



Photo by Laura Kreider

Egg hunt: Children ages 2 and under run to collect candy-filled eggs during the Eggstravaganza Saturday. The Easter Bunny also made an appearance at the event that featured a bounce castle and face painting. For more photos of the event, see page 4 or go to www.flickr.com/photos/usag/vicenza.

Upcoming emergency exercise to prepare community

USAG Vicenza Public Affairs Office

Exercise planners are busy developing scenarios to hone the skills of first responders in an upcoming annual emergency response exercise called “Lion Shake.” This year the drill will take place on Caserma Ederle the morning of May 3.

It is time too for the rest of us to think about how we should respond to an emergency situation such as an attack, natural disaster, or major accident.

During emergency situations we may receive instructions to take protective measures. These measures include lockdown, evacuation, and shelter-in-place.

Lockdown procedures are usually implemented in a situation where authorities have determined it is safer for people to stay in their workplace, homes, or other indoor locations and out of plain view.

When told to “lockdown,” people not directly involved in the emergency response should remain indoors or get inside a building, lock all doors and windows, turn off all lights and stay away from doors and windows; stay low to the ground/on the floor. Set cell phones to silent and turn off any other devices that

could alert someone that rooms are occupied.

Maintain these measures until either your supervisor or a law enforcement official tells you that all is clear. Be certain who is giving you this message. Cooperate fully with law enforcement and provide as much information as you can.

In an emergency event, authorities may direct an evacuation. In the case you are ordered to evacuate, you should know the designated assembly area for your workplace and go there for accountability, unless directed to assemble elsewhere.

Taking action to stay put is called “shelter in place” and might be directed if extreme weather is expected or air outside is potentially contaminated.

After ensuring coworkers or family and pets are inside, lock doors, close windows, air vents and fireplace dampers. Turn off fans, air conditioning and forced air heating systems. Gather your emergency kit and supplies and move everyone to an interior room with no or as few windows as possible. Seal all windows, doors and air vents with plastic sheeting and duct tape. If you’ve planned ahead, the material is already cut to size and stored in the interior room for easy access.

Continue to monitor the situation via TV, radio or

internet for official news and instructions. Report in or contact others, if possible, for personnel accountability.

Individuals on Caserma Ederle the morning of the exercise should expect to participate in exercise directed actions such as shelter in place or a lock down briefly in their workplaces.

“During the exercise on Caserma Ederle, you can expect direction to come over the base network as an AtHoc message, or over the giant voice loudspeaker system preceded and ending with ‘exercise, exercise, exercise’, through unit phone notifications and via AFN radio and garrison Facebook announcements,” said Ted Warden, the U.S. Army Garrison Vicenza chief of the Plans Division in the Directorate of Plans, Training, Mobilization and Security. The Plans Division handles all Emergency Management and Antiterrorism operational and administrative requirements for the garrison and Vicenza military community.

During Lion Shake, community members may experience delays, brief gate closures, the presence of emergency vehicles and more.

For more on planning for all types of emergencies, go to www.ready.gov for tips from the Federal Emergency Management Agency.

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News pages 3 & 4

509th Signal Bn. trains with 2nd Alpini Reg.; VHS FBIA wins chapter of year; 173rd ABCT gives brief to Carabinieri



Sports page 8

Vicenza Soldiers compete for Best Warrior title; VHS runners compete in Aviano



| | | |
|-----------------|-------------------|-----------------|
| | | |
| 70/45 Friday | 68/43 Saturday | 64/34 Sunday |

Sunrise Easter service with a guest speaker will be Sunday from 7-8 a.m. The dress code is casual.

Legal preparation necessary for deployment

By Capt. Derek Coyne

Judge Advocate General Client Services attorney

Every Soldier preparing for deployment must go through Soldier Readiness Processing. SRP qualifies Soldiers for an upcoming deployment. The process is divided into two main areas: medical processing and administrative processing. As part of the administrative processing, a representative from the Staff Judge Advocate is always present at the SRP to provide Soldiers with basic legal assistance needed prior to deployment: Wills and Powers of Attorney.

Wills and POAs are not documents to be taken lightly; you should not approach the legal section of your SRP as just another table you have to go by and get a signature. If you are going to need these types of documents prior to deployment, waiting until your SRP to start the process is the wrong answer. Soldiers needing these types of documents need to complete them as soon as they can, and leaders need to ensure their Soldiers are doing this.

Here is an example of a common exchange at the legal table during an SRP.

JA: Do you have a will or need a POA today?

Soldier: Nah, I am good. No will, and my wife still has the POA from my last deployment.

JA: Do you know when the POA expires and what kind of POA it is?

Soldier: It's a general POA and not quite sure when it expires?

JA: Do you have children?

Soldier: Yes.

JA: Who will take care of them if anything was to happen to you?

Soldier: My spouse.

JA: What is something also happens to your spouse?

Soldier: Well, I guess my mom.

JA: I think you and your wife should consider creating a will so all of your intentions are clear. Fill out this worksheet and contact legal assistance for an appointment. Bring your POA with you, so we can look at.

Soldier: I don't have time. We are heading out soon.

Often Soldiers do not know exactly what kind of legal assistance they need until they speak to a JA or hear from a JA at an informational briefing.

A will is the legal instrument that permits a person to make

decisions on how his estate will be managed and distributed after his death. Some of the questions determining whether or not a will is needed include:

- Is the Soldier married and does he/she have children?
 - What kinds of assets does the Soldier have?
 - Does the Soldier have any special requests concerning potential burial arrangements?
- Also, there are some decisions that a will cannot direct. For example, a Soldier's Servicemember's Group Life Insurance is a contract and not subject to the will. Whoever is listed as the beneficiary of your SGLI will get the benefit, regardless of what your will says. However, there are some measures that can be taken to ensure your intentions are met. For example if you want to create a trust for your beneficiaries; you need to set that up using your will and then change the language of your SGLI. Legal Assistance can help you do this.

A POA is a written document in which a Soldier appoints another person to act as an agent on his or her behalf, thus conferring authority on the agent to perform certain acts or functions on behalf of the Soldier.

There are two different types of POAs: general and special. A general POA can be described as a blank check, giving another person unlimited power to act, including signing papers, checks, title documents, contracts, handling bank accounts and other activities in the name of the Soldier granting the power. A special POA, however, limits the type of activities that may be conducted on a Soldier's behalf.

Getting a POA is not a fix it all solution. Soldiers must know:

- What kind of activities do I need someone else to do in my absence?
- Does that person already have access?
- Will the institution even accept this POA?

These are all questions and issues that should not be addressed the day of the SRP. Soldiers, Families and leaders need to plan accordingly. Deploying Soldiers are encouraged to come by the legal assistance as soon as they can. Leaders feel free to contact our office to discuss setting up special briefing times for your team, squad or platoon. Will worksheets can be found on the community website at <http://www.usag.vicenza.army.mil/sites/local/sja.asp>.

For more information, please contact Legal Assistance in building 241, Mondays-Fridays 9 a.m.-12:00 and 1-4:30 p.m. at 634-7041 or 0444-71-7041.

Getting a good nights' sleep important for all

By Lt. Col. (Dr.) Robert McKenzie
USAHC-Vicenza Behavioral Health chief

We all know that getting a good night's sleep is very important for our overall health and wellness. However, getting the amount of sleep we need isn't always easy, especially with busy lives. If you, your spouse, family or friends are ramping up for a deployment, or during the weeks after your Soldier leaves, getting a good night's sleep may be even more difficult. If this is you, the following information may be helpful.

We can predict that many Soldiers deploying to a combat theatre will initially have some trouble sleeping. Many know the frustration of watching the minutes tick by in the early morning hours. You are getting ready to spend a long time in a stressful environment where vigilance helps keep you and your fellow Soldiers safe. Your body will adjust to that situation. Getting enough sleep is one of the factors that will ensure your resilience, keep you sharp, and ready to respond to whatever mission or challenge you are faced with.

Daytime Tips: Skip the snooze button — Consistency is important in establishing a regular sleep cycle. Ideally, get out of bed at the same time every day, even on the weekends.

Be wary of naps — When we take naps, it decreases the amount of sleep that we need the next night.

Exercise — Exercise promotes continuous sleep. Get it in before 2 p.m. and avoid rigorous exercise before bedtime. The adrenaline from an intense work out will actually keep you awake.

Stop smoking or at least cut back — Nicotine can affect your ability to fall asleep or enjoy deep sleep.

Have a quiet comfortable bedroom — Get comfortable bedding and set your thermostat to a setting that's just a bit cooler, if you have that luxury. Turn off the TV and other sources of noise. Keep pets out if they wake you. Turn lights off.

Know your medicines — Some medicines can cause sleeplessness and others can help with sleep. Talk to your doctor about trouble sleeping.

Evening Tips: Give yourself time to wind down — Set aside a half hour before bedtime to unwind with a good

book, soothing music, or anything relaxing.

Limit alcohol and caffeine — Alcoholic drinks may cause you to wake more frequently through the night and disrupt any quality sleep. Stay away from coffee, energy drinks, and other sources of caffeine for several hours before bed.

Avoid TV — TV can engage your mind and increase alertness, keeping you awake. Video games or surfing the internet may have the same effect.

Explore relaxation techniques — Meditation, deep breathing, yoga, and other techniques can help you reduce anxiety and decrease muscle tension.

Don't stay awake for more than 10 minutes — If your mind is racing or worrying, get out of bed, sit in a chair in the dark until you're sleepy and return to bed. Try writing down what you're worried about — get thoughts out of your head and onto the paper.

Enroll yourself in our Healthy Sleep Habits program by calling 636-9675. You can also call the Health Center for more information at 636-9000 or 0444-61-9000.

Speak Out

What are your plans for Spring Break?



Nyasia Brown
VES

"I will go to Majorca, Spain for a week."



Lonnie Heuer
Vicenza Post Office

"I will walk on the Berico Hills and the Asiago area."



Mary Grzeszak
Family member

"Taking the family to Greece."

By Laura Kreider

April brings Earth Day each year, tips to conserve

Directorate of Public Works Environmental Division

Each year, the Army celebrates Earth Day at approximately 200 major commands, installations and organizations in the continental United States and around the world. This year marks the 42nd anniversary of Earth Day which, according to research, was founded in 1970 by U.S. Senator Gaylord Nelson of Wisconsin to raise appreciation for the Earth's environment. The U.S. Army Garrison Vicenza will celebrate Earth Week April 23-27. Look in the next Outlook for the Earth Week 2012 Events Agenda.

The Army has celebrated Earth Day since 1995

and encourages military and civilian personnel, their families and community members to be responsible stewards of our environment. This year's Army Earth Day Theme is "Sustaining the Environment for a Secure Future Net Zero -- recover, reduce, recycle, re-purpose."

How can you make a difference? The USAG Vicenza DPW Environmental Division offers these ideas:

Use less water. Fix leaks and conserve water at home and at work.

Save electricity. Do a home energy audit, buy Energy Star products, turn appliances, electronics and transformers off when you're done and change

your bulbs to compact fluorescents. Ensure A/C temp stays at 23 degrees Celsius during summer months.

Commute without polluting. Use public transportation, carpool, walk, bike, or use electric vehicles whenever possible to reduce air pollution and save on fuel costs.

Reduce, Reuse, and Recycle properly. Getting the correct recyclable materials into the correct recycling containers can help save Army dollars, so they can be put to use for something other than disposing of solid waste. Use our ECO Center open 24/7 for your recycling.

eCycle. Take your old personal computer, DVD player, or other electronics to the ECO Center.

509th Signal Bn. partners with Italians for Brave Resolve

509th Signal Battalion

In an effort to build a partnership with a local Italian unit holds a training event with the 509th Signal Battalion. Headquarters and Headquarters Detachment, 509th Signal Bn. had the opportunity to further their partnership with the 2nd Signal Alpini Regiment through a field training exercise named Brave Resolve '12. The FTX focused on Army Warrior Tasks and Battle Drills. Brave Resolve '12 took place in training

areas located in Aviano. In addition to enhancing the partnership, 31 Italian and American Soldiers were certified on 57 battle tasks over the course of the seven-day FTX.

The 2nd Signal Alpini Regiment is stationed in Bolzano and they are currently getting ready to deploy worldwide to support their Army's communication requirements. In addition to understanding how U.S. Army Soldiers conduct training and certifies Soldiers on basic Soldier tasks,

Italian soldiers showed particular interest on how to perform immediate life saving measures. Life-saving measures training was conducted by a medic from the U.S. Army Health Center Vicenza. This type of training was the very first of its kind for the Italian soldiers.

"This training gave me perspective on how the Italian army rank structure works," said Spc. Gabriel Arroyo. "We maneuvered through an obstacle course and I got to see how the Italians work together to overcome problems and

how differently they react to things. This bridged a gap between our cultural differences because as we trained and learned together, we became one team."

Partnership between the units has brought new cultural awareness to the American Soldiers. As they look to the future the partnership between the 2nd Signal Alpini Regiment and the 509th Signal Bn. will continue to grow as the units conduct combined training events for the benefit of both Italian and American Soldiers.

VHS FBLA brings home 50 medals, wins 'Chapter of the Year'

By Lori Encke

Vicenza High School FBLA sponsor

Twenty-four students from the Vicenza High School Future Business Leaders of America chapter had the opportunity to attend the FBLA Student Leadership Conference held in Garmich, Germany, March 6-9. At this conference, they were able to compete in more than 40 various business related competitions, participate in workshops and general sessions, network with students from all around Department of Defense Dependant Schools in Europe and prepare for the transition from school to work by learning and practicing professional dress standards.

As a new organization to Vicenza High School in only its second year in charter, these students worked hours during lunch and after school to ensure they were ready for their respective competitions. They also met with various professionals in the community to receive tips, learn essential business skills, and practice public speaking by participating in club impromptu speaking activities, teaching Adobe Photoshop software skills to the community, and more. Their hard work paid off as they not only received the "Robert DeLonge

Chapter of the Year award," but also brought home 50 medals. In addition, Natalie Lovelace, Malcolm Dorsey and Sara York received the highest score for their Emerging Business Issues presentation compared to all competitors who were entered into the Showcase Round and earned \$100 gift card from Federal Credit Union. Dorsey and Emma Conrad were also selected by the Europe Board to be Europe State Officers during the 2012-2013 school year.

Kate Panian, a junior at VHS who won first place in the Job Interview II competition said "participating in the conference and events gave me the confidence that through hard work, I can accomplish anything."

Providing the students with the opportunity to learn essential business skills, transform into professionals, and gain the confidence they need to be successful in our global economy, while at the same time having fun and creating a trusted team is truly what the FBLA student organization is all about.

VHS FBLA winners are: **Abigail Armstrong**, 2nd Place – Desktop Publishing, 2nd Place – Digital Design & Promotion; **Tyler Cepeda**, 2nd Place – Business Procedures; **Tara Clinton**, 2nd Place – FBLA Principles & Procedures, 2nd Place – Digital Design

& Promotion, 3rd Place – Intro to Business Comm; **Emma Conrad**, 1st Place – Future Business Leader, 1st Place – Website Design; **Earl Denmon**, 1st Place – Computer & Problem Solving, 2nd Place – Desktop Publishing; **Malcolm Dorsey**, 1st Place – Future Business Leader 1st Place – Emerging Business Issues, 2nd Place – Sports Management; **Alex Frank**, 1st Place – Intro to Business Comm., 3rd Place – Emerging Business Issues; **Celist Jimenez**, 3rd Place – Computer Applications, 3rd Place – Emerging Business Issues, 3rd Place – Word Processing Apps I; **Alisha Kimbler**, 1st Place – Business Ethics, 3rd Place – Word Processing Apps I; **Jordan Larsen**, 3rd Place – Mgmt & Decision Making; **Natalie Lovelace**, 1st Place – Emerging Business Issues, 2nd Place – Business Calculations, 2nd Place – Intro to Business, 3rd Place – Mgmt & Decision Making; **Miranda Martinez**, 1st Place – Job Interview, 2nd Place – Public Speaking, 3rd Place – FBLA Principles & Proc.; **Shane Martinez**, 1st Place – Website Design; **Alex McKenzie**, 1st Place – Website Design, 1st Place – Health Care Admin, 2nd Place – Future Business Leader; **Kate Panian**, 1st Place – Job Interview II, 1st Place – Business Law, 3rd

See FBLA, page 4

The Outlook April 5, 2012, Vol. 45, Issue 13

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Provost Marshal's corner

Bicycle & scooter rules, regulations and guidelines:
Per DoD Instruction 6055.4, Garrison Commander Policy Letter 08-43 (Version 2) and Italian laws the points listed below must be followed or the bicycle rider/owner may be issued a citation or have the bicycle confiscated.

All DoD ID card holders (military, civilian, contractors and Family members) must wear an approved helmet that is specifically made for bicycling. Military Kevlar helmet or ACH is NOT AUTHORIZED for wear as an approved helmet. High visibility/reflective clothing must be worn at night and during periods of limited visibility. Riding of bicycles/scooters on any sidewalk is prohibited (except small children learning to ride).

All bicycles must have a working white headlight, red taillight, reflectors and a bell.



Crime stats for March 24-30.

DUI (on post) 0
DUI (off post) 0
Assault (on post) 0
Assault (off post) 0
Burglary (on post) 1
Vehicle break in (on post) 0
Vehicle break in (off post) 4
Parking Citations (on post) 0
Speeding citations (on post) 6



Photos by Laura Kreider

Eggstravaganza: Above, The Easter Bunny poses for a photo with one of the youngest participants in the annual Eggstravaganza held on Hoekstra Field Saturday. At right, 1-year-old Noemi and her brother Raffaele Yoshida, 4, pose for a picture behind one of the decorated wooden cut-outs created by USO for the event.



FBLA: Many students win awards

Continued from page 3

Place – Job Interview II, 1st Place – Business Law, 3rd Place – Business Communication; **Patrick Robinson**, 2nd Place – Health Care Admin, 2nd Place – Business Law; **Mackenzie Roche**, 2nd Place – Technology Concepts; **Natasha Santos**, 3rd Place – Technology Concepts, 3rd Place – Emerging Business Issues; **Darylyn Tanner**, 1st Place – Impromptu Speaking, 3rd Place – Business Procedures; **Nina Tarr**, 1st Place – Business Ethics, 2nd Place – FBPA Principles & Procedures; **Sara York**, 1st Place – Business Presentation, 1st Place – Emerging Business Issues; **John Young**, 1st Place – Business Presentation, 1st Place – Public Speaking, 3rd Place – Sports Management



Members of the Vicenza High School Future Business Leaders of America pose with the awards they won recently in Garmish, Germany, March 6-9. Among the many award, VHS won Chapter of the Year.

Courtesy photo

173rd ABCT provides COIN brief to Carabinieri



From the left, Lt. Col. Brian McDonald, Sgt. 1st Class Timothy Jensen and Master Sgt. Sohail Shaikh open their brief on counterinsurgency March 27 to the Carabinieri. Soldiers shared their deployment experiences.

Story and photo by Spc. Donald R. Dutton
173rd Airborne Brigade Combat Team

In a first-of-its-kind, joint-training operation, Lt. Col. Brian McDonald, rear detachment commander for the 173rd Airborne Brigade Combat Team, and a contingent of Sky Soldiers presented a counterinsurgency brief at the Italian Centre of Excellence for the Stability Police Units, in the Lt. Gen. A. Chinotto G.M.M.V. Barracks, March 27.

To begin the presentation, the 173rd's team introduced a discussion about American football to the Carabinieri, telling the audience how much the game is admired in the United States. They also brought up the difficulties some Americans have understanding or even appreciating soccer, Europe's football.

The discussion was intended to grab the attention of the audience, making the point that when you are guests in a host country, if you want to have an effective dialogue with the host nation audience, an effort should be made to understand the culture, social norms and values associated with that country.

McDonald followed this introduction with a concise mission analysis and lessons-learned brief from the 173rd's previous deployment to Afghanistan in 2009.

Master Sgt. Sohail Shaikh, Military Information Support Operations planner for the 173rd ABCT gave a brief on the history of Afghanistan, culture, dialects, ethnic breakdown, regional players, Islam and the difference between religion and culture. He also briefed the Voices of Moderate Islam initiative executed during the previous deployment. The VoMI initiative was a vehicle designed for employment and use of indigenous narratives to tap into the wider cultural pulse of Afghanistan.

This training was designed as follow-on training to the National Pre-Deployment training to better prepare the Carabinieri for their in-theater International Security Assistance Force induction training followed by actual mission execution.

The feedback and lessons learned from this event will help all those involved with the development of the Afghan National Police and the training of future Police Mentor and Liaison Training.

When asked how this training was received, Lt. Col. Vito Camassa, Italian Carabinieri, Training Event Coordinator of Phase II NATO Police Advisor Team said, "The training provided the police with a different perspective and understanding of the culture and emphasized that we are all Soldiers and can learn from one another."

Darby volunteer receives service award

By Abigail Franklin
Special to the Outlook

Global Credit Union's Camp Darby Branch Manager Sharon Carter was awarded the prestigious Gold President's Volunteer Service Award for her extraordinary commitment to the community. The award is given to individuals who have completed 500 hours or more of community service during a 12-month period.

Carter received an official Gold President's Volunteer Service Award lapel pin, a personalized certificate of achievement, and a congratulatory letter signed by President Obama. In his letter the president wrote, "In my Inaugural Address, I stated that we need a new era of responsibility — a recognition on the part of every American that we have duties to ourselves, our nation, and the world. These are duties that we do not grudgingly accept, but rather seize gladly, firm in the knowledge that there is nothing so satisfying to the spirit than giving our all to a difficult task. Your volunteer service demonstrates the kind of commitment to your community that moves America a step closer to its great promise."

Carter says, "The reason I volunteer is because in a small installation such as Camp Darby, if you don't step up to the plate and volunteer then the event is at risk of not happening. I give back because I can and I love it and its just me; to be acknowledge for it was a nice surprise and something I wasn't expecting."

Carter, who has worked at Global Credit Union for 19 years, has made being a volunteer one of her upmost importance.

"In 2011, volunteers played a critical role in augmenting services and resulted in saving the garrison more than \$200,000," said Lt. Col. Kevin Bigelman, U.S. Army Garrison Livorno commander.

Jack Fallis, Global Credit Union President/CEO said, "Ms. Carter has exemplified world-class community service through her ongoing volunteer work, financial education, and active community sponsorship at the installation. We are proud to have Ms. Carter as an integral member of the Global Credit Union team and a true community steward in Darby."



Photo by Mary Starkey

Rickcord Gibbons, left, Army Community Service director, and Sচেয়দা Stasik, right, Employment Readiness Manager/Army Volunteer Corps Coordinator present the Gold President's Volunteer Service Award to Sharon Carter, Global Credit Union Darby Branch Manager.

The award was presented by the President's Council on Service and Civic Participation which was established in 2003 to recognize the valuable contributions volunteers are making in our communities and encourage more people to serve. The council created the President's Volunteer service Award program as a way to thank and honor Americans who, by their demonstrated commitment and example, inspire others to engage in volunteer service. Recognizing and honoring volunteers sets a standard for service, encourages a sustained commitment to civic participation, and inspires others to make service a central part of their lives. To date, the President's Council has partnered with more than 80 Leadership Organizations and more than 28,000 Certifying Organizations to bestow more than 1.5 million awards to the nation's deserving volunteers.

Darby Dates

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

Job Openings

- ♦ The Girl Scouts is hiring a temporary full-time Finance Manager. The job will run from April 23-July 6 and pays \$12-16 an hour. Call 050-548696 or 633-8696 for more info.
- ♦ NAF has positions open for Recreational Aid and Lifeguard (pool). Call 050-54 7032 or 633-7032.

Save a chicken

Every Monday from 11 a.m. -1:30 p.m. in front of the Exchange, the Army team is selling hamburgers and hotdogs. Proceeds will go towards the Army Birthday celebration.

Vet visiting Camp Darby

633-7438

Make your appointments now for the next vet visit April 26 by calling 635-4841.

National Library Week

633-7000

Join them for an open house with refreshments, art display, jewelry, war photographs and more April 11.

ITR

633-7589

- ♦ Ceramic shopping, April 6
- ♦ Wine tasting at "Tenuta Agricola Pitti" in Cenaia, April 7

Beach Splash

633-7775

- ♦ April 19, for U.S. personnel only two umbrellas & one cabana can be rented. You can also purchase beach and pool season passes. There will be door prizes, music & free refreshments
- ♦ April 20, local national personnel can rent umbrellas and cabana for the summer season

Sports & Fitness

633-7438

Whether you want to coach or you're just playing for fun, register for this season's Recreation Volleyball League from March 5-April 5. Games begin on April 11.

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

Italian students experience DoDDs for a day

Story and photo
by Chiara Mattiolo

USAG Livorno Public Affairs

Italian students from Gamera Middle School in Riglione, Pisa, spent the day at the Livorno Unit School learning about their American peers March 26.

"This is an incredible experience for our students," said Italian middle school English teacher Ylenia Ciliberto. "Learning about the different school system and sharing experiences with American students is enriching for both groups' cultural background."

During the students' visit, they were amongst the first to enjoy the brand new digital Star Lab.

"The Star Lab was incredible," said Italian student Davide Di Pede. "We entered the planetarium and were able to see the stars, constellations and planets, amazing; we do not have something like that in our school."

After a question and answer period where Italian students tried to answer in English and American students in Italian, the visit continued in the school yard where students could play soccer or basketball, or just have fun together.

"I like my new American friends," said Riccardo Sbrana. "I have to say that we are better soccer player though."

Michele Antonelli added that Italian soccer is much more aggressive and his new friends are slower and probably



Italian students visit Livorno Unit School's new digital space lab during their visit March 26.

more correct while playing.

At lunch time the students enjoyed the school cafeteria just before they took a computer class.

"It is a great opportunity to get to talk with students from a different country and try to learn their language," said Faith Campbell. "And those boys are good looking too," said her friend Maya Falcon.

The students left with the intent of sharing more experiences with their new friends and invited the Livorno Unit School students to visit their school.

"It is amazing, we live so close to each other and everything is so different," said Andrew Ceglie. "It really seems like we visited America during our trip and yet we are just around the corner from our school."

Uova di Pasqua:

Easter eggs in Italy full of candy or made from chocolate. You can also find very detailed ones at an exhibit in Nove.



Courtesy photo

Local events

Easter in Italy

This year Easter is celebrated Sunday. Easter in Italy is a sacred season for Catholics and accompanied by several traditions and cultural customs. For example, on Good Friday many communities remember the day with Passion processions. Although Italians do not decorate hard-boiled eggs, the biggest Easter displays in bars, pastry shops and supermarkets are brightly wrapped Uova di Pasqua — chocolate Easter eggs. They come in many different sizes and different prices, and you can choose between milk and dark chocolate. All except the tiniest eggs contain a surprise. Some producers distinguish between their chocolate eggs for children and grown-ups. Adults often find their eggs contain little silver picture frames or gold-dipped costume jewelry. The very best eggs are handmade by artisans, who offer the service of inserting a surprise supplied by the purchaser. Such surprises can vary from simple mementos to expensive gifts such as jewelry.

Among the typical Easter dishes are lamb and special stuffed or layered pasta dishes such as lasagna, manicotti and pasticcio. You will also find special pastries such as Colomba. The dove, a symbol of peace, gives form to this traditional sweet bread that is to Easter what Panettone is to Christmas. It has the same consistency, without the candied fruits and it's covered with glaze and almonds. Other typical pastries are focaccia and pastiera. Pastiera is more common in southern Italy but it can also be found in some local pasticcerie (pastry stores).

Pasquetta, or Easter Monday, is another important holiday in Italy. It's more than an extra day off work. It's the unofficial start of spring and a chance to go for a picnic with friends and family. Schools and most of the stores will be closed.

Via Crucis – Live Stations of the Cross:

Friday, 8:30 p.m., in Gallio, about 40 miles north of Vicenza. The procession departs from S. Bartolomeo Church, and then goes through the town stopping in different stations each one representing an event surrounding Christ's crucifixion. The first station is in Piazza Italia. The itinerary will be lit up with small oil-lamps. The tradition is that it is re-enacted by the children of Gallio.

Nanny-goat and Gambellara D.O.C. wine Festival:

Monday, Selva di Montebello, about 14 miles southwest of Vicenza. 12:30 p.m. food booths, wine sampling, entertainment for children; 8 p.m. live music and ballroom dancing.

Antique markets:

- ◆ **Thiene**, Saturday, 9 a.m.-7 p.m., Piazza Chilesotti, about 13 miles north of Vicenza. (about 50 vendors)
- ◆ **Vicenza**, Sunday, 8 a.m.-7 p.m., in Piazza dei Signori, Piazza Duomo, Piazza Garibaldi, Piazza Palladio, Piazza Biade and Piazza Castello (220 vendors)

Ice-skating rink

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.

Sporting events

BMX (Bicycle motocross) European Championship:

Saturday-Sunday, 9 a.m.-3 p.m., in Creazzo, Via Carpaneda 1, about three miles west of Vicenza. Tickets: €10 or €15 for two-day entrance; €5 children ages 6-12.

Free entrance for Friday's practices starting at 4:30 p.m.

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 or <http://www.ticketone.it/EN/> or <http://www.zedlive.com>.

FREE concerts, exhibits & events

Ceramic Easter eggs exhibit:

Ongoing through Monday, in Nove, Museum of Ceramic Eggs, Piazza De Fabris 5, about 18 miles north of Vicenza. Each year Nove celebrates Easter with an exhibition of ceramic eggs made by Italian pottery artist. Saturdays, Sundays and Italian holidays 10 a.m.-12:30 p.m. and 3-7 p.m.

Exhibits in Vicenza:

ViArt, Contra' del Monte 13, Tuesday, Thursday, Saturday and Sunday 10 a.m. -12:30 p.m. and 3-7 p.m.; Wednesday and Friday 3-7 p.m.

- ◆ "This is bijou" exhibit: ongoing through April 22
- ◆ Silver works exhibit: ongoing through May 9
- ◆ Ceramics exhibit: ongoing through May 15

Mountain landscapes - photo exhibit:

Ongoing through April 20, in Vicenza, District 4, Via Turra 70, Monday-Friday 9-12:30 p.m.; Tuesday and Thursday 5-6:30 p.m.

Acoustic night:

Monday, 8:30 p.m., Marostica, Panic Jazz Club, Piazza degli Scacchi. Enjoy live jazz and even feel free to join in the performance.

Know of an event we're missing? Email us at editor@eur.army.mil

Concerts

Lorena McKennitt: April 16 in Padova

Steve Hackett: April 18 in Florence

Sinead O'Connor: April 24 in Milan

Metallica: May 13 in Udine
Allan Holdsworth Band: May 23 in Milan

Coldplay: May 24 in Torino
Metalfest: June 5-7 in Monza

Marilyn Manson: June 7 in Padova

Bruce Springsteen and the E Street Band: June 7 in Milan, June 10 in Florence, June 11 in Trieste

Madonna: June 14 in Milan,

June 16 in Florence

Guns N Roses: June 22 in Rho (Milan)

Black Sabbath: June 24 in Rho (Milan)

Tom Petty and the Heartbreakers: June 29 in Lucca

Sting: July 10 in Piazzola sul Brenta

B.B. King: July 13 in Pistoia

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

The Beach Boys: July 27 in Milan

Alice Cooper: July 30 in 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/>.

ODR trips

Borghetto and Parco Sigurtà: April 11

Legoland in Germany: April 12-15

Walk with a hawk: April 14

Waterfall at Lake Garda: April 15

Sea kayak: April 21

Wine tasting in Friuli: April 21

Tuscan cooking and photography class: April 22

Florence and the Uffizi Gallery Tour: April 28

San Marino: April 29

Basic Open Water SCUBA course: April 30-May 6

Arezzo and Cortona: May 5

WWI fort hike: May 5

Bolzano Flower Festival and castle tour: May 6

Wine Down Wednesday in Valpolicella: May 9

SCUBA refresher course: May 10-12

Paragliding: May 12

Photo Travel Workshop at Lake Garda: May 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

| | | |
|-----------------|---|------------------|
| Thursday | Haywire (R) | 6 p.m. |
| Friday | Big Miracle (PG) Man On A Ledge (PG 13) | 6 p.m. 9 p.m. |
| Saturday | Big Miracle (PG) Wrath of the Titans (PG 13) | 3 p.m. 6 p.m. |
| Sunday | The Hunger Games (PG 13) Wrath of the Titans (PG 13) | 3 p.m. 6 p.m. |
| Wed. | Man On A Ledge (PG 13) | 6 p.m. |
| April 12 | Man On A Ledge (PG 13) | 6 p.m. |
| April 13 | Chronicle (PG 13) The Grey (R) | 6 p.m. 9 p.m. |

Camp Darby Theater

| | | |
|-----------------|--------------------------|--------|
| April 13 | The Grey (R) | 6 p.m. |
| April 14 | Chronicle (PG 13) | 6 p.m. |
| April 15 | The Hunger Games (PG 13) | 1 p.m. |
| April 20 | Safe House (R) | 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.afes.com/ems/euro/livorno.htm

Community briefs

Special events

♦ April is Month of the Military Child and Child Abuse Prevention Month. Activities coming up include free paper making workshop Friday, plus recycled sculptures at the Arts and Crafts Center throughout the month, AFAP Ice Cream Social April 18 and Sunrise Breakfast Social April 23. National Library Week offers a Book Swap April 13, an Altered Book Contest, a Book Walk Game April 13 and Open House Tuesday. The Junior Warrior Challenge is April 27. For a complete listing of the entire related events visit www.vicenzaMWR.com.

♦ Warrior Challenge II is ready for sign-ups. It's the most intense "Fun Run" of your life. Runners must leap logs, traverse tires, leap over and thru vehicles, squeeze through tubes and sludge through the gunk pit in this very twisted 5k race, beginning and ending on the track. A Viking awards ceremony and feast follows the event for winners, survivors and friends. Register on line or at ODR through the day of the competition, April 27 at 4 p.m. Registrations are cut off at 300 people or one hour prior to the event. Cost is \$15 and includes a T-shirt for race finishers. Awards for first, second & third (men & women) and for the first place team. Get your Viking costume on to qualify for costume prize drawings. And new this year — Junior Warrior Challenge for children and teens prior to the start of the race. Visit <http://www.vicenzamwr.com/rec.html> or call ODR at 634-7453 for more information.

CYSS

♦ April Saturday Care is April 14, 10 a.m.-6 p.m. in building 398. Cost is \$4 per hour. Reservations must be made in advance by calling 634-5008 or you may register via WebTrac.

♦ School Age Center April 14 field trip is a fun filled day of swimming, bowling and activities at the Arts and Crafts Center. Cost is \$32 for the day and includes supervision, lunch, snack and all fees for the activities. You can save \$16 by using your monthly 4 free hours of child care. Sign up deadline is April 12. Call 634-5700.

Summer Hire program

Family members between the ages of 14-22 with a valid ID can apply for a clerical, labor or child care job that runs between June 18-July 27. Applications are accepted online between March 26-May 20 at <https://cpolrhr.cpol.army.mil/eur/employment/>. For more information contact Gaetano Valente at 634-7149.

Army Community Services

♦ First Term Soldiers could win a free three night stay at the Edelweiss Resort. To register bring your online Financial Readiness Certificate to ACS or attend the 8-hour class April 13 or May 11. Deadline to register for the drawing is May 11. Call 634-8524 for more information.

♦ Self Defense classes will be

offered on Saturdays, April 14, 21 and 28 at the Fitness Center. Class time is 10 a.m. until noon. Space is limited so call 634-7500 to reserve your space.

♦ Exceptional Family Member Program Families should have received your invitation to the Upcoming EFMP Field Day in your email. Call 634-8582 to make your reservations to join this second annual event of outdoor sports and fun activities.

Motor vehicle registration office closure

The Motor Vehicle Registration Office, located next to Torri Warehouse, will be closed Monday due to an Italian Holiday. They will return to normal business hours of 9 a.m.-4:30 p.m. Tuesday.

For questions, call the Vehicle Registration Office at 534-2422.

USAHC weekend hours

The U.S. Army Health Center Vicenza will have limited clinical appointments Friday from 8 a.m.-noon due to the training holiday. The health center will be open normal hours Saturday from 9 a.m.-1 p.m. The pharmacy will not be open either day. The health center will be open Monday.

Arts and Crafts Center

Celebrate Month of the Military Child and Earth Day with the Arts and Crafts Center throughout the month of April. Create your own recycled art sculpture or work on a collaborative piece for the community garden. Stop by the Arts & Crafts Center anytime Wednesdays-Sundays throughout the month of April to create a ceramic piece to be placed on a community ceramic totem pole. Stop by the center or call 634-7074 to learn more.

Post graduation ceremony

You have spent many long and hard hours studying, squeezing in college courses between deployments, PCS moves and through all the other rigors of military life or working for the

government. Now you have completed your college degree or you're just a few classes away. U.S. Army Garrison Vicenza wants to celebrate your hard work and achievements with a ceremony. If you have completed a college degree or certificate, or are within 12 semester hours of completing your degree, then come participate in the USAG 2012 Graduation/Recognition Ceremony to be held May 10 at 10 a.m. in the Golden Lion Hall. To participate, contact the Vicenza Education Center and RSVP before April 27. Call: 634-8933 or email vicenza.edcenter@us.army.mil.

Easter Services

Holy Thursday Mass will be at 5:30 p.m. and Good Friday at 5:30 p.m. Saturday Easter Vigil will be at 8:30 p.m.

On Friday a Family workshop for protestants will be at 10 a.m. and a gospel service will be held at 7:15 p.m.

Chap. (Col.) David Moran will be the feature speaker for the Sunrise Easter Service on Hoekstra Field Sunday from 7-8 a.m. The dress code is casual and there will be a no host breakfast following the service. For more info., call 634-6454/7515.

The Catholic Mass will be held at 9 a.m. at the chapel.

Arena

Free country line dancing class will be April 12 at 8 p.m.

TARP/OPSEC brief

The Mandatory Annual Community TARP/OPSEC Briefing will be briefed by a representative from the Vicenza MI Detachment April 16-17, from 9:30-11:30 a.m. and 1:30-3:30 p.m. This will be in English only.

Old Soldiers' Bar

Enjoy a special "Surf & Turf" dinner April 19, 5-9 p.m. The menu includes an 8 oz. filet mignon steak, grilled skewered shrimp, roasted rosemary potatoes, grilled mixed vegetables, tossed salad, bread

and butter, fruit salad for dessert, bottled water and a glass of red wine. Price is \$30. Reservations and payment must be made by April 13. Call 634-7685.

MWR Services survey

Have you completed your ArmyMWR Services Survey? They want to know what customers are interested in, whether they are using available services and if so, how satisfied they are with the programming here in Vicenza. More than 1,800 email invitations were sent to Vicenza community members but so far only 1 percent have responded. Don't wait — take 15 minutes today and tell them what you think. You can help make good programs even better.

Guest preacher

Vicenza Community Chapel invites everyone to hear Ron Archer preach April 22 in all Protestant worship services, 11 a.m. Traditional, 1:30 p.m. Gospel, and 5 p.m. Contemporary. Come and be inspired by this best-selling author, award-winning speaker, and recipient of the Dr. Martin Luther King Leadership Award.

Housing survey

The Overseas Housing Allowance Utility and Move In Housing Allowance survey is online for active-duty military personnel who reside in privately leased quarters and receive an overseas allowance. The survey will be available until April 30 at <https://www.defensetravel.dod.mil/site/aprutilmha.cfm>. It may take as much as 45 minutes to complete the survey, but the results benefit Soldiers and Family members.

Library

As part of the celebration of National Library Week, the Library will host a Book Swap Monday. Drop off your gently used books the week of Monday-April 13 and receive a ticket for each one that you can use to purchase books at the event. Call 634-7291 for additional information.



Photo by Laura Kreider

Honky tonk: Country music artist Paul Bogart, right, along with guitarist Forrest Layton perform an impromptu concert at the Golden Lion March 21, sponsored by the USO. The following night the two performed at the Arena to a crowd of the Vicenza military community as well as local Italians.

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

Mondays

5:30 p.m.: High School Small Group (sponsored by Club Beyond) meets at The CLUB House for dinner; Bible study starts at 6:30 p.m.

Tuesdays

9 a.m.: Protestant Women of the Chapel
12:30 p.m.: Middle School Small Group (sponsored by Club Beyond) meets at the Middle School in room 1017
5 p.m.: Contemporary Praise band practice

Wednesdays

3:15 p.m.: Middle School Club Beyond meets room 1017 in VMS
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 340-665-3453 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.

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.



Photos by Command Sgt. Maj. Jeffrey Hartless

Best warrior: Above, a Caserma Ederle Soldier performs first aid as a part of the Best Warrior Competition. At right, a Soldier puts together equipment during the Best Warrior Competition March 20-23.



Photos by Gabby Moore

VHS track: Above, a Vicenza High School jumper gets some air time during the track meet at Aviano Saturday. At left, two runners battle during a race at the track meet.

COMMUNITY UNIT/REC OPEN PLAY VOLLEYBALL

| Team | Win | Loss |
|-------------------|-----|------|
| USARAF | 11 | 0 |
| TEAM MILLENIUM | 1 | 8 |
| BATTLE CO 2/503rd | 0 | 0 |
| THE OTHER TEAM | 0 | 4 |

The 2011 USAG-Vicenza Unit/Recreational Basketball League matches are Tuesday and Thursday at 6:30 p.m. Call the Fitness Center for specifics at 634-7009.

Softball team sign up

Sign up now for the male or female softball teams. Practice is on Tuesdays and Thursdays, female team at 5:30 p.m. and male team at 7 p.m. Call 634-7009 for information.

Lifeguard training

Get ready for a summer job at the pools. Lifeguard training will be held May 13-16 or June 7-10. Participants must be at least 15 years of age by the last day of the course. Call 634-8642 or visit www.vicenzaMWR.com for details about the course and the required pre-test.

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 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.

Yoga weekend

Neesha Zollinger Anusara Yoga Weekend still has available spaces for both the full weekend and either April 14 or April 15. Saturday sessions include standing poses and inversions and forward bends. Sunday sessions focus on hand balancing, hip openers, twists and forward bends. Call 634-7453 or visit www.vicenzamwr.com for additional information.

Women's basketball

Women's basketball practice held Sundays from 4-5 p.m. at the post gym. All female community members welcome to attend. Focus is on fun and having a great workout. POC: Julia.sibilla@us.army.mil.

Volunteers needed

The Mako Sharks Swim Team is accepting resumes for head coach and assistant. For more info., contact Chiara Murrell at VicenzaMakoSharks@gmail.com.