

## USARAF sponsors deployment training for Malawi

by Rich Bartell  
U.S. Army Africa PAO

As part of the African Deployment Partnership Training, three U.S. Army instructors traveled to Salima, Malawi to conduct convoy training with 22 Malawian Defense Forces, Jan. 16-20.

Capt. Brad Copas of U.S. Army Africa's G-4 Logistics Directorate was the course facilitator and an additional instructor for the week-long training. Copas, along with Maj. Brooke Grubb and Sgt. 1st Class Brian Underwood, covered basic convoy operations and determining center of gravity for vehicles.

"The ADAPT class was the first training of this type ever for the MDF," said Brig. Gen. Rodrick Chimowa, commandant of the Malawi Armed Forces College.

"We hope you return soon with Phase II training so that we can improve our skills and continue to support peace operations in Africa," he said. According to Copas, the class was an eager group of both army and Air Corps soldiers.

"The class was made up of a mixture of officers and non-commissioned officers from the Malawian Army and Air Corps. They picked up the information quickly and didn't need much guidance during practical exercises," Copas said.

Copas explained how the MDF used the ADAPT training to improve convoy operations. "MDF troops are accustomed to conducting convoy and deployment operations. Our Malawian partners are great students and good at adapting our training to their operations," Copas said. "They've participated in United Nations peace keeping missions in the past and will likely do so again. As a result, they'll



Photo by Capt. Brad Copas

Sgt. 1st Class Brian Underwood covers basic load planning for air operations during African Deployment Partnership Training in Salima, Malawi.

be able to use training to enhance the convoy and deployment phases of those missions."

Copas said his fellow instructors, Grubb and Underwood, are Army National Guardsmen who traveled from the U.S. for the ADAPT training in Malawi.

"As instructors, we reinforced that NCOs are normally primary instructors as Underwood took the lead in a lot of the instruction. We covered peacetime and

conflict convoy operations, load plans for air operations as well as unit movement planning," Copas said.

An example of their ability to adapt occurred when instructors and students were covering a load plan for an air shipment practical exercise.

"We didn't have a specialized 463L pallet (used for transporting military air cargo); however, we found a local pallet that performed well. We put our heads together and improvised," Copas said.

He praised MDF students for their professionalism and academic excellence.

"All of our students performed at a high level. You couldn't ask much more from students. They caught on quickly and require little guidance during practical exercises. They are receptive and appreciative learners. Without hesitation, I would say that all of the students would be successful unit movement officers," Copas said.

## DOD to begin prorating imminent danger pay effective Feb. 1

by Jim Garamone  
American Forces Press Service

WASHINGTON – Servicemembers now will receive imminent danger pay only for days they actually spend in hazardous areas, Pentagon officials said here today.

The change, which took effect Feb. 1, was included in the 2012 National Defense Authorization Act, which President Barack Obama signed into law Dec. 31.

"Members will see the prorated amount in their Feb. 15 pay records," Pentagon spokesman Navy Capt. John Kirby said.

The act called for DOD to pay servicemembers imminent danger pay only for the time they spend in areas that qualify for the pay. In the past, service members received \$225 per month if they spent any time that

month in an area where the pay was authorized.

"This is a more targeted way of handling that pay," Kirby said.

Now, servicemembers will receive \$7.50 a day for days spent in these areas. Personnel who travel to the designated areas for periods less than 30 days should keep track of the number of days they are in the area to verify that they are paid for the correct number of days, officials said.

The military services are working to waive or remit debts for members who may have been overpaid for January, officials said. The services can waive this "when there is no indication of fraud, fault, misrepresentation, or when members were unaware they were overpaid," Pentagon spokeswoman Eileen Lainez said.

Proration is based on a 30-day month, which

translates into a rate of \$7.50 per day. It does not matter if the month is 28 or 31 days long, officials explained; if service members serve in affected areas for the complete month, they will receive the full rate of \$225 per month.

The Defense Department defines imminent danger pay areas as places where members are subject to the threat of physical harm or imminent danger because of civil insurrection, civil war, terrorism or wartime conditions.

Servicemembers who come under fire, regardless of location, will receive the full monthly hostile-fire pay amount of \$225.

Servicemembers will receive notification of the change via emails, on the MyPay system, on social media sites and via the chain of command.

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### News pages 3 & 4

173rd ABCT learns Jumpmaster from 82nd ABN DIV; vision restored for citizens of Tanzania

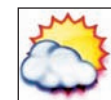


### Sports page 8

VHS grapplers host home meet; time necessary to create healthier lifestyles



34/23  
Friday



34/19  
Saturday



37/19  
Sunday

A town hall with Lt. Gen. Hertling, U.S. Army Europe, will be Tuesday at the post theater at 9:30 a.m.



## Retail price schedule survey under way in Italy

Directorate of Human Resources

The Retail Price Schedule Survey, one of two tools used to determine Overseas Cost of Living Allowance, will be conducted during the month of February at seven locations across Italy with large concentrations of U.S. military personnel — Aviano, Gaeta, Ghedi, Livorno, Naples, Sigonella and Vicenza.

During this period, volunteers from each base will be collecting pricing information on 120 goods and services at government facilities on-base and at local off-base outlets as identified in the 2010 Living Pattern Survey. Navy Region Europe, Africa, Southwest Asia is coordinating survey participation.

Overseas Cost of Living Allowance is determined using the Living Pattern Survey results and the Retail Price Schedule. The Living Pattern Survey, occurring every three years, identifies servicemember shopping behavior

and contains names of off-base retail establishments most frequently used for purchasing established categories of typical goods and services. The off-base retail outlets are used to collect prices for the annual Retail Price Schedule. The Retail Price Schedule, occurring every year, is the second major input to computing COLA rates. The two surveys, LPS and RPS, determine the relative cost of living overseas compared with the United States. Service members play a critical role by participating in the surveys.

The Defense Travel Management Office uses the LPS and RPS data to determine the COLA index at a particular duty station. The COLA index is determined by comparing price differences between a market basket of goods and services in an overseas location and the same market basket prices of goods and services in continental United States. A rising cost of living in the United States relative

to Italy will tend to push COLA rates down. Conversely, if prices rise faster in Italy than in the United States, COLA rates can increase.

A Military Advisory Panel, consisting of a representative from each uniformed service, must approve COLA changes before implementation. If the data change warrants an increase or no change to COLA, the index is adjusted immediately and effective in the next available pay period. If the data warrants a decrease in COLA index, DTMO will forward the recommended decrease to the Service Principals (a group composed of Deputy Assistant Secretaries and Directors representing each of the uniformed services) within 30 days for final approval. After approval, locations will be notified and the decrease will be effective 45 days later with a graduated decrease taken at two points per month.

The results from this year's COLA assessments are expected to be announced by DTMO this spring.

## Flu season likely to peak in coming weeks

by Douglas DeMaio

Bavaria Medical  
Department Activity Public  
Affairs

**VILSECK, Germany** — Influenza affects several million people every year.

Small children, pregnant women and people with chronic illnesses like diabetes and asthma are considered high-risk persons for contracting the flu and should take precautions to protect themselves.

"Their immune systems are weakened and, if they get the flu or any other illness, they don't have the mechanisms to fight it off as much as the folks who are healthy," said Lt. Col. Gwendolyn L. Davis, chief of Army Public Health Nursing for Bavaria Medical Department Activity. "That is why we encourage them to get the vaccine. High-risk people, especially the pregnant women, they definitely need it. The myth that it is not safe and will affect the unborn child is just

a myth. It is safe."

High-risk persons are more likely to suffer from serious complications caused by the flu, Davis said.

Staying active, getting plenty of rest, taking vitamins and drinking an ample amount of liquids to stay hydrated can all help boost a person's immune system and help fight off germs, but she said, there is one sure way a person can significantly reduce their odds of contracting influenza.

"The most important is the flu vaccine," Davis said. "It is never too late to get it throughout the year, but we prefer you get it at the beginning of the season so you will have better protection. It's free to all the beneficiaries. Most of the clinics offer it on a walk in basis, so there is no need to make an appointment."

FluMist, which is given through the nose, is good for children who are 2 years of age up to adults who are 49 years old. Anyone not in that age group would need to

get an injected vaccination known as Fluzone.

There is a common misconception out there that the FluMist will give people the flu because it is a live vaccine, but that is just a myth, Davis said.

"You will not get the flu from the flu vaccine," she said. "You get protection. Some people have gotten sick, but not because of the vaccine."

The vaccine takes between 10 to 14 days to take effect, Davis said. Every year, the influenza strain changes, so Davis encourages people to be protected seasonally.

Historically, winter is flu season, and flu activity peaks after January, according to the Center for Disease Control and Prevention's website. Since 1976-77, February has proved to have the highest flu activity. A report titled "influenza is slowly progressing in Europe" by the European Centre for Disease Prevention and Control listed the spread of flu in Germany

for the third week of January to be "sporadic."

Last year, during the same week, the organization's Weekly Influenza Surveillance Overview listed the spread of the flu to be "regional," but by the fifth week, the weekly overview listed the spread of flu to be "widespread."

Practicing good hygiene like washing hands frequently and sneezing in one's sleeve rather than in one's hands will help slow the spread of influenza, but there are other ways to help prevent the spread of the virus.

"If you get sick, don't spread it," Davis said. "Stay at home if you are sick. We encourage supervisors who have someone sick in their office to send them home. It is very contagious and you don't want to spread it around. We know it interferes with the work, but still it is better for them to stay at home for a couple of days and get well than to come in and have the whole office get sick."

## Speak Out

What was the most special Valentine's Day gift that you received?



Susan Vanderbeek  
VHS nurse

"It's absolutely the best of my life; my daughter was born on Valentine's."



Kym Price  
American Red Cross

"A singing Valentine gram with two dozen roses in the middle of a snow storm in Alaska."



Carl Kerr  
Vicenza Health Center

"A nice scarf was given to me by my family. That made it very special."

By Laura Kreider

## Salt availability for buildings on post, Villaggio

Directorate of Public Works

After the groundhog Punxsutawney Phil's prediction of more winter last week, Vicenza is starting to see its first signs of winter weather. For those with questions about winter weather measures, the following is a brief explanation.

The Directorate of Public Works does spread salt along the roads, in parking areas and along the main sidewalks on post.

DPW has salt placed in containers at various locations on Caserma Ederle near Hoekstra Field, outside U.S. Army

Africa Headquarters and Headquarters Company Battalion B-82, 173rd Airborne Brigade Combat Team Headquarters building 127, outside B-169, and near B-367 across from the High School. At Longare, the containers are along the roadway and near buildings 8, 26 and 10. Containers are green plastic that hold two bags of salt each for tenant use.

Refills for salt can be obtained by calling DPW at 634-7491 or going by the DPW Supply Yard, building 21 on Caserma Ederle and picking up replacement bags. Hours are 8 a.m.-noon and 1-5 p.m.

Personnel in Villaggio needing salt should go to the Self Help store in Villaggio during normal operating hours.



## Tanzania, U.S. personnel work to restore sight

Story and photo by Sgt. Terysa M. King  
USARAF PAO

**ZANZIBAR, Tanzania** – Following years of being in the dark, Yassuf Mahid Haji opened his eyes to a new, illuminated world. Haji blinked several times and embraced the new gift that was bestowed unto him — the gift of sight.

The day before, Haji was seen with his arms outstretched, completely dependent on nurses to lead him to the operating room. After a 20-minute surgery, Haji was given an eye patch, 24 hours to heal and a new outlook on life.

Haji, along with 150 citizens of Zanzibar, Tanzania, traveled to the Zanzibar Military Hospital in Bububu to receive free cataract surgery during the Medical Readiness and Training Exercise, a joint exercise to improve working relationships with Tanzanian and U.S. Army medical providers and provide medical services to citizens in need of treatment.

Col. Darrel K. Carlton, a U.S. Army ophthalmologist and officer-in-charge of the Tanzanian MEDRETE, said the mission helps the Ministry of Health reduce cataract blindness in Tanzania because the number of patients far exceeds the number of ophthalmologists.

“The Ministry of Health here has at least four to five ophthalmologists that work here. They have some of the same types of technology that we have stateside; however, they don’t have enough of them,” Carlton said.

According to U.S. ophthalmologists, Haji was a very special case — he is a severe diabetic. Ultimately, Haji’s diabetes accelerated the growth of his cataracts which blinded him by the age of 30. Now, after his surgery, Haji can see up to nine feet away.

“Before the operation, I was not able to even see the perception of light, but now it has improved. Right now, I can see, I can count fingers. I am very happy,” Haji said, carefully observing his surroundings after his eye patch was removed.

Dr. Fatma J. Omar, a cataract surgeon and national



Approximately 150 citizens of Zanzibar, Tanzania, traveled to the Zanzibar Military Hospital in Bububu to receive free cataracts surgery during the Medical Readiness and Training Exercise, a joint exercise to improve working relationships with Tanzanian and American medical providers and provide medical services to citizens in need of treatment.

eye care coordinator for the Ministry of Health in Zanzibar, was extremely pleased with the progress of the surgeries, and said she is happy with the Americans helping to lighten their load and for the learning experience.

“It’s a special opportunity for them (Americans) and for us as well. It’s an exchanging of ideas and techniques, we learn from each other,” Omar said.

The announcement of free eye care in Zanzibar was advertised on the local television and radio stations. As a result, hundreds of people lined up at the military hospital hoping to receive free medical attention.

Rajab Mohammed Hilal, an eye care technician at the Mnazi Mmoja Hospital in Zanzibar, said he screened more than 500 patients. Even though the days are long, both Omar and Hilal know the importance of

this mission to the people of Zanzibar, and how much they benefit from free medical care.

“This location is very important because most of them are poor. They cannot afford to pay for surgery or for spectacles. (Those) who need operations, they get all services free of charge,” Hilal said.

Omar said she feels proud to help her people, knowing the surgery not only helps the patients, but their entire family. She explains the surgery helps the rest of the family perform their daily duties properly instead of paying attention to their blind family member’s needs.

“Instead of going to the farm or going to work, they (family members) will be busy taking care of blind people at home, but now (the patients) have regained their vision, so now (family members) can do their work,” Omar said.

## Health Center holiday hours

U.S. Army Health Center Vicenza

During the President’s Day holiday, Feb. 17-20, the U.S. Army Health Center Vicenza announces its hours of operations.

On Feb. 17, a training holiday, there will be limited operations, no pharmacy refill available. Feb. 18 is a normal Saturday clinic open 9 a.m.-1 p.m. with no pharmacy refill. The center will be closed Feb 19-20. The birth center will be open every day. Plan accordingly to this schedule. Schedule appointments by calling 636-9000 or 0444-

61-9000 at 7:30 a.m.-4:30 p.m. on regular schedule days.

The pharmacy’s automated refill calling system may be accessed at [www.tricareonline.com](http://www.tricareonline.com) or by phone at 636-9133 or 0444-61-9133. Select “Landstuhl Footprint Pharmacy” and then press 3 for Vicenza.

In case of an emergency, call 118 for an ambulance or go directly to the San Bortolo emergency room or the nearest hospital if outside Vicenza. The Patient Liaisons may be contacted at 0444-75-3300 or 634-8384.

## Saturday Gate 1 closure

A scheduled Barrier Maintenance Project will occur Saturday from 6-10 a.m. at Caserma Ederle gate 1 (Via Aldo Moro). Gate 4 will be open for inbound traffic during this time and all outbound traffic will use Gate 2 (Chapel Gate). The time will allow for services and maintenance to be conducted on several of the barriers at Gate 1. Gate 4 maintenance (10 a.m.-noon) will be conducted after the gate is closed at 10, with no interruptions to traffic flow. Any questions contact the DES Physical Security Office 0444-71-6744/8521 or AT/FP 0444-71-8984 during duty hours and the MP Desk Sergeant during non-duty hours 0444-71-7626. The DES and DPTMS staffs apologizes for any inconvenience that we may cause you and your family.

## The Outlook

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The editor reserves the right to edit all submissions for style, brevity and clarity. Circulation is 2,000 per week.

## Volunteer Spotlight Army Community Service



Angelo Sibilla is the outstanding adult community volunteer for December, nominated by Army Community Service. Sibilla has been a dedicated volunteer for nearly three years. He assists in a number of ways including logistical help with ACS events, programs, translations and assistance to Family members and Soldiers.

Recently Sibilla provided more than 100 hours of volunteer teaching and tour guide assistance with the Culture College program.

“His enthusiasm and energy greatly enhanced the initial experience of many newcomers and positively contributed to the community,” according to Allie Vallery, ACS Volunteer Corps Program manager.

To suggest a new staff member or volunteer to be featured in The Outlook, email us at [editor@eur.army.mil](mailto:editor@eur.army.mil).



# Community Camera

## 82nd ABN DIV brings Jumpmaster Course to 173rd ABCT

Story and photos by Spc. Donald R. Dutton  
173rd ABCT IIA

Jumpmaster is a title given to those who train and pass an Army school known as the Advanced Airborne Jumpmaster Course. Once graduated, these elite airborne Soldiers now hold several responsibilities. From the rigging of individual equipment containers and door bundles, checking personnel parachute components by their specific nomenclature and characteristics to flawlessly memorizing procedures and standards required to conduct a Jumpmaster personnel inspection. They also have duties and responsibilities of the Drop Zone Safety Officer, and the presentation of the Jumpmaster briefing and sustained airborne training. Finally, they have to master the execution of duties of a Jumpmaster and Safety from a USAF aircraft during a day/night combat equipment jump.

The 173rd Airborne Brigade Combat Team graduated 56 out of 73 Jumpmasters during this training course. They went through the grueling process of several written exams on nomenclature, pre-jump and then a practical hands-on test for the Jumpmaster Personnel Inspection both “Hollywood” and “Combat” jumps. JMPI is one of the most important inspections a Jumpmaster conducts.

“The sky more than the sea is terribly unforgiving of the slightest mistakes,” said 1<sup>st</sup> Lt. Phillip J. Velaquez Jr., 173rd ABCT air officer

The “JMPI” is where an airborne Soldier is inspected from head to toe before conducting an airborne operation in which he exits an aircraft while in flight. If the inspection is for a Hollywood jump, he is inspected starting with his helmet, harness, parachute and reserve parachute. If the inspection is for a Combat jump, then he will also have a rucksack and a weapon with him which only increases the level of importance of a perfect and safe inspection on the Jumpmaster’s part.

More than half of the graduates of this course were from 173rd ABCT, which only adds to the fame of the ‘Herd.’



Above, an Air Force load master checks the door before letting the jumpmaster take over during the course held on Caserma Ederle. At left, Jumpmaster students wait to load into a C-130 in Aviano during the Jumpmaster Course. More than half of the class finished the course.

## Local carnevale celebrations

**Vicenza:** Sunday, 3:30 p.m., in Vicenza, Campedello Church, Viale Riviera Berica 239, children costume parade.

**Albettonne:** Sunday, 2:30 p.m., Piazza Ortigara, about 17 miles south of Vicenza. 2 p.m. floats parade, games and entertainment for children, food booths featuring friture, hot chocolate, and vin brule’, a hot mulled wine.

**Bassano del Grappa:** Sunday, 3 p.m., Piazza Libertà, about 22 miles northeast of Vicenza. Live music and entertainment with I Rodigini Orchestra, DJ 14, and Rosà Full Time dance school. Masked parade. This Sunday, Feb. 19 and Feb. 21, 3 p.m. children face painting in the Trucchi-Bus.

**Breganze:** Sunday, 2:30 p.m., Maragnole, Piazza De Gasperi, about 12 miles north of Vicenza. Float parade; typical Carnevale sweets for everyone.

**Cornedo Vicentino:** Sunday, about 19 miles northwest of Vicenza. 2 p.m. parades of allegorical floats and masked groups which come from all over Veneto.

**Lonigo:** Sunday, in Piazza XXV Aprile, 2 p.m., float parade, folk music and dances; Bovolone’s musical band and majorettes; entertainment with the High Promotion Association from Sandrigo; cotton candy for everyone; food booths featuring vin brule’, traditional frittelle open at 11 a.m.

**Malo:** Sunday, Piazza Zanini, about 11 miles northwest of Vicenza. Entrance fee: €3. Free for children younger than 11. Food booths featuring frittelle (deep-fried pastries), vin brule’ and hot chocolate; 2:30 p.m., live entertainment with Isola Vicentina Band and “Batuque Branko” Drum Band and samba dancers; a dogs’ costume contest and float parade.

**Ponte di Barbarano:** Sunday, in Piazza Chiesa, 2:30 p.m., costume party, entertainment, float parade and bounce houses; in case of inclement weather, the event will be postponed to Feb. 12.

**Romano D’Ezzelino:** Sunday, Loc. Fellette, about 26 miles north of Vicenza. 1 p.m. live music, dances, entertainment with clowns, balloon creations, face-painting. Food booths featuring Carnevale pastries, vin brule’ and sandwiches; float parade accompanied by Bloko Aureliano Brazilian drum band; Nove majorettes show and Crosara music band.

**Sarcedo:** Sunday, 2 p.m., in Piazza Vellere, Madonnetta, a float parade accompanied by Bassano music band departs and arrives in Piazza Sarcedo at 3:30 p.m. Crostoli and



Courtesy photo

Carnevale celebrations often include activities for children. Children often dress up in costumes as well as adults.

wine for everyone. In case of inclement weather, it will be postponed to Feb. 19.

**Schio:** Saturday, Poleo, about 18 miles north of Vicenza. 2:30 p.m. Float parade; Sunday, Magrè, Piazza Cesare Battisti, float and masked groups parade;

**Venezia:** ongoing through Feb. 21, about 45 miles east of Vicenza. For full program in English, visit <http://www.carnevale.venezia.it/>, or request the program by calling Anna Terracino at 634-7169 or email [anna.terracino@eur.army.mil](mailto:anna.terracino@eur.army.mil).



## Darby celebrates 'Saving of Colonel Kappler'

By Maj. Paul Fritts  
Camp Darby Chaplain

Camp Darby joined the President of the United States, Members of Congress and other dignitaries gathered with leaders from across the country and around the world in celebrating the 2012 National Prayer Breakfast. The act of forgiving one another is an essential ingredient to building relationships which might not otherwise be possible. I invite you to think about forgiveness and the lessons to be learned from the Parable of the Unforgiving Servant and the story of 'Saving Colonel Kappler'.

Kappler was the kind of villain that we love to hate in the movies. But this was no movie: It was the city of Rome under Nazi rule during the Second World War. Our villain is Colonel Herman Kappler, commander of the SS forces occupying Rome.

Kappler's SS routinely tortured and executed suspected members of the resistance, but for all his brutality, Kappler had not been able to capture the man who was behind the massive underground network that aided escaped Allied POWs and Jews in Rome. Kappler knew who the man was, but there was a problem: he was a Vatican priest—Monsignor Hugh O'Flaherty. So Kappler had O'Flaherty watched, and finally, on one brilliant sunny winter morning, had him cornered away from the Vatican.

The Nazi SS had the Palazzo of Prince Filippo Doria Pamphili surrounded with O'Flaherty inside. O'Flaherty raced down a narrow stone staircase into the cellar — no way out, nowhere to hide.

Too much was at stake for too many people for him to surrender to Kappler now — especially for Prince Filippo and the others upstairs who were compromised by O'Flaherty's presence.

As he edged along the passageway that led to the cellar beneath the courtyard, he noticed a strange sound, like rocks rolling down a stone mountain face. As



Photo by Joyce Costello

Camp Darby community members join together at the local National Prayer Breakfast Feb. 3 at the Darby Community Club for food for the body and soul.

he moved closer to the sound, he saw light — daylight! The prince's winter coal supply was sliding into a coal bin through an open trapdoor in the courtyard.

O'Flaherty took off his black monsignor's robe and hat put them into an empty coal sack. He tore his collarless shirt to his waist and rubbed coal dust all over himself from head to toe. With the cooperation of one of the coalmen who had no love for the Nazis, O'Flaherty strolled right past the two lines of SS troops, who disdainfully moved aside so they wouldn't get their uniforms dirty.

The bitter rivalry between this German Nazi and this Irish priest sets the stage for O'Flaherty's most remarkable rescue.

After the war, Col. Kappler was tried and convicted for war crimes. He was sentenced to life imprisonment for his part in the slaughter of the 320 at the Ardeatine Caves.

Forgiveness is not saying the offense never happened. It did. Forgiveness is not saying that everything's okay. It isn't.

Forgiveness is not saying we no longer feel the pain of the offense. We do.

For Father O'Flaherty, forgiveness was saying "I still feel the pain, but I am willing to let go of your involvement in my pain." For Father O'Flaherty, forgiveness was an attitude of faith whereby he was able to turn over to God the business of how the other guy is doing.

For Father O'Flaherty, forgiveness was saying to Kappler, "I'm okay, and I am willing to let God deal with whether you are okay, and I am willing to let go of my need to be the instrument of correction and rebuke in your life."

In fact, Father O'Flaherty continued to visit Kappler and show him the love of Christ.

In March 1959, Herman Kappler, former SS colonel, Nazi war criminal, sought forgiveness and salvation in the waters of baptism poured by the hand of Monsignor Hugh O'Flaherty. Amen.

The extended version and photos are available at [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)

## Darby Dates

Visit the community calendar for upcoming events and details at [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)

### African American Food Tasting

Mark your calendars for Friday, Feb. 24, 6 p.m. at the DCC, for an awesome food tasting event as they celebrate the African American/Black History, culture, traditions, and achievements.

### New program for parents

633-7480

Feb. 15 at 1 p.m. at ACS, learn what a parent Co-op is, how it is run, what the parent responsibilities are, what the time commitment may be. This is a great opportunity to start up a new, fun program for parents, run by parents and for kids.

### Job Announcement

633-8511

839th Transportation Battalion (SDDC) has an opening for a GS-7 Transportation Assistant in their Italy Detachment at Leghorn Army Depot (Camp Darby). The vacancy announcement closes Feb. 14. The full announcement is at [www.usajobs.gov](http://www.usajobs.gov).

### Parents Night Out / Game Day

633-7681

- School Age Center Game Day Feb. 25 from 2-5:30 p.m.
- Parents Night Out for CDC & SAC, Feb. 25 from 5:45-11 p.m.
- Youth Center Game Day / Kick Back Night Feb. 25 from 2-5:30 p.m. free of charge with plenty of fun games planned for indoor and outdoor play. After 5:45 p.m. the Kick Back night starts with even more fun.

### ITR

633-7589

- Bus transportation to Viareggio Carnival Feb. 19, 26
- Bus transportation to Venice Carnival Feb. 12
- Pistoia Zoo Feb. 25

### ODR

633-7775

Ski trips every Saturday.

### Religious Activities

633-7267

9:40 a.m. Catholic reconciliation  
10 a.m. Catholic Mass  
11:15 a.m. Protestant worship  
11:15 a.m. Catholic CCD  
Get your pulled pork sandwich lunch Feb. 23 at 11:30 a.m.-1 p.m. at Mertz hall. Club Beyond is hosting a lunch in order to gather donations for our High School students to attend the Service Project trip to Romania this summer.

## AMERICA'S ARMY: THE STRENGTH OF THE NATION™



U.S. Army Garrison Livorno  
NCO of the Quarter

"Competing in this year's competition means a great deal to me. It gives me the chance to show myself and the community that I am not just a chaplain assistant and that I am willing to go the extra mile to develop as a soldier and a leader."

SGT Cara Parker  
U.S. Army Garrison Livorno Chapel



"Army NCO- No One is More Professional than I..."





## Verona in Love:

Lovers throughout Northern Italy join in Verona for a festival that begins Saturday ongoing through Tuesday. Enjoy the city while it is lit in red and live music and free samples



Courtesy photo

### Local events

#### Valentine's Day in Italy:

This holiday is named after Saint Valentine. According to legend, during Roman times, Emperor Claudius II forbade soldiers to marry. A priest named Valentine ignored this decree, encouraging young people to be united in holy matrimony. He was imprisoned and executed Feb. 14, 273. Legends vary on how the martyr's name became connected with romance. The date of his death may have become mingled with the feast of Lupercalia, a pagan festival of love, or with the ancient belief that birds first mate in the middle of February. Modern Italy perceives Valentine's Day as a festivity imported from the United States, like Halloween and Mother's Day. This day is reserved for couples and lovers; family and friends do not take part or exchange gifts. In the evening couples usually go out to dinner. Gifts may include red roses or perfume, diamonds, or the famous Baci Perugina. These chocolate-covered hazelnuts contain a small slip of paper with a romantic poetic quote in four languages.

#### Verona in Love:

Saturday-Tuesday, 10 a.m.-7 p.m., Piazza Dei Signori, Piazza Bra, Cortile Mercato Vecchio. "If you love someone, bring her/him to Verona" is the slogan of Romeo and Juliet's city.

Un cuore da scoprire: a heart-shaped exhibition and market of romantic gift ideas, crafts. Live music and entertainment. Free sampling of Bauli specialties and a waterfall of heart-shaped coriandoli (confetti). Bands, events, and theatrical performances will entertain visitors throughout the weekend. At night the most important monuments and historical building will be lit up in red. Visit Juliet's house and tomb for only €1, 8:30 a.m.-7:30 p.m.

#### San Valentino Fair:

Saturday and Sunday, in Pozzoleone, about 13 miles northeast of Vicenza.

♦ Saturday: local products indoor exhibit and sale 8 a.m.-11:30 p.m.; at noon festival grand opening; 7 p.m. food booths; 9

p.m. live music and ball room dancing with Marco and the Clan Orchestra at the sports center, Via Casona; 9:30 p.m. country night with Luca Nike

♦ Sunday: local products indoor exhibit and sale 8 a.m.-8 p.m.; 8:30 a.m.-6 p.m. traditional outdoor exhibition market with more than 300 stalls featuring local agricultural products and antique market; 4 p.m. live bell concert presented by the Corde e Musica Band; 9 p.m. live music and ballroom dancing with I Caramel Orchestra.

#### Coffee and Chocolate Fair:

Sunday, from 10 a.m.-7 p.m., in Thiene, Piazzetta Ferrarin, about 12 miles north of Vicenza. Taste many different kinds of chocolate and coffees, including pralines, chocolate mousse, coffee and chocolate desserts and cookies; admire objects and figures made entirely from chocolate and purchase the perfect Saint Valentine gift for your loved ones. 10-11 a.m. and 4 p.m. chocolate workshops for children; 11 a.m. and 2:30 p.m. "Cupcakes in Love" San Valentino's cupcakes workshops: cost €13.

#### Ice-skating rink

**Vicenza:** open through Feb. 22, Campo Marzo, Saturdays-Sundays 10 a.m.-1 p.m. and 3-11 p.m.; weekdays 3-8 p.m. It will be open until 11 p.m. on Valentine's Day with free heart-shaped chocolates for everyone. In conjunction with Carnevale, Feb. 19 and Feb. 21, free hats and masks to wear while skating. Entrance fee: Monday-Friday: €7 and €5 for children younger than 12 (fees include ice-skate rental); €3 entrance only; Saturdays -Sundays and holidays €9; €7 for children younger than 12 (fees include ice-skate rental); and €3 entrance only.

**Padova:** Open until May 5. Ice-energy - Sports Center Plebiscito, Via Geremia Guglielmo, about 24 miles southeast of Vicenza. Open until May 5. Tuesdays, Wednesdays, and Fridays 5-7 p.m. and 9-11 p.m.; Saturdays and holidays 9 a.m.-1 p.m.; 2-8 p.m., and 9-12 p.m.; Sundays 9 a.m.-1 p.m. and 2-8 p.m. Entrance fee: €7 weekdays, reduced €5 for children up to 12 years old; €9 euro

weekends and reduced €7. Skate rental is €4.

#### Movies

The Odeon Theater, in Vicenza, Corso Palladio 176, will be featuring movies in English through the winter. Monday: True Grit by Ethan and Joel Cohen. Tickets cost € 6. Show times are 5 p.m. 7 p.m. and 9 p.m.

#### Spazio Casa:

Exhibition of furnishing, home accessories and wedding articles: through Sunday, in Vicenza, Via dell'Oreficeria, 16. Thursday-Friday 3:30-10:30 p.m.; Saturday 10 a.m.-10:30 p.m.; Sunday 10 a.m.-8 p.m. The show is dedicated to classical, country and ethnic furnishings, to modern and contemporary furnishings, to stoves and chimneys, garden and patio furniture, clothing and wedding articles. Admission fee: Saturday & Sunday: €5; €3 reduced; free entrance on weekdays.

### FREE concerts, exhibits & events

#### Ceramics exhibition:

Ongoing through Feb. 19, in Vicenza, Casa Cogollo, Corso Palladio 165. Tuesday-Sunday 10:30 a.m.-1 p.m. and 3-7 p.m.

#### Live concert with the conservatory students:

Saturday, 5 p.m., in Vicenza, Conservatory, Contrà San Domenico 33.

#### Wood for Africa - charity art exhibit:

Ongoing through Feb. 16, 6-8 p.m. in Vicenza, Spazio Interiors by Enrico Zola, Contrà San Silvestro 34. Proceeds from donations and sales will go to an orphanage in Tanzania.

### Sporting events

#### American wrestling:

Feb. 18, in Grugliasco (Torino)

#### Motocross Freestyle Night of the Jumps:

March 2-3, in Torino

#### Fim X Trial Indoor World Championship:

March 17, in Assago (Milan)

#### Oktagon - Kickboxing Championship:

March 24, in Assago (Milan)

#### WWE Raw Wrestlemania - Revenge Tour:

April 18, in Assago (Milan)

#### Superbike World Championship:

June 8-10 in Misano Adriatico (Rimini)

Tickets available in Vicenza at Media World, Palladio Shopping Center or at [www.greenticket.it/index.html?imposta\\_lingua=ing](http://www.greenticket.it/index.html?imposta_lingua=ing) or <http://www.ticketone.it/EN/> or <http://www.zedlive.com>.

### Concerts

**Gavin Degraw:** Feb. 20 in Milan

**Johnny Winter:** Feb. 26 in Padova

**Simple Minds:** Feb. 28 in Milan  
**James Taylor and his band:** March 24 in Padova

**America:** March 28 in Trieste  
**Lorena McKennitt:** April 16 in Padova

**Metallic:** May 13 in Udine

**Allan Holdsworth Band:** May 23 in Milan

**Coldplay:** May 24 in Torino

**Metalfest:** June 5-7 in Monza

**Bruce Springsteen and the E Street Band:** June 7 in Milan

**Black Sabbath:** June 24 in Rho (Milan)

**Tom Petty and the Heartbreakers:** June 29 in Lucca

**Lenny Kravitz:** July 16 in Sarzana (La Spezia), July 19 in Vigevano (Pavia)

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

### ODR trips

**Basel, Comel, Strasbourg, Nancy (Switzerland and France):** Feb. 17

**Mystery ski/snowboarding trip:** Feb. 18

**Venice Carnevale:** Feb. 18

**Ducati and Maserati tour:** Feb. 20

**Alta Badia ski/snowboard trip:** Feb. 25

**Piedmont wine country/western Italy:** Feb. 25

**Parma and Pavia:** Feb. 25

**Torino and the Egyptian museum:** Feb. 26

**Antibes and Cannes Express:** March 3

**Brixen ski/snowboard trip:** March 3

**Antibes and Cannes Express:** March 4

**San Martino ski/snowboard trip:** March 10

**Cinque Terre:** March 10

**Dolomiti Superski Weekend:** March 16-18

**Umbria overnight tour:** March 16-17

**Ducati and Lamborghini museum:** March 17

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](http://www.vicenzaMWR.com) or at ODR.

## Now Showing



### Ederle Theater

<b>Thursday</b>	Twilight Saga: Breaking Dawn Part I (PG 13)	6 p.m.
<b>Friday</b>	Arthur Christmas (PG)	6 p.m.
	New Years Eve (PG 13)	9 p.m.
<b>Saturday</b>	Arthur Christmas (PG)	3 p.m.
	Big Miracle (PG)	6 p.m.
<b>Sunday</b>	Arthur Christmas (PG)	3 p.m.
	Big Miracle (PG)	6 p.m.
<b>Wed.</b>	Twilight Saga: Breaking Dawn Part I (PG 13)	6 p.m.
<b>Feb. 16</b>	New Years Eve (PG 13)	6 p.m.
<b>Feb. 17</b>	The Muppets (PG)	6 p.m.
	Sitter (R)	9 p.m.

### Camp Darby Theater

<b>Feb. 17</b>	New Years Eve (PG 13)	7 p.m.
<b>Feb. 18</b>	Sitter (R)	4 p.m.
<b>Feb. 19</b>	One For The Money (PG 13)	7 p.m.
<b>Feb. 24</b>	Sitter (R)	7 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](http://www.shopmyexchange.com/ems/euro/vicenza.htm) or [www.afes.com/ems/euro/livorno.htm](http://www.afes.com/ems/euro/livorno.htm)



# Community briefs

## CYSS

The Youth and Teen Centers are conducting a Pet Food Drive until Feb. 17. Bring dog or cat food to the Villaggio Youth Center or the Caserma Teen Center 2:45-6 p.m. or drop your donation at the bin in the commissary. All donated items benefit the local Animal Shelter Gogna. Call 634-7659 for more information.

## National Prayer Breakfast

A free breakfast will be held at the Italian Mensa Tuesday at 8 a.m. Tickets are available for military personnel from their commanders, first sergeants, chaplains or chaplain assistants.

## Vicenza military community town hall

U.S. Army Europe Commanding General Lt. Gen. Mark Hertling will be hosting a town hall for Soldiers, civilians and Family members Tuesday at 9:30-10:30 a.m. at the post movie theater.

## Expectant mother parking

Expectant mothers parking spaces on the installation are solely for those expectant mothers who have been given the parking pass by their doctor, per USASSETAF Regulation 190-2. Expectant mothers who have not received the parking pass are not authorized to park in the designated spots and are subject to being cited by military police. Consult with your doctor as to when you will be eligible for the parking pass.

## Community Bank closure

The Community Bank will close early Feb. 14 at 2 p.m. for mandatory staff training.

## Arts and Crafts Center

♦ Looking for a last minute gift for Valentine's Day? Stop by the Arts & Crafts Center, they have just what you need — photo printing, soap, massage oil, hand painted glasses, jewelry, framed Italian photos, and you can't forget the card to go with it. Stop by Wednesday-Sunday between 10 a.m.-6 p.m. and let them assist you in choosing the perfect gift.

♦ Kid's ceramics Friday afternoon from 4-5 p.m. Messy Art on Saturday from 10-11:30 a.m. Feb. 17 will be an open Kids Craft Club day so stop by anytime between 2-4 p.m. for some great projects and crafts.

## Medical code class

The U.S. Army Health Center-Vicenza is offering a medical coding class this spring. For those interested in becoming a Certified Professional Coder email Capt. Alicia Herman at [alicia.herman@amedd.army.mil](mailto:alicia.herman@amedd.army.mil).

## ARC training

♦ The American Red Cross offers a babysitter's training course Feb. 18 from 9 a.m.-4 p.m. with a fee of \$45. For more info. call 0444-71-7089 or stop by building 333.  
♦ A CPR-AED first aid class will be held March 3 from 8:30 a.m.-

4:30 p.m. with a fee of \$55. For more info. call 0444-71-7089 or stop by building 333.

## Black History Month

A celebration will be held at the Villaggio Elementary School Feb. 28 at 1:30 p.m.

## Trial Defense Services

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

If questioned, you should immediately demand to speak to an attorney. Let a U.S. Army Trial Defense attorney help you. Call 634-7043 to speak with a free Trial Defense attorney.

## CTC registration

Come get registered for Term 3 at Central Texas College in our new location, building 113, room 6. This term CTS is offering Criminal Justice Seminar, CJSA 1177: International Criminal Justice, which will run Saturday-Sunday from 9 a.m.-5 p.m. For more information, call 634-6514, email [vicenza@europe.ctcd.edu](mailto:vicenza@europe.ctcd.edu), or visit room 6 in the Education Center.

## Library

Every Wednesday, come hear stories, sing songs and make a craft at the library for Pre-School Story Time. Fun begins at 11 a.m.

## Read Across America

Community members are invited to take part in "Read Across America" at Vicenza Elementary School the week of Feb. 27. Celebrity readers are needed for all classrooms Feb. 27-March 2. For more info. contact Denise Martin at 0444-71-7780 or email [denise.martin@eu.dodea.edu](mailto:denise.martin@eu.dodea.edu) or Janet Geisler, 327-888-4338, [tenaj33@juno.com](mailto:tenaj33@juno.com).

## EFMP athletics

Kickball will be held at the Teen Center Tuesdays in the month of

February. Parents and siblings are welcome to participate. For more info. call 634-7500/8582.

## VCC

The Vicenza Community Club is offering continuing education scholarships for 2012. Applications are available and the deadline is March 5. For more info. contact Mari McKenzie at [scholarships@vccitaly.org](mailto:scholarships@vccitaly.org).

## SGM Association

Vicenza Sergeants Major Association will hold a meeting March 2 from 11:30 a.m.-1 p.m. in the VIP room at South of the Alps Dining Facility to accept new membership applications and to elect key position in the Association. The meeting is open to all active duty and retired command sergeants major, sergeants major, and promotable master sergeants. For more information contact SGM Michael Robledo at [michael.a.robledo@eur.army.mil](mailto:michael.a.robledo@eur.army.mil), or 634-6623.

## Veterinary Clinic

Have you been meaning to call? The Veterinary Clinic will be open Saturday, 8 a.m.-noon, for annual vaccines, micro-chipping and health exams. Due to limited time, we are unable to see sick call or emergency cases. Call 635-4841 or 0444-71-4841 for additional information.

## MOMS Club events

- ♦ Book club, Monday at 11 a.m.
- ♦ Valentine's Day playdate, Tuesday at 10 a.m.
- ♦ Bunco, Feb. 16 at 10 a.m.
- ♦ Infant playgroup, Feb. 21 at 10 a.m.
- ♦ Carnevale party, Feb. 23 at 3 p.m.
- ♦ Family sledding trip, Feb. 25 at 9 a.m.
- ♦ Monthly meeting, Feb. 27 at 10 a.m.
- ♦ Infant playgroup, Feb. 28 at 10 a.m.
- ♦ Out-And-About Feb. 29

For further information about the events, contact MOMS Club at [momsclubofvicenza@yahoo.com](mailto:momsclubofvicenza@yahoo.com)

## Inspection team visits

Caserma Ederle units will exercise their ability to comply with no-notice inspections under the Treaty on Conventional Armed Forces in Europe with assistance of a visiting U.S. Army Europe inspection team Wed.- Feb. 16.

## Space A brief

A Space A brief will be held March 13 at the ACS Conference Room from 9 a.m.-noon.

## Computer training

The 509th Signal Battalion and the Army Europe Information Technology Training program offers training to all customers in the 509th area of responsibility. Training is conducted on Caserma Ederle in building 372.

Current course offerings, availability, dates, and points of contact are below:

Monday-Feb. 17 - Information Technology Infrastructure Library Foundations (five slots available)

Feb. 22-23 - \*Windows 7 User Training (10 slots available)

Feb. 27-March 12 - Security + (six slots available)

\*Entire 509th Signal Battalion customer base will migrate to Windows 7 by June 30.

Contact your unit/org. training coordinator or email [michael.k.gauthier.civ@mail.mil](mailto:michael.k.gauthier.civ@mail.mil) or call 634-6077.

Individuals can self enroll at the AEITT website <https://itt.eur.army.mil/>.

## AFTB training

Army Family Team Building is offering Levels 1, 2, and 3 online. To access the classes, go to <https://www.myarmyonesource.com/FamilyProgramsandServices/FamilyPrograms/ArmyFamilyTeamBuilding/default.aspx>.

The next step in the program, the Instructor's class will be offered quarterly in a classroom setting at ACS. The next Instructor's training is scheduled for March. Contact the AFTB program manager at 0444-71-7942 for details.

## Religious activities

### Chaplain Crisis Line

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

### Sunday services

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

### Tuesdays

**9 a.m.:** Protestant Women of the Chapel.  
**5 p.m.:** Contemporary Praise band practice

### Wednesdays

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

### Thursdays

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

### Faith group contacts

**Bahá'í Faith:** Call Russell Menard at 389-133-4627 or 349-708-2535.

**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, 9:30 a.m.-12:30 p.m. at Viale Trento 246, Vicenza.

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



Photo by Tom Hlavacek

**Hammer time:** Arts and Craft instructors Ken Meyer and Jacinda Lovejoy are leading a class instructing 14 middle school/teens learning all about tools to include the numerous hammers, nails, battery operated drills, and the square.

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

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





**Takin' it to the mats:** The Vicenza wrestling team hosted the last home match before this weekend Sectionals and the Europeans that will take place in Wiesbaden, Germany, Feb. 16-18. Far top, Cougars' A. J. Munoz and Nick Klink of Aviano wrestle during their 106 lbs class Saturday. Above, Munoz competes against Peter McCollaum of Vicenza during an afternoon match. Left, Ramsey Schroeder wrestles vs. Allen Werner in the 152 lbs class. Schroeder and Werner are both in the Vicenza team.

Photos by Laura Kreider

**Yoga for partners**  
The Fitness Center will be offering "Partner Yoga" classes Tuesday. Partner yoga is a fun way to bend, stretch, and share an experience with someone you care about. No experience necessary. Class times are noon-12:45 p.m., and 5:30-6:30 p.m. Cost is \$3/single ticket, or \$2.50/10 tickets and can be purchased at the front desk anytime.

**Adult swim lessons**  
Adult Beginners Swimming Lessons begin Tuesday at 5:45 p.m. Learn rhythmic breathing, front crawl, back crawl and elementary back stroke. For more information, call 634-8642. Adult Intermediate Swimming Lessons begin Wednesday at 5:45 p.m. This class will teach students basic techniques in freestyle, backstroke and breaststroke. Contact 634-8642 to register.

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

**Unit & rec play**  
New players are always welcome. Call 634-7009 or individual POCs.  
**Rugby:** Tuesdays and Thursdays 6-7:30 p.m., North 40 field.  
**Basketball:** 11:45 a.m.-1:30 p.m. Mondays, Wednesdays and Fridays for 10 or more, Fitness Center.

**Racquetball:** 6-7 p.m. Tuesdays and Thursdays for 16 participants, Fitness Center.  
**Men's Soccer:** 7-9 p.m. Tuesdays and Thursdays for 24 or more players at the turf field behind the Ederle Inn. Email [shaun.nurse@amedd.army.mil](mailto:shaun.nurse@amedd.army.mil) or call 636-9648/9120/9632.  
**Volleyball:** 6:30 p.m. Tuesdays for eight or more, Fitness Center.  
**Frisbee golf:** 6 p.m. Wednesdays, North 40 field.  
**Tennis:** Open play Singles and Doubles on Mondays and Wednesdays, 6 p.m. and 7 p.m.

**Volunteers needed**  
The Mako Sharks Swim Team is looking for adult volunteers to assist. For more info., contact John Casey at 0444-91-2612 or email [john.j.casey@us.army.mil](mailto:john.j.casey@us.army.mil). Visit <http://makosharks.homestead.com/index.html>.

## Create more time for self for health lifestyle

by Lacy Wolff  
U.S. Army Wellness Center-Vicenza

Time is the number one reason for not exercising. Life is busy and trying to balance family obligations with work and other aspects of life can leave us feeling overwhelmed. Our health is the thing that generally suffers the most when we cannot find time to exercise, or prepare healthy foods.

One group of ladies working for Child, Youth and School Services recently started a lunch club. This does not mean that they eat lunch together every day to work on their social fitness; rather, they take turns preparing lunch for each other so that they can spend time working on their physical fitness. There are four people in the group. Each person takes one day of the week to prepare a healthy lunch for the entire group. The

food is placed in a central location to be picked up as needed.

This plan not only allows for more time to exercise, but also the prepared meals are likely healthier than anything you will find on the go. This simple strategy could give you three additional hours each week to take care of your health. Instead of spending the lunch hour standing in line for something "quick," take the additional time to exercise in the gym, walk outside, or run your errands to free up more time after work.

The Post Fitness Center has 45-minute lunch classes offered daily in the group exercise room and personal trainers if you would like one-on-one assistance in the Fitness Center. The Army Wellness Center offers personalized counseling and group education classes to assist you in developing strategies for a healthy lifestyle. Contact them at 634-8186 or 0444-71-8186 for more information.

### COMMUNITY UNIT/REC OPEN PLAY BASKETBALL

Team	Win	Loss			
USAHC	7	0	THE THRONE	3	6
USARAF	7	1	CHURCH BALL	2	3
LEGION 1-503rd	6	2	21st TSC	2	7
HHC 1-503rd	4	4	DESTINED 2-503rd	0	2
CHOSEN 2-503rd	4	4	C Co 1-503rd	0	7

The 2011 USAG-Vicenza Unit/Recreational Basketball League matches are Tuesday and Thursday at 6 and 7 p.m. Call the Fitness Center for specifics at 634-7009.