



Photo by Joyce Costello

**Shoulder to Shoulder:** As a part of the Suicide Stand down, Vicenza community members stand together doing a yoga tree pose as a part of the numerous classes offered during the day. For more photos of the day, see page 4.

## Tech expo stresses importance of overseas commo

By Laura Kreider  
USAG Vicenza PAO

Technology, as many other English words, finds its origin in a combination of words from Greek: *Téchnē*, meaning “art”, and *logía*, meaning “study of”.

Throughout the centuries, the meaning has evolved also due to how science and its applications implemented the use of machinery, tools and resources.

In the last decades, the term has been applied to specific areas, including medical and information technology. Especially IT has shown a significant development within a very short time-frame.

As part of becoming aware of the most up-to-date products in the IT area, about 200 community members including Soldiers, civilians and students visited the annual Technology Exposition at the Vicenza Golden Lion Conference Center Sept. 19.

While visiting some 25 companies from the United States and Germany that displayed their latest technology, participants commented how technology is currently helping them.

“Technology makes my life easier by providing me with the means to travel as well as communicate with my family overseas,” said 11th-grader Jessica Kishbaugh, who was visiting the expo with some other high school students.

10th-grader Alejandra Ortiz, agreed with her and also pointed out “how the use of technology can and will help society medically in third world countries.”

Others mentioned equipment used on mission, how data can be stored and the way connection is possible almost everywhere.

“Easy access to email, internet and contacts have been developed, and especially the smart phones, help maintain good communications between work and home and the outside world,” said Sgt. Victor Aguirre, noncommissioned officer of the 509th Signal Battalion Expeditionary Signal Team who was among the technology company representatives.

This was Aguirre’s first time at the Technology Expo and he explained how everybody benefited from it.

“The event is a good opportunity; it’s going to help the Army because it heads in a smarter direction.

Companies that are here at the expo such as PacStar, Polycom, Immarsat, just to name a few ... we use their equipment to stay in contact.”

Also, some of this year’s exhibit visitors observed how technology has advanced their quality of life.

“Technology gets smaller and more memory can fit in giving the opportunity to do more with a smaller platform to work with,” said Staff Sgt. Lashonda Snipes-Davis, U.S. Army Africa.

“A smaller iPad with a cloud computing...will be great in combat.”

Customers, company representatives and just visitors, everybody seems to be in agreement with how technology’s future is explained by another company representative Bryan Bain from Fluke Networks: “Technology automates many time consuming, labor intensive tasks; this increases productivity and reduces support costs. Advances in smart phone technology expand access to information, content and people. Today it is possible to stay in touch with employers, friends and family on a 24/7 basis, and from any place in the world.”

## ArmyMOVE! weight loss can trigger better health

By David Ruderman  
USAG Vicenza PAO

ArmyMOVE! weight loss classes can lead to more than a better score on your next PT test.

The three-part classes, held over the course of a month at the Wellness Center

on Caserma Ederle, help participants develop better exercise and nutrition habits that lead to a healthier diet, greater strength and flexibility, and a heightened sense of well-being, said Capt. Timothy Eckard, a physical therapist and chief of rehabilitation services at the U.S. Army Health Clinic Vicenza.

Positive results can be achieved and maintained with as little as 250 minutes of exercise per week – that’s just a tad over four hours in the course of seven days – he told a class of half a dozen Soldiers gathered for physical assessments Sept. 11.

Some of the benefits of living

the ArmyMOVE! paradigm include decreased risk for health issues that range from arthritis and lower back pain to coronary artery disease, cancer and diabetes. Positive benefits also include lower risk for anxiety, depression and sexual dysfunction, he said.

See MOVE!, page 2

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Former Fire Chief contributions remembered; Military police train for riots



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Weekend festivals include an Air Show, Farming, Flower, Duck and Fish festivals.



70/59  
Friday



72/61  
Saturday



64/57  
Sunday

**INFO X, a community meeting, will be Wednesday 10 a.m. at the Arena and is open to everyone.**



## Spouse offers final thought during Suicide Prevention Month

By Jennifer Morales  
Special to the Outlook

Every Soldier that joins the Army repeats the Soldiers' creed. "... I will not accept defeat. I will not quit. I will never leave a fallen comrade..." These words never rang more true.

With National Suicide prevention month ending, we find ourselves faced with overwhelming statistics. In a June issue of "The Stars and Stripes" the Pentagon released the staggering numbers of 154 suicides in only the first 155 days of the year. In the four years from 2004-2008 we saw an 80-percent increase in the military's suicide rate. In just one year from 2011-2012 we have seen a 18-percent increase. These numbers were enough to demand immediate attention and changes in our suicide prevention strategies.

The Army is improving its data collection to get a better grasp on and understanding of the causes and factors that are increasing our suicide rate. In aid to this the Army is also improving programs to better assist and intervene when Soldiers begin to have suicidal thoughts.

Ask Care Escort Training is a program offered through the Army, to bring awareness to the suicide uprise. ACE

training aids suicide prevention by arming military personnel, families, and civilians with the ability to detect early warning signs and risk factors.

Applied Suicide Intervention Skills Training is also available through the Army to help our Soldiers, Families and civilians. The ASIST program is here to provide our gatekeepers with the suicide intervention tools that they need recognize and intervene when suicidal warnings signs arise.

Aside from these programs the Army is also concentrating on limiting weapons access to Soldiers. Another improvement that the Army is doing is to concentrate on reconnecting the Soldiers with their community.

Just as every Soldier vows to their country, to their fellow Soldiers, and to the Army's mission, the Army too vows to each Soldier. Suicide programs are only but one option that the Army offers for their Soldiers. Aside from programs that the Army has in place there are also other avenues that the Army is pursuing. Another approach to the problem is viewed through the medical eyes of the researchers from the University of Indiana's School of Medicine. The Army is offering \$3 million to University of Indiana's School of Medicine to make sure that all options are carefully

researched.

University of Indiana's School of Medicine's new nasal spray proves to be a solution to a long-term problem. Antidepressants work great to combat suicide thoughts, but it takes these drugs a little while to make their way to the brain, where the actual battle is happening. Now with a nasal spray harnessed with thyrotropin-releasing hormone, or TRH, we can get the drugs to the brain almost immediately to aid in the fight against suicide until the antidepressants can kick in.

Prescribed drugs, or antidepressants are not intended as a solution to the rise in suicide. The Army is focused on combating the factors that lead to suicide and suicidal thoughts. This is not a war that can be won in one battle, this is a fight that will be fought on all fronts. You have vowed to the Army, just as the Army vows to you. The Army's goal is not to place one bandage over an array of ailments. The Army's goal is to fix each piece, and gain knowledge from each experience.

If you or someone you know is having suicidal thoughts, please help the Army's fight. Contact the National Suicide Prevention Lifeline immediately.

National Suicide Prevention Lifeline: 800-273-TALK (8255).

## Speak Out

What is your favorite thing about fall?



Maura Car  
USAHCV

"I love the changing colors during the season and the cozy feelings that inspire me."



Hollin Werner  
Family member

"I like the leaves turning and Halloween."



Pfc. Michael Bird  
1st Bn., 503rd Inf. Reg.

"I like how the colors change and the way the weather gets cooler."

By Laura Kreider

## MOVE!: Free program educates military community on health

Continued from page 1

"Exercise is medicine," said Eckard, and the benefits are "scientifically proven side effects" of a sensible diet and exercise regimen.

Taking a quick survey of his audience, Eckard clarified that everyone present agreed that nothing should get in the way of staying fit. So what keeps Soldiers, and people in general, from eating well and working out regularly?

"Time, habits and work get in the way," said Eckard as he laid out the science behind the system.

One key to effective exercise is adding muscle, literally and figuratively, to the usual aerobics exercises that have proliferated over the past couple of decades. Adding resistance training in a sensible manner to cardiovascular training delivers better results, said Eckard. He characterized resistance training as the secret weapon in taking off and maintaining weight loss by preventing loss of muscle mass while cutting calories. The combination creates a powerful synergy, he said.

He described circuit training, continuously alternating repetitive sets of moderate intensity exercise with 30-second breaks, as resulting in higher metabolic rates that burn more calories. Working opposing muscle sets back to back yield the best results most efficiently.

"It can be this simple," said Eckard.

Proper diet is an essential ingredient of achieving and maintaining appropriate weight.

"Our goal is to lead to weight maintenance and not have anyone repeat," said Capt. Carly Eckard, a dietician and chief of preventive medicine at USAHC-Vicenza.

And its not complicated to figure out: sign up for an upcoming session of ArmyMOVE! class and they will break it down for you. While the free program is mandatory for Soldiers in the Army Weight Control Program, it is also open to adult dependents, civilians and retirees on a space available basis.

The next ArmyMOVE! session begins this Tuesday, Oct. 2. Call 636-9519 or 0444-61-9519 to sign up.



Spc. Jerald Brown, Company B, 2nd Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team, has his blood pressure taken during an ArmyMOVE! fitness assessment at the Caserma Ederle Wellness Center in Vicenza, Sept. 11.



## Retiring 173rd ABCT Soldier reflects on career

Story and photo  
by Staff Sgt. Bruce Cobbeldick  
173rd ABCT PAO

For one Sky Soldier, who has seen the uniforms go from Battle Dress to Desert Pattern to ACU's, his time in the Army has drawn to a close and it is time for him to retire, but according to a former sergeant major who supervised him, this Paratrooper always brought a big smile, a can-do attitude and a calm approach to taking care of business.

Sgt. Maj. Rick Howell knew Sgt. 1st Class John Johnson well, and since Sgt. Maj. Howell is now Mr. Howell, a senior logistics directorate employee here at Caserma Ederle, the two have a few more chances to look back and reflect on their service together. While Johnson has not departed Italy quite yet, these two senior noncommissioned officers have seen a lot of changes during their tenure at the 173rd Airborne Brigade Combat Team. They worked together for years.

Howell, the former brigade operations sergeant major for the "Herd," is now retired, but recalls Johnson's knack for remaining calm when a lot was going on in forward deployed areas of operation and garrison environments, as well.

"Johnson is the kind of Soldier who you can count on. He is going to make intelligent decisions. Johnson was an integral part of the 173rd's S-3 Operations Section," Howell said.

Johnson is retiring, after having served the Army for 22 years. And while he never thought he would have seen some of the mentors and leaders he had worked for ever again, just last month, Command Sgt. Maj. Earl Rice, the former 2nd

Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team's senior enlisted advisor paid a visit to the 173rd as the Installation Management Command's top enlisted leader, proving the Army is a very small world indeed.

"The Army has been great to me, said Johnson. And I cannot say enough good things about these young privates first class and specialists, who are here serving in this unit. Combat Operations makes these young people turn into adults really fast, said Johnson. They come to us as boys and girls and leave men and women. It is amazing how in times of war, they really are solid leaders despite their rank.

"I cannot get over how impressed I am and will forever remain with the young man who earned the Medal of Honor, Staff Sgt. Salvatore Giunta. I remember him when he was just a kid. Now there is a great example of someone who delivered fully on his potential as a Soldier and as a man," Johnson said.

"I think you become proud when you have benefitted from leaders like Command Sgt. Maj. Hartless, Command Sgt. Maj. Rice, Command Sgt. Maj. Young, 1st Sgt. Fogle and Sgt. Maj. Howell. I learned something from each one of them. Clearly, for me, Sgt. Maj. Rice is the epitome of Be, Know, Do and 1st Sgt. Fogle is a shining example of taking care of Soldier and having courage to do right things time after time for his troopers," Johnson said.

"If there were a few things I would want to relay to the Soldiers who are new to the 173rd it would be always give 100 percent. What I learned was this: if you are in a fire fight, an accident, whatever



Sgt. First Class John Johnson stands in front of the headquarters building of the 173rd Airborne Brigade Combat Team, where he spent seven years as a Sky Soldier. "I will forever be proud of having served as a Paratrooper in the 173rd," said Johnson.

- it all matters. You never want to have that regret, whether you are working in the Operations Center, on the line, as a squad leader or whatever your job may happen to be, that you did not give your all. You never know when giving your all might be the only thing that saves you and your Soldiers.

"I would also tell today's young Soldiers to trust in their leadership. Their leaders really do have the best in mind for them and the best in mind for the Army organization," said Johnson.

"If you came in without an education, or without any savings or without a plan, whether you retire or not, even if you do one enlistment with the military, you ought to leave in better shape than how you entered the service. I feel I have done just that. I am confident I am

leaving a much better man, and far better prepared for the rest of my life, thanks to my experiences with my leaders and my troops. They all have taught me a great deal about the human condition," Johnson said.

Howell said, "Brigade is losing a good man. Thanks to Sgt. First Class Johnson, a lot of systems were created and helped make the unit successful."

Some Soldiers may just fade away, but Johnson looks at his career as not really ending. Johnson fully intends to take what he has learned and use it to be successful in the civilian world.

"I am far better off now after a career in the Army than were I was when I joined the service back in the day," Johnson said. "The Army was good to me," he said.

## Military police plan to reward community for obeying laws

A Caserma Ederle military policeman shows the coupons that the MPs will be giving out to community members when they see children and adults going above and beyond to do the right thing.



Story and photo by Julie M. Lucas  
Outlook editor

A new initiative is being conducted through the military police on Caserma Ederle. When an MP sees a child or adult conducting safety practices or simply following the rules, they could be rewarded.

"We want to reward kids doing something right when no one is looking," said Sgt. 1st Class Troy Wolverton, Provost Marshal noncommissioned officer in charge. "We are not necessarily rewarding everyday good behavior — we have strict criteria to follow."

Wolverton got the idea from a friend who had done the program at another installation. He says

it was a team effort along with the new director of Emergency Services Dan Brush. The two teamed up with the Directorate of Family and Morale, Welfare and Recreation to get the prizes donated and cards printed up. They were then distributed to the patrol supervisors. The cards are good for either a free ice cream cone or a free game of bowling and shoe rental at the Arena.

"With school being back in session, we will take a look at kids wearing their helmets, crossing at the crosswalks and doing other proper things among their peers," Wolverton said. "But adults could also be recognized. We want to build a community of citizens who follow the law, and we encourage their participation in safeguarding their community."

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U.S. Army Africa Commander  
Maj. Gen. Patrick J. Donahue II

USAG Vicenza Commander  
and Publisher  
Col. David Buckingham

USAG Vicenza  
Public Affairs Officer  
Grant Sattler

Editor  
Julie M. Lucas

Photojournalist  
Laura Kreider

Staff writer  
David Ruderman

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### Guns 'N' Hoses

The Provost Marshal Office reminds the Vicenza Military Community that Italian hunting season is under way and will continue until the end of January.

If you are concerned or have an issue with a hunter near your residence, notify the Military Police Desk. They, along with the Carabinieri, will assist in contacting the appropriate *Corpo Forestale dello Stato* (National Forestry Police).

Do not under any circumstances attempt to deal with the hunter.





# Community news



## Suicide Prevention:

Above: Vicenza Military Community members gather around USAG Vicenza Commander, Col. David Buckingham, during the beginning of the garrison suicide stand down day Sept. 20. Buckingham emphasized that it is important to know how to help yourself and a friend as part of the Shoulder to Shoulder campaign "We stand up for life." At right, Chris Wolff, right, Outdoor Recreation, talks with Vicenza Military Community members during suicide stand down day Sept. 20 about all of the great ODR programs that can help individuals get more out of life.



Photos by Joyce Costello



**Tech expo:** Jacob Knapp, left and Alexander Jogthang, 11th grader students at Vicenza High School check out technology on display at the Tech expo, sponsored by the 509th Signal Battalion Sept. 19 at the Golden Lion. The event was open to the community and featured new technologies. See page 1 for a story on the event.

Photo by Laura Kreider



# Darby Military Community

## Darby Community remembers former fire chief

Story and photo by Chiara Mattiolo  
Darby Military Community PAO

Antonio Paumgardhen, a longtime employee of Camp Darby, passed away at his home Sept. 15.

Paumgardhen was hired at Camp Darby in 1944 at the Ordnance Base Depot and retired as a fire chief after 44 years of service.

Until 1987 Paumgardhen was the only fireman in the Fire Protection and Prevention, Directorate of Engineering and Housing at Camp Darby and was performing his duties with only the help of military volunteers.

In 1988 Eric Moller was added to the staff and with Paumgardhen they put together a team of firefighters.

"This is terrible news for sure. Please send my condolences to Regina and the family and let them know I wish I could attend," emailed Moller. "I loved Tony like a second father and the world is a little darker without him. Be safe and give my best to the boys."

Paumgardhen retired in 1991 and the DEH named the new fire station after him.

"He was my landmark, always by my side in the most important and hard moments of my life," said Alfredo Ercoli, assistant fire chief.

Paumgardhen maintained his relationship with the Camp Darby community.

"He often came to my office before Fire Department events or official visits to provide expert advice and, as he liked to say, to double check my uniform," said Ercoli.

The last time Paumgardhen officially visited Camp Darby was in October 2011. On that occasion he honored the memory of fallen Soldiers by laying a wreath at the memorial stone near the flagpole.

"Paumgardhen always remained a member of the Camp Darby Community, he never missed a holiday reception, always bringing with him a memento for the installation commanders," said Barbara Ranieri, community affairs advisor.



Photo courtesy of Alfredo Ercoli

Antonio Paumgardhen, former Camp Darby fire chief, receives a commemorative plaque from Col. Raffaele Iubini on Oct. 24, 2011. Paumgardhen passed away Sept. 15.

According to Ercoli, Paumgardhen was well known in Livorno and particularly in the Naval Academy for his great passion for naval models, which he was building with material recovery and exposed to in the Naval Academy.

Paumgardhen is survived by his wife Regina, his daughter Gisella and son Enrico.

A funeral service was held in Livorno Sept. 18.

The family wishes to thank the Camp Darby Military Community for the participation and sent a message for all those who knew Paumgardhen.

*Thank you for your participation in my father's funeral, thank also Camp Darby and the different commands of the Fire*

*Department who well represented their affection and esteem to my father.*

*We received telegrams from everywhere and various messages of thanks for a ceremony which was, oddly enough for a funeral, a moment of shared joy.*

*What keeps us up at the moment, and I think for my father this would be a source of pride since he raised us with a high morale and faith in God, is the witness of so many people who loved him and will never forget him.*

*Please extend our thanks to everyone, all of those persons which we do not know how to reach. For the family you represent a piece of my father's life.*

*A hug,  
Gisella Paumgardhen*

# Darby ates

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

### Internet Festival in Pisa

The Internet Festival explores the future from within a city rich in events, conferences, experiences, workshops Oct. 4-7.

Opportunities for exchange and learning are provided by the over 100 experts, influencers, critics, politicians, entrepreneurs, top users, artists and passionate users from around the world.

Why Pisa? One can hardly imagine a better city than Pisa for talking, for exchanging ideas, for analyzing-using-broadening that "thing" which is at any rate a synecdoche, a name that means everything, really everything; the internet.

Galileo Galilei was born in Pisa, one of the founding fathers of modern scientific research. It was in Pisa that the Italian internet was born. In Pisa there are more students than residents.

In Pisa, with the CNR, the Normale, the Scuola Sant'Anna, the university, the forms of the future are continuously born.

### CYSS

Youth Center is looking for tutors for many high school subjects. Students from the International School of Florence need tutors to assist them with their studies. If you are interested in being a tutor, contact the Youth Center at 633-7629.

### Walking Festival

The Walking Festival is back through Oct. 28 with plenty of themed walks and collateral events.

Every Saturday and Sunday, expert guides will lead enthusiasts along the paths of San Rossore Park, where they will have the opportunity to taste the good products of local tradition.

The sandy beaches, the marshes, the pinewoods, the cultivated fields and the pastures of the park offer a mix of views and fragrances.

## Riot practice:

Military Police Soldiers from the 511th MP Platoon conduct civil disturbance training Sept. 14 on Camp Darby. Trainees learned how to effectively use riot batons and shields to protect life and property.



Photo by Amy Drummond



## Antique market:

Around 700 vendors will be on site in Via Camerini in Piazza sul Brenta, around 16 miles east of Vicenza Sunday from 8 a.m.-6 p.m.



Courtesy photo

## Local events

### Festa Della Transumanza - Farm Festival:

Friday-Monday, in Bressanvido, Pangiusco Farm, Via Chiesa, about eight miles northwest of Vicenza. Transhumance is the seasonal movement of farmers with their livestock over relatively short distances, usually to higher pastures in summer and to lower valleys in winter. Food booths open at 7 p.m.; nightly live music and ballroom dancing at 9 p.m. entrance fee: €; on Sunday at 3 p.m. vintage agricultural vehicles parade and old trade's exhibit.

### Festa del Baccalà alla Vicentina - Dried Cod Festival:

Friday-Monday, in Sandrigo, Piazza S.S. Filippo e Giacomo, about nine miles north of Vicenza; food booths featuring gnocchi with cod fish, Vicentine cod fish with polenta and other local specialties open at 7 p.m.; gnocchi-making demonstration. Live music and dancing nightly at 9 p.m. in Piazza Garibaldi.

### Festa del Ringraziamento - Thanksgiving Day:

Friday-Monday, in Montegaldà, about 12 miles southeast of Vicenza; food booths open at 7 p.m.

### Festa dei Bigoli con l'anitra - Pasta with Duck Sauce Festival:

Friday-Sunday and Oct. 5-7, in Zanè, about 14 miles north of Vicenza. Food booths open at 7 p.m. live music at 9 p.m.

### Antica Sagra del Rosario - Antique Rosary Festival:

Friday-Monday, in Santa Maria (Camisano); food booths featuring local specialties open at 7; 9 p.m. live music and dancing.

### Duck Festival:

Friday-Monday, in Santa Maria

di Camisano, Contrà Pieve, about 10 miles east of Vicenza. Food booths featuring duck and other local specialties open at 7 p.m.

### Pesce in Sagra - Fish Festival:

Saturday and Sunday, 7:30 p.m., in Chiuppano, Piazza Terzi, scooters and motorcycle rally at 10:30 a.m.; food booths open at noon; Sunday, at 2:30 p.m. games and entertainment for children; 5 p.m. San Michele Concert.

### Fiori e Colori - Flowers and plants exhibit and sale:

Saturday-Sunday, 9 a.m.-7 p.m. in Piazzola sul Brenta, Villa Contarini, Via Luigi Camerini 1. Food booths, live music, bounce-houses.

### Festival dell'Aria - Air Show:

Friday noon-7 p.m. free entrance; Saturday and Sunday 10 a.m.-7 p.m., in Padova, Via Sorio 89, about 24 miles southeast of Vicenza, Gino Allegri Airport, admission fee: €7; reduced €5 for children ages 13-16 and Caserma Ederle personnel with ID. Scenic flights: €45; €35 (children younger than 15). For more info in English, visit [www.salonedelvolo.it](http://www.salonedelvolo.it)

### Falconarius - Birds of prey flight demonstration:

Every Sunday through Oct. 28, 10 a.m.-noon and 3-6 p.m., in Marostica, Ornithological Museum, Via Cansignorio della Scala 2. The €5 fee includes the visit at the museum; reduced €3 (children 3-6); free for children under 3.

### Horse-Drawn Carriage Tours:

Saturday, 8-11:30 p.m., in downtown Vicenza. Enjoy this unique way of seeing the most beautiful sites in Vicenza. The 20-minute tours depart from and

return to Piazza Biade. The cost is €15 for a maximum of 4 people at a time.

### Renoir - La vie en peinture:

On going through Dec. 16, in Pavia, Castello Visconteo, in Piazza Castello, Monday-Friday 10 a.m.-1 p.m. and 3-7 p.m.; Saturday, Sunday and holidays 10 a.m.-1 p.m. and 2-7 p.m.; Entrance fee: €10; reduced €8.50 (students aged 14-18); free for children under 6; free guided visit every Monday at 5 p.m. and Thursday at 6:30 p.m.

## Free concerts, exhibits, events

### Fiori Musicali - Classic concert:

Thursday, 6 p.m., in Vicenza, Palazzo Cordellina, Contrà Riale 12, vocal-instrumental ensemble featured by the Conservatory students.

### Vicenza Numismatica - Exhibition of coins, medals and paper money:

Friday-Saturday, 9:30 a.m.-7 p.m. in Vicenza, Via dell'Oreficeria 1

### XV Festival Organistico Internazionale - International Organ Music Festival:

Saturday, 8:45 p.m., in Vicenza, Chiesa di S. Michele ai Servi, Piazza Biade 23.

### Un mondo in miniatura - Miniatures and fantasy dolls exhibit:

Ongoing through Sunday, 11 a.m. -12:30 p.m. and 5-10 p.m., in Recoaro Terme, Via Roma 15, Neri Pozza Center.

### Raku exhibit:

Ongoing through Jan. 22, Vicenza, ViaArt, Contrà del Monte 13, Tuesday, Thursday, Saturday-Sunday 10 a.m.-12:30 p.m. & 3-7

p.m.; Wednesday and Friday 3-7 p.m. \*Raku ceramic pottery is a Japanese technique used since the 16th century.

### Musicalcentro - Downtown concerts: in Vicenza

♦ Sunday: 6 p.m., Palazzo Trissino, piano concert  
♦ Oct. 6: 5 p.m. in Giardini Salvi, Wind Band

## Concerts

**Jennifer Lopez:** Oct. 11 in Casalecchio Sul Reno (Bologna)

**Estragon Reggae Festival:** Oct. 12 in Bologna

**Europe:** Oct. 27 in Padova, Oct. 29 in Milan

**The Cranberries:** Oct. 28 in Padova

**Andrew Bird:** Nov. 14 in Milan

**Kris Kristofferson:** Nov. 26 in Milan

**Cirque Du Soleil - Alegria:** Nov. 15-18 in Assago (Milan)

**Spirit of New Orleans - Gospel Choir:** Dec. 20 in Lucca

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

**Adriatic Sea fishing:** Saturday Lugano, Switzerland: Saturday

**Ladies Agriturismo hike and lunch:** Wednesday

**Oktoberfest in Munich:** Oct. 6

**Hot Air Balloon in Slovenia:** Oct. 6-7

**Cinque Terre hike and wine:** Oct. 13

**Hawk walk in Colli Berici:** Oct. 14

**Bungee jump in Asiago:** Oct. 14

**Run to the Tower in Pisa:** Oct. 18-19

**Ravenna:** Oct. 20

**Wine Down Wednesday Valpolicella:** Oct. 24

**San Marino wine tasting:** Oct. 28

**Baroque Turin and Venaria Reale Palace:** Nov. 3

**Modern Art Gallery in Rovereto:** Nov. 4

**Wine down Wednesday in Colli Euganei:** Nov. 7

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.

\*All events listed on this page are as reported to the Outlook office by press time. All events and times are subject to change due to weather or unforeseen circumstances.

## Now Showing

### Ederle Theater

Thursday	Abraham Lincoln: Vampire Hunter (R)	6 p.m.
Friday	The Dark Knight Rises (PG 13)	6 p.m.
	End of Watch (R)*	9 p.m.
Saturday	Trouble with the Curve (PG 13)*	3 p.m.
	Dredd 3D (R)*	6 p.m.
Sunday	Trouble with the Curve (PG 13)*	noon
	Dredd 3D (R)*	3 p.m.
	End of Watch (R)*	6 p.m.
Wed.	The Dark Knight Rises (PG 13)	6 p.m.
Oct. 4	End of Watch (R)*	6 p.m.
Oct. 5	Diary of a Wimpy Kid: Dog Days (PG)	6 p.m.
	Total Recall (PG 13)	9 p.m.

### Camp Darby Theater

Oct. 5	Resident Evil: Retribution (R)*	6 p.m.
Oct. 6	Total Recall (PG 13)	6 p.m.
Oct. 7	Diary of a Wimpy Kid: Dog Days (PG)	1 p.m.
Oct. 12	Trouble with the Curve (PG 13)*	6 p.m.

Admission: \*First run, adult, \$5.50, under 12, \$2.75; regular release, \$5/\$2.50; repeat releases, \$4.50/\$2.25; special pay \$3.50/\$1.75.

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.aafes.com/ems/euro/livorno.htm](http://www.aafes.com/ems/euro/livorno.htm)



## Flu shot season under way

♦ **Infants and children** can receive vaccination at the pediatrics unit Mondays to Wednesdays and Fridays from 8-11:30 a.m. and 1-3:30 p.m.

♦ **Adults receive inoculations** Mondays to Fridays 1-4 p.m.

♦ **Units should call** 636-9543 or 636-9580 to make arrangements.

## Hunters out and about

The Provost Marshal Office reminds the Vicenza Military Community that Italian hunting season is under way and will continue until the end of January. If you are concerned or have an issue with a hunter near your residence, notify the Military Police Desk. They, along with the Carabinieri, will assist in contacting the appropriate *Corpo Forestale dello Stato* (National Forestry Police). Do not under any circumstances attempt to deal with the hunter yourself.

## DoDDS MyDATA portal

The new Department of Defense Education Activity myDATA Portal has replaced GradeSpeed for parents and students in all three Vicenza area schools. The myDATA Button provides students and parents with easy access to current data and information. You can access the dashboard at <http://www.dodea.edu/mydata>. The site explains the process and provides training to parents on how to navigate the site. Parents who have yet to activate their accounts should contact their child's school office.

## PWOC study group

The Protestant Women of the Chapel Vicenza Wednesday Night Study meets every Wednesday night from 5:30-6:30 p.m. beginning Oct. 3 in the post chapel activity room. More information is on Facebook at PWOC Vicenza Italy or at [vicenza@pwoc.org](mailto:vicenza@pwoc.org).

## MCCW to meet Thursdays

The Military Council of the Catholic Women meets Thursdays from 9:30-11:30 a.m. in the post chapel activity room. Free childcare is provided on site. Email [mccwvicenza@gmail.com](mailto:mccwvicenza@gmail.com) for details.

## MacArthur Leadership nomination period begins

Units can nominate junior officers and warrant officers for the Gen. Douglas MacArthur Leadership Award from now through Oct. 29 to recognize company grade officers who demonstrate the ideals for which MacArthur stood – duty, honor and country. The award promotes and sustains effective junior officer leadership in the Army and is open to second lieutenants through captains and warrant officer through chief warrant officer 2. Officers selected at the USAREUR level will move forward to the Department of the Army level. For information on eligibility and nomination requirements, contact your unit's personnel office. Background on the MacArthur Leadership Award Program is at <http://www.armyg1.army.mil/macarthur/default.asp>. (U.S. Army Europe)

## CYSS events

**DON'T BE LATE:** Email briefs to [julie.m.lucas.civ@mail.mil](mailto:julie.m.lucas.civ@mail.mil) by noon on Monday, or by 4 p.m. Friday if Monday is a holiday.



Photo by Laura Kreider

**Meet me at the Music Café:** Music aficionados and musicians from throughout the local community enjoy informal performances at the Soldiers' Theatre Music Café Sept. 14. All are welcome to attend and perform. The next gathering will take place Oct. 26.

♦ **Parent Central Services** makes appointments for new and re-registrations on Tuesdays and Thursdays from 11:30 a.m. to 4 p.m. Call 634-7219 or register on a drop-in basis till 4 p.m. Other services are available Mondays-Fridays, 8:30 a.m. to 4:30 p.m.

## Speech conference

The Overseas Association of Communication Sciences will present a two-day conference for speech-language pathologists Friday-Saturday. Contact Shonna Pierce at [smpierce1605@yahoo.com](mailto:smpierce1605@yahoo.com) for details.

## Respite Care available

Exceptional Family Member Program Respite Care is available. For details email [EFMP@vicenzamwr.com](mailto:EFMP@vicenzamwr.com) or call 634-8582 or (0444) 71-8582.

## Arts and Crafts activities

♦ Create a **Discovery Box** from a matchbox and polymer clay tomorrow at Arts & Crafts. Cost is just \$15 and includes supplies.

♦ **Basket weaving** supply kits for creating hearth baskets are available at Arts & Crafts. Call 634-7074 for information.

## Night out at the Arena

The Lion's Den hosts a Surf and Turf Night tonight; cost is \$30. Call 634-7685 to make a reservation.

## WebTrac is online

Online registration is available for some CYSS and Recreation Division classes, trips and special activities. FMWR Vicenza WebTrac allows customers to reprint receipts and change household information stored on RecTrac and CYMS. Household balances for CYMS and RecTrac are managed as separate accounts on the WebTrac secure site: <https://webtrac.mwr.army.mil/sites/eu.html>.

## ICE comments

Interactive Customer Evaluation or ICE is a web-based customer feedback system that sends an email directly to the service provider

manager. It can be used from any computer and allows customers to rate any government facility or service. Click the ICE logo on the USAG Vicenza homepage or go to [www.VicenzaMWR.com](http://www.VicenzaMWR.com).

## Memorial Ceremony

A memorial ceremony will be held Oct. 4 at 1 p.m. at the post chapel for **Sgt. Kyle B. Osborn** of 1st Battalion, 503rd Infantry, 173rd ABCT. Osborn died Sept. 13 in Muqer, Afghanistan, while deployed in support of Operation Enduring Freedom.

## Sgt. Kyle B. Osborn



## Military OneSource

A range of counseling, research and referral, interpretation and translation and educational resources are available by telephone any time of day or night by dialing Military OneSource at 1-800-3429-6477 or by collect call at 1-484-530-5908 (contact the international operator first). TTY/TDD service is available at 1-866-607-6794. Para Espanol, llame al 1-877-888-0727. Services are private and provided by the Department of Defense at no cost.

## Support CFC

Directorate of Human Resources will host a Tailgate Raffle Wednesday from 11 a.m. to 1 p.m. at the Post Exchange to raise funds for the Combined Federal Campaign. The winner will be announced at 1 p.m. The

Public Health Command will host a Halloween Bake-off Oct. 17 at the Post Exchange from 12:15-12:30 p.m.

## Register now for UMUC

Registration for University of Maryland University College Fall Session 2 classes is under way through Oct. 21. Classes begin Oct. 22 and include biology, Italian, college math, U.S. history till 1865, information systems in organizations and college writing. Active duty and dependents can apply for a \$150 textbook stipend; new students can apply for a \$700 new student scholarship. For information and assistance call 634-8927 or email [vicenza-europe@umuc.edu](mailto:vicenza-europe@umuc.edu).

## Family life consultants

Military and Family Life Consultants are licensed clinical social workers or psychologists here to help Soldiers and Families address difficult issues involving deployment and reunion, marriage, relationships, anxiety, depression, stress, grief, loss and other matters. Consultations are free of charge and completely anonymous: no records are kept. MFLCs can work with individuals, couples or groups. Call 333-489-8967, 634-7500 or ask at ACS. For the 173rd ABCT MFLC, call 345-077-0476.

## Estate claims

Anyone having any claims on or obligations to the estate of **Pfc. Shane W. Cantu** of Company B, 1st-503rd Infantry, 173rd ABCT, should contact the summary court officer, Capt. Michael Elkins, at 634-6274, or by email at [michael.c.elkins3.mil@mail.mil](mailto:michael.c.elkins3.mil@mail.mil).

Anyone having any claims on or obligations to the estate of **Sgt. Kyle Osborn** of Company HHC, 1st-503rd Infantry, 173rd ABCT, should contact the summary court martial officer, Capt. Michael Elkins, at 634-6274, or by email at [michael.c.elkins3.mil@mail.mil](mailto:michael.c.elkins3.mil@mail.mil).

## 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

**5:30 p.m.:** PWOC Bible study. Dinner provided. No child care

**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 or Giacomo Baravalle at 348-603-2283

**Church of Christ:** Call CW2 Michael Bickle at 345-469-9974 or 0444-335-135 or email [vicenzaitalychurchofchrist@gmail.com](mailto:vicenzaitalychurchofchrist@gmail.com)

**Islamic:** Call 634-7519 (0444-71-7519)

**Jewish:** Call Paul Levine at 345-907-2108

**Latter Day Saints:** Sunday services, 9:30 a.m. in Vicenza. Call Chance Wilson at 327-869-8107 for details.

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

### Pre-school Story Time

Pre-school Story Time gets under way every Wednesday at 11 a.m. at the library for children ages 3-5. The program is free of charge.

### Furniture sale

AAFES is conducting a furniture sale featuring living room, bedroom and dining room pieces at the Luna Bubble through Oct. 31 or while supplies last. Stop by Monday-Saturday 9 a.m. to 6 p.m. and Sundays from 11 a.m. to 5 p.m.



## Master Fitness Trainer grads to impact Soldier 'lifespace'



Recruits train at Fort Jackson, S.C., and validate master fitness training principles with reduced injuries and enhanced performance. The Master Fitness Trainer program graduated its first pilot class, Sept. 21 at Fort Jackson.

**Story and photo by David Vergun**  
*Army News Service*

FORT JACKSON, S.C.— The 31 Master Fitness Trainer, or MFT, pilot program students were told at their graduation they would “play a pivotal role in influencing Soldier fitness and health throughout their ‘lifespace,’” Sept. 21.

“We’re looking for great outcomes and we’re going to have a fitter Army with your help,” said Command Sgt. Maj. Donna Brock, senior enlisted adviser to the Army surgeon general.

Brock, a former master fitness trainer herself before the program was discontinued in 2001, defined “lifespace” as the amount of time Soldiers are not in contact with a healthcare provider, which is the majority of the time.

“If you see a doctor twice a year for 20 minutes a visit, the rest of the year you’re on your own,” she said. “Master fitness trainers will decrease the time Soldiers are on their own by providing them with proper physical fitness training, advice on nutrition and sleep management and overall wellness.”

The goal of the program is to train about 4,000 MFT Soldiers over the next two years and about 2,000 per year thereafter, according to Maj. David Feltwell, an MFT instructor. He said the trainers will first advise battalion commanders, and as their numbers grow, they will fan out to the company level.

Brock said the month-long MFT program was brought back because it will increase unit readiness and it

dovetails with “the Army’s strategic imperative: ‘prevent, shape, win.’” She said the trainers will consult and advise their commanders on creating a sound physical fitness program, tailored to mission outcomes, that will “increase stamina, resilience and endurance, as well as reduce injuries.”

The medical community will be a huge supporter of the MFT program, said Brock, herself a 26-year medic. “Master fitness trainers will consult with health care providers, nutritionists and dieticians on an ongoing basis and will closely monitor their Soldiers, who may need medical advice beyond their capabilities.”

Sgt. 1st Class Raymond Bentley, an MFT instructor, said, “Master Fitness trainers know what to look for to prevent injuries as well as correct body positioning during exercises, posture, balance, the right number of repetitions.” He predicted a noticeable increase in physical fitness test scores as a byproduct of the program.

He said there may be skeptics out there, but he believes the program really works.

“My own run time has improved since being here (in training) and my abs are back,” said Bentley, who is 45 years old. “The PRT program has gotten me back to the shape I want to be in.”

MFT graduate Sgt. Rachel Cunningham said, “There are two questions people have been asking me about the program. What have you learned and do you really believe in it? I really believe in it and I believe the instructors do. You’ve got to really

believe in it to sell it to your command. I have the knowledge now to back the program 100 percent.”

Reading and understanding the training circular on your own can be difficult, said MFT graduate Staff Sgt. Samad Green, referring to TC 3-22.20, Physical Readiness Training, the physical fitness guide used by Soldiers and the program. “The exercise doctrine takes away the guesswork. I believe I can help make it more understandable when I get to a (Forces Command) unit.”

Green said he’s seen plenty of examples where proper training could have helped reduce injuries.

“I’ve been to units where they don’t understand how the human body works; where they just make stuff up, leading to overtraining and Soldiers who get hurt,” Green said.

“PRT is linked to warrior tasks and battle drills,” said MFT instructor, Sgt. 1st Class Melissa Solomon. “Soldiers will perform their missions better with proper training. I believe master fitness trainers will be able to go out and articulate this to their commanders and Soldiers and sell the program.”

Brock imparted final words of advice to the graduates.

“Your leaders will look to you for expertise,” she said. “You’ll have successes and perhaps some failures too, but if you work hard and strive to take care of your Soldiers, they will have higher stamina, resilience and endurance. You’re not alone in this endeavor. Your leaders want this. Your Soldiers need this.”

### Sports Official training

Become certified to be a basketball official, scorer or timer, or just become a better coach in the Oct. 9-13 Officials Clinic. You will meet other officials and become certified so you can earn extra cash. Sign up is mandatory and clinic meets in the Fitness Center Conference Room at 6 p.m. Call 634-7009 to sign up.

### Aviano Golf Tourney

Golfers register for the Aviano, Vicenza Camp Darby Triangle Challenge Oct. 20 and 21 at the Alpine Golf Course at Aviano Air Base. The Challenge begins at 8:30 a.m. Cost is \$20 per person plus green and cart fees. Register before Oct. 12. Call 634-7009 to register.

### Adult Swim lessons

Adults can learn how to swim with classes held at the Post Pool every Tuesday and Thursday beginning Oct. 4 from 5:45-6:30 p.m. The cost is \$50. Register at the Fitness Center desk.

### Unit and rec play

**Flag football league:** Come cheer on your favorite unit Monday and Wednesday at 6 p.m. at the football field. 173rd Rear Detachment is undefeated with 3 wins followed by USAHC with 2 wins, 0 losses.

**Men’s Soccer:** Vicenza Post Soccer Team is currently looking for players. Practice is every Tuesday and Thursday from 7-9 p.m. at the Multi-Purpose Soccer Field behind the Ederle Inn. For more information contact Wilmer Aguilar (team captain) at 634-8638 or 335-698-1961, or email [wilmer.aguilarcorea.mil@mail.mil](mailto:wilmer.aguilarcorea.mil@mail.mil).

**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.

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

### Rugby Team Open Play

Every Tuesday and Thursday from 6 p.m. to 7:30 join players at the N-40 Football Field to play.

### Basketball Open Play

Every Monday, Wednesday and Friday from 11:45 a.m. to 1:30 p.m. at the Fitness Center. Come out and join the fun. Call 636-9632 to take charge and help this get started.