

What's Inside

USAG Vicenza Strategic Plan: Part 2, Page 2

Ederle Inn expansion, Page 2

Battlemind helps relieve stress, Page 3

The real costs of drunk driving, Page 3

Vicenza ACS birthday fun fest, Page 4

Bamberg summer reading program, Page 4

New School Age Services building, Page 4

Italian partisans remember WWII, Page 5

Military spouse on succesful living, Page 5

Girls Scouts and Cub Scouts looking, Page 5

Out & About, Page 6

Classified ads, Page 6

Vicenza ACS calendar, Page 6

Movie schedule, Page 6

Community notes, Page 7

News you can use, Page 7

Body Combat strikes blow for fitness, Page 8

Walking: a step in the right direction, Page 8

Junior golfers, Page 8

Sky Soldiers killed in Afghanistan



Maj. Thomas Bostick, Jr..



Staff Sgt. William Fritsche



1st Lt. Benjamin Hall

CASERMA EDERLE, Vicenza, Italy – Three Soldiers with the 173rd Airborne Brigade Combat Team, currently deployed as part of Task Force Bayonet in support of the NATO International Security Assistance Force, were killed in combat operations last week.

Maj. Thomas G. Bostick Jr., 37, from Llano, Texas and Staff Sgt. William R. Fritsche, 23, from Martinsville, Ind., were killed near Kamu, Afghanistan, July 27.

The two Soldiers, assigned to 1st Squadron, 91st Cavalry Regiment, Schweinfurt, Germany, were killed when their dismounted patrol came under attack by enemy small arms fire and rocket propelled grenades.

A memorial ceremony will be held for the Soldiers at Ledward Chapel on Ledward Barracks in Schweinfurt, Germany at 10 a.m., Wednesday, Aug. 8.

While, 1st Lt. Benjamin J. Hall, 24, from Fredericksburg, Va., was killed

in the Chowkay Valley July 31.

He was assigned to D Co., 2nd Battalion (Airborne), 503rd Infantry, Vicenza, Italy. He was at Vehicle Patrol Base Seray (Chowkay) when enemy forces initiated an attack from multiple locations.

A memorial ceremony will be held at the Caserma Ederle Chapel in Vicenza, Italy, at 3 p.m., Friday, Aug. 10.

Senior enlisted advisor to Joint Chiefs of Staff advises Soldiers

Staff Sgt. David Hopkins, SETAF Public Affairs Office

CASERMA EDERLE, Vicenza, Italy—The first ever senior enlisted advisor to the chairman of the Joint Chiefs of Staff visited post to meet with Soldiers to give advice on life and Soldiering, and to speak of his position in the military.

Command Sgt. Maj. William J. Gainey arrived at Caserma Ederle July 30, for a week of touring post facilities and speaking with as many Soldiers as possible about life in the Army and overcoming life's obstacles.

"I came here because Command Sgt. Maj. Rice invited me to come see the quality Soldiers you have here," said Gainey. "This was a great opportunity for me."

(Continued on Page 2, Gainey)

Sandra, Haden, Chuck Norris, Mr. T keep Dangam safe

Story and photos by Sgt. Brandon Aird 173rd ABCT Public Affairs

KUNAR PROVINCE, Afghanistan - Paratroopers from the 173rd Airborne Brigade Combat Team spent July 22-28 in Dangam district in Kunar province near the Pakistan border. The area is surrounded by lush farms that thrive from a stream flowing through the valley.

The Soldiers are from Red Platoon, Charlie Troop, 1st Squadron, 91st Cavalry Regiment (Airborne), and they were in the area to help fortify the position of an Afghan National Police station and also to establish and reinforce observation posts with the Afghan National Army on nearby hilltops.

The OPs help monitor and stop Taliban extremist movement in the area. Red Platoon named the OPs after one Soldier's mom, another's daughter, Sandra and Haden respectively and famous TV stars Chuck Norris and Mr. T.

"We thought of the baddest dudes we knew," said Army Staff Sgt. David Benoit, a squad leader in Red Platoon. "Naming OPs like we do helps keep morale up."

Even though the atmosphere in

Red Platoon is a little laid back, the Soldiers take their jobs seriously. From OPs Norris and Mr. T, the platoon observed cross-border activity, called for and adjusted indirect fires, and engaged the enemy with direct fire.

"Our mission was to establish a joint security station in the Dangam area with the Afghan National Police and Afghan National Army," said Army 1st Lt. Jesus Rubio, Red Platoon leader. "We're also out here to get situational awareness of the area and build friendships with the local leaders."

The district center of Dangam is a sign of progress for the local ANP. The center has a store, mosque, police station and a school for girls and boys. It also has computers and internet capabilities.

Red Platoon has built up the area around the ANP station to better safeguard against attacks from Taliban extremists. The district center fortifications are just a small piece of the mission.

The observation posts that Red Platoon maintains also help build cohesion between the Soldiers and the local populace.

"We met the new Afghan Border



(Above) Paratroopers from Red Platoon, Charlie Troop, 1st Squadron, 91st Cavalry Regiment, navigate to Observation Post Chuck Norris July 25. (Below) Afghan National Army Soldiers struggle up steep terrain to reach OP Chuck Norris.

Patrol commander while we were out at Mr. T," said Benoit. "A local villager walked all the way up the mountain to tell us the whole valley was talking about us. Everyone was very excited we were up here, he told us."

Another benefit of establishing OPs throughout the valley is the intelligence that was gathered.

"We observed the bad guys moving on the mountain," said Benoit. "We also got names of smugglers. We definitely laid the grounds for long-term relationships with the locals."

Red Platoon is in the initial phase of helping build up the district center. Future joint operations will continue for the next 14 months that Red Platoon will be in Afghanistan.

Numerous times at OPs and at



the district center, the local village elders would invite the Soldiers over to their houses for food and tea.

"The Afghans treated us like kings at Mr. T's," said Benoit. "It was awesome."

Garrison News

USAG Vicenza Strategic Plan: Moving into the future: Part Two

By Richard Wilxeh and Bill Murphy

Plans, Analysis, Integration Office

Our vision is to be the preeminent garrison that is the model for all other Installation Management Command Europe garrisons.

We will provide the best maintained facilities, the highest quality services, the safest environment and manage the most efficient organizations.

These are our objectives.

Improve the workforce climate by implementing and sustaining a program that fosters the garrison mission, vision and core values.

Our mission, vision, and core values are the preamble of everything we do. They must guide the thinking, behavior, and professional ethos of every employee in the garrison. The priorities we set, the efficiencies we gain, the continuous improvement we achieve, will be attained in keeping with our preamble. Still, we will continually measure ourselves and our success by our adherence to our mission, vision, and core values.

The workforce is our most valuable asset and every idea counts. The empowerment of our employees to implement our strategy in every day business is a key to effectiveness.

Implement and sustain a workforce development program which promotes the growth of a competent, agile, motivated and knowledgeable workforce.

Leadership is considered the foundation for mission success.

And supporting management is a diverse, results-oriented workforce that is provided opportunities that foster continuous learning. The garrison needs a workforce that thinks strategically, and acts locally to achieve measurable results.

We will provide opportunities and incentives for employees to become multi-skilled pentathletes who personify and apply our core values. The garrison must become a learning organization by strategically investing in educating, training, certifying and assigning employees in developmental roles.

* By 2008, implement common levels of support to provide resources based on garrison requirements and capabilities in order to mitigate deviation between programmed funds and actual cost.

Historically, installations do not receive 100 percent of required funds for installation management services. Common Levels of Support is a method of ensuring the delivery of high

quality Base Operations Services within the funds available to the Army. It helps focus resources that drive the quality, consistency and predictability of programs and services offered on all U.S. Army Installations.

Implement a communication plan that promotes the USAG Vicenza as an organization that is civically, culturally, environmentally, and economically responsible in order to increase Italian public approval.

Being respected and recognized as a valuable member of the Vicenza community makes good business sense. And, external communication has taken on an increasingly strategic role for us.

A critical part of our long-term success depends on our ability to position ourselves to improve access to new resources and partnerships; create, strengthen, and preserve relationships with key stakeholders; and contribute to economic development. We must remain sensitive to Vicenza's concerns and, we must do more to show our civic commitment.

Implement business improvement processes so that by 2013, 90 percent of the garrison service support programs are improved

by 5 percent over FY07 levels.

To be a streamlined, agile organization that is customer focused and results driven, our business philosophy must be to operate with strategic focus, fiscal discipline and operational efficiency.



It is essential to our long-term financial health and by reducing waste, we will transform ourselves into the premier garrison in Europe.

At the forefront of our effort is Lean Six Sigma which reduces non-value activities, increases quality, improves process effectiveness and aligns with customer requirements.

Utilize existing information management systems to implement knowledge management by 2009 to foster continuous performance

improvement for Italian and U.S. employees.

Organizations suffer with the same knowledge management problem. They don't know what they know. We will create a central repository for our information. It will serve as a library for our explicit data and a think tank for our implicit knowledge. The garrison's share point portal will be the one location where this process will occur.

We will create an organization that learns faster and better through networking and sharing lessons learned, implementing best practices and workforce development.

Develop a standardized program for the garrison and supporting organizational activities to execute deployment cycle tasks in order to eliminate duplication of effort and streamline operations.

Like a small city, we provide necessary services to sustain daily life whether resident in Vicenza or deployed to the four corners of the globe. A primary function of the garrison is to support and sustain the war fighters, families and civilians during the deployment cycle.

We must improve our deployment cycle support program through efficiency, cost savings and services that allow our customers to focus on war fighting.

Command Sgt. Gainey briefs Soldiers

(Continued from Page 1) The position of Senior Enlisted Advisor to the Joint Chiefs of Staff is new to the military and was created as a request by Gen. Peter Pace, Chairman of the Joint Chiefs of Staff.

"Gen. Pace has always had an enlisted man with him," said Gainey, "even when he was a second lieutenant in Vietnam. Then when he got the chairman position with the joint chiefs he said he wanted an enlisted man by his side."

Gainey's career was a success because he accomplished his goals without letting anyone tell him he couldn't achieve them, said Gainey, and he gives the same advice to the Soldiers of SETAF.

"What message can I give to the young men and women [of the military]?" asked Gainey. "This is what I want to ask you. No matter what you want to do in life, no matter what your hopes, dreams, desires are in life—anything you want to do in life—don't let anyone tell you that you can't do it. Go for the gusto in life because you only have one life."

Gainey went on to explain his five question method to his decision making process.

"When you figure you want to do something, ask yourself these five questions. It's important that you say 'no' to each question before you decide to do something. Will it hurt somebody else? Is it going to hurt me? Is it illegal? Is it



(Above) Command Sgt. Maj. William J. Gainey, speaks to post noncommissioned officers at NCO Professional Development as part of his week at Caserma Ederle. (Below) Gainey, explains the what words printed on his coin, "Pride is contagious," mean to him.

immoral? Is it going to bring disgrace to my family name or the service I serve in? If the answer to all these questions is 'no,' than go for the gusto."

Not all of Gainey's advice dealt with Soldiering and success in the military. In the wake of recent casualties in Afghanistan, he gave encouragement to the family and friends of those lost by speaking of someone he lost.

"How can I honor him?" Gainey asked, speaking of a Soldier who had touched his life during his career. "I will always tell his story, and will continue to love him for the rest of my life."

The words on Gainey's coin of excellence are, "pride is contagious." He lives by these words and encourages everyone else to do the same.



"Remember, pride is contagious," said Gainey. "How much pride you have in who you are and what you do will flow over to others. Go infect as many people as you can."

More superlative services coming

to Caserma Ederle Inn



Gary Hyde, Ederle Inn manager, and Renata Sartori, housekeeper check improvements in one of the renovated rooms. (Photo by Laura Kreider, Outlook staff)

by Jon Fleshman
USAG Vicenza Public Affairs

Sometimes bigger is better when you're already the best.

To better serve its expanded customer base, the award-winning Ederle Inn will add a new wing of 58 family suites that should be ready for occupancy by the fall of 2009, according to Gary Hyde, the hotel's manager.

Since 1993 the Ederle Inn has captured the Army's world-wide title of "Lodging Operations of the Year" four times in two different categories, said Annette Evans, director of the Directorate of Morale, Welfare and Recreation. The most recent win was in 2006 for the large hotel category. Evans said the addition will bring the number of rooms to 133 and greatly improve Caserma Ederle's ability to serve Soldiers and families as they transition to new assignments and duty stations.

"The units will be two-room suites with the same features as the suites undergoing renovation in

the existing building," Hyde explained. "Their apartment-style layouts will come with breakfast areas, stoves, refrigerators with freezers, microwaves, a queen-size bed and a sleeper sofa. Some will have dishwashers and 18 of the suites will be pet friendly."

Hyde said the rooms will have the same cable TV, internet access and telephone service as existing guest rooms.

"The average occupancy rate for the Ederle Inn last year was 93 percent," Hyde said, "and the industry standard is between 40 and 50 percent annually."

The contract for the addition is expected to be awarded in September, said Robert Fitzsimmons, a project manager with the Transformation Management Construction Office. To make room for the new wing, the children's playground will be shifted further to the left, or west, and the parking lot on the west side of Ederle Inn will be relocated to the rear of building.

Garrison News

Real costs of drinking, driving

Story and photo by Spc. Kathryn Jorgenson
SETAF Public Affairs Office

Have you ever known someone who was convicted of Driving Under the Influence? If you have, this story will sound familiar to you. If you have never known anyone who has been through it or you have even one drink and decide to drive, you may want to read this before you make that fateful decision.

When people think of drinking and driving, the same phrases come up over and over... you know, all the things we hear from commanders and first sergeants during the safety briefings, "Don't drink and drive," "Drive to arrive," "Make sure you have a designated driver," "If you are out drinking, call a cab, call a friend, call me (but I better be the last call you make)."

We also can't forget our friends at AFN who remind us every other commercial break about the dangers of drinking and driving, or the benefit of letting someone sober drive home.

Most Soldiers can repeat these warnings in their sleep, but what really happens when that advice isn't heeded? What are the real consequences faced by those who choose to get behind the wheel and finds themselves at the business end of the breathalyzer?

We see the numbers of DUI's posted on the gate as we leave, and to most people that is just a random number on a wall. For the Soldiers who those numbers represent



however, it has a far deeper meaning.

Everyone knows that drinking and driving is unacceptable and will result in punishment if caught. But, recently there have been several incidents with Soldiers here on our post. The number on the wall has risen substantially in the last few weeks; you didn't notice that did you? Why would you? It didn't affect you...or did it?

When a driver is convicted of a DUI, the consequences and costs begin immediately. To understand better let's work through one Soldier's journey and the lives that were affected by "just one mistake."

It is Friday night and Sgt. Smith is out having a good time with his friends before their 15-month deployment to Afghanistan. He has had a few beers, but decides that he is going to drive home early because he is going on leave in the morning and doesn't want to miss his flight.

His buddies ask him if he is okay to drive himself home and he replies, "Oh sure, I've only had two or three beers, and I live around the corner. Have fun guys. I'll see you in a few weeks." His buddies know that he has had more than two or three, but let him go anyway because he seemed okay.

On the drive home, Smith was trying to find a good song on the radio and veers off the road. He loses control of his vehicle and runs into a telephone pole. Thankfully he is not hurt, and no one else was on the road at the time. Cursing his misfortune and surveying the damage to his vehicle he calls the Carabinieri and the Military Police.

The MPs arrive on the scene and ask Smith what happened. Smith tells them that he was messing with his radio and lost control of the car. The MP who responded to the accident can smell alcohol on Sgt. Smith's breath and asks him to take a breathalyzer test. The test comes out positive for alcohol as his blood alcohol content comes out .144, which is over twice the legal limit. His car is impounded and he is taken back to the MP station on

post.

While he is waiting at the MP station he is given another breathalyzer and field sobriety tests. What he doesn't know is that the MPs are now calling his Commander and First Sergeant who will have to come and pick him up. Once picked up, he is told that he will have to report back to the MP station in the morning to be read his rights and make a statement. During all the excitement, he had almost forgotten he was flying out in the morning to go home on leave. "Not anymore you're not," says his first sergeant.

The severity of the situation is now starting to hit home for Smith. He will not be leaving tomorrow as planned; instead he will spend his Saturday morning in uniform with his supervisor by his side at the MP station. The first sergeant drops him off at home and tells him not to do anything stupid between now and his morning appointment and to not have anything else to drink. He is also going to need to find some other way to get to post because he no longer has his car or driver's license.

Once home, he calls one of his buddies who is still at the bar and explains what has happened and asks if he can get a ride to post in the morning. His friend and co-worker is there for him and says he will be there to get him, but he owes him for making him get up early on a Saturday.

Now Smith is left alone to sort through what all has happened; he starts thinking about his car, his leave, his reputation. He starts to question his actions, his decisions and his motivations. Already the costs to his life (and his wallet) have compounded.

How much will it cost to get his car out of impound? How much damage was done to his car? Will it still run? What is his mom going to say to him when he calls and tells her he will not be coming home to visit before he goes to war? Will he still get to go? What if he can't change his flight? What will his friends and co-workers think of him now? How is he going to get to and from work? What will his supervisor think? These questions reel through his mind as he tries to sleep. There will be no piece of mind for him tonight... or for many more nights to come.

Over the next few weeks we will continue to follow Smith on his journey through the trials he has chosen to face. It already looks as though just a few beers has altered the course of his entire life. Although no one was physically injured in the accident, the emotional tolls are already mounting. He has already affected the lives of his family, his chain of command, and his peers and co-workers and its only been a few hours since this all started.



Peer support and discussions help families work out their problems.

Battlemind helps families through deployment

Story and photo by Laura Kreider
Outlook Staff

In the past months, Vicenza Army Community Service has been offering training to support spouses and families during the period of deployment.

The training is called Battlemind, which stands for Bonds, Adding/subtracting family roles, Taking control, Talking it out, Loyalty and commitment, Emotional balance, Mental health and readiness, Independence, Navigating the Army system and Denial of self.

"We chose to participate in the Battlemind training because we wanted to promote teamwork, to be able to support each other and we thought that coming together would be a good way to learn about deployment and what is available on post," said Rachel Perez, leader of the family readiness group from Chosen Company, 2nd Battalion, 503rd Infantry, 173d Airborne Brigade Combat Team.

The 90-minute classes held at the Davis Soldier and Family Readiness Center had the benefit of group feedback and sharing of experiences, which are common to all participants, said Jolly Miller, USAG Vicenza acting ACS director, relocation readiness and financial readiness program manager.

"Anything that ACS can offer to spouses and family members that can help in reducing the stress and concerns that develop during deployment time is valuable," Miller continued.

Having participated in the June training, Natasha Anderson-Samaroo, a family member, reflected on the importance of the program.

"This is an excellent way to learn new ways of coping during deployment," Anderson-Samaroo said.

"Not only are we getting the views of the ACS staff but we are also getting opinions and views from the family readiness group. It is a very interactive class where everyone has a chance to speak about what they are going through. Communication and understanding are the main components of making deployment easier for the whole family."

She also said the class gives spouses a chance to vent about issues or situations the FRG or ACS

can assist with.

"Military spouses wear a lot of different hats when the spouse is deployed. This makes us stronger, but at the same time a large amount of stress is created trying to hold everything together.

"It is important to know that there is support for the spouses and you are not alone. There are resources they can use and this training gives them direction of who to ask and where to go if you need help."

Starting Aug. 1, and continuing each Wednesday of the month, ACS will also hold the Battlemind and Financial Readiness Training for Spouses, focusing on learning techniques and tapping into resources to help reconnect during the rest and recuperation leave.

"The format of the class is the same, but the content will focus more on the reunion, even if for a short period of time such as rest and recuperation," said Miller.

She explained the spouses are welcome to take Battlemind for R and R even if they took Battlemind for pre-deployment since one class does not exclude the other.

"I would recommend it to other spouses," added Anderson-Samaroo. "A lot of times spouses are misinformed about what is really going on. Rumors spread or information is not accurate so this class helps the you deal with situations that normally you would have to deal with alone."

Classes take place in ACS each Wednesday from 11:30 a.m. to 1 p.m. Lunch and child care are provided. A minimum of four participants are needed per class and reservations are required. For any information call ACS at 634-7500.

The Outlook

Aug 7, 2007 Vol. 40, Issue 31

SETAF Commander
Maj. Gen. Frank G. Helmick

USAG Vicenza Commander
and Publisher
Col. Virgil S. L. Williams

Editor
Gary L. Kieffer

The Outlook is an unofficial publication authorized and provided by AR 360-1.

All editorial content of The Outlook is prepared, edited, provided and approved by the U.S. Army Garrison Vicenza Public Affairs Office in building 3 on Caserma Ederle in Vicenza, Italy. Telephone DSN 634-7000, FAX 634-7543, off post at 0444-71-7000, fax 0444-71-7543.

E-mail: editor@setaf.army.mil

The Outlook is published weekly by the USAG Vicenza PAO, Unit 31401, Box 10, APO AE 09630. It is printed by Centro Stampa Editoriale SRL, Grignano (VI) 0444-414-303.

Editorial publication is an authorized section for members of the U.S. Army overseas. Contents of The Outlook are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army, Installation Management Command-Europe, U.S. Army Garrison Vicenza or the U.S. Army Southern European Task Force.

Submissions: Send all submission for publication to editor@eur.army.mil. Submissions should be made via e-mail and must be received by Wednesday at noon for the following week's publication. The editor reserves the right to edit all submissions for style, brevity and clarity. Circulation is 2,500.

Estate Claims

Anyone having any claims on or obligations to the estate of 1st. Sgt. Michael S. Curry, of D Co., 1st Batt., 503rd Inf., should contact: Summary Court Martial Officer, 2nd Lt. Stephanie Avgerakis, at DSN 634-7065.

Anyone having any claims on or obligations to the estate of 1st. Lt. Benjamin Hall of D Co., 1-503rd Inf. Batt., should contact the summary court martial officer, Cpt. Elizabeth Anderson, at DSN 314-634-6552.

ACS celebrates birthday with community fun fest

Story and photos by Laura Kreider
Outlook Staff

The Vicenza Army Community Service celebrated its 42nd birthday at the Davis Soldier and Family Readiness Center July 20.

“The Army Community Service Birthday Carnival was a great event for us, and we were so pleased to have such a good turn out of Soldiers and families,” said Kelli Covlin, USAG Vicenza ACS Program Analyst.

“We hope everyone had a great time and enjoyed all the activities, and we hope participants became a

little more familiar with the programs ACS offers.

“This is ACS’s 42nd Birthday, and we want the community to know that ACS is here to assist with a range of services from financial planning to employment to helping children and family members cope with the stress of deployment. If you are not sure where to go for assistance, come to ACS, and we will point you in the right direction,” she added.

The ACS is located in the Davis Soldier and Family Readiness Center, building 108, and can be reached at 634-7500.



(Top) A young boy tries his hand at knocking down the giant pins. (Above) Freshly grilled hamburgers and hot dogs are always a welcome treat. (Right) Face painting was a popular attraction for the younger crowd.



Camp Darby events



Lt. Col. Steve Cade (center) is assisted by Sgt. Major William Berrios, and Vicki Long, school age services coordinator, in cutting the ribbon of the new School Age Services building July 31.

“This totally renovated building offers us a bigger facility which will be able to accommodate 60 children in the program,” explained Long. (Photo by Elena Baladelli, 7th JMTC, Livorno photo lab)

Summer sleuths discover reading

By Amy Bugala
USAG Bamberg Public Affairs Office

Susi Roe, wife of Maj. Tom Roe, 4-319AFAR helps her son, present his Summer Reading Program project at the awards ceremony at the Bamberg Community Library July 25.

Participants in this year’s program themed “Get a Clue@Your Library” read books and enjoyed trips to Nuremberg and Rothenberg ob der Tauber. Children discovered the mysteries and histories of these destinations by searching for clues and solving puzzles.

The world-wide program, based on the American Library Association’s curriculum, is designed to spark an early interest in reading and provide a constructive activity for the downtime between school years.

Darby Soccer Registration

Registration is: Aug. 11–24. After Aug.24 a late registration fee of \$5 applies

Participants must have a valid physical and proof of central enrollment registration through Nov. 15. The age cut off date is Nov. 15, for playing age group. Children must be 5 years of age by Nov. 15. Sign up in the CLEOS office.

Darby Coach’s Clinic

Clinic dates are Aug 15 and 22, 5:30p.m.–9p.m.. Makeup clinic 25 Aug, 9:30a.m.-noon.

Coaches must complete a volunteer packet, have a background check and attend the coaches clinic.

One child of each coach plays for free. Additional children receive a 50 percent discount.

Practices start Aug.27.

Italian partisans remember American help during WWII



(Left) Alberto Dianda (right) hugs his good friend Renzo Colognori. (Above) A memorial in the town of Pian di Novello, Cutigliano serves as a tribute to the partisans of Zone 11 who served with American Soldiers from Sept., 1943, to May, 1945. (Below) The USAG Livorno Color Guard at the ceremony paying tribute to Italian partisan Zone 11.

Story and photos by Joyce Costello
USAG Livorno Public Affairs

In the summer of 1943, 17-year-old Alberto Dianda had a life changing decision to make. He could make a stand for freedom and possibly lose his life, or he could meekly accept the fate of his village being over run by German invaders.

"It was a big decision to make so young and with no time," said Dianda. "But I didn't want my home to be part of Germany so I joined the resistance along with my brother."

They joined the local partisan group with 800 of their fellow countrymen in the province of Pistoia in central Italy. This particular partisan group had no colors, no politics and was only referred to as Zone 11, which was unusual for the time.

"First the Brazilian soldiers arrived," said 83 year old Renzo Colognori, who went by the code name Pololo. "They were very nice people, but not really good fighters. They always seemed to have problems reloading their weapons."

After the Brazilian soldiers left, the American Buffalo soldiers came.

"Lt. John Fox commanded and died here," said Dianda referring to the Buffalo soldier who was awarded the Medal of Honor for his heroic actions of Dec. 26, 1944.

"We would act as guides and help the Americans move among the mountains. We would also scout out the area to see where the Germans were holding up. It was during one of those missions that I was captured by the Germans and put to work building the plumbing for their field hospital," Dianda continued. "We prisoners would get only one piece of bread a day that was harder than the stones on the ground."

"It was miserable. After two weeks, I was able to escape the Germans by squeezing out of the jail window and climbing down the gutters," he said.

"By the time I made it back to the Allied side, the Americans had gone north and the Indians with British commanders had taken over. I didn't have any papers or wallet because the Germans had stolen them, but I still had my uniform and the will to keep fighting."

"Things were different once the Americans left. There were two types of Indians: tall ones and short and skinny ones. They both had different religions and they hated each other. One day, I saw with my own two eyes an Indian soldier throw a knife at a British commander as he drove by in a jeep."

Dianda's brother, who also fought in the resistance, was also captured by the Germans. He was able to escape after seven months as a prisoner. After the war, Dianda immigrated to America.

"My father had gone to Montana in 1905 and my uncle had moved to Maryland and started a business, so in 1958 I decided to move to America and work for my uncle," said Dianda.

"I remember going back to Italy for a visit in 1967, and all my friends wanted me to go to Camp Darby and buy coca-cola. It wasn't possible to get in Italy back then."

The Zone 11 partisan group lost 200 men during the war. Today, there are just over 70 still alive.

"We still call each other several times a month, we are like brothers" said Iaco Melli Vezio, age 79, code name Nick. "We organize events like this ceremony because it's important to remember the sacrifices that were made for freedom."

"It was a real pleasure to meet the Camp Darby color guard at such a significant event for both us partisans and for the American Soldiers, particularly for all those who gave their lives for Italian liberty," said Dianda.

"I have been an American citizen since 1963, and I wish that on my death that I may have placed over my coffin, an American flag, under which I fought to defend our liberty."



Military spouse on successful living

One woman's point of view

Gina Little
FRSA 4-319th AFAR

Warner Barracks, Germany- Whether it's BUNCO, movies, traveling, shopping or the hundreds of other pastimes we can enjoy, it pays to keep busy during a more than a year-long deployment.

People not immediately associated with the deployment do not know the stresses a military spouse and children endure during this time. To cope we become ingenious. We learn things we thought were too hard, we take classes we didn't think we could pass, we try things that would have made us shudder in the past. We do it because we have to. Not only because no one is here to do it for us but because boredom is a great motivator.

In the past 3 months since my husband has been gone I have joined a once-a-month game night, started lifting weights at the gym, took a trip to Italy, made plans with friends to stay in a Belgium castle for Thanksgiving, and to top it off ran my household and held down a full time job. If that's not the ingredients to make you stronger and more independent I don't know what it is.



Gina Little, FRSA 4-319th AFAR

Survival means different things to different people. Some people go back to the States to be with family. Some travel to different countries and enjoy the culture that the military gives us the opportunity to discover. Some stay here and make lasting friendships with other spouses, because eventually after you PCS you will run into them again somewhere-sometime. For me, I know if I didn't have my son and best friend with me to share all of the ups and downs I don't think I would make it through 15 months without my husband.

Girl Scout leaders needed

The Girl Scouts of Vicenza need leaders, assistant leaders, and co-leaders for all age groups for the 2007-2008 Girl Scout year.

If you like working with girls and are willing to help, please call Nancy at 349-5209980.

Daisy Girl Scouts are in Kindergarten, or 5 years old, and their meetings focus on learning what it means to be a Girl Scout by learning to share with others as they create many art projects.

Brownie Girl Scouts are in Grades 1,2, and 3, and continue the process of learning how to be good citizens. Brownies also sell Girl Scout cookies and calendars and may go on local trips with the money they earn.

Junior Girl Scouts are in Grades 4,5, and 6, and build on what they've learned as Brownies. They also sell cookies and calendars, and may raise funds to take more extensive trips or complete more complicated projects.

Cadette Girl Scouts are in Grades 7,8, and 9, and have many opportunities available to them in Italy and in other countries.

Senior Girl Scouts are in Grades 10, 11, and 12, and have many leadership opportunities here as well.

Registration for girls will be held in September when school starts and after leaders are retrained.

Cub Scouts Pack looking for boys

Cub Scout Pack 295 in Vicenza is looking for boys in grades one through five to join for fun experiences and adventures in hiking, camping, crafts, sports and community service, while learning life skills.

The Pack is also looking for adult leaders and volunteers to share their skills and experiences with the boys, especially during this difficult time of deployment.

Upcoming events: Cub Scout Day Camp, Aug.7-20 at Lago di Fimon. Activities include archery, BB gun range, sports, nature and science activities, and crafts. Contact Anette Angyal at (340) 468-5415 or email goldieangyal@hotmail.com.

More information on the day camp and joining Cub Scouts can be found under pack announcements at:

www.packsonline.com/Ae/295/
www.packsonline.com/Ae/295/Pack_HTML/Pack_Announcements/Pack_Announce_86065.html

Out & About

By Dorothy Spagnuolo

Shooting stars or dinner under the stars

The date Aug. 10, is known by different names here in Italy, those who call it 'la notte di San Lorenzo,' those who say, the night of the shooting stars; the falling stars of desire; or the tears of Saint Lorenzo, but for astronomers they are just Perseides, a shower of meteors that appear to originate in the vicinity of the constellation Perseus. This occurrence is best seen between 10:30 p.m.-12:30 a.m. on that evening.

'A tavola sotto le stelle,' *dinner under the stars*, in the gardens of the castle located in Bevilacqua, province of Verona on Aug. 10 at 9:30 p.m. cost is 30 euro per person. Wine and typical produce of the area will be served. Reservations are mandatory from 0442 93655.

Town fairs

Find the following town fairs, *sagra*, taking place near you: In Valli del Pasubio - Aug. 10-15; Recoaro Terme - Aug. 10-12; Arcugnano in the grounds of Villa Fimon - Aug. 11-16; Trissino - Aug. 11-16; Vigardolo - Aug. 17-19 with fireworks on Aug 21; Monte di Malo - Aug 11,12; Arsiero in the sports center 'Festa del Gnoco di Patate' - Aug. 28-29 at 6:30 p.m. each evening.

Visit a garden

The Sigurta' Gardens located near Peschiera is known to be one of the most beautiful gardens in Italy. In the gardens enjoy the flowers, lawns, English style gardens, a small castle, water lilies, trees and bushes and the water gardens.

There is a large parking area near the gardens, on Italian holidays and Sundays it gets full very early, in this case, you will be directed to another car park, where after parking a bus ride is available, free to the gardens.

In the gardens for those who do not want to visit by foot, a small train is available to take you round the park, at a cost of 2,50 euro per

person. The ride lasts one half hour the train does not stop. Electric three-wheeler bikes and golf carts are also available for hire.

Inside the gardens find food stands providing beverages, sandwiches, ice-cream, snacks and sack lunches. Picnics are not allowed in the gardens and food and beverages purchased must be consumed in an area near the food stands.

Directions for the Parco Giardino Sigurta': leave the autostrada at Peschiera del Garda - follow the signs for the town Valeggio sul Mincio, which can be found after 8 km. Open: 9 a.m.-6 p.m. with closure of the gates at 5 p.m. Entrance fee: adults: 10 euro; children: 5-14 years old 6 euro, children under 4: free.

Cable car

This cable car system uses state-of-the-art technology to bring visitors closer to the beauty of Lake Garda and the spectacular views of Mount Baldo, known as the garden of Europe for the rarity of its floral species.

A 10-minute climb takes visitors from the town of Malcesine province of Verona, past Lake Garda and to the peak of Mount Baldo, up to the 1,650 meter level.

The cable car, which replaces an earlier, obsolete system, is 4,325 meters long, transports 600 people per hour and is divided into two sections, the second of which is covered by a cabin that rotates, offering, during the brief trip, a 360-degree view to all the occupants.

The installation and its support facilities are modern, sporting lightweight, futuristic shapes of glass, wood and steel construction. The station down in the valley has a 200-space parking lot mostly covered.

The cable car runs every half hour and the cost round trip from the town of Malcesine to Mount Baldo: 16 euro.

Hand-blown glass

The splendors of Venice is by no means the only attraction of the Venetian lagoon. Anyone who really wants to understand the area

should take a ferry out and visit at least one of the other islands. One of the most interesting is Murano, which is made up of five islets and even boasts its own Grand Canal.

Famous all over the world for its hand-blown crystal, known as *murrina*, the island offers many workshops where you can purchase unique pieces.

A word of warning, hand-blown glass does not come cheap so you should be suspicious of bargains.

Perfection comes in the beauty of the work and the skill it involves, not in the flawlessness of the piece. Hand-blown glasses will always have imperceptible differences and should be extremely thin. There should also be no bubbles in hand-blown glass pieces, so examine your purchase carefully before handing over your money.

Buskers festival

The city of Ferrara Buskers Festival is a non-competitive parade of the best street musicians in the world. The festival takes place Aug. 20-26 and every year, the city invites, at its expense, 20 groups, but beside them many others join the festival.

Last year 177 different shows were performed by a total of 660 artists coming from 21 different countries. Listen to the rhythms of African drums, dixie bands or the crazy gags of some English groups, there will also be virtuosos playing the most original instruments: saws, washboards, cowbells and crystal glasses.

There are two shows a day Monday-Saturday at 6 p.m. and 9:30 p.m.; on Sunday only one show from 5 p.m. to 8 p.m.



Ferrara's main piazza, Photo by Laura Kreider, Outlook staff

Vicenza Army Community Services

Battlemind & financial readiness training for spouses (rest and recuperation)

Learn techniques and tap into resources to help reconnect during R and R break. Lunch and child care provided. Children must be registered with CYS.

Classes will take place in ACS. A minimum of 4 participants needed per class. 11:30 a.m.-1 p.m. Call ACS at 634-7500. Reservation Required.

Communication & media center

Internet services, e-mail access, Web-Cam / Messaging Services, VidiTalk video clips by email, and more. Create a 30-minute DVD message for family members or to send downrange.

Open Monday through Friday from 8 a.m.-10 p.m. Sat-Sun from 10 a.m.-10 p.m.

English as a second language

Classes are offered to family members and cover Basic Conversational language skills. Start anytime. Mon. 2-4 p.m. Fri. 9-11 a.m.

Play group-Aug. 8, 13, 15, 20, 22, 27 & 29

For Ages Newborn through 3 years old. Call New Parent Support Program at 634-7567 for details. 10-11:30 a.m. at Quarters 50A in Villaggio

Employment readiness training

Employment readiness during PCS transition. Covers what to do before you leave, during the transition and when you arrive, to help make your jobsearch as successful as possible. Call Employment Readiness 634-6884/7500. 10:30-11:30 a.m. Reservation required. Call 634-6884/7500

Courage groups-Aug. 9, 16, 23 & 30

Courage Groups are psychosocial educational groups developed for elementary age children in our community. The groups are divided up by ages so that children are with peers of similar ages (ex K-2, 3-4, 5-6).

Each meeting covers a different topic such as feelings, stress/anger management, peer pressure, positive choices, staying connected during the deployment and support systems. To help make the groups fun the topics center on an activity. 3-4:30 p.m. at Villaggio. Call Family Advocacy at 634-7314/7500 to sign up your child/children and for more information.

Reservation required.

Resume builder-Aug. 8 & 22

A hands on workshop to learn the skills necessary to create a resume in the Army Resume Builder program. You will acquire the skills necessary to create, edit and review activity of your resume in the

Stress management- Aug. 13

Learn techniques to reduce stress in your life. Class offered by Family Advocacy. 4-5 p.m. in ACS. Call 634-7314/7500. Reservation required.

Breastfeeding for expectant mothers

Classes are in the New Parent Support Program Breastfeeding Room. Call 634-7567 for more info. 9:30-11:30 a.m. NPSP Living Room in ACS

Banking & credit unions

Learn how to choose the financial services and financial institutions that best meets your needs. 3-4p.m. Reservation required. Call Financial Readiness 634-7500.

Now Showing

Caserma Ederle Theater

Aug. 7	CLOSED	
Aug. 8	Mr. Brooks (R)	6 p.m.
Aug. 9	Gracie (PG-13)	6 p.m.
Aug. 10	Surf's Up (PG)	6 p.m.
	The Bourne Ultimatum (PG-13) (1st Run)	9 p.m.
Aug. 11	Surf's Up (PG)	3 p.m.
	The Bourne Ultimatum (PG-13) (1st Run)	6 p.m.
Aug. 12	Surf's Up (PG)	3 p.m.
	The Bourne Ultimatum (PG-13) (1st Run)	6 p.m.
Aug. 13	CLOSED	
Aug. 14	CLOSED	

Camp Darby Theater

Aug. 9	Mr. Brooks (R)	6 p.m.
Aug. 10	Hairspray (PG) (1st Run)	6 p.m.
Aug. 11	Surf's Up (PG)	6 p.m.
Aug. 12	Surf's Up (PG)	2 p.m.

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

Classified Ads

NOTE: The Outlook does not take classifieds and we only print ads placed during the last week.

Sellers must place ads on www.vicenzamwr.com.

Buyers must go to the Vicenza MWR Web site, www.vicenzamwr.com for details about items for sale below.

Golf convertible 1995, fully loaded, 1,8 liter, 5 speed, euro \$2200,00 OBO

Samsung 27" Flat screen - 2003-Dual-Combo T.V.-NTSC - DVD & VHS -DVD doesn't apparently work. Excellent picture and play otherwise -\$25

Small Terrier Mix -free to loving home. Loves kids. All shots.

Transformer, Great condition \$60 OBO.

Oak Entertainment center. Nearly mint condition. \$100 OBO

FREE antique nightstand. Darkbrown. Come and get it for free!

Nintendo 64 +5 Games \$30

Wood Desk - \$45. Heavy, all solid wood, German made, \$45.

PCS sale: Transformer \$60, Samsung phone, Iron, \$20

PCS sale : 220 Volts ~ 20" Panasonic TV \$40 ~ two pink flower power lights \$10 OBO ~ Iron \$5 ~

Transformers (3 ea - \$30/ea); portable CD player (\$15); Cordless phone (\$15); Answering machine (\$10); Alarm clock (\$5); ADSL modem USB (\$15); Curtains/expandable rods various sizes (\$25 all).

Sharp 27" TV I n g o o d condition. Has no remote. Asking \$100 OBO. Will deliver.

Corner Entertainment Center. Good Condition \$200 OBO you move.

220 volt kitchen appliances. Microwave- \$20. Cappuccino machine- \$30. Large Rice cooker- \$30.

Char-Broil American gourmet smoker bbq and grill, Like new. Asking \$90 OBO.

Community notes

Saturday childcare

The Child Development Center, bldg 395, is open for hourly care on Saturdays from 8 a.m.-4 p.m.

Reservations must be made two weeks in advance. Walk-in care will be provided if space is available.

The cost is \$4 per hour or parents can use their deployment card to pay for care.

For details call 634-7559.

CYS notes

CYS has added two more programs starting in July.

There are now two free Family Readiness Group meeting nights each month.

The procedures to book meeting space and childcare remain the same.

Please note that requests for meeting locations as well as the child names from the FRG Leader and/or FRSA must still be received by the first of the month in order to make the system work best.

Call CYS at 634-7740 for details.

Youth Italian classes

Central Texas College and SKIES Unlimited are offering Gateway to Italian for youth.

For children ages 5-12, classes are Monday, Wednesday and Friday, 9-10 a.m.

Classes for youth ages 13-18 are held from Mondays, Wednesdays and Fridays, 9-11 a.m.

Two sessions are offered for each age group: July 23-Aug. 3 and Aug. 6-17.

For information or to register call Child and Youth Services Central Registration at 634-7219.

Cinque Terre Express

Take a day trip to the beautiful Cinque Terre (Five Lands) Saturday, August 11th. This National Park is located on the Mediterranean Coast in Liguria. Hike, swim, shop, or just relax and take in the views. The trip takes off at 6 a.m. and returns at 10 p.m. This is not a stroller friendly trip. Each picturesque village is built into the rocks between the beach and the hills. Explore the villages by train, just a few minutes apart, or hike using the trails linking the towns. Call ITR at 634-7094 to sign up.

Cast announcement for Billy Ball II

Soldiers' Theatre is pleased to announce the following talented cast for BILLY BALL II:

Lorenzo Felisatti
Sgt. John Mendez
Aaron Talley
Eric Grosshans
Linda Dahlstrom
Caroline Parse-Rizzo
Rosie Malone

Public performances for BB II will be Sept. 28 & 29.

To dance or not to dance...

Everyone is welcome to join instructor, Linda Dahlstrom and her footloose students, Bonnie, Aaron, Frannie, & Peggy as they begin

another fun-filled, creative Movement/Dance class with 10 sessions on Tuesdays and Thursdays beginning 14 August from 5:15pm to 6:15pm on the Soldiers' Theatre stage. Cost for the 10 sessions is \$70. or \$7. per class. For registration or more info contact Linda or the Theatre at 634-7281 or 0444-717281.

Vicenza Education Center

Registration for Term 5 begins Aug. 6. Term 5 classes run from Aug. 20 - Oct. 20.

Soldiers using tuition assistance must go to the *GoArmyEd.com* Web site to enroll.

The next FAST GT improvement class is Aug. 6-24, Monday-Friday, 8 a.m.-10 a.m.

Contact the education counselor for details at 634-8933 or *vicenza.edcenter@us.army.mil*.

Gateway to Italian conversational language courses are Aug. 27-Oct. 20.

For details contact Angelo Sibilla, Central Texas College senior foreign language program manager at *angelo.sibilla@europe.ctcd.edu* or call 634-7698.

Hour Changes for MWR Facilities

Beginning August 5th, some MWR Facilities on Post will change their hours of operation to meet the needs of the community more effectively.

The Vicenza Post Fitness Center has new hours for Training Holidays and the Toddler in Tow

program. On Training Holidays the Main Fitness Center and the Body Shop will be open from 7a.m. to 9p.m. Starting August 5th, Toddler in Tow is from 8:30a.m. to 11a.m., and from 1p.m. to 4p.m., in the Main Fitness Center (Cardio Area Only).

The Ederle Lanes Bowling Center also has a new schedule. They will be open Sunday from noon to 7p.m., Mon. & Tues. from noon to 8p.m., closed Wed. & Thurs., and open Fri. & Sat. from noon to 9p.m.

The Arts and Crafts Center is open Sat. and Sun. from 10a.m. to 2p.m., Closed Mon. and Tues., and open Wed., Thurs., & Fri., from 11a.m. to 6p.m.

Family Fun Night

Family Fun Night @ Club V is Friday August 10, 6-8 p.m. Bring the whole Family out for pizza and lemonade. Adults are \$5 and 5th grade and under \$2.50. There is variety music with a DJ and dancing. Kids receive a special club card and a special Glo-Jo Juice drink with a "glow in the dark" straw from the Bar. Get your tickets at the door.

Share your

college knowledge

College Night, hosted by MWR and DoDDS, seeks college students and graduates to share their experiences with Vicenza High students and parents Oct. 18.

If you are interested in sharing knowledge about your college, contact Sarah Penhallegon, 6345087, by Aug. 20.

Ederle Chapel

For details call the chapel at :634-7519 (0444-71-7519).

Weekday Mass

Mass is now held at noon Wednesday-Monday.

Saturday Services

4-4:30 p.m.: Sacrament of Reconciliation, or by appointment

5 p.m.: Roman Catholic Mass

Sunday Services

NOTE: Sunday School services are not held over the summer.

9 a.m.: Catholic Mass

10:45 a.m.-noon: Catholic Religious Education

11 a.m.: Protestant worship

1:30 p.m.: Full Gospel

Pentecostal worship and Children's church

4 p.m.: Lutheran Services

6 p.m.: Contemporary worship

Muslim Services

The khutba and prayer will take place in the post chapel conference room Fridays, just after 12 p.m.

Jewish services

For details regarding Jewish services, contact Dr. Steven or Nancy November at *november6@msn.com*.

Darby Chapel

For details call the chapel at :633-7267 (50-54-7267).

8:30 a.m.: Catholic

Reconciliation

9:30 a.m.: Catholic Mass

11:15 a.m.: Protestant worship

News you can use

Tuition assistance cutoff

HEIDELBERG, Germany – Soldiers using Army Tuition Assistance and planning to enroll for college classes that have start dates through Sept. 30 must do so before Sept. 24.

"Attempts to enroll in courses after Sept. 24 will not be approved," said L. Dian Stoskopf, chief of Army Education.

This enrollment cut-off is necessary, Stoskopf said, to allow for the fiscal year change-over.

The cut-off, however, has no impact on eArmyU course enrollments or registration for classes starting Oct. 1 or later. These enrollments will be funded by the Soldier's fiscal year 2008, \$4,500 TA authorization, noted Jeanette Johnson ICMOM-E tuition assistance program manager.

All eArmyU course enrollments are covered under a contract and differ from the way traditional TA is obligated.

Installation education services officers throughout Europe will work very closely with their on-post academic institutions to ensure registration deadlines are met, Johnson said. However, Soldiers are encouraged to still contact their education offices to ensure the process is completed and to discuss any holds they may have on their accounts.

Family readiness support assistants extends to battalions

By Bill Bradner

WASHINGTON, D.C. (Army News Service,) – The Army's Family and Morale, Welfare and Recreation Command, at the request of senior Army leadership, is expanding the Family Readiness Support Assistant program to reach all the way to the battalion level, Army-wide, to support deployed Soldiers and their Families.

Currently, there are slightly less than 400 FRSAs Army-wide, including Guard and Reserve units. They are primarily contract, term or temporary over-hire positions, funded by war on terror supplemental funding or unit funds, and managed by their respective Army commands. Under the new program, recently approved by Army Chief of Staff Gen. George Casey Jr., the positions will be added to unit manning documents, centrally funded, and FMWRC will provide program oversight.

"Commanders had already identified the need and we're responding," said Brig. Gen. Belinda Pinckney, FMWRC commander. "We're not inventing anything new here. We're taking something that works well and expanding it, providing a uniform level of support to Soldiers and families Army-wide."

The plan calls for an end-state of as many as 1,100 FRSAs throughout the Army, placing a support assistant in each deployable battalion, brigade, division and corps headquarters. The FRSA will hold DA Civilian positions at the GS-6 level.

The need for FRSAs was initially identified through the Army Family Action Plan. The FRSA will remain a component of the unit commander's Family readiness program, and will be supervised by the commander or his designee.

Their primary duties will be to provide administrative assistance in support of the unit's Family readiness programs and activities.

Some examples of the duties include assisting with the preparation of pre-deployment and redeployment activities; scheduling and coordinating Family readiness or unit-sponsored training; assisting in developing and distributing unit newsletters; coordinating video teleconferences for Families and deployed Soldiers; and serving as a link between garrison community agencies and the unit. Training for FRSA will be provided by Army Community Service professionals and Reserve-Component Family Program staff.

Capt. Brian Pugh, rear detachment commander, 54th

Engineer Battalion, in Bamberg, Germany, said the FRSA at his unit has been a tremendous asset.

"She performs duties to support the Family Readiness Group leader during deployment, but the FRG leader is a volunteer spouse," Capt. Pugh said. "The FRG is a tremendous asset, and hasn't gone away, but now there's someone in this office eight hours a day and FRG leaders and Family members know right where to come if they need help."

Forces Command has had FRSAs in place for almost two years at the brigade level. FORSCOM spokesman Kim Waldren said the growing number

of Soldiers serving multiple deployments drove FRG volunteers into overtime that became impossible to sustain.

While the bulk of the work an FRSA does is administrative, they also improve connections with other Army support agencies and programs available for Soldiers and Family members.

The position remains in place even when the unit is not deployed, providing continuity in a world climate that requires units to participate in multiple deployments.

(Bill Bradner is with Family and Morale, Welfare and Recreation Command Public Affairs.)



"Family Art Day is an opportunity for families to bond and create shared memories through the creative process," said Arlana Young, Child and Youth Services Liaison, Education director. It is offered once a month and it is for children from four and up. If you are interested in participating, call CYS Registration Office at 634-7219 to sign up. (Photo by Laura Kreider, Outlook Staff)

Walking: A step in the right direction

By Lisa Young, Health Educator
U.S. Army Center for Health
Promotion & Preventive Medicine

Walking is one of the safest ways to be physically active. It is a low-impact exercise for people of all ages. It is inexpensive and can be done almost anywhere, at any time. Hippocrates said that "walking is man's best medicine."

Walking can:

- Increase energy.
 - Tone muscles, easing back pain.
 - Reduce stress, helping you relax and sleep better.
 - Manage body weight by burning more calories and controlling appetite.
 - Reduce risk of heart attack and type 2 diabetes.
 - Manage high blood pressure and diabetes.
 - Slow osteoporosis bone loss.
- Before you start out on a walking program, consult a healthcare provider to be sure there is no health problem or physical reason that would limit your plans. Keep the following points in mind for a safe and effective walking program:
- Choose safe places to walk with several different walking routes for variety.
 - Schedule time in your daily routine that will be the most consistent.

· Find a partner or group of people to walk with you.

· Wear walking shoes that will cushion your feet and absorb shock.

· Wear clothes that will keep you dry and comfortable.

· Wear a hat—a warm knit cap in the winter and a baseball cap or visor in the summer.

· Begin with a warm-up, walking slowly for three to five minutes. Gradually increase your speed to a moderate pace for the main routine. Cool down by ending with a slow walk for five minutes.

· Do light stretching afterwards for the calf, front and back of the thigh, hip and lower back.

· Walk at least three to five times per week. Increase your effort by walking faster, going further or walking longer. To prevent injury, do not increase your intensity and your distance or time in the same week. If you walk less frequently, progress more slowly.

· Drink water before, during and after your walk.

· Do not wear headphones and stay aware of your surroundings.

· Wear bright colors or reflective tape after dark so that motorists can see you.

Walking is a great exercise because it's so simple. However, if your posture is poor or your movements are exaggerated, you increase your risk of injury.



(Above) Dillan Barna, (in stroller), Jessica Springer and her daughter, Laurie Barna and child (on bike), walk on the North 40 Track. (Below) Cheri Fochs, runs with a child during the Family Day 5k Walk/Run that took place on Caserma Ederle Aug. 4. More than half of the 70 people who participated in the event were children and family members. (Photos by Laura Kreider, Outlook Staff)

To avoid injury, use a walking technique that will keep your chin up, shoulders slightly back, heels touching the ground first with toes pointed forward and weight rolling forward, and arms swinging at your sides. As you speed up, you may find it more efficient and comfortable to bend your elbows up to 90 degrees.

A successful walking program that lasts a lifetime takes commitment. As motivation, keep a record of how many steps you take, the distance you walk, or how long it takes. Using a pedometer makes it easy and fun. Pedometers attach to your waistband, detect body motion, count your footsteps, and display calories burned, distance walked and time elapsed.

Sometimes interruptions may occur to your walking program. Don't let a few days off sabotage your plan for fitness and improved health. Keep from getting discouraged by setting realistic goals such as 15 minutes three times a week, gradually progressing to 30 minutes five days a week.

Include simple lifestyle changes that will increase your daily walking



time, like taking the stairs, parking at the end of the parking lot, or walking the dog twice a day. Even though the first steps of any new habit can be difficult, keep your goals in mind. Once you take that first step, you're on the way to a worthwhile and beneficial journey to better health.

For more information on walking, visit these Web sites:

<http://win.niddk.nih.gov/publications/walking.htm>

<http://www.hoah4health.com/body/fitness/startwalkin.htm>

<http://www.mayoclinic.com/health/walking/HQ01612>

Body Combat strikes blow for fitness

Story and photo by Laura Kreider,
Outlook Staff

"Body combat is an intense class and you work out everything," Christina Salas, Body Combat instructor, explained.

"Everybody can do it. Once you take the class a couple of times you are less confused and remember the sequence of exercises."

The class is offered Tuesdays and Thursdays from 9:15-10:15 a.m., Thursdays from noon-1 p.m., Wednesdays from 5:30-6:30 p.m. and the 2nd and 4th Saturday each month from 9:15-10:15 a.m.

The cost is \$3 per class, all other fitness classes cost the same except the cost of Yoga, which is \$5.

The Fitness Center also offers the option to purchase a \$25 for 10 classes' card.



(Above) Salas readies a punch during Body Combat class while her students assume a power stance (Below).



Getting into swing of things



In the summer some folks head for the golf course for a bit of relaxation. This time around it was the children of Maj. Anthony and Mrs. Kimberly Lugo, 4-139 AFAR, of Bamberg. The older brother (left) along with his sister (above) had a go at the links under the watchful tutelage of Archie Johnson, SKIES director and Danny Brown, the Whispering Pines golf course manager.

(Story contributed by Gina Little, FRSA, 4-319 AFAR, Bamberg, Germany)

Sports shorts

Extreme Waves Trento/ Canyoning

Take a trip to the mountains Aug. 18 with Outdoor Rec. Canyoning is a thrilling descent among the waters of a torrent to discover the wild walls of an Alpine Canyon, surrounded by unspoiled nature and breathtaking scenery. Adventurers are accompanied in safety by a mountain guide. Please bring sport shoes, fleece, swimming suit, and a towel. Extreme Waves provides all the technical equipment. The trip takes off at 7 a.m. and returns by 6 p.m.

Swim Instruction: Session 4

At the request of the Vicenza community, SKIES Unlimited has added an additional 4th Session of Swim Instruction set to begin Aug. 6-16, Monday to Thursday. Morning classes will be held at the Villaggio pool and evening classes at the Ederle Inn Pool. Call SKIES Unlimited at 634-7206 for more information.

CYS Coaching Clinic

CYS is offering coaching clinics starting Saturday, Aug. 4, 9 a.m.-noon. Thursday, Aug. 16, 6 p.m.-9 p.m.. Tuesday, Aug. 28, 9 a.m.-noon. Coaches can only be certified to coach one sport per clinic, but they will have the option of several sports during the clinic including soccer, basketball, baseball/softball, cheerleading and flag football.

Deadline for registration: one day prior to the clinic.

Call CYS Sports and Fitness to Register: 634-6151/6152.

CYS soccer season

Soccer season enrollment is Aug. 1-24. The cost is \$36 for ages 3-18. The season begins Sept. 4. Youth must be registered CYS members, have valid ID card and SSN, 2 Emergency Contact phone numbers and a current health assessment. A soccer skills clinic will be held August 6-10. Enrollment for the clinic begins July 16. For information call CYS Sports and Fitness 634-6151

Youth Basketball clinic

Enrollment is underway for the Aug. 13-17 Basketball clinic for ages 8-18.

Youth must bring two complete emergency contact information sheets, Social Security number for child, valid ID card and current health assessment. Cost is \$25. Register at CYS Central Registration, or call 634-7219 for details.

Youth soccer clinic

CYS Youth Sports is holding a soccer clinic for youth ages 8-18, Aug. 6-10, 9 a.m.-noon on the Villaggio sports field. Cost is \$25 and child must be register with CYS to participate.

Contact CYS for details. Enrollment by July 31 at CYS Central Registration Office, Family Readiness Center Bldg. 108.

CYS tennis clinic

Child and Youth Services is offering a Tennis Clinic for youth ages 6-18, Aug. 13-14, 5-6 p.m.

Texas Senior Champion, Col. (Dr.) James Houston is instructing. All participants will receive a T-shirt.

Register by Aug. 10 at CYS Central Registration.

CYS is also looking for coaches to help out with Tennis and Cross Country in the fall the season will begin the week of Sept. 17.

Call 634-6151 for information.