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U.S. Army Garrisons Vicenza & Livorno

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Put that phone down. You can now make health center appointments online.

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Mako Sharks ready



All in a day's work Airborne troops take part in local service project

Story and photos by LAURA KREIDER Outlook Staff

It was raining soccer balls. Or so it seemed.

While clearing overgrown brush next to a soccer field in Arcugnano, 1st Battalion, 503rd Infantry Regiment (Airborne) Soldiers found ball after ball. Too dense to make retrieval worth the soccer players' efforts, the bushes have been home to the stray balls for some time.

The stockpile of balls was found by 503rd Alpha Company troops during a July 29-30 community service project hosted by the unit. About 70 Soldiers participated. "We launched this project in an effort to

give back to a community that has been a

magnificent host to American servicemen and their families for decades," said Alpha Company's Capt. Kevin M. Ward.

The Soldiers cleared a trail to and around a fountain, dug in and installed stairs up a well-trafficked hillside to connect a fountain in the location called Grancare Alte—created by an Italian WWI

See LOCAL Page 3

Soldiers requesting transfer of GI Bill benefits to family

By ROB McILVAINE *FMWRC Public Affairs*

The new Post 9/11 GI Bill took effect Saturday, and service members have started submitting requests to transfer benefits to their spouses and children.

"Transferability of Post 9/11 GI Bill

benefits has been the most requested initiative we receive from our service members," Deputy Under Secretary of Defense for Military Personnel Policy Bill Carr said, "and we believe it will assist us in retaining highly qualified military

See LIST Page 5

The Army has seen an increase in Soldiers taking their own lives. In 2008, 140 Soldiers in the active-duty Army committed suicide. That puts the 2008 active-duty suicide rate at 20.2 per 100,000—the highest ever for the Army and, for the first time, higher than the civilian rate... Served less than the time required to earn 100 percent of the benefit? You may receive benefits at a prorated amount. Visit http://www.gibill.va.gov/.

Spouse wins American Idol-style

for a comeback

Community lifeguards test skills during competition

Sign up for flag football by Aug. 17



Army eyeing stress in the ranks

By C. TODD LOPEZ Army News Service

The Army must go beyond preventing Soldier suicides, and take a look at addressing other symptoms of a force struggling with eight years of persistent conflict, said the service's vice chief.

During testimony July 29, before the House Armed Services military personnel subcommittee, Vice Chief of Staff of the Army Gen. Peter W. Chiarelli told lawmakers the Army is concerned with not only suicides, but also acts of violence, increased use of alcohol, drug abuse, infidelity and reckless driving. "We've been at war for

See ARMY Page 2

contest, 3-CD recording session



2 Photo by Tim Hipps

Vicenza FMWR hoping community members throw their hats in ring for local contest

Operation Rising Star winner Joyce Dodson sings "Faith and Hope" at DMI Music's Firehouse Recording Studios in Pasadena where she recorded a three-song CD as part of her prize for winning the Army Family and Morale, Welfare and Recreation Command-sponsored singing contest. Sign-up by Aug. 14 at *www.vicenzaMWR.com* for the Sept. 18-19 event.

<u>Garrison news</u> Army considering Web based counseling

continued from Page 1

nearly eight years," Chiarelli said. "That has undeniably put a strain on our people and our equipment. Unfortunately, in a growing segment of the Army's population, we have seen increased stress and anxiety manifest itself through high-risk behavior, including acts of violence, excessive use of alcohol, drug abuse, and reckless driving."

In the most extreme cases, however, Soldiers commit suicide. And the Army has seen an increase in Soldiers taking their own lives. In 2008, 140 Soldiers in the active-duty Army took their own lives. That puts the 2008 active-duty suicide rate at 20.2 per 100,000—the highest ever for the Army and, for the first time, higher than the civilian rate. ;In order to better understand the rise in suicides, the Army asked the National Institute of Mental Health to study its causes in the ranks. The study commissioned by the Army will

Army will focus on behavioral h e a l t h , psychological resilience, suicide risk, s u i c i d e r e l a t e d Chiarelli

behaviors, and suicide deaths across the active and reserve components.

Chiarelli told lawmakers he thinks limited time at home between deployments is one cause of stress for Soldiers and families and that increasing dwell time is a solution.

"I think the thing that would give us a leg up on this, that would help us out so much, is to increase the amount of dwell home," Chiarelli said. "There is no doubt in my mind that this reduced dwell time — is causing a tremendous amount of stress on the force, on Soldiers, and on families. And I have to believe the NIMH will identify that early as one of the stressors that is affecting us."

Chiarelli also told lawmakers the Army has several initiatives to improve the psychological wellness of Soldiers.

"Secretary of the Army Pete Geren and Chief of Staff of the Army Gen. George Casey consciously made the decision to expand our efforts to improve the overall behavioral health and well being of the force," Chiarelli said. "Ultimately, we want to get left of this very serious problem. And to do so we must improve the resiliency of our Soldiers and their family members. In the past

time that our Soldiers have at the Army's approach was home," Chiarelli said. "There is no doubt in my mind that this changed today — it is in fact reduced dwell time — is causing proactive."

Part of that proactive approach to Soldier well being is the Army's Comprehensive Soldier Fitness Program, Chiarelli told legislators. The program is meant to begin for Soldiers in basic training and continue throughout their career.

In written testimony to the Congress, Chiarelli wrote that the CSF program is designed to raise "mental fitness" to the same level the Army considers physical fitness.

"We recognize people come into the Army with a very diverse range of experiences, strengths and vulnerabilities in their mental as well as physical condition," he said. "Studies have shown that mental and emotional strength are just as important as physical strength to the safety and well being of our Soldiers."

Chiarelli said he believed that there is an uptick in substance abuse problems in the Army as a result of ongoing stressors on the force. The Army has responded to that with an increase in substance abuse counselors, and recently, a pilot program at one installation to allow Soldiers to self-identify for alcohol abuse without the knowledge of their command.

The Army is also looking at a Web-based program to deliver care to Soldiers, Chiarelli told lawmakers. A special "Web-Care" program would provide "online 'real-time' counseling via video, e-mail, live chat, or instant messaging."

"We are committed to getting the message out to Soldiers that it is okay to get help," Chiarelli said. "We are making progress."

Here's your chance: Let the garrison command know what you're thinking

PAIO news release

As part of the Army's effort to prioritize services and improve service delivery performance, the Installation Management Command (IMCOM) conducts a customer assessment of services provided by their installations.

"It is an annual Web-based, diagnostic tool that provides direct feedback to the garrison leadership from those constituents that use products and services at the installation," said the installation's customer service officer, Nino Hill. "The assessment enables the garrison commander to obtain critical customer service feedback on service-provider strengths and areas requiring improvement."

Hill said the process is a way for IMCOM to provide dependable and standardized services throughout the Army.

"As families go from installation to installation, the quality of services is something they can rely on," he said "As a part of the CMS program, it's my job to determine from customers which USAG Vicenza garrison services fit IMCOM's goal of valuable and dependable and which ones need improvement."

Community members can take the survey online at <u>www.myarmyvoice.org</u>. The survey will run Aug. 24-Sept. 18 and is divided into two main categories corporate or senior leadership and constituent or community members.

Anyone who uses Vicenza garrison's services is eligible and encouraged to take the survey.

"Customers provide demographic data that will automatically direct them to the appropriate corporate or constituent assessment," explained Hill. "Within the survey, customers will rate service performance on a scale of 1 (very poor) to 5 (excellent) and how important these services are to their lives or missions, also on a scale of 1 to 5."

The assessment is divided in two groups: constituent (customer) and leadership. The constituent assessment identifies garrison services most important to the customer and evaluates how well garrisons are providing each service. The purpose of the leadership assessment is to assess the performance and importance of the services as determined by installation leaders.

Speak Out What was your favorite assignment? Why?









Larry Kilgore

DPTMS

Sun, beach, fishing. And

as a retiree, a VA hospital

and base nearby for my

family and me. It's

heaven in a small

place."

"Cocoa Beach, Fla.:





Pete Huller Force Protection

"As a United Nations observer in the Republic of Georgia because that's where I met my lovely wife." "Italy, where I was able to serve as a Soldier and civilian." Sgt. Justin Vincent Garrison HQ "Italy. I'm an outdoor enthusiast;

enthusiast; snowboarding is off the chain here, in Switzerland, Austria. There are so many locations to shred ..."



Diana Bahr PAO "This is my first assignment, so I guess it's my favorite! Go Wings!!!"

■ WHAT YOU THINK MATTERS: If you have an idea for a Speak Out or commentary, we'd like to know. E-mail us today at editor@eur.army.mil. Type "Speak Out Suggestion" or "Outlook Commentary Idea" in the subject line and include your contact information, including a home or cell phone.

The Noncommissioned Officer PROFILES OF SUCCESS



Sgt. 1st Class Richard Handran

Unit: HHC, 173rd ABCT Current Position: S-6 Automations NCOIC

Age: 41

Hometown: San Diego, Calif. Years in service: 22

What would surprise people about you: I was a youth pastor for 14 years.

Biggest mentor(s) and why: My dad. He adopted four kids, myself included, and was a dad, not just a father.

Life's ambition: Grow old with my wife and raise Godly children.

Motto: If at first you don't succeed, read the directions. **Your definition of an NCO:** A

leader who provides practical purpose and direction that is clear and effective.

Advice for junior Soldiers: Do the right things all of the time and use respect.

Reason for your success: Christ.

Your defining moment as an NCO: Crawling out of the first sergeant's office because I failed to take care of a Soldier. I was an E-5 at the time.

Visit the Army's Web site dedicated to the Year of the NCO at *www. army.mil/Year of the NCO*.

ERMC news release

The Europe Regional Medical Command has embarked on a drive to improve beneficiary Access to Care, including increasing the availability of online appointments through TRICARE Online.

Each clinic's Web site (visit <u>http://</u> <u>ermc.amedd.army.mil/mtf</u>), has an "Online Appointment" link. Online appointments are available around the clock, long after the appointments desk at clinics have closed.

"This means no more waiting for the appointment lines to open up or trying to juggle appointments with busy schedules," said U.S. Army Health Center Vicenza Commander Col. Kimberly Armstrong.

Access to care goals for online appointments are:

Ensure 80 percent of all primary care appointments are available on the internet (Web-enabled).

Clinics have already reached this goal, "and USAHC-Vicenza currently has more than 90 percent of its acute and routine appointments for family practice and pediatrics available for online booking," said Armstrong.

In addition to that, clinic staffs are improving the chances beneficiaries will see a provider they've seen before. Sometimes, a primary care manager is unavailable due to training requirements or other absences. When that happens, beneficiaries will receive an appointment with someone else on a team of providers who substitute for one another when necessary.

The ERMC goal is to have no more than three providers to a team. U.S. Army Health Center Vicenza has already completed this reorganization.

"These small teams allow our providers to become more familiar with your care," she said, "and you are seeing a team of providers dedicated to meeting your individualized needs."

Ensure 25 percent of Military Treatment Facility-enrolled **TRICARE Prime beneficiaries are registered correctly on TOL by September, increasing to 50 percent by March next year.** Beneficiaries are asked to visit the TOL Web site and ensure personal information is accurate. This includes making sure the beneficiaries are associated with the clinic that serves them. Many people still are listed under a clinic or hospital at a former duty station, for example.

Others use their economy address when the clinic needs their APO address. Anyone who wants to make changes but is uncertain how can call toll free to 800-782407, option 8, for assistance 24 hours per day.

Armstrong said the operators are very helpful and can make needed changes over the phone. Increase TOL appointment booking to a minimum of three percent by September, increasing to a minimum of five percent by the first of the year.

Using the TOL online appointment service more often will help "as it allows beneficiaries the option of selecting appointment times that work with their busy schedules and the freedom to book appointments 24 hours per day," said Armstrong. "Simply put, beneficiaries can now book an appointment for a sick child at 3 a.m. and know that they have an appointment at 8 a.m.

They also promise to do what it takes to make the service easy and reliable. Anyone who tries to make an appointment online unsuccessfully should let the clinic know. Every clinic's Web site has a link to the ICE card for that facility. Beneficiaries are encouraged to leave a comment there, or to tell your clinic's patient advocate.

If you make an appointment through TRICARE Online that you cannot keep, you can also cancel it online. If made by phone, however, you must call your local central appointment line to cancel. Canceling early gives other beneficiaries an opportunity to get a medical appointment and also eliminates provider down-time.

"This is especially critical," said Armstrong, "in the coming months as we prepare units for deployment."

Local community planning show of appreciation

continued from Page 1

battalion—with a church on the top of a hill and cleared a three-mile long hiking trail in Lapio near Lago di Fimon.

"This was not simply an effort by A Co. 1-503rd, but rather a joint project with the administration of the Comune di Arcugnano, as well as the Arcugnano Alpini. The Arcugnano administration and the Alpini were instrumental in making this project a success," he added.

During meetings that took place in June and July, the project locations and details were finalized. Following these meetings, Alpha Co. leadership conducted several site recons.

The unit settled on three towns to focus their efforts: Lapio, Pianezze and

Arcugnano, placing a platoon in charge of each area and supplemented by their headquarters platoon as needed.

"It is a nice way to work on developing a partnership between our community and the American community," said Arcugnano's town advisor, Antonia Menon, who was at the Pianezze fountain to express the community's appreciation.

Menon said the town is planning a September fest as a show of thanks to the unit, "and that will also give our communities the chance to meet."

"I think the community project overall was a success, bringing unity between the local community and U.S. military," said 1st Platoon's Sgt. Juan Nunez.

"The local community members were

a big asset in the completion of our project due to their help and moral support and by providing us with tools, food and overall generosity," said Nunez. "There was a small issue with the language barrier, but we collectively got together and made a difference with the local community."

Guiliano D'Andrea, the U.S. Army Africa science advisor, has been a key liaison between the brigade and the Italian towns, including putting his language skills to good work coordinating the community service projects for each company.

Other companies in the battalion are conducting community service projects in Camisano, Creazzo and Costabissara.

<u>Garrison news</u> Make medical appointments online

The Outlook

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The editor reserves the right to edit all submissions for style, brevity and clarity. Circulation is 2,500 per week.



Cheryl Davis is the prevention coordinator (PC) and employee assistance program coordinator (EAPC) for the installation's Army Substance Abuse Program. "As the PC, I design, develop and administer target grouporiented alcohol and other drug prevention education and training programs in coordination with the ASAP staff and other prevention professionals," said Davis.

"We address military risk levels and work toward reducing risk factors," she said. "As the EAPC, I am the point of contact for civilians who have any kind of problem and need assistance."

She is located in Bldg. 169. Office hours are from 8 a.m.-5 p.m., Monday through Friday. Davis can be reached at 634-6122.

<u>Eye on the Sky</u>



(Left) Pfc. Cole B. Johnson, a human resources specialist with 173rd Brigade's Support Battalion, delivers a punch to Capt. Brandon Kennedy, an infantry officer with Alpha Company, 2nd Battalion, 503rd Infantry Regiment. Kennedy won the fight and the Welterweight class. He will represent the 173rd in the Army Championship Combatives Tournament in September. (Photo by Pfc. Michael Sword)

Staff Sgt. Michael Kennicker (red) and Spc. Phillip Huckeba, both representing 2-503, compete to determine the third place winner in the Lightweight class.

Soldiers, families and fans watch the first bout between Pvt. Allen Burns, 1-503, (left) and Pvt. Christopher Diramos, 2-503, who compete in the Flyweight category. Burns won the match and placed third in this weight class.

U Staff Sgt. Jacob Saldivar, Charlie Company, 1-503rd (Airborne), completes the knuckle protection of a participant before the event starts.

Fight Night. Troops bout it out during tourney, will compete in Army championship

by Pfc. MICHAEL SWORD 173rd ABCT Public Affairs

he power may have gone out, but there was no shortage of energy at the post gym July 30. Soldiers, families, fans and cheering sections crowded the building to watch the best of the 173rd Airborne Brigade Combat

Team battle it out as the 173rd held its first brigade-wide combatives tournament July 29 and 30.

There have been battalion tournaments in the past, but this is the first year that the 173rd has held a competition for the brigade, said Maj. Bo Stuart, the officer in charge of the tournament.

The winners in the seven weight classes (see below) will represent the 173rd in the Army

not make it past the preliminary rounds, Barrows did win one of two matches.

"I think I proved my point," she said. The development of the Modern Army Combatives Program was started in 1995, by then Staff Sgt. Matt Larsen and a team of Rangers from the 2nd Ranger Battalion, 75th Ranger Regiment. The task at hand was to create a combatives program that was easily trained and more effective than the current program. After evaluating many different styles of martial arts, Larsen and his team decided

Combatives prepares our form for the new Sky Soldiers to face our adversaries and to have the courage to sacrifice their personal safety to accomplish the mission, which is victory.

would act as the base combatives program. After years of constant development, the MACP became the Army standard in 2002 and is a training requirement for all initial entry soldiers.

that Brazilian Jiu-Jitsu





Championship Combatives Tournament at Fort Benning, Ga., Sept. 18-20.

The tournament was open to all 173rd Soldiers. However, unlike many tournaments, there were no female-specific brackets.

Pfc. Leanne Barrows, a combat medic with Charlie Company, 173rd Brigade Support Battalion, was one of three female competitors.

"I think that it's very important because I think that females are stuck with the standard or the thought that girls can't fight guys, girls can't do this, or what guys can do and it's actually not true," said Barrows.

Although the three female competitors did

Col. James H. Johnson 173rd ABCT Commander

the However, tournament was held for more than just competition.

"The value of combatives tournaments is that it reinforces the skills and mentality that we want our Sky Soldiers to have," Said Col. James H. Johnson, commander of the 173rd ABCT. "It prepares our Sky Soldiers to face our adversaries and to have the courage to sacrifice their personal safety to accomplish the mission, which is victory."

THE WINNERS ARE:

Flyweight- Neely, Jesse M- SPC, 2-503 Lightweight- Losteter, Kenneth, E- SPC, 1-503 Welterweight- Kennedy, Brandon, M- CPT, 2-503 Middleweight- Stuart, Bo- MAJ, HHC 173d Cruiserweight- McLauchlan, Andrew S- SGT, 2-503 Light Heavyweight- Green, Stephen- SGT, 2-503 Heavyweight- Clark, Scott A- 2LT, 1-503



Photos 1, 2, and 3 by Laura Kreider

Community events Community turns out for shell painting arby

Story and photos by LAURA KREIDER **Outlook** Staff

More than 20 community members participated in the shell painting class July 29, a combined

library and art center event.

"Children h 0 participated in the event had fun," said Franco Lidron, post the entomologist and shell painting instructor.

"This was the first course that I taught here, even though I have

been teaching classes about insect collections in some schools," he said.

"Painting the shells became

a hobby because I enjoy painting," said Lidron. "I do some painting on shirts, stones and some canvas."

Lidron had some of his colorful collections on display.

> He uses acrylic colors due to their brilliant and fast-drying properties.

The class was focused on how to hold the shells while applying the first coat of color (acrylic) and how to dry and apply other colors or nail glitter paint for a shiny touch. Read The

Outlook's Community Briefs, page 7, weekly for updates on this and other art center and library classes.



Franco Lidron, class instructor, uses a hairdryer to speed up the drying process at the Art Center July 29. (At left) Evelyn Fultz, 7, holds shells she painted during the event.



Lidron's shell collection was on display during the class.



Texas hold'em

Wanna get lucky? Come to Texas Hold'em today. Free hot dogs for all players. Call 633-7855 for information.

Get in shape with free noon classes

Check out Eileen's list of classes.

There's something scheduled almost every day of the week.

Call the Fitness Center for more information at 633-7440.

Library story hour

Every Wednesday at the post library for children ages 3-5.

Call 633-7623.

Stop by ITR to schedule a trip

■ Visit some of Rome's most famous sites at your own pace.

Start off in Vatican City, home of St. Peter's Basilica and Vatican Museum (where you'll find the Sistine Chapel).

Call ITR for more information at 633-7589.

Darby Community Club activities

Every Thursday is Karaoke Night at the Club. Fun starts at 6:30 p.m.

■ Need to say thanks? Bring your right arm/wing man to the Community Club on the third Friday of each month.

Darby Religious activities

For details, call the chapel at: 633-7267 (050-54-7267) 9:40 a.m.: Catholic Reconciliation

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

List family members as beneficiaries before leaving Army

continued from Page 1 personnel."

Career service members on active duty or in the selected reserve who are eligible for the Post 9/11 GI Bill may be entitled to transfer all or a portion of their unused Post 9/ 11 GI Bill entitlement to one or more family members.

Among the first to take advantage of the Post 9/11 GI Bill was 1st Sgt. Steven Colbert, Headquarters & Headquarters Company, 3rd U.S. Infantry (The Old Guard) at Fort Myers, Va.

The best thing

"I will be the first to say that the Army is probably the best thing that has ever happened to me. It has given me some of the advantages that I didn't have as a child growing up. One of the reasons why I stayed in so long is because of Jordan (9), my son. Now I have the opportunity to give him something I never had," Colbert said. Colbert has spent 23 years in the Army with tours throughout Europe and across the U.S. During his years in the Army, Colbert took advantage of tuition assistance and graduated with a B.S. degree in management. His wife, Danielle, currently a junior at Prince George's Community College, is working towards her B.A. in



Photo by Rob McIlvaine

1st Sgt. Steven Colbert takes a moment out of his day to read with son Jordan at Headquarters & Headquarters Company, 3rd U.S. Infantry (The Old Guard) at Fort Myers, Va. Jordan wants to join the Army but first wants to graduate from Virginia Tech.

already has big plans.

"I want to go in the Army and play football," Jordan said with a big smile. "But I want to attend Virginia Tech first." Passing on benefits "I didn't put that in his head," Colbert said. "He already has picked that out and with us being here in the DC area, the Post 9/11 GI Bill is perfect. It's a pricey school but these benefits are going to help me be able to take care of that...it's just wonderful. I'm just overwhelmed about the opportunity to really be able to take care of him," Colbert said. For Soldiers and Army spouses who might want to continue with their studies, the Post 9/11 GI Bill can be used

business admin-istration. Jordan degree, a master's degree or even a doctorate.

> Defense officials are advising service members to transfer at least a month's worth of GI Bill benefit to every dependent before they leave service. This

their Post 9/11 GI Bill benefits.

Once a Soldier has retired or separated from the Army, they can no longer add new family members as potential beneficiaries," said Bob Clark, the DoD's assistant director for accession policy and military personnel policy.

Pays housing costs

And tuition is not the only benefit extended to potential college-goers.

For students attending school more than half the time, the Post 9/11 GI Bill also pays housing costs, up to a rate equivalent to the Basic Allowance for Housing rate for an E-5 with dependents in the ZIP code where the school is located.

Students are also entitled to a yearly stipend of up to \$1,000 to cover the cost of books and supplies, and students from highly rural areas who are transferring to a school may also be entitled to a one-time payment of \$500. "I get choked up just thinking about the benefits I'm able to give my son," Colbert said. Soldiers can elect to transfer benefits to family members at https://www.dmdc.osd.mil/ TEB.

will lock in an opportunity to change the number of months transferred at a later time. Any family member not approved for transferability before a member retires or separates will be denied the opportunity forever, unless the member re-enters service. Remarriage, ETS'ing Likewise, veterans who remarry or have more children after leaving service will not be able to transfer GI Bill benefits to these new family members. "It's recommended that Soldiers add all family members for all levels of degree programs, including a second as potential beneficiaries of

The VA administers the "Post 9/11 GI Bill," and determines eligibility. Visit http:// www.gibill.va.gov/for details.

Protestant Sunday school starts at 10.a.m.; Catholic CCD at 11:15 a.m.

The chapel is collecting cardboard, robes, children's plastic swimming pools and cardboard rolls from paper towels and toilet paper.

Contact the Catholic education coordinator to find out when the next confirmation will take place. **Choir practice** is at 9:30 a.m on Sunday before Mass. The congregation needs a cantor. Talk to Chaplain Porter or Father Roberto to serve.

Out&About by Anna Terracino Daily tours offer taste of Verona



Photo courtesy of Verona Tuttintorno **The flavor and history of Verona:** Local Verona products complement the province's superb wine. (Below) Historic sites abound throughout the area.

Festivals & events

Festa della Birra: Aug. 7-9, in Recoaro Terme, about 34 miles northwest of Vicenza. Food booths featuring local typical dishes and free beer sampling. Entertainment for children, live music and shows.

Sopressa Festival : Aug. 8-9, in Valli del Pasubio, 22 miles north east of Vicenza. The sopressa is a Vicentine sausage used in many local recipes. Its history goes back two centuries. In 2003 it obtained the Protected Denomination of Origin. Food booths featuring sopressa and polenta, bigoli and other local products. Old trade show, bonsai exhibition, local handicrafts sale, bingo and fireworks.

■ Aug. 8: 5 p.m. food booths; 8:15 live music and dancing with *I Cavalieri del Liscio Orchestra*.

■Aug. 9: 10:15 folk parade with the *Le Valleogrine* Group performing folk songs.

Noon: food booths; 2:30 guided excursion leaving from the Sagra stand. 4:30 p.m. local handicraft market and local stores open until 11 p.m. 5:30 p.m. Parade and exhibition of the Pavolaro's "V. Bellini" Band. 8:15 live music and dancing with Graziano Marashi" Orchesta and the majorettes. The proceeds will go to a local kindergarten to purchase a stair lift for disabled children.

Outlet shopping tours in Verona - In July and August the tourist office of Verona offers four different tours to discover the city's surroundings and typical products.

■ Outlet shopping tour, every Wednesday, half-day, 15 euro

■ History and flavors in the Vialone Nano Rice Area and visit to an art furniture factory, on Thursdays, half-day, 20 euro

■ The land of the great wines Valpolicella DOC and Amarone DOC, on Fridays, half-day, 20 euro

Medieval villages and castles between Verona and Padova, on Saturdays, full day, 25 euro.

Tours leave from and arrive in downtown Verona. Fees include bus tour, an English speaking guide, visits and free tasting at a local winery and a rice factory or to an art furniture factory or to museums and castles according to the chosen tour.

Ticket is reimbursed if you spend more than 100 euro during the tour. Discount: 50 percent for children ages 5-17 and senior citizens over 65. Free for children under 5. miles east), Via Roma.

Monday: *Lonigo* (20 miles southwest), Via Garibaldi; *Thiene* (about 18 miles north), Corso Garibaldi, Piazza Chilesotti; *Malo* (about 20 miles northwest), Via Molinetto; *Torrebelvecino* (about 17 miles southeast), Piazza Aldo Moro.

Tuesday: Vicenza, 7:30 a.m. -1 p.m, Piazza dei Signori, Contrà Garibaldi, Ferrovieri - Via Baracca; Noventa Vicentina (about 20 miles east of Vicenza), Piazza IV Novembre, Marostica (about 18 miles north of Vicenza), Piazza Castello, Viale Stazione; Arzignano (about 16 miles west of Vicenza), Piazza Libertà, Piazza Marconi; Costabissara (about 7 miles northwest of Vicenza), 7:30 a.m. – 1 p.m, Via Gioberti; Valdagno (about 20 miles northwest), 8 a.m. - 2 p.m., Piazza Roma, Piazza Dante, Corso Italia.

Wednesday: Vicenza, 7:30 a.m. – 1 p.m, Via Goldoni; Schio (16 miles northwest), Piazza Statuto, Piazza Rossi, Via Btg Val Leogra; Dueville (about 10 miles north), Piazza Monza; Grisignano (about 14 miles southeast), Via Mazzini. Via Campo Sportivo.

Friday: Vicenza, 7:30 a.m. – 1 p.m, San Pio X -Via Fabiani, Riviera Berica – Via Rosselli, Via dei Laghi; Valdagno (about 20 miles northwest), 8 a.m. – 2 p.m., Piazza Roma, Piazza del Mercato; Montecchio Maggiore (about 12 miles west), Piazza Marconi, Piazza Roma; Piazzola sul Brenta (about 16 miles east), Via Camerini, 3; Isola Vicentina (about 10 miles northwest), Via Marconi, 14, Via Calisignano; Marano Vicentino (about 14 miles north), Piazza Silva.

Saturday: Vicenza, 7:30 a.m. – 1 p.m, Via Granatieri di Sardegna, Via del Mercato Nuovo, Via Ca' Balbi, Piazza Biade; **Bassano** (22 miles northeast), Piazza Garibaldi, Piazza Libertà; **Schio** (16 miles northwest), Piazza Statuto, Piazza Rossi, Via Btg Val Leogra; Chiampo (about 19 miles west), Piazza Giacomo Zanella; Verona (about 38 miles west), 8 a.m. – 2 p.m., Piazzale Olimpia; Trissino (about 13 miles west), Piazza Mazzini.



Pay concerts & events

ColdPlay: in Udine, Friuli Stadium, Aug. 31.

Notre Dame de Paris: in Verona, Arena, Sept. 10.

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

Outdoor Recreation

Southern Italy Sept. 4-6

Enjoy a weekend in the **south** of Italy, Sept. 4-6. See Pompeii, Naples and Amalfi Coast. Includes lodging, guided tours, trip assistance and transportation. Sign-up deadline: Aug. 17.

Free mountain biking through August

All levels **mountain bike rides** continue through August, every Wednesday from 4:30-6:30 p.m. Sign up in advance.

Kayak + scuba

Two adventures in one: **kayak and scuba** Aug. 16. Kayak to a dive spot located near Isola di Garda.

Ropes course Aug. 20

Join the Jungle Adventure **ropes course** Aug. 20.

Lake discovery

Explore Lake Maggiore, the second largest lake in Italy Aug. 22. Call for more info.

Hike the tunnels

Hike the famous **52 tunnels of Pasubio** Aug. 15.

Learn scuba diving

Learn to **scuba dive**. Basic open water scuba course Aug. 24-30. Weekday classes held in evenings.

Aquaparadise

Cool off at Aquaparadise **water park** Aug. 15 near Lake Garda. Call 634-7453.

Call ODR at 634-7453 to register or for more info.



Strudel Festival: Aug. 9, in Recoaro Terme, about 34 miles northwest of Vicenza. 9 a.m. Local honey and homemade cookies sale in Piazza Dolomiti. 3:30 p.m.: a Y-shaped, 150-meter long strudel will be exhibited downtown.

The Y stands for "Yes we can help." At 4 p.m. the strudel will be cut and sold for 2 euro a piece. For details in English or to purchase your ticket online, visit <u>http://www.veronatuttintorno.it/</u> <u>eng/index.php</u>.

Weekly markets

All markets are from 8:30 a.m. -1 p.m., unless otherwise stated. The distance from Vicenza is noted in parentheses.

Sunday: Camisano (about 12

Thursday: Vicenza, 7:30 a.m. -1 p.m, Piazze dei Signori, Biade, Palladio, Duomo, Foro Boario, Viale Roma, Piazza del Mutilato; Bassano (22 miles northeast), Piazza Garibaldi, Piazza Libertà; Cornedo Vicentino (about 21 miles northwest), Piazza Aldo Moro; Recoaro Terme (about 34 miles northwest), Piazzale Cabinovia; San Vito di Leguzzano, Piazza del Borgo Vecchio (about 14 miles northwest); Santorso (about 17 miles north), Piazzale della Libertà; Verona (about 38 miles west), 8 a.m. – 2 p.m., Via Plinio,

Night at the Museum (PG) 9 p.m. Aliens in the Attic (PG) 3 p.m. Aug. 8 Land of the Lost (PG-13) 6 p.m. Aug. 9 Aliens in the Attic (PG) 3 p.m. Land of the Lost (PG-13) 6 p.m. Night at the Museum (PG) Aug. 12 6 p.m. Aug. 13 Up (PG) 6 p.m.

Camp Darby Theater

Aug. 7	Harry Potter / Half-Blood Prince (PG-13)	6 p.m.
Aug. 8	Harry Potter / Half-Blood Prince (PG-13)	6 p.m.
Aug. 9	Night at the Museum (PG)	1 p.m.
Aug. 12	Up (PG-13)	6 p.m.

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

Looking for the movie synopsis? Visit *www.aafes.com*, scroll to the bottom of the page and click on Movie Schedule.

Looking to buy or sell items? Check out MWR's Marketplace at www.mwrmarketplace.com.

6 THE Outlook

August 6, 2009

Community briefs

to go from GI Joe to Teacher Joe,

Monday at 5:30 p.m. at the Vicenza

Education Center. The presentation

will be by Doug Houston, CW03

US Army (ret.), MAED who made

the transition to teacher. To reserve

a spot, e-mail diana.frayne@

Learn about FRGs

Learn more Wednesday at 9:30 a.m.

July MOMS club

members meet-and-greet

at 9 a.m.; Moms Night Out

■ Aug. 27: Park play date

Aug. 29: Family night

Aug. 11: Lunch play date: new

Aug. 19: 11 a.m. Pool play date

■ Aug. 21: Out and About, meet

Aug. 31: Monthly meeting and

The Outlook not

published Aug. 20

The Outlook will not publish an

Submissions should be e-mailed

The next issue will be published

to editor@eur.army.mil no later than

Monday at noon for the Aug. 13

Aug. 27. Call 634-6363 for more

CORRECTION

noted that the grace period for two-

hour parking ran until Aug. 22. The

grace period runs through Aug. 21.

CLARIFICATION

one of many colleges that will

participate in the Military Career

Advancement Accounts program.

in grant money to eligible spouses

of active duty or activated National

Boy Scouting

grade? Are you in interested in

adventure and learning life-long

skills? Do you like traveling and

meeting new people? Then

scouting is for you. Call

Scoutmaster Charles Calabrese

at 335-594-0624 or send an e-

mail to charles.calabrese

@gmail.com.

Have you completed fifth

Guard or reserve troops.

MyCAA provides up to \$6,000

University of Maryland is just

The July 30 Outlook incorrectly

FRGs: Who? What? Why?

phoenix.edu.

Call 634-7500.

and picnic lunch

park play date

Aug. 20 issue.

issue.

information.

Shoppette closure

The Vicenza Shoppette will be closed Aug. 16 beginning at midnight for approximately six hours to install register upgrades. The upgrades will be complete by Aug. 17 at 6 a.m.

Take the survey

The URL for the Army Family Covenant survey is *http:// www.armymwr.com/fmwrc/AFC/ survey.htm* The Web site will be live Aug. 15 and will be available until Sept. 15.

Adults-only cosmic bowling

Every Friday and Saturday night from 8 p.m.-1 a.m. \$18 for up to six people per lane, per hour.

Country music night

Listen to your favorite country music every Thursday beginning at 8 p.m. in the Lion's Den.

Bowlopolis Family Night slated today

Bowlopolis Family Night is today, beginning at 4 p.m.; \$24.95 special includes two hours of bowling, shoe rentals, pitcher of soda and large cheese pizza for up to six people. Bring your membership card. Bowlopolis Benefit days are all day every Tuesday in August. \$1 bowling games and \$1 shoe rentals.

Karaoke Staturdays

Karaoke! Come show us your singing skills every Saturday night at 8 p.m.

Art center classes

■ Beginner oil painting class begins Aug. 13 at 3:30 p.m. Paint your own masterpiece in three sessions. Supplies are included. Call 634-7074 by this weekend to register.

■ Create a bowl, vase, or other original masterpiece at the wheel throwing pottery class, Aug. 23 at 3 p.m. Glaze and fire Aug. 26 at 3 p.m. All supplies included. Call 634-7074 for more info.

■ Learn makeup techniques for a natural daytime look, then glam it up for an evening out. Supplies included. The class is Aug. 29 from 3-5 p.m. Call 634-7074.

■ Afternoon with Art & Culture event at the arts center Aug. 8 from 4-7 p.m. Enjoy free refreshments and an exhibition of local artists. All artwork, including Murano glass jewelry, photography and more will be available for purchase with dollars and euro cash

.

Bringing Baby Home Aug. 20 at 3:30 p.m. Call 634-7009 for information.

Parenting bond, skills

Create a closer bond with your children and gain parenting skills. ACS offers:

Romp-N-Stomp play group Aug. 19 at 10 a.m., Villaggio Youth Center

Freddy FAP visits Nepal Aug. 19 at 3 p.m.

Parent-Child Anger Management class Aug. 20 at 2:30

p.m.

Summer Adventure Sensation

The next SAS weekly field trip goes to Parco Oasi Rossi Aug. 11 and 13.

Call 634-8253 for more info on how to use five free hours of hourly care for the field trip.

Opportunity for teens

VenturePoint Expo held Aug. 29 in front of the PX.

Parents and teens can find out about new opportunities offered for teens through the HIRED! and EDGE! programs. School supply give-aways.

Register at CTC

Central Texas College is seeking spouses, Soldiers and civilians interested in taking college courses this fall.

CTC has many financial aid opportunities available, including information on \$6,000 in scholarships for spouses. Our upcoming on-site classes include criminal justice, paralegal, and early childhood development. CTC also has many vocational classes online beginning each month.

For more information or help with signing up, call 634-6514, e-mail vicenza@europe.ctcd .edu, or stop by room 206 at the education center.

UMUC registration through Aug. 23

UMUC is announcing its fall 2009 session 1 registration period; \$100 book awards for active duty service members, their spouses and family members; and increased scholarship funding.

Registration for ON-SITE (faceto-face) courses is available through Aug. 23, with classes beginning Aug. 24.

Apply for the \$100 book awards at www.ed.umuc.edu/financial _aid. UMUC Europe announces increased funding for scholarships, which may now be awarded in amounts up to \$1,000. Students may use these awards in conjunction with additional benefits, such as MyCAA, which offers up to \$6,000 in grants for educational funding, as well as military tuition assistance or applicable veterans benefits. 314-370-6762 or CIV 49-(0)6221-3780.

USO Back to School Bash set Aug. 15

The Back to School Bash is Aug. 15 from 1-3 p.m. and will include live music, crafts, dunk tank, popcorn and hot dogs and a face painter and magician. Four backpacks filled with school supplies will be given away.

Sign up for USO's Italian Culture Class. Class dates are Sept. 24-Feb. 4. Learn more about the great country you currently live in through readings, field trips and art. Cost is \$240.

The USO is located in Bldg. 9A. Hours are Monday-Friday 11 a.m-10 p.m.; Saturday noon-6 p.m.; and Sunday 12:30-6:30 p.m. Call 634-7156.

Volunteer skills

Volunteers learn how to build valuable skills Tuesday, 9 a.m. at ACS.

Learn about time management, logging volunteer hours and add training to your resume. Call 634-8526 for information.

Got Stress?

ACS offers a free stress management class Aug. 17 at noon. Call 634-7009 to reserve space.

EFMP bowling

EFMP Bowling is set Aug. 17 at the Arena from 3-4 p.m. Cost is \$3.50 per person and includes bowling and shoe rental. Over 100,000 military families have members with special needs.

The EFMP support program offered through ACS provides resources and support for families with members who have special needs. Call 634-7009 for information.

Welcome to Italy!

The four-day "Benvenuti" class offers an intro to Italian culture, language basics and shopping and traveling skills beginning Aug. 17.

Sign up for the class in advance. Call 634-7009.

Go from GI Joe to Teacher Joe

Wondering what to do after you leave active duty status? Have you thought about teaching? Come to Transition 2 Teaching, a free workshop designed to explain how



Religious activities

Chaplain Crisis Line To speak with a chaplain after hours call 634-KARE (634-5273).

Sunday services

8 a.m.: Sacrament of Reconciliation, or by appointment

9 a.m.: Roman Catholic Mass.

(Daily Mass is held weekdays at noon)

9 a.m.: Protestant Sunday school and AWANAs (September through May in

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

11a.m.: Protestant worship

1:30 p.m.: Full Gospel Pentecostal worship

4 p.m.: Lutheran worship

6 p.m.: Contemporary Christian service

Mondays

Noon: LDS Scripture Study

5:30 p.m.: High School Club in the Teen Center

Contact Cadena Trusty at 320-808-6148 or vicecb @yahoo.com.

Tuesdays

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

Wednesdays

3 p.m.: Praise Dance practice

3:30 p.m.: Middle School club meets in VHS

cafeteria September-May 5 p.m.: Contemporary

Praise band practice 5:30 p.m.: PWOC

evening Bible study

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

Looking for a job?

ACS offers free classes in August to help you build the skills you need. Increase your chances for face-to-face interviews Aug. 19 at 10 a.m.

Parenting classes

New Parents, ACS offers free classes for you: Basic Principles of Parenting Aug. 18 at 11:30 a.m. and

For more information on registration, scholarships, book awards and more, contact a local UMUC Europe field representative, visit www.ed.umuc.edu, or call DSN

Photo by Laura Kreider

U-Do-It Center: Igor Brunello, an employee at Villaggio's U-Do-It, checks some of the lawn mowers available at the center. The center is equipped with expendable (paint, light bulbs...) and non-expendable items that include everything from rakes, drills and sprinklers to extension cords and ladders. Call 634-8888 today to find out your eligibility for expendable and nonexpendable items.

Faith group contacts Islamic: Spc. Kasimov, 329-034-3511 Jewish: Sandy Schoenberg at 634-6202 0 sandy.schoenberg@eur. army.mil. Latter Day Saints: Scripture study is held each Monday, noon-1 p.m. at the chapel. Sunday services, 9:30 a.m.-12:30 p.m. downtown. Call Sean Peterson at 335-8219492. Call the Caserma Ederle chapel at 634-7519 (0444-71-7519) for

Community Calendar Highlights

Aug. 8 - DFMWR-1-503rd Health Run
 Aug. 15 - Italian Holiday
 Aug. 20 - The Outlook will not be published
 Aug. 24-25 - Training Holiday
 Aug. 31- First Day of School (except kindergarten)

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

THE Outlook 7

religious activities.

August 6, 2009

Sharks planning return to former glory in Euro league

Special to the Outlook

In its second year of rebirth, the Vicenza Mako Sharks is swimming the summer season with about 30 swimmers, ages 8 -19.

The team disbanded about four years ago, when the coach and several key families PCSed at the same time.

Now with the promise of an on-post indoor pool opening in 2010, the Sharks hope to return to it former level of dominance in the European Forces Swim League (EFSL), which includes teams on military installations from England to Sicily.

"The summer swim season is a skillbuilding time for the swimmers," said Arlana Young, the team's gold coach and installation CYS CLEOS director.

"We accept swimmers with moderate abilities on the team and use the practice sessions to bring their skills up to competition level. In September we will conduct tryouts for the fall, or long, season, which runs Sept. 1-Jan. 31, 2010, with the EFSL championship meet scheduled in Amsterdam in mid-February."

Young said the long season is a much deeper commitment on the part of both the swimmer and the family as the team



travels extensively to participate in EFSL swim meets in Aviano, Naples, Sigonella and possibly Germany.

In addition to Young, the team's main coaches include Rachael Cameron and Justin Aubrey.

"We each coach one of the ability groups-bronze, silver and gold," she said. "We also have three assisting coaches who help with practices. Each group practices three times a week gold in the morning Monday, Wednesday and Friday; and silver and bronze in the afternoon Monday, Tuesday, and Thursday.

In the fall, all three groups will combine and move to an indoor pool in the surrounding Vicenza community. The team held its first community swim meet at the Villaggio pool from 8-10 a.m.

The Mako Sharks is a private organization with all income coming from fees paid by the parents and community fundraisers. Parents are elected to the board of trustees to manage the affairs of the team.

For more info, call board president Cindi Unger at 347-891-1073 or visit www.makosharks.homestead.com.

Arlana Young, Mako Sharks gold coach (right), talks to John Casey and Mikela Reynolds during their first swim meet. (Photo by Laura Kreider)



Story and photo by LAURA KREIDER Outlook Staff

The Villaggio pool hosted the lifeguard competition July 28, where two teams of six participants had the opportunity to show the community their skills.

The competition included six events, such as water entry, approach relay, active drowning victim, brick race, passive drowning victim and back boarding.

"My vision for the lifeguard competition was to have an event that would showcase the lifeguards' skills, fun, be competitive and show the training they go through every week," said Mark Juliano, chief of Sports, Fitness and Aquatics.

According to Juliano, a lifeguard's certification is only a learner's permit. "It is very important that they practice and train; our lifeguards train each week to fine-tune their skills," he continued. "Many of our customers usually see a lifeguard watching the pool, which is



Bobby Unger (left), a Red team member saves a "drowning victim" during the competition. Luca Urbani, a post lifeguard, acts as the victim.



5K / 10K Run Saturday

FMWR Sports Fitness & Aquatics with 1-503rd Infantry (Airborne) First Rock and the Army Wellness Center will host a 5K/10K run Saturday at 8 a.m. (pre-brief meeting at 7:45 a.m.)

Late registration the morning of the race is 6-7 a.m. Event includes healthy refreshments, T-shirts for the first 250 to register, body fat assessments, five-minute massages, music and cardio/ stretching areas.

Call 634-7009 for information.

Volleyball officials clinic scheduled Aug. 17-22

A USAG volleyball officials clinic is set Aug. 17-22.

Learn to officiate and make extra money. Free course. Open to 18 years and older. Call 634-7009.

Register by Aug. 17 for sports tourneys

USAG sports tournaments are slated Aug. 21-22 at the N-40 basketball courts. Tug-o-war TNY (max 10 per team), dodgeball TNY (max 8 per team), hopscotch competition (categories: male and female).

Deadline to register is Aug. 17. Coaches meeting will take place at the fitness center Aug. 20 at 2:30 p.m. Start forming your teams now. Call 634-7009.

Mr & Mrs. Vicenza **Bodybuilding Competition**

Start training now for the bodybuilding competition in September. Open to all U.S. ID cardholders 18 years and older and out of high school in the U.S. military communities in Vicenza, Livorno and Ghedi. Sign up deadline for the contest is Aug. 14.

Training holiday hours for fitness center

The fitness center will be open Aug. 24-25 from 7 a.m.-7 p.m.

Open soccer enrollment ends Friday

Open enrollment soccer continues through Friday for ages 3-15.

Practice begins Aug. 24 for the fall season.

very important in preventing emergencies. Several customers said they feel safer after seeing our lifeguard competition knowing that they could perform a rescue if needed," Juliano added.

Both teams' participants were positive

about their experience.

First-year lifeguard Andrew Robinson said competing in some of the events increased his confidence "because we are better prepared and we know what we're doing."

Flag football league kicks off Aug. 24

The USAG flag football league begins Aug. 24. Submit your roster for teams by Aug. 17.

A coaches meeting will be held Aug. 18 at 2:30 p.m. at the fitness center. The maximum number of players allowed per team, including coaches, is 16.

Don't have a team? Call 634-7009 today to find a team to join.



Call 634-6151 for info.

Tennis starts in September

CYSS Tennis season begins in September. Enroll your children ages 8-14 yrs old at the central registration in Davis Hall's Soldier and Family Readiness Center.

Practice will be Wednesday evenings at the Villaggio courts. Call Jennifer Mueller at 634-6151.

Enrollment open for triathlon

Enrollment began Monday for the CYS Services triathlon to be held Aug. 22 at 8 a.m.

CYSS is also looking for coaches to help on the day of event. Call 634-6151 for details.