



The Outlook

January 8, 2010

U.S. Army Garrisons Vicenza & Livorno

www.USAG.Vicenza.Army.Mil

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'Eye on the Sky'

The 173rd Update (at bottom right) is the first of several 'Eye on the Sky' reports, the Outlook's coverage of the 173rd ABCT.

In addition to giving 173rd families a snapshot of what their Soldiers are doing down-range, the Outlook will ship 500 papers to Afghanistan each week, giving deployed Soldiers a glimpse at what's going on back home. Stay tuned.

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with Whole Family
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MLK march set

The annual Martin Luther King Jr. march is scheduled Thursday. See Page 7 for details

POV hours change

POV inspections on Caserma Ederle, Bldg. 207, will be done 12:30 p.m.-4:30 p.m. Monday through Feb. 5 due to mandatory training on the new Army Maintenance Software.



Photo by Josh Grant

AIRBORNE

Sgt. Justin Vincent, USAG Vicenza's Better Opportunities for Single Soldiers president, catches air during a Nov. 28 ODR/BOSS snowboarding trip in northern Italy's scenic Alleghe ski resort. Outdoor Recreation is hosting several ski and snowboarding BOSS trips throughout the winter season. For a complete ODR listing, see Page 6. To join BOSS, call Vincent at 634-6475 or 335-751-8529.

173rd Update

Sky troops welcomed back to Joint Task Force 82

173rd ABCT Public Affairs

LOGAR PROVINCE, Afghanistan -- In a ceremony held at Forward Operating Base Shank Dec. 20 the Spartans of 3rd Brigade Combat Team, 10th Mountain Division, handed over control of their area of operations to the Sky Soldiers of the 173rd Airborne Brigade Combat Team.

"As we say farewell to Spartan, we welcome back the 173rd Airborne Brigade Combat Team to Combined Joint Task Force 82 and RC-East battle space," said Maj. Gen. Curtis Scaparrotti, commander of Combined Joint Task Force 82.

Scaparrotti highlighted some of the

See WELL TRAINED Page 3



Photo by Pfc. Michael Sword

173rd ABCT and 3rd BCT troops, along with distinguished guests, stand for the American and Afghan national anthems at a transfer of authority ceremony at FOB Shank Dec. 20.

2-503 takes ownership of Kunar Province theater of ops



Photo by Tech. Sgt. Brian Boisvert

An Afghan national security forces member listens through a translator to remarks during the 2-503 ceremony Dec. 31.

By Air Force Capt.
TONY WICKMAN

Kunar Provincial Reconstruction Team Public Affairs

KUNAR PROVINCE, Afghanistan (Dec. 31, 2009) -- In a picturesque ceremony held at Camp Joyce in eastern Kunar Province, Soldiers from the 1st Battalion, 32nd Infantry Regiment transferred battlespace authority to 2nd Battalion, 503rd Airborne Infantry Regiment, 173rd ABCT.

With Kunar provincial government and tribal leaders, Afghan National Security Forces, and International Security Assistance Force and Task Force Mountain Warrior military leadership present, Task Force Rock took ownership of its Kunar Province theater of operations from Task Force Chosin.

See ROCK Page 3

Leadership praises \$2 M sacrifice

Thank you for your generous contributions to this year's Combined Federal Campaign-Overseas!

Soldiers and civilian employees from among the widespread commands of the United States Army Europe and the United States Army Installation Management Command, Europe

Region, have pledged more than \$2 million to worthy nonprofit charities.

Notably, much of the money that you have contributed will remain here in Europe—to help our Soldiers, civilian workforce and families in a variety of important ways. We are especially proud that so many of you made the decision to contribute

this year. This is truly significant at a time when many of our fellow citizens and host-nation counterparts have experienced great economic difficulties. Although many in the Army Family were also affected by this economic downturn, you still chose to unselfishly sacrifice your personal resources to aid others who need our

help. You are the very best of America and have once again demonstrated that Soldiers, Army civilians and our families can and do make a world of difference to the quality of life of others less fortunate than ourselves.

Again, many thanks for your thoughtfulness, compassion and outstanding generosity.

CARTER F. HAM
General, USA
Commanding General
United States Army Europe

RALPH R. BEAM
Command Sergeant Major
United States Army Europe

DIANE M. DEVENS
Director, IMCOM-Europe

TRACEY E. ANBIYA
Command Sergeant Major
IMCOM-Europe

Commander lays out 2010 priorities

The year 2010 ushers in our first year as the Army Service Component Command (ASCC) assigned to U.S. Africa Command and supported by U.S. Army Europe.

Our growth into a fully capable, stand-alone ASCC is a multi-year transformation process that must occur concurrently with our broadening operations.

The end state is a regionally focused, globally networked ASCC – reporting directly to the Department of the Army and serving as the Army's focal point for U.S. Africa Command. Achieving this will require our full commitment – everybody, every day.

Our Vision: America's premier Army team dedicated to positive change in Africa.

A team like no other, we must adapt ourselves into a more responsive and process-driven command – operating simultaneously as first responder, force



"How we do what we do will define our success and determine our future."

provider, sustainer, integrator and enabler.

We must continue to forge cooperative relationships and enduring partnerships that contribute to self-sustaining African security capacity.

Key to our success is achieving unified action through collaborative efforts with our military and non-military partners. When words and deeds match, we become a trusted and reliable partner in the region.

Our Mission: U.S. Army Africa, as the Army Service Component Command for U.S. Africa Command, enables full spectrum operations while conducting sustained security engagement with African land forces to promote security, stability and peace. As directed, deploys a contingency headquarters in support of crisis response.

Fulfilling our vision and accomplishing our mission calls for us to embrace these guiding principles: foster a favorable attitude towards the U.S. everywhere we go; be a team player – move beyond cooperation to collaboration; add value to

existing activities without disruption or confusion; exemplify professionalism in all our actions and encourage the same in others; maintain strong relationships with partners and, especially, our Italian hosts; be a learning organization – continuously adapt to change.

Remember, how we do what we do will define our success and determine our future.

President Obama described America's role in Africa as "a partner...not just with words but with support that strengthens African capacity." U.S. Army Africa is fully committed to this endeavor, balancing the growth of our command with expanding new and existing relationships.

As we move forward, our Soldiers and civilians are making a meaningful difference every day – working with our partners to advance the security of America, Africa and the world.

WILLIAM B. GARRETT III
Major General, USA
Commanding

Pregnant? The Benincaso Pavilion is here for you

By **CAROLINE GOURNEY**
USAG Vicenza Health Center

The Benincaso Mother & Infant Pavilion, also known as the birthing center, offers a familiar, on-base location and provides labor and delivery services for women, newborns and their families.

The Benincaso Pavilion is able to provide cesarean sections if necessary, outpatient medical care of acute pregnancy concerns after hours, Level 1 newborn care and minor same-day gynecological surgical services. The pavilion also evaluates and collects forensic evidence of sexual assault victims.

The pavilion first opened in June 2005 due to increasing demand for an on-base option for pregnant women. It is the only stand-alone birthing center in the Department of Defense. Since its opening, the pavilion has seen the birth of more than 500 babies.

The facility's name comes from Dr. Frank Benincaso, a beloved pediatrician who worked at the health center for 13 years. Benincaso retired from the Army Medical Corps as a colonel after 30 years of service.

The pavilion nursing staff offers childbirth classes—a

series of three classes that begins at the start of each month. Topics include the labor process, relaxation techniques, anesthesia, community resources, car seat safety, cesarean section, postpartum and a tour of the pavilion. A childbirth refresher class is also offered for experienced mothers. If you are interested in attending a class, sign up at the OB-GYN clinic or call 634-7448 or off post 0444-71-7448.

When preparing for the delivery of your baby, you will want to pack an overnight bag of supplies and comfort items to take with you. Some items that you will want to bring include a going-home outfit for both mom and baby, supportive bras, personal hygiene items (shampoo, body wash, deodorant, hair comb, hair ties, hair dryer, and contact lens case and solution), hard candy for dry mouth during labor and snacks for hunger in the middle of the night (after the baby is born), calling card, cell phone, DVDs, relaxing music CDs, camera, government issued passport and exact street address including zip code for the birth certificate process.

Items that you will not need to bring include diapers, T-shirts and blankets for the baby, nightgowns, underwear and socks for mom, formula, toothbrush

and paste, sanitary napkins and linens. The pavilion also has a laptop with a web camera, instant messaging capabilities, and access to the wireless network (the laptop is shared among all families admitted to the pavilion).

The Benincaso Pavilion has experienced registered nurses on shift around the clock. Community members can call 634-6667 or off post 0444-71-6667 to speak to a nurse about their concerns 24-7. Some of the reasons community members may want to call include:

- Contractions occurring regularly every two-five minutes for at least an hour or are painful enough to make you stop and concentrate on breathing;
- If your water breaks (a gush or constant trickle);
- If you are 28 weeks along or more and your baby has not moved 10 times in two hours;
- If you are experiencing vaginal bleeding that is equal to or more than a normal period or that soaks through your underwear;
- If you are 36 weeks pregnant or less and you have more than six contractions in an hour;
- If you have a history of rapid deliveries or you live a long way from the pavilion.

Would you like to have a voice in how services are rendered on your installation? Visit http://ice.disa.mil/index.cfm?fa=site&site_id=321 today.

Your feedback will help the command maintain the quality of excellence you expect.

'Well trained' Sky to continue Spartans' progress

continued from Page 1

achievements of the 3rd BCT.

"Working side-by-side with Afghan partners, you protected the southern gates of Kabul, improved the infrastructure at the provincial and district levels and extended the reach of good governors throughout both provinces," he said.

"While much has been done through Task Force Spartan, there's still plenty of work to be done," he added.

However, Scaparrotti is confident that the 173rd will continue where Task Force Spartan left off.

"I look forward to the outstanding support the Sky Soldiers bring to the fight," he added. "It's an honor to serve with you again."

Col. David B. Haight, commander of the 3rd BCT,

followed Scaparrotti, noting the accomplishments of his Soldiers during their time in Afghanistan.

"With our Afghan army and police brothers, we planted our guidons in the heart of the enemy territory. We dominated our battle space and established permanent presence in 10 districts, across two provinces, that have become dangerous sanctuaries for the enemy," he said.

Haight also mentioned the progress made in the two provinces during the Spartans' year-long deployment.

"We allocated almost 50 million dollars in development of roads, transportation, governance, water sanitation, health and education," he said. "All in an attempt to connect the people with their government and help them understand the work and progress made on their behalf."

Haight then turned his attention to the commander

and Soldiers of the 173rd ABCT.

"Col. Johnson and Command Sgt. Maj. Rolling, I could not be more confident in the success you will realize during the coming year," he said. "Your unit is disciplined, well trained, well led and enthusiastic about the mission, and that may be the most important thing."

"I am confident that you will prevail and greatly improve upon what has been established here in this battlefield," he added.

Recognizing the hard work and progress made by the 3rd BCT, Col. James Johnson, commander of the 173rd ABCT, made a final promise to the Spartans.

"You have set the high standard for us to follow, and we will do our best," he said. "We will ensure that the sacrifice of Task Force Spartan was not made in vain."

Rock no stranger to Kunar river valley, ready to roll

continued from Page 1

The transfer of authority ceremony included religious prayers, the casing of Task Force Chosin's colors and the unfurling of Task Force Rock's colors, and brief remarks by U.S. Army Col. Randy A. George, Task Force Mountain Warrior commander, U.S. Army Lt. Col. Mark O'Donnell, Task Force Chosin commander, and U.S. Army Lt. Col. William Butler, Task Force Rock commander.

George praised the efforts of Task Force Chosin and welcomed Task Force Rock back to the Kunar River Valley. Task Force Rock previously served 15 months in Kunar Province from May 2007 to July 2008. During that TOA, Task Force Rock also assumed authority from Task Force Chosin.

"Chosin, you've been phenomenal from start to finish. You've been disciplined, aggressive and morally beyond reproach in the toughest mission any military unit could be asked to perform," George said. "You've worked tirelessly to bring opportunity, security and progress to the people in the Kunar River valley. The work you've done here is an example to everyone."

George reminded the attendees of the lives lost and altered during Task Force Chosin's tour of duty, but expressed optimism for the future in Kunar Province on the eve of the New Year.

"Today we're lucky to welcome the Rock into the ranks of Task Force Mountain Warrior. Task Force Rock, your reputation precedes you. This battalion has shown uncommon valor in every one of its deployments," George said. "I know firsthand the Soldiers of Task Force Rock are among the best in our Army. You've trained hard for this mission, and you've arrived physically fit, disciplined and trained to defeat any enemy. I'm completely confident you will build on Task Force Chosin's successes."

Taking the podium after O'Donnell praised the



173rd's 2-503 Soldiers stand at attention during their transfer of authority ceremony in eastern Kunar province Dec. 31.

Photo by Tech. Sgt. Brian Boisvert

efforts of his Task Force Chosin Soldiers, Butler set the course for Task Force Rock's time in the province.

"Today we celebrate the accomplishments of Task Force Chosin and our dedicated and loyal Afghan partners," Butler said. "Over the course of the last 12 months, the people of the Kunar Valley, with the assistance of provincial and district leaders, Afghan National Army, Afghan National Police, Afghan Border Police, National Directorate of Security and Task Force Chosin, have transformed the valley into a more vibrant region of Afghanistan."

Butler said his unit, which is home based in Vicenza, Italy, is looking forward to getting to work.

"Our Sky Soldiers are no strangers to the Kunar River valley and have looked forward to returning. We understand we are here to protect the people, train

and operate side-by-side with our Afghan partners, and further transform Kunar into a secure, stable and fully functional province that meets the needs of its people," Butler said. "We look forward to the next 12 months and the challenges ahead. We face them together with our Afghan partners and brothers-in-arms."

After a rousing singing of the U.S. Army song, the ceremony was concluded and refreshments were served to the Afghan and U.S. guests.

A TOA ensures continuity by integrating the incoming unit seamlessly into the battle command structure and training with the outgoing unit prior to assuming its mission. The area Task Force Rock is responsible for includes 10 districts, the provincial capital of Asadabad and more than 200,000 residents.

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U.S. Army Africa Commander
Maj. Gen. William B. Garrett III

USAG Vicenza Commander and Publisher
Col. Erik Daiga

USAG Vicenza Public Affairs Officer
Jon Fleshman

Editor
Adriane Foss

Photojournalist
Laura Kreider

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Outlook Editor

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At your service

United Service Organization



Gigi Spencer (left) is the center director and Torie Gotaas is the assistant center manager for Caserma Ederle's USO.

"We are here to support the USAG Vicenza community, including Camp Darby and the Air Force community at Aviano," said Spencer. "The USO offers Family Movie Night, United Through Reading, free Internet and telephone services, and a wide selection of movies and video games."

Spencer or Gotaas can be reached at the USO, Bldg. 9A, Warrior Transition Center, Monday-Friday 11 a.m.-10 p.m., Saturdays noon-6 p.m. and Sundays 12:30-6:30 p.m. Call 634-7156 / CIV 0444-71-7156 for info.

Community Camera

A snapshot of events making news in and around the U.S. military community in Vicenza...



Photos by Jon Fleshman

Run, Santa Run: More than 80 members of the Vicenza military community in Santa costumes braved the snow with 1,500 Italians in downtown Vicenza Dec. 19 for the fourth annual "Corri, Babbo Natale, Corri" fundraiser. The event, sponsored by the Vicenza press association and the city, raised about \$10,000 for local charities. Most of the U.S. participants were from the Caserma Ederle health clinic. The Grady family (above middle) took home a trophy for the largest single family group participating.

The odd couple: Not all runners and walkers dressed as Santa. Angelo Sibilla of the Ederle education center poses with a fir tree.

Speak Out

The Outlook salutes Ederle retirees, and asks...
What are your post-retirement plans?



Mansueto Baghin
 DPW
 Years of Service: 38

"Spending time in my home workshop and hiking in the Asiago mountains."



Brenda Bentley
 DPW
 Years of Service: 27

"Enjoy beach property in southern Italy, visit relatives in Australia and give time to charitable organizations."



Anna Di Biase
 DPW
 Years of Service: 43

"Thinking about some projects to be accomplished but at a much slower pace."



Giancarlo Fraccaro
 DPW
 Years of Service: 31

"Working in my garden, but most of all being a full-time grandfather."



Giuseppe Losanna
 DPW
 Years of Service: 31

"Skiing, traveling with my camper, mountain hiking and becoming the official cook for the family."



Roz Mathis
 DPW
 Years of Service: 32

"Settle into my new house, enjoy pool and time with family and friends and do volunteer work."



Ferruccio Ronzan
 DPW
 Years of Service: 34

"Continue music, spend more time with my spouse and improve my knowledge of cuisine affairs."



Mario Saggin
 DPW
 Years of Service: 40

"Travel, continue technical drawing and be a full-time grandfather, aches and pains permitting."



Sgt. Maj. Reginald Sampson
 U.S. Army Africa
 Years of Service: 20

"Become a second grade teacher or high school JROTC instructor ... with my summers off!"



Sgt. 1st Class Eugene Pomeroy
 SETAF Augmentation
 Years of Service: 27

"Write my memoirs and remain in Italy."

Not pictured:

Anna Albanese - DOL, Years of Service: 34
 Albanese promised herself upon retirement she would enjoy visiting markets, long walks in the mountains and "with some luck be able to pick and gather mushrooms...maybe porcini to be shared with my adorable nieces and nephews."

Chaplain (Maj.) Eugene Schneider - Chaplain, Years of Service: 24
 Schneider plans to retire in Lawton, Okla., where he will become Pastor Schneider when he is installed at Lawton's St. John Lutheran Church Feb. 14.

You're invited: The community is welcome to attend USAG Vicenza's quarterly retirement ceremony Thursday in the post theater. The event will celebrate the service and sacrifices made by Caserma Ederle's retiring personnel and their families.

Pump it up at gym addition:

A Camp Darby community member works out in the recently constructed addition to the Camp Darby Fitness Center. The new section allows space for more strength-building machines, free-weights and two additional cable machines. It also freed up space for the newly opened family and cardio room, where families can exercise together.

Photo by Loredana E. King



Darby Dates

ATM/debit management class

Learn how to manage ATM and debit transactions as part of a budget Monday. Call ACS at 633-7084 for details.

Investment club

Learn investment tips Monday. Call ACS at 633-7084 for details

Resume writing

Get resume ideas and feedback at the resume review board Jan. 15. Call ACS at 633-7084 for details

Darby Community Club karaoke

Sing along at Karaoke Night every Thursday at the Community Club. Contact the DCC at 633-7855 for details.

Say Thanks

Need to say thanks for a job well done? Say thanks at the Community Club Jan. 15. Call the DCC at 633-7855 for details.

ITR trips

Spend the day in Florence Jan. 16 with free time. Visit museums, galleries, shop or just enjoy the scenery of this magnificent city.

Snowboard/ski waxing at ODR

Hot waxing and edging for skis and snowboards is available at Outdoor Recreation. Call ODR for details at 633-7775.

Ski trips

Snow season is here. ODR is going to Abetone Jan. 16. Sign up today. Call ODR for more information at 633-7775.

Post library story hour

Bring your kids to a special Martin Luther King Jr. story hour Jan. 13 at 10 a.m. for kids 3-5 at the library. Call ODR for more information at 633-7775.

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

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.

Community members can 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.

Darby AFAP conference set

By BRITTA PEDERSON

Camp Darby ACS

The 2010 Camp Darby Army Family Action Plan conference will be held Feb. 24-25 at the Darby Community Club.

AFAP is an Army-wide program intended to improve quality of life for Army personnel and families. Through AFAP, all members of the Army, including active, Reserve, family members, Department of the Army civilians and retirees have a forum to voice concerns to Army leadership and make recommendations for change.

Community members may submit issues through their unit or organization's AFAP program manager at any time. Issues can also be submitted online at www.usag.livorno.army.mil, dropped off in any of the submission boxes located throughout Camp Darby or

turned in at Army Community Service in Bldg. 504.

The program managers will research the issues to determine if a similar one is already in the AFAP process or was previously deemed unattainable, and if so, the submitter will be informed.

Issues pertaining to benefits, medical, entitlements, education and finances are examples of potential AFAP issues.

If issues impact only the local community, they are resolved locally. If they have a broader scope, they are sent forward and evaluated in ongoing community improvement projects.

All issues should relate to a quality-of-life concern within the Department of Defense, the Department of Army or Camp Darby. The issues must be submitted with a realistic solution or creative alternative and have a broad impact.

Chapel to collect for Fisher House

By Chaplain (Maj.) KELLY PORTER

USAG Livorno Chapel

The Camp Darby chapel will collect donations for the Fisher House Jan. 10 at the Roman Catholic Mass and Protestant Worship Service, as part of an annual Army-wide offering.

Fisher House provides free lodging to military families who have a family member hospitalized, allowing them to stay nearby without bearing the financial burden. Community members can also donate through the chapel fund or Fisher House's Web site, www.fisherhouse.org. All money collected will go to the Fisher House program. The money will be presented to the Fisher House Program with an Army-wide donation by the Office of the Chief of Chaplains.

Post cafe offers weekday American-style breakfasts

By JOYCE COSTELLO

USAG Livorno Public Affairs

Camp Darby community members have a new breakfast option with the opening of the Good Morning Café at the Darby Community Club.

After the closure of the dining facility at Camp Darby, there were no breakfast options on Mondays other than the coffee bars, said Giovanni Lepore, manager of the DCC.

"We had a lot of requests for American classic breakfasts and American coffee with free refills and so we got a contractor to come into the DCC to provide breakfasts that are affordable and enjoyable," said Lepore.

The eatery is open weekdays from 7 a.m. to 10 a.m.

"I really enjoyed the pancake and bacon breakfast and am looking forward to trying the breakfast burrito," said Marisa Gaona.

"I had the blue plate special and think that as long as people continue to support it and Camp Darby, that it will be successful," said Senior Master Sgt. Robert Byrd.

Other breakfast options on Camp Darby include the Tuscan Bistro, which is closed Mondays, the Italian coffee bar, closed on weekends and Italian holidays and the Carabinieri coffee bar, closed on Sundays and Italian holidays.



Photo by Loredana E. King

Camp Darby community members enjoy a new breakfast option at the Good Morning Café, located in the Darby Community Club. The new eatery offers five classic American breakfasts with free refills of American coffee from 7-10 a.m. weekdays.

ICE & OPPORTUNITY:

Community members can enjoy ice skating at several of the area's rinks, located in Torri Di Quartesolo, Asiago and Padova. For locations, prices, and hours of operation, see below.

Photo courtesy of the Asiago Travel Office



Local events

Recioto wine-pressing: I Picai del Recioto Jan. 10, 3 p.m., in Montebello Vicentino, about 14 miles southwest of Vicenza.

Recioto is the main DOC wine of the area. Its unique nature is conferred by the careful selection of the grapes and drying of the bunches in cases or hung in the characteristic "picai" manner, in well-aired environment. Its sweetness makes it particularly suitable for desserts.

Food booths featuring the Gambellara sweet Brasadello and other typical local products. Free wine tasting.

International Cat Show: Jan. 9-10, 9 a.m.-7p.m., in Padova, Via Tommaseo 59, about 24 miles southeast of Vicenza. This competition brings together more than 700 of the finest pedigreed cats from all over the world. Admission fee: 12 euro. Free entrance for children under 10.

Bike Expo Show: Jan. 15-17, 9 a.m.-8 p.m., in Padova, Via Tommaseo 59, about 24 miles southeast of Vicenza. Admission fee: 10 euro. Reduced: 8 euro for children between 13 and 17 and senior citizens (over 60). Free for children under 13.

Free parking and reduced admission fee to everyone who will drive their motorcycle to the fair. For details in English visit <http://www.bike-exposhow.com/index-ing.htm>.

Motor Bike Expo: Jan. 15-17, 9 a.m. - 8 p.m., in Verona, Via del Lavoro, 8, about 38 miles west of Vicenza. Admission fee: 15 euro; 12 euro for children between 6 and 12.

For details in English visit <http://www.motorbikeexpo.it/inglese/index.htm>.

Ice rinks

■ Torri Di Quartesolo, next to the Warner Village Cinemas, Via Brescia, 4 miles southeast of Vicenza. Open until March 1; weekdays 2 p.m. - 1:30 a.m.; Sundays and holidays 10 a.m. - 1:30 a.m. Entrance fee: 5 euro, ice-skate rental: 5 euro. Reduced: 4 euro entrance fee and 4 euro ice-skate rental for children up to 12 years old.

■ Asiago, Via Stazione, about 37 miles north of Vicenza. Monday, Wednesday, Friday 10 a.m. - noon; Tuesday, Thursday 10 a.m. - noon and 3:30 - 5 p.m.; Saturday 10 a.m. - noon; 3:30 - 5:30 p.m.; 9 to 11 p.m.

When they have hockey games, it closes at 5:15 p.m. (to check if there is going to be a hockey game, call 0424/64144) Sunday 10 a.m.-noon; 2:30 p.m. - 6 p.m. Entrance fee: 5 euro; reduced 3,50 for children up to 14 years old; ice-skate rental: 4 euro. Discount for families of 4 or more: 6.50 euro for entrance fee and ice-skate rental; Groups of 15 or more: 7 euro for entrance fee and ice-skate rental.

■ Padova, Iceenergy, Sports Center Plebiscito, Via Geremia Guglielmo, about 24 miles southeast of Vicenza. Open Jan. 15 - April 30. Monday - Friday 9 a.m.-1 p.m. & 2 to 7 p.m.; Saturday, Sundays and Holidays 9 a.m. - 1p.m & 2-8 p.m.; Entrance fee: 5,50 euro weekdays, reduced 4 euro for children up to 14 years old; 8 euro weekends and reduced 6 euro fee. Skate rental is 3 euro.

Free concerts

Belly Fusion: Free sample lesson today, 9 p.m. in Vicenza's Karma Yoga center, Via Noventa Vic. 6. Call 347-736-9936 to reserve a seat. For assistance, call Anna Terracino at 634-7169 or send an e-mail to anna.terracino@eur.army.mil.

Electronic/new wave live with Paul & Electronics: Friday, 9:30 p.m. in Poggio, Equobar, Via Marosticana 350, about four miles north of Vicenza.

Nordic Walking: Free trial session Friday, 9:30 p.m. in Vicenza, Fisiomed sports center, Via C. Cattaneo 73.

Tango sample lesson: Monday, 8:30 p.m. in Vicenza, National Dance Center, Contrà Motton Pusteria, 15/17.

The Odeon Theater in Vicenza, Corso Palladio 176, will feature movies in English through the winter. Monday, January 11: DISTRICT 9 by Neill Blomkamp, USA 2009. Tickets: 6 euro. To check their movie schedule, visit www.mymovies.it/cinema/vicenza/6217/.

Paid concerts

Stryper Jan. 19 in Milan, Alcatraz.

Michael Bolton Jan. 20 in Milan, Arcimboldi Theater; Jan. 23, in Mantova, Palabam.

Europe Jan. 26 in Milan, Alcatraz; Jan 28 in Rome, Atlantico; Jan 29 in Nonantola (Modena), Vox Club; Jan. 30 in Padova, Gran Teatro.

Dave Matthews Band Feb. 22 in Milan, Palasharp; Feb. 25 in

Padova, Palasport.

Joss Stone Feb. 6, in Padova; Feb. 7 in Rome, Auditorium; Feb. 8 in Milano, Club Alcatraz.

Labyrinth March 3 in Milan, Alcatraz.

Johnny Winter March 4 in Roncade, Treviso, New Age Club; March 5 in Milan, Music Drome.

Saxon March 15 in Milan, Trezzo sull'Adda, Live Club; March 16 in Bologna, Estragon.

Whitney Houston May 4 in Milan, Assago, Mediolanum Forum.

AC/DC May 19 in Udine

Michael Bublè May 22 in Verona, Arena; May 13 in Milan, Assago, Mediolanum Forum.

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

Outdoor Recreation

Genoa and the great aquarium, Saturday

Alleghe ski/snowboard Saturday **Cervinia** ski/snowboard weekend Jan. 15-18

Rome Express Jan. 16

Merano indoor pool and spa, Jan. 17

Call ODR for more information at 634-7453, or visit www.vicenzamwr.com.

Also, single Soldiers can enjoy the following **BOSS** getaways:

Ski Cervinia Jan. 15-18 at discounted price, including transportation and hotel.

Heliski in Interlaken, Switzerland, Feb. 12-14

Ski Val Gardena Feb. 27

Ski Oberaggen March 13

Ski Val Gardena March 27

Five slots available for day trips and eight for overnights.

Now Showing



Ederle Theater

Thursday	Saw VI (R)	6 p.m.
Friday	Astro boy (PG)	6 p.m.
	The Box (PG-13)	9 p.m.
Saturday	A Christmas Carol (PG)	3 p.m.
	The Box (PG-13)	6 p.m.
Sunday	A Christmas Carol (PG)	3 p.m.
	Law Abiding Citizen (R)	6 p.m.
Wed.	Michael Jackson's This Is It (PG)	6 p.m.
Jan. 14	Michael Jackson's This Is It (PG)	6 p.m.

Camp Darby Theater

Friday	Saw VI (R)	6 p.m.
Saturday	... Hear About the Morgans? (PG-13)	6 p.m.
Sunday	Avatar (PG)	1 p.m.
Jan. 14	The Box (PG-13)	6 p.m.

Admission: Age 12 and over \$4, under age 12, \$2.
The Ederle theater 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.

AAFES hours to change

As of Jan. 1, AAFES has reduced its hours of service for most facilities. Hours are:

Post Exchange Main Store-10 a.m.-7 p.m. Monday-Friday, 10 a.m.-6 p.m. Saturday and Sunday
Shoppette - 6 a.m.- midnight Monday- Sunday

Villaggio Shoppette - 11 a.m. -7 p.m. Monday-Sunday (no change)

See signs at PX or check with individual concessionaires for other changes to hours.

MOMS Club events

■ **Friday:** Infant Playgroup 11 a.m.

■ **Monday:** Book Club 10:30 a.m.

■ **Wednesday:** Pre-school Playgroup 4 p.m.

■ **Thursday:** Bunco Night 7 p.m.

■ **Jan. 19:** Toddler Playgroup 10-11:30

■ **Jan. 23:** Out and About 9:30 a.m., MOMS Night Out 7 p.m.

■ **Jan. 25:** MOMS Club Monthly Meeting 10 a.m.

■ **Jan. 27:** Pre-school Playgroup 4 p.m.

For more information, visit momsclubofvicenza@yahoo.com.

Lost & Found

A wedding ring was found on the ground by the Caserma Ederle Education Center. To identify and claim, contact Stacey-anne Swilley at 634-7055, 0444-71-7055 or sswilley1@ed.umuc.edu.

Free classes available

Free classes are offered by the Army Europe Information Technology Training program in Bldg. 372.

Log in to your account at <https://itt.eur.army.mil> for a listing of available classes listed under "Find New Classes." The next class is Social Netwrking Sites (Facebook, YouTube, My Space and blogs) Jan. 15.

Mandatory briefing

A briefing providing special information regarding Subversion and Espionage Directed Against the Army (SAEDA) and Antiterrorism (AT) will be offered at the post theater as follows: Friday at 9 a.m. and 1:30 p.m.; Jan. 25 at 9 a.m. and (in Italian) at 1:30 p.m. and Jan. 26 at 9 a.m. (in Italian) and 1:30 p.m.

The USAREUR directed briefing will meet the annual requirement for attendance. Community personnel over age 14 are welcome to attend. Call 634-8984 / 8069 or CIV 0444-71-8984 / 8069 for more information.

MLK march scheduled Thursday

The Vicenza Equal Opportunity Office will host the Annual Martin Luther King, Jr. March Thursday. The march will begin at the post theater parking lot and end at the post chapel activity room, where participants can enjoy refereshments. Show up at 1 p.m. for safety and route instructions.

SOTA seeking members

The South Of The Alps Warrant Officer Chapter is looking for

outstanding warrant officers.

If you are interested in being a part of the chapter or just want to hang out, come to the warrant officer breakfast held every Tuesday from 8-9 a.m. at the South of the Alps dining facility.

Call CW4 Marilyn Bradley at 635-4717 or CW4 Pattie Roberts at 634-7750. SOTA's next monthly meeting will be Jan. 21.

Arts center events

"Krafty Kitchen" cooking classes includes five sessions on Monday evenings beginning Jan. 27.

Bag the Basics will be offered every Wednesday and includes six sessions.

Call the arts center for information at 634-7074.

At the Arena

Win \$500 and other great prizes by participating in the FMWR multi-week, no-fee **Texas Hold'em tournaments:** Jan. 23, Feb. 6, March 6 and March 13. Must participate a minimum of three weeks. No registration fees.

Also, enjoy the regular, monthly no-limit **Texas Hold'em tournament** Jan. 16 at 8 p.m. There is a \$20 entry fee and sign-ups begin at 5 p.m.

Family Movie Night is set Saturday from 6-8 p.m. Watch a movie on our video screens while you bowl for \$29.95. Package includes one lane with two hours of bowling, shoe rental, pitcher of soda and a large cheese pizza for up to six people per lane.

Ladies' Movie Night is set Tuesday at 6 p.m. in the Lions' Den. Enjoy watching a movie on our big screens while your children are being watched at the CDC. Reserve your spot now by calling CDC to make arrangements.

Wednesday Night Mixed League Bowling starts Jan. 20 and runs for 13 weeks. Get your team of four together now.

Call the Arena at 634-8257 for details on these and other events.

ACS happenings

New Parent Support Program hosts **Breastfeeding Basics** Tuesday at 9:30 a.m. at ACS. Call 634-7567.

Learn financial basics with **Account Management** Tuesday at 9 a.m. at ACS. Learn how to maintain personal checking and savings accounts in addition to choosing the best financial institutions that meet your needs.

Parenting During Deployment workshop set Tuesday at 11:30 a.m. at ACS. Holding together a

"single-parent" household during deployment can be a challenge. Learn strategies to grow and empower yourself.

The New Parent Support Program hosts a **Playgroup** Wednesday at Villaggio's YS building from 10-11:30 a.m. Enjoy this opportunity for children to interact with others their age and bring parents together.

Participate in the **Communication Miracles During Deployment** workshop Jan. 15 at 11:30 a.m. at ACS. Because separation brings many challenges, effective communication is essential. Learn important strategies to keep the lines of communication open during deployment.

On Jan. 18 from 3-4 p.m. the Exceptional Family Member Program hosts **bowling for EFMP** members at the Arena; \$3.50 an hour includes shoe rental. Call 634-7912.

Sign up to learn how to register with the **Volunteer Management Information System** Basic Training Wednesday at 1 p.m. at ACS. Call 634-7942 to learn more.

CYS Services

Don't miss the upcoming CYSS Parents' Advisory Group Meeting Jan. 20 at noon at the Davis Soldier and Family Readiness Center.

Important topics of discussion include plans for the new CDC/SAS facility in Villaggio and future child care in Vicenza, status of SAS accreditation, future EDGE and Youth HIRED programs and CYSS Online (WebTrac). Call 634-8347 for information.

Library activities

Pre-school storytime set Wednesdays at 11 a.m. and free for kids ages 3-5. Call 634-7291.

USO hosts Family Movie Night

The USO Vicenza welcomes community members to its Family

Movie Night. Each Wednesday in January, the USO will play family-friendly movies from 4-6 p.m.

Join us and enjoy a movie, mingling with other spouses and family members, refreshments, popcorn and sweets at the USO Vicenza, Bldg. 9A, Warrior Transition Unit. Call 634-7156 for information.

UMUC providing college and more

Did you know that experts predict that in the next 10 years, jobs requiring college degrees will increase by 30 percent?

Now is the time to take advantage of financial aid opportunities and the availability of classes.

UMUC offers classes in various formats to fit your degree and schedule. Hybrid classes combine online and face-to-face experience. Morning classes, lunchtime and evening classes are available during your free time.

UMUC is also offering \$100 textbooks scholarships to active duty troops and dependents and waiving the \$30 application fee for new students. MYCAA provides \$6,000 in scholarship money and AER pays for half of one or more classes. Register through Jan. 17. Classes start Jan. 19. Call 634-7055 or e-mail vice@ed.umuc.edu.

School NEWS

■ USAG Vicenza schools will be out Thursday, Jan. 18 and Jan. 29. For more information, call 634-7710 CIV 0444-71-7710.

■ Register at <https://dodea.gradespeed.net/gs/Default.aspx> to keep in touch with teachers and to check your student's grades.

■ If your main e-mail goes to the sponsor who is deployed, send the school an e-mail notification so that the spouse who is on the homefront can receive information from the school.



Photo by George Hanby III

CSI labels the evidence: Members of the pre-Quality Assurance Review group stopped by the Vicenza Middle High School last month to assist the Continuous School Improvement (CSI) Vicenza team with preparations for its April 2010 AdvanceEd certification. Pictured with VMHS students, visitors included (from left) pre-QAR visit team chairs Joan Islas and Colleen Rohowsky. Pre-QAR visit team members Noni Hoag, Carmen Arroyo, and (kneeling far left) Nancy Martin. Modeled after the Japanese "kaizen" philosophy of continually looking for ways to improve, the school's CSI program goals are to increase critical thinking skills across the curriculum and improve student information literacy.

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)

11 a.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

Tuesdays

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

Wednesdays

3 p.m.: Praise Dance practice

3:30 p.m.: Middle School Club Beyond meets in VHS cafeteria September-May

5 p.m.: Contemporary Praise band practice

5:30 p.m.: PWOC evening Bible study (beginning Sept. 8. Child care offered for children ages 6 weeks to 4 years)

5:30 p.m.: High School Club Beyond meets at the Teen Center September-May. Call 340-139-4073.

5:30 p.m.: Catholic choir practice

6:45 p.m.: Gospel choir practice

Thursdays

9:30 a.m.: Catholic Women of the Chapel

5:30 p.m.: Gospel service choir rehearsal

7:15 p.m.: Gospel service Bible study

Faith group contacts

Islamic: Spc. Kasimov, 329-034-3511.

Jewish: Sandy Schoenberg at 634-6202 or 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 335-821-9492.

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

Community Calendar Highlights

Thursday: Retiree ceremony; No School

Jan. 15: USAREUR Training Holiday

Jan. 18: No school; U.S. Holiday (MLK Day)

Jan. 29: No School

Feb. 7: Super Bowl Sunday

Feb. 8: USAREUR Half-Day Holiday

Taking it to the hoop:

Benetton Basket's forward and center Charles Wallace takes a shot against an opponent during a recent game. Wallace plays for the Treviso-based Italian basketball team. U.S. military in Vicenza community members are invited to attend the games. For ticket information and directions, call 0422-32-4323 or e-mail ticketing@ghirada.it. Upcoming games include:

Jan. 17 Benetton Basket vs. Tercas Teramo at 6:15 p.m.; Jan. 31 Benetton Basket vs. NGC Medical Cantù at 6:15 p.m. and Feb. 28 Benetton Basket vs. Air Avellino at 6:15 p.m.

Courtesy photo



They're baaaack!

The Vicenza Moms Basketball Team (shown in blue jerseys at left in May 2009) is back. The team will be playing ladies pick-up ball at the main gym from 11:30 a.m.-1 p.m. every Tuesday and Thursday in anticipation of a rematch game against the Italian Moms. The rematch is tentatively scheduled for April. The Vicenza Moms will play a mixed scrimmage Jan. 20 with the Italian Moms team on the Italian Moms' court.

"We are always looking for new players," said Vicenza Moms team member Julia Sibilla. "You don't have to be a mom, but you do have to be female."

Anyone interested can join the ladies on Tuesdays or Thursdays.

File photo by Diana Bahr

Volleyball coach needed

In search of a volleyball coach for training middle school boys and girls starting in March.

Send resumes to Tom .Hlavacek@us.army.mil or call Hlavacek, CYSS partnership coordinator at 634-7502 or 335-818-6927.

Ski and snowboard trip

CYSS Youth Program ski and snowboard trip Thursday to Folgaria. Call 634-7659 to find out how you can participate.

VMHS Winter Sports

Wrestling

Jan. 16: 10 a.m. at post gym
Feb. 13: 10 a.m. at post gym

Basketball: boys and girls

Jan. 22, vs. Naples at 5:30 p.m. at post gym

Jan. 23, vs. Naples at 10 a.m. at post gym

The cheerleaders and the step team will perform at the basketball games.

Rifle team: away matches

Saturday: at Vilsek
Jan. 23: at Ansbach

Wellness in the New Year

The Army Wellness Center Fitness Assessment and Metabolic Testing provide great ways to set goals and learn how to implement an obtainable New Year's Resolution and earn points/miles for the Lion Strong and Walk for Freedom Programs.

Whether your goal is weight loss, strength training, stress management or conditioning, let the Wellness Center Staff point you in the right direction with their expertise. Appointments are now available for the new year Monday- Friday 7:30 a.m.-4:30 p.m. Call 634-8186 or 0444-71-8186 to make your appointment today! Classes include:

Thursday: Principles of Strength Training, 10-11:30 a.m.

Jan. 20: Stress Relief for a Healthy Lifestyle, 9-10:30 a.m.

3-part course

Thursday: Part 1, The Diet noon-1:30 p.m.

Jan. 21: Part 2, Supplements Q&A, noon-1:30 p.m.

Jan. 28: Part 3, Commissary tour, noon-1:30 p.m.

Space is limited. Call 634-8186 or 0444-71-8186 to register. All classes are free and open to the entire community.

Youth ski/snowboard days

Maximum of 20 spots available per trip. Call 634-7659 to register for grades 6-12. Overnight trips include Garmish.

Whole Family Wellness:

Let CYSS help you start off the New Year with a healthy new lifestyle

USAG Vicenza CYSS

Most parents would admit that they want the best for their children.

They want them to grow into healthy and strong individuals. Yet, somehow many of them forget to apply these same standards to their own life.

So how are we supposed to expect our children to live any differently if they don't have their parents setting a good example?

As we go into 2010, the CYSS staff challenges you to be that role model that you want your children to be. Here at Child, Youth and School Services we want to support those changes. One way we are doing this is by beginning a new monthly outreach service to help give you ideas and motivate you to make those changes a reality.

If this is new for you, start with small changes each day. If you consider your family already practicing a healthy lifestyle, then I challenge you to help support other families in our community.

Here are 10 ways you can begin 2010 on the pathway to Whole Family Wellness:

1 Get moving! Aim for 60 minutes of movement each day. This can be broken up throughout the day. Walk or ride bikes with your children to school, post, or the store rather than driving. This will

save on gas money too. Volunteer coach for your children's sport team and do the warm-up and cool-down activities with them.

2 Rethink "exercise." If your child isn't interested in traditional sports, come up with a way to make daily chores or yard work a game. See how big they can make a pile of leaves they are raking or how fast they can bring in the groceries.

3 Stock up on fruits and vegetables. Filling up with these means you're less likely to fill up on unhealthy alternatives. Try making a "rainbow challenge" and see how many different colors of fruits and vegetables you can eat each week.

4 Drink-up! Have water available throughout the day and at each meal.

5 Limit screen time. This will allow for more time to be active. If your TV or computer is in a cabinet with a door, close it. Out of sight, out of mind.

6 Plan your meals. Either daily or weekly make a plan on what meals you're going to prepare. This is an easy way to prevent last minute grab-and-go meals that are often unhealthy and expensive.

7 Eat at home or pack your meals. It's a lot easier to control what you and your children eat

when you've prepared them yourself. If you have children that are old enough to help with the preparation of meals, give them a job to get them involved. Have them wash the vegetables while you cut them or pick-out what fruit they want for a fruit salad.

8 Try something new together. Test out the new fitness center pool, or sign-up for a CYSS snowboard and ski trip and volunteer to go, too.

9 Get enough ZZZ's. Make sure you and your children are getting 6-8 hours of sleep each night.

10 Have fun! "You cannot make more time...enjoy the time you have."

For more information, call Sky Clarke, USAG Vicenza's sports clinician, CYSS, at 634-6151.

Sources:

Holecko, Catherine. 10 Lifestyle Changes to Make Today for Kids' Weight Loss and Fitness. About.com: Family Fitness. Retrieved from http://familyfitness.about.com/od/healthandsafety/tp/lifestyle_changes.htm

Holecko, Catherine. Make Fitness Fun for the Whole Family. About.com: Family Fitness. Retrieved from http://familyfitness.about.com/od/motivation/tp/family_fun_tips.htm