 p.m.: Full Gospel Pentecostal worship
5 p.m.: Contemporary Christian service

Tuesdays

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

Wednesdays

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

Thursdays

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

Faith group contacts

Islamic: Call 634-7519 (0444-71-7519) for info
Jewish: Call Paul Levine at 345-907-2108
Latter Day Saints: Call Chance Wilson at 327-869-8107. Sunday services, 1:30-4:30 p.m. at Viale Trento 246, Vicenza.
Call the Caserma Ederle chapel at 634-7519 (0444-71-7519) for more information on religious activities.

Vacation Bible School

This year's theme is Pandamania: Where God is Wild About You. Bible school will be held at the post chapel June 27-July 1 from 8:30-11:30 a.m. Participants should be age 4 by Sept. 1 or Pre-K through completed 5th grade. Spaces are limited so register early.



Photo by Laura Kreider

Royal teachers: From the left, Dr. Elizabeth Walker, superintendent of the Mediterranean District; Angela Wilson, Mediterranean Teacher of the Year; seventh grade team leader Kim Stephenson; Chance Wilson, Melanie Mann, George Hanby, team members; and Vicenza Middle School Principal Dr. Julio Gonzalez congratulate Wilson, seventh grade language arts/speech teacher at VMS on her selection June 10 as the 2012 Mediterranean District Teacher of the Year.

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

CYSS track meet highlights spring program

By Tom Hlavacek
Special to the Outlook

Forty-eight U.S. Army Garrison Vicenza family members ranging in age from 6-13 competed in a track and field meet June 1, organized by Child and Youth School Services Sports and Fitness. The children participated in events such as running, jumping and throw in a total of 47 different events.

"This was the culminating event of the CYSS Track and Field individual Sports and Fitness program, which began April 11," said CYSS coordinator Eric Weisel. "It is one of the many programs offered by CYSS."

This summer there will be a total of 56 other programs offered by CYSS to keep post children and youth active. The CYSS Summer Programs brochure is available on the CYSS MWR website at www.vicenzamwr.com/cys.html, or a hard copy can be obtained at the CYSS Parent Central Services Office in Davis Hall.

For individual results in the track meet, contact Krista Cahill in the CYSS Sports and Fitness Office at 634-6151.



Photo by Alex Frank

Caserma Ederle youth participate in a running event during the Child and Youth School Services track and field meet June 1. Forty-seven events were held for the 48 family members in attendance.

Vicenza offers tactical athlete fitness opportunities

By Peggy Schadler
FMWR Marketing

Vicenza Soldiers were recently part of a successful pilot program called Mission Essential Fitness. Soldiers who engage in combat require high levels of strength, speed, power and agility, according to the program director. In order to meet this demand, the Soldier must be both aerobically and anaerobically fit to defeat the enemy.

In Vicenza, the Army Wellness Center partners with Family and Morale, Welfare and Recreation Sports, Fitness and Aquatics and Outdoor Recreation programs to provide Soldiers additional "Tactical Athlete" opportunities. The Army Wellness Center provides integrated and holistic wellness programming that is tactically relevant for the Soldier athlete. Services include metabolic analysis with meal plans, fitness testing that includes VO2 Max, flexibility, muscular strength and body composition testing with an exercise plan.

Lacy Wolff, director of the Army Wellness Center in Vicenza, is a yoga instructor at the Fitness Center. She was asked on a recent Outdoor Recreation Scuba Certification trip to Croatia to teach a class by one of her yoga students. Keino Segree, a 173rd Airborne Brigade Combat Team Soldier, started attending yoga class about 10 weeks ago and immediately was hooked.

"Keino asked me if I would teach a class on the rock ledges by the water in our campsite," said Wolff. "I agreed to teach on Saturday morning and was happy that four people came out to practice with me. I have noticed a dramatic increase in active-duty male Soldiers in yoga classes. We have had more male Soldiers than any other demographic in recent classes at the Fitness Center."

Wolff has been excited to watch Segree's progress. He asks questions and wants to push himself to his limits and has been an inspiration to other Soldiers, Wolff said. He practices on his own everyday and has made massive gains in strength, balance, and flexibility. Wolff feels there are many misconceptions about yoga but Keino and other Soldiers are promoting the program and are feeling the benefits first hand. Not every Soldier can do PT at traditional



Photo by Amber Morris

Keino Segree, 173rd Airborne Brigade Combat Team Soldier, shows off his yoga skills obtained from taking classes through the Army Wellness Center on Caserma Ederle. Doing alternative physical training has been shown to benefit Soldiers preparing for deployment.

times but with new equipment located outside the Fitness Center they can work out in new ways on their own or with a small group. Soldiers can add tire flips, use outdoor training rings, do log lifts and add the sledgehammer smash to their routines. The strength and aerobic benefits of flipping the oversize 3'6" diameter tires that weighs 85 pounds can enhance performance of all sports.

Tire training uses the whole body and by varying the distance athletes can get a great aerobic workout as well.

Ring training helps build upper body muscles. Rings suspended 7'9" from the ground are particularly good to work lats, abs, shoulders, triceps and forearms which are involved in almost every maneuver according to fitness instructors. The abdominal and postural muscles also get a workout. The shoulders, torso, hips, triceps, biceps and traps all receive attention, adding to full body power, stability, torso strength, gripping power and endurance.

COMMUNITY UNIT/REC OPEN PLAYSOFTBALL

American League	Win	Loss	National League	Win	Loss
USARAF	4	0	1/503rd Hostile	6	0
Chosen Co.	4	1	Rough Riders	2	1
HHC USAG V	4	2	E Co. 1/503rd	2	1
1/503rd Attack	3	3	Battling B's	2	1
HHC 173rd BDE	2	2	AFN South	1	1
Mod. Co. 1/503rd	2	4	Vicenza Health Clinic	1	1
D. Co/1-503rd (Dogs)	1	4	USARAF (OSJA)	1	3
386th MCT	0	4	USAG V Females	0	5

The 2011 USAG-Vicenza Unit/Recreational Softball League games are Mondays, Tuesdays and Wednesdays at 6, 7 and 8 p.m. on the post softball field. Call the Fitness Center for specifics at 634-7616. Games on June 6-7 were rain outs.

Sports Shorts

Float day

Bring your "floaties" and head to the Villaggio Pool for Family Floats Day June 25, 1-5 p.m. Enjoy a lazy afternoon of floating. BOSS will be on hand to sell root beer floats too. Call 634-5181 for information.

Become a ninja

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

Soccer registration

Registration has started for the Unit/Rec Soccer League. The league runs July 14-Oct. 6. A coach's meeting is July 7 at 2 p.m. at the Fitness Center. Call 634-7009 for information.

Unit & rec play

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

Rugby: 6 -7:30 p.m. Tuesdays and Thursdays for 15 or more players at North 40 football field

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

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

Women's Soccer: 5:30-7 p.m. Tuesdays & Thursdays for 12 or more players at the turf field behind the Ederle Inn. Email sr_brasher@yahoo.com or call 634-8925.

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

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

Women's softball

Participants and coaches for softball must be at least 18 years old and out of high school. For those interested, call 634-7009 or 634-5033.

Tennis tournament

A Tennis Classic Tournament is July 8-9. Participants meeting is July 8 at 6 p.m. at the Ederle Tennis Courts. Males & Female divisions for categories of: Beginners (0-2 years experience), Intermediate (2-5 years) and Advanced (more than 5 years). Awards will be given for first, second & third place per category. Sign-up by June 28.

40 and older basketball

For those interested in playing against a men's Italian 40 and older team, contact Sports, Fitness & Aquatics at 634-7009 or 7616, and leave your contact information.