



**Hit the slopes pages 4-5**

Sign up for free snowboarding classes



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Italian markets, cultural events and the annual Broccoli Festival



**The Bubble to open Friday page 8**

Physical fitness opportunities are about to expand on Caserma Ederle

# OUTLOOK

January 10, 2013

U.S. Army Garrison Vicenza & Darby Military Community

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Vol. 46, Issue 1

## Sky Soldiers hold pre-Ranger course

Story and photo by Sgt. Michael Sword  
173rd ABCT PAO

**FORWARD OPERATING BASE WARRIOR, Afghanistan** - As temperatures drop across Afghanistan, lush green farmland and rocky, brown mountain peaks are blanketed with snow. With the colder weather, many of the foreign fighters head toward warmer climates, resulting in a slower winter fighting season.

Taking advantage of the decrease in enemy activity, Soldiers of 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team, took the opportunity to develop and conduct a pre-Ranger course at Forward Operating Base Warrior in Ghazni Province.

While the decision to hold the course was a natural, implementing it was no easy task.

After weeks of planning, and with the help of the Ranger Training Brigade at Fort Benning, Ga., which sent the most current course materials, a cadre of Ranger-qualified noncommissioned officers from 1st Battalion put together a course focusing on the fundamentals taught in what is generally considered one of the toughest courses the Army offers.

"We were pulling information from stateside to make it accurate and to get the most updated techniques from Ranger school itself," said Sgt. 1st Class Zachari Rushing, one of the instructors who took the lead in creating the course.

"Everything that we taught was word for word what they teach," said Staff Sgt. Gregory Quarles, a weapons squad leader with Company A, 1st-503rd Infantry, and a native of Ringgold, Ga.

"We focused on RAP week and squad tactics," said Rushing, a native of Gulf Breeze, Fla. "We went the depth that they would get at Ranger school and we did a lot of patrolling."

RAP week is the Ranger assessment phase, the first three days of Ranger school. It includes the Ranger physical fitness test, a combat water survival assessment, a 2.1-mile buddy run in uniform, carrying an M4, an obstacle course, and 12-mile ruck march with a load of



Lt. Col. Jeremy Schroeder (left), commander of 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team, speaks to the graduates of a two-week pre-Ranger course Dec. 23 at Forward Operating Base Ghazni, Afghanistan.

at least 35 pounds.

According to the Ranger Training Brigade, 60 percent of all Ranger school failures occur during RAP week. While 1st Battalion's instructors couldn't replicate RAP week exactly, Soldiers were held to the same exacting time standards.

"At 6,800 feet, a full Ranger PT test was run just like it would be run at Ranger school," said Quarles.

The cadre was comprised completely of volunteers, a fact not lost on Spc. Ron Murphy, an infantryman and machine gunner with A Company and a native of Simi Valley, Calif.

"We're all deployed right now, and they have places they need to be, too," Murphy said of the instructors. "But they put in so much work to make sure we got the lesson and we picked it up."

High elevation wasn't the only additional challenge facing the Soldiers, as temperatures fell below freezing at night. While many units have similar courses, holding the pre-Ranger course while deployed presented some unique challenges.

"The fact that you're taking the course downrange with all the other stresses, the results were good," said Rushing.

There were some benefits as well to being deployed during the course, especially while teaching demolition.

"We blew live Claymores," said Quarles. "We taught them charges that they won't learn in Ranger school, just to give them the knowledge. And we taught them the charges they will learn to set them up for success, but also to give them some extra tools."

See PRE-RANGER, page 3



Photo by Chiara Mattiolo

### Getting read in at Camp Darby

Supervisory librarian Michael McDaniel (from left) talks with U.S. Consul General Sarah Morris and U.S. Army Africa Commanding General, Maj. Gen. Patrick J. Donahue, about library services at Camp Darby Jan. 7. Donahue visited major activities at the Darby Military Community Jan. 6-8.

## Table Top Exercise tests DMC response

By Chiara Mattiolo  
Darby Military Community PAO

Darby Military Community personnel together with the host nation emergency agencies took part in a Table Top Exercise Dec. 12. The Tuscan Sun TTX scenario simulated an accidental wildfire originating from a construction site adjacent to the Ammunition Storage Area perimeter fence.

The exercise was designed to generate discussion focused on emergency management, response plans, policies, procedures and mutual aid agreement with the host nation.

"Getting the opportunity to have all the different representatives from the Italian and U.S. agencies that will be utilized

during any crisis within our community is very positive," said Lawrence Kilgore, deputy garrison manager. "We all have the opportunity to learn from each other and see firsthand the many different actions that we must take as a team to ensure we protect the life, safety and property of those within our community in case of a natural disaster."

Exercise facilitator Keith Horne from the USAG Vicenza DPTMS team said that the command group felt communication was outstanding throughout the duration of the exercise.

"I was impressed by the outstanding communication and information sharing by all parties," said Horne. "All participants showed good

See DMC Tuscan, page 3

# Commentary and news

## Take Living Pattern Survey in January

By Commander Navy Region Europe, Africa, Southwest Asia Public Affairs

**NAPLES, Italy** – All U.S. service members with dependents who have been permanently stationed in Italy for three months or more should take part in the Living Pattern Survey (LPS) being conducted through Jan. 31.

The LPS can be completed online at <https://www.defensetravel.dod.mil/site/lps-italy.cfm>. Conducted every three years, it is one of the building blocks for determining the Cost of Living Allowance (COLA) which affects those serving overseas.

The survey asks participants to identify the local stores they use when purchasing items such as food and clothing,

as well as other goods and services such as hair care services, auto repair, etc. The LPS also asks service members to identify how much of their shopping is done on the local economy, at base facilities such as the Commissary and Exchange, or on the Internet.

The information collected is used to construct the Retail Price Survey (RPS), which will be conducted shortly after the conclusion of the LPS. The RPS collects the prices of approximately 120 goods and services from the locations identified in the LPS.

These prices are then averaged with prices for similar products and services provided by merchants in the U.S. to determine the COLA index. This final

index represents the cost difference between COLA types of goods and services in an overseas location compared to similar goods and services in the U.S.

Decreases to the COLA index are implemented incrementally while increases are implemented immediately.

Service member participation is critical to ensuring accurate rates are implemented. It is important that service members accurately report their shopping at local economy outlets and on-base facilities since the COLA index is significantly affected by the proportion of shopping done at each.

For more information about the LPS and to calculate your current COLA, please visit <http://www.defensetravel.dod.mil/site/colaIndexCalc.cfm>.

### Welcome to this world, Annabella

New mother Maria Cristina Woltering holds baby Annabella Maya Woltering, the first baby to be born at the U.S. Army Health Center Vicenza in the New Year. Annabella was born New Year's Day at 1:08 p.m., the daughter of Staff Sgt. Matthew T. Woltering and Maria Cristina. Dad is a staff sergeant in Company A, 1-503rd Infantry. Also pictured: Capt. Trena Buggs, Army nurse, and Maj. Bret Witt, Birthing Center clinical nurse officer in charge.

Photo courtesy of U.S. Army Health Center Vicenza



## Secret to losing weight: eat well, avoid fads

By Amy Cowell

U.S. Army Public Health Command

It's the start of a new year and you are determined to make this the year you stick to your resolution to lose those extra pounds. But with so much information out there, where should you start?

If one does a quick Google search for "weight loss," more than 500,000 results appear, headlined with advertisements for the latest and greatest diets, all claiming to have the new secret to weight loss.

So which do you choose? The Atkins, Baby Food, Cabbage Soup, Caveman and Grapefruit diets promise quick and easy results – not to mention the abundance of weight loss pills, equipment makers and fitness centers that claim to deliver the body of your dreams (for a small fee).

Would you believe that the best thing you can do to achieve your goals is to avoid all of these fads?

"Don't be fooled into thinking it is because of some magical food, pill or potion," said Dawn Jackson-Blatner, a spokesperson for the American Dietetic Association. "Crazy, unbalanced diets cause weight loss because they are basically low-calorie diets."

Such diets limit one's nutritional intake, can be unhealthy and tend to fail in the long run. Follow the ADA's advice and stay away from any faddish diet, pills or products.

**Rapid weight loss:** Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than one-half to one pound per week. If you lose weight quickly, you'll lose muscle, bone and water. You also will be more likely to regain the unwanted pounds quickly

after rapid weight loss.

**Quantities and limitations:** Ditch diets that allow unlimited quantities of any food, such as grapefruit and cabbage soup. It's boring to eat the same thing over and over, and hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients.

**Specific food combinations:** There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

**Rigid menus:** Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. With any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is

no, the plan is not for you.

**No need to exercise:** Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and to aim for 30-60 minutes of activity on most days of the week.

**Here's the bottom line:** If a diet or product sounds too good to be true, it probably is. The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more.

For information on ways to make realistic lifestyle changes, go to American Dietetic Association site at [www.eatright.org](http://www.eatright.org).

## Speak Out

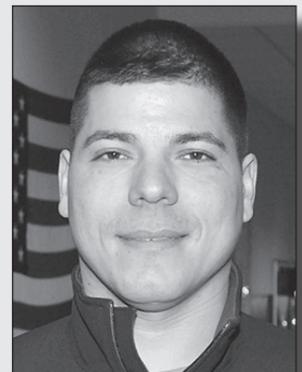
What is your New Year's resolution?



Staff Sgt. Virgia Wilson

U.S. Army Africa CCP

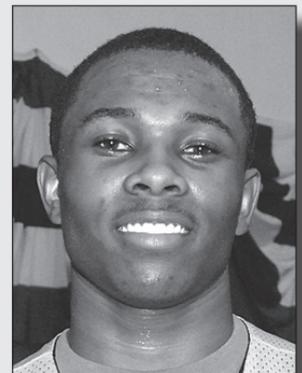
"My New Year's resolution is to live healthier: eating, thinking of both physical and spiritual aspects."



Sgt. Arkelio Alicea-Vega

USAHC Vicenza

"Quit smoking, stay fit and continue loving my family."



Terell Gandy

Family member

"My New Year's resolution is to get into college playing the sport I love."

By Laura Kreider

## Airborne Almazan siblings reunite in Afghanistan

By Command Sgt. Maj. Mickey Rutledge

1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team

**Forward Operating Base Shank, Logar Province, Afghanistan** — Spc. Brianda Almazan and her big brother, Spc. Jayro Almazan, reunited recently in a pretty unlikely place: Logar Province, Afghanistan.

Brianda, 21, is a parachute rigger deployed with Headquarters and Headquarters Company, 173rd Airborne Brigade Support Battalion. Jayro, two years her senior, is a forward observer with Alpha Company, 2nd Battalion, 505th Infantry, part of the 82nd Airborne Division's 3rd Brigade. When not deployed, Brianda is based at Aviano, Italy, and Jayro can be found at Fort Bragg, N.C.

The two had not seen each other in more than a year, the last time being when



Photo by Spc. Jessica Gorge  
Brother and sister, Spcs. Jayro Almazan and Brianda Almazan, pose for a photo during their recent reunion at FOB Sharana, Afghanistan.

both took leave to visit their family in Fort Worth, Texas.

Both Almazans deployed to Afghanistan with their respective units in July. The pair got together when Brianda was given permission to travel from Command Outpost Maqur to see her brother at Forward Operating Base Sharana.

Brianda said the timing of her latest visit was perfect. Jayro celebrated his 23rd birthday while she was with him.

"It was a neat experience to be able to spend his birthday together, while we are both deployed," she said. "We caught up on a lot we had missed. We were able to talk about our experiences here in Afghanistan and the missions we have been on, our perspectives and what our jobs are like while we are here. I got to meet his platoon and his forward observer team. They were great. I had an awesome time, and am very grateful I got this awesome opportunity to reunite with my older brother while deployed in Afghanistan."

Although she and Jayro are the only members of their family to pursue military careers, Brianda said she always wanted to join. "For as long as I can remember, I always wanted to serve in the military and get deployed to serve my country," she said.

Brianda enlisted first, at age 17, but while she finished high school Jayro shipped out for basic training in May 2009, two months ahead of her. After a tour at Fort Benning, Ga., Brianda re-enlisted for Europe and soon deployed. While her full-time unit is HHC 173rd, she is currently attached to the brigade's 1st Battalion, 503rd Infantry as a Female Engagement Team member. She said she plans to re-enlist as soon as she is able, and wants to continue to serve in Italy.

While Jayro has spent his entire career with the 82nd in North Carolina and Afghanistan, he plans to re-enlist for a new specialty as a cryptologic linguist. He already took the exam and scored very well.

Brianda said their mother worries about them a lot because they are both deployed, but that she also says she knows they are well taken care of, and she is very proud of their service and how much they have learned and grown.

## Pre-Ranger: 173rd trains in OEF

CONTINUED from page 1

For Soldiers already planning on attending Ranger school, as Murphy does, the course provided a look into the future.

"This was something I wanted to do to better prepare myself," he said. "They laid out how it's going to be in Ranger school, and personally, it made me feel better."

"They basically broke it down for us. Here they'll work with you more and they'll teach you and you get to absorb it [at a slower pace] than I imagine you would be able to in Ranger school," he said.

While primarily attended by infantrymen, any Soldier could take the course.

### Thinking about Ranger school

"For a few months, I've been thinking about going to Ranger school," said Staff Sgt. Christopher Hurtig, an intelligence analyst with Headquarters and Headquarters Company, 1st Battalion, 503rd Infantry Regiment, and a native of Flower Mound, Texas.

"For intel analysts, it's rare to be Airborne qualified, much less Ranger qualified, so I feel like it's a challenge that I can accomplish that will set me apart from my peers," he said.

"It allowed me to learn a lot of skills in the infantry world, the people I'm supporting, so now I have a better idea what they go through," said Hurtig.

After two back-to-back classes in a month, 1st Battalion graduated 28 Soldiers. The course gave graduates a glimpse into the future and the confidence of knowing that if they can make it through the pre-Ranger course while deployed in Afghanistan, they will be able



Sgt. 1st Class Zachari Rushing watches Soldiers of 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team, recite the Ranger Creed before their graduation ceremony Dec. 23 at Forward Operating Base Ghazni, Afghanistan.

to make it in the real Ranger school.

"I know what I have to do to make it through and I know I can get through it. You just take it day by day,

## DMC: Tuscan Sun

CONTINUED from page 1

understanding of their respective organization's capabilities."

Kilgore added that the exercise showed what the community can do and that he learned many valuable details about Host Nation emergency agencies' actions in response to an emergency in the DMC.

"Our Host Nation handles many real world crises daily, and knowing that they are here for us makes me feel very comfortable in knowing they will be assisting us when the need arises," he said.

Italian Base Commander, Col. Raffaele Iubini, said, "Practicing with Host Nation emergency responders is imperative and enforces the good communication we maintain with them." Noting the response to a recent small fire emergency, he said it showed "...our strategies are good and the communication remains excellent; practicing helps us to become even more confident."

"We, the DPTMS team, are very satisfied by the outcome of this table top exercise, which demonstrated how the Darby Military Community is able to provide a quick, professional response to emergency situations," said USAG Vicenza DMC anti-terrorism specialist Vincenzo Leto. "In spite of the catastrophic scenario of the exercise we were able to provide the right response."

The next force protection exercise will be a full simulation exercise scheduled for October.

## The Outlook

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

**USAG Vicenza Commander and Publisher**  
Col. David Buckingham

**USAG Vicenza Public Affairs Officer**  
Grant Sattler

**Editor**  
David Ruderman

**Photojournalist**  
Laura Kreider

**Social media manager**  
Joyce Costello

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## Shop now for Italian sales items

By Chiara Mattiolo  
Darby Military Community PAO

Sales, sales and more sales. Right after the end of the holiday season comes the sales and discount season, which began Jan. 5 and will last 60 days.

According to Italian clothing shop attendant Sara Rizza, today's traders are truly professional and are not interested in ruining their image by selling second-class products.

"We sell our goods at 50 percent of the original price," said Rizza. "The only issue is that due to the increased number of customers, we tend to deplete

the assortment of sizes within the first week of sales."

According to local newspaper "Il Tirreno," there are a few simple indicators that can help shoppers evaluate possible purchases. Generally the discounts are 20-50 percent of the original price; a greater reduction and a more careful evaluation of the product is called for. It is also good practice to visit shops you are familiar with for buying sales merchandise. You should be able to see the regular price and the sales price in the shop windows.

Italian consumer protection agency *Unione consumatori* advises that if a shop shows a

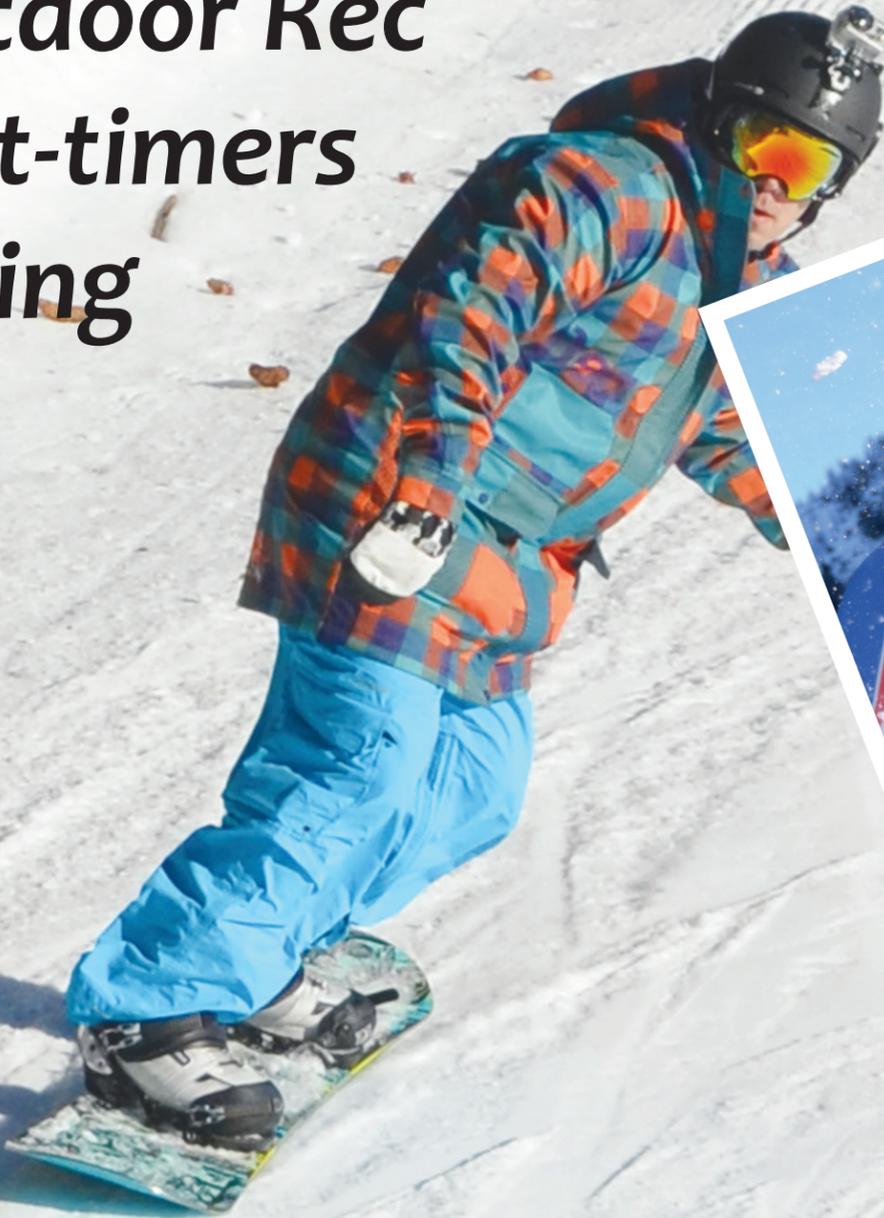
credit card publicity sticker, it must let you use the credit card for sales items. If they do not, contact the originating bank and service for the shop may be suspended.

Also, all sales items can be exchanged if defective, even if shopkeepers say it is not possible to return or exchange sales.

"The only issue about exchanging goods that have been purchased during the sales season is that the shop may run out of that specific good," said Rizza. "In that case, customers will be either issued a voucher for the amount spent or can choose to buy a different item."

# Start 2013 with a cool skill

## Vicenza Outdoor Rec teaches first-timers snowboarding



Story and photos by Joyce Costello  
USAG Vicenza Public Affairs

ALLEGHE', Italy - Flying into the air off a 15-foot jump, doing 360s and other tricks, and landing on what looks like an airbag or giant pillow is a rush that snowboarders like Chris Wolff and Reid Erickson look forward to whenever the first snow begins to fall.

"It's a pure adrenaline rush doing snowboard tricks, but the safety landing airbag at Alleghe' Ski resort is especially nice because it allows you to try a trick you wouldn't normally try," said Wolff, Vicenza Outdoor Recreation ski and snow board instructor. With the appeal of snowboarding growing and snow parks being integrated into winter resorts across Europe, Wolff said ODR started offering classes for free.

"We noticed that people who were coming out for the first time and didn't get lessons were getting hurt and not having a good time ... and were not coming back," said Wolff.

"You can go out there and spend your entire day learning the hard way, or you can take a two-hour class and spend your afternoon improving instead of continuing to wreck yourself on the bunny slopes. Once we started offering free classes, beginning boarders began to enjoy it more and started

coming out to the slopes more often," he said.

Surfer Jonathon Torres decided to take advantage of the free snowboard lessons. The experience was one of the best he's had while stationed in Europe, he said.

"Snowboarding is similar to surfing, but is completely inverted," said Torres. "I definitely liked the class and think once you try snowboarding, and you like it, that you can get addicted to it."

"My friends convinced me to try it," said first-timer Andrew Belgrade, "and I'm glad to check it off my bucket list: going to the Alps and learning to board."

The free snowboarding classes represent an average savings of € 76 per person, and all ODR ski and snowboard instructors are certified through the American Association of Snowboard Instructors (AASI) or Professional Ski Instructors of America (PSIA), according to Wolff.

Erickson, a certified snowboard instructor and former semi-pro boarder from Minnesota, said he volunteers at ODR to teach boarding because he feels it's a great chance to provide an outlet and a great experience for Soldiers and their families.

"I love teaching and seeing that big

smile when you've taught someone something that they can do for the rest of their life," said Erickson.

Classes start with learning how to fall.

"When falling forward, people naturally want to put their hands out to break their fall and that's how a lot of wrist injuries happen," explained Erickson. "We teach them how to fall using their forearms and when falling backwards how to fall similar to the Airborne PLF (parachute landing fall)."

After mastering falling, participants learn how to glide and do J-turns.

"In the beginning, it felt like I had no control and I went wherever the ground or gravity took me," said Belgrade.

Soon the class was doing slip-sliding or falling leaf (a move in which the board is perpendicular to the slope) and learning how to go down on the edge of their board (edging). Partnering up, they gained the confidence to go down the hill facing the downward slope and also with the back to the downward slope.

Once the class could traverse the slope, it was time to learn how to get on and off the chairlift and pommel lift with snowboards strapped to their feet.

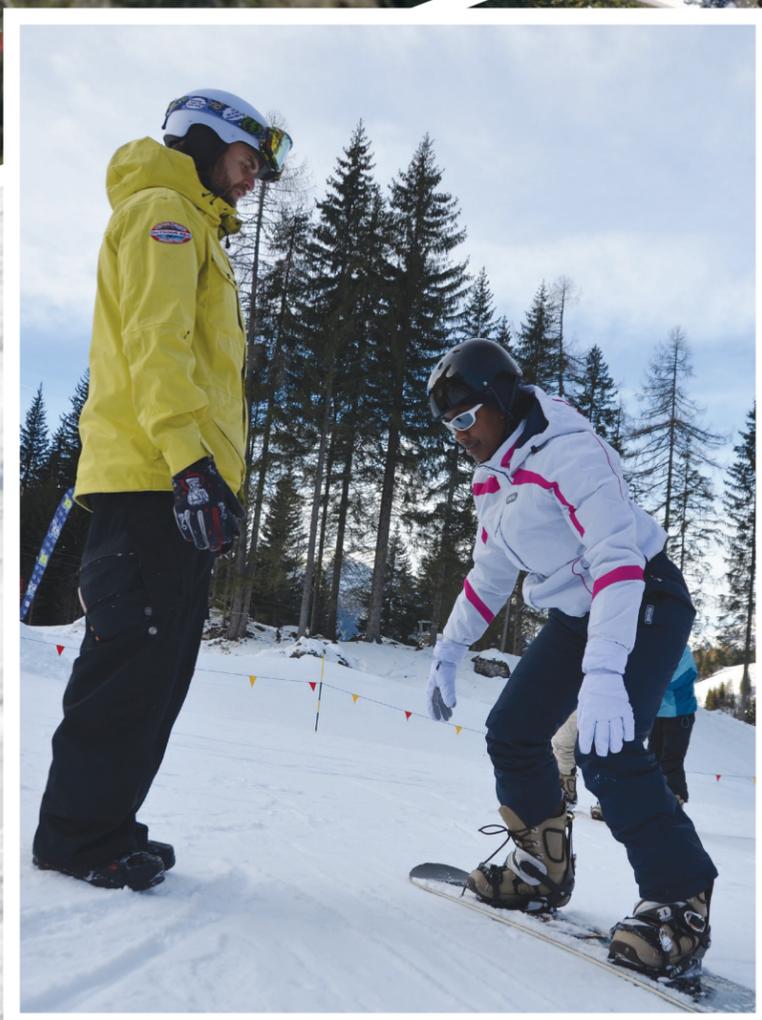
"The pommel lift is most common

on the bunny hills in Italy, and the sensation of being towed up the hill is completely new," said Wolff. "Lessons definitely keep you from eating it when learning the pommel."

Erickson recommended renting equipment before you buy it in order to ensure you enjoy the sport before making the investment. ODR has lots of equipment for those wanting to learn to snowboard, but limited equipment for children under 8 years old; however, Italian facilities are well equipped as many cater to that age group, he said.

Vicenza ODR also does binding testing, edging, waxing, resurfacing and texturizing boards and skis. "Talk to us, find the best place to learn. We recommend all first-timers get a lesson from us rather than subjecting friends and loved ones to a potentially frustrating experience," said Wolff.

"Don't expect to be Shaun White on the first day. Lastly, snowboard parks are very popular, but make sure you've got your helmet."



**Best slopes for Beginners**

*Folgaria  
San Martino  
Alleghe'  
Asiago  
Alpe di Siusi  
Kronplatze*

**Best slopes for Intermediate/Advanced**

*Solden  
Stubital  
Berwange  
Chamonix  
Matterhorn  
Arabba*

**Upcoming Vicenza ODR Trips**

<i>Arraba</i>	<i>Jan. 12</i>
<i>Matterhorn</i>	<i>Jan. 18-21</i>
<i>San Martino</i>	<i>Jan. 19</i>
<i>Cortina</i>	<i>Jan. 26</i>
<i>Chamonix</i>	<i>Feb. 2</i>
<i>Paganella</i>	<i>Feb. 9</i>

**Safety tips for boarding in Italy**

Compulsory for youth under 14 years old to wear helmet

The person down the hill from you always has right of way

Never stop in a high traffic area or an area where you can't be seen from above

ODR provides a helmet at no charge to all those renting equipment — always wear a helmet!

Some resorts offer additional insurance that covers potential medical costs and liabilities such as air ambulances and evacuation fees, which can be very expensive



## Sagra del Broccolo Fiolaro:

Guaranteed to help you hold on till springtime, the annual 'Broccoli Festival' in nearby Creazzo features live entertainment nightly, a range of local traditional culinary delights and the highlight of the event: locally grown broccoli in all its glory.

Courtesy photo



## Cultural events

### SAGRA DEL BROCCOLO FIOVARO - BROCCOLI FESTIVAL

Jan. 11-15, in Creazzo, Sports center, Via Torino, about 5 miles west of Vicenza. The *broccolo fiolaro* is a typical cultivation of the Creazzo hillside area. The name is derived from the presence of several sprouts along the stalk of the plant, which in Venetian dialect are called *fiol* (offspring). Food booths featuring the typical Creazzo dishes "gnocchi with broccoli" and the traditional *fritola* (doughnut) open at 6:30 p.m. Live music and entertainment start nightly at 9:30 p.m. On Tuesday, Jan. 15, at 9 p.m., best broccoli dish contest.

### POESIA E MUSICA – POETRY AND MUSIC CHARITY CONCERT

Jan. 12, 8:30 p.m., in Vicenza, at Ca' Balbi Theatre, Via Marco da Montegallo, 4. The La Fraglia theatre group will host local artists; free entrance. The concert aims to collect donations that will be given to the Bertesinella Church and La Fraglia, a local cooperative for disabled persons.

### RAFFAELLO VERSO PICASSO – RAPHAEL TO PICASSO (WESTERN FIGURATIVE ART)

Ongoing through Jan. 20, 2013, in Vicenza, Basilica Palladiana, Piazza dei Signori. Monday-Thursday 9 a.m.-7 p.m.; Friday-Saturday 9 a.m.-8 p.m.; Saturday 9 a.m.-9 p.m. Portraits by European masters such as Raphael, Botticelli, Tiziano, Caravaggio, Rembrandt, El Greco, Goya, Manet and Van Gogh. Buy tickets online at <https://biglietto.lineadombra.it/guida.aspx>.

### STEVE MCCURRY'S VIAGGIO INTORNO ALL'UOMO

Photographic portraits exhibit ongoing through Feb. 24 in Genoa, Palazzo Ducale, Piazza Matteotti 9. Tuesdays-Sundays 10 a.m.-7 p.m.; Monday 2-7 p.m.; admission: €12; reduced: €9 (18-26 years old, students, and senior citizens over 65); €4 (children under 18).

### CONSTANTINE 313 A.D.

Exhibit ongoing through March 17, in Milan, Palazzo Reale,

Piazza del Duomo 12, to mark Constantine's 313 A.D. *Edict of Milan*, featuring art and cultural treasures. Mondays 2:30-7:30 p.m.; Tuesdays, Wednesdays, Fridays and Sundays 9:30 a.m.-7:30 p.m.; Thursdays and Saturdays 9:30 a.m.-10:30 p.m.; admission: €9; reduced €7.50. Information in Italian at <http://museodiocesano.it/exhibitions/costantino/>.

### PABLO PICASSO

Exhibit is ongoing through Jan. 27 in Milan, Palazzo Reale, Piazza del Duomo 12. Over 200 works including paintings, drawings, sculptures and photographs. Mondays-Wednesdays: 8:30 a.m.-7:30 p.m.; Thursdays-Sundays 9:30-11:30; admission: €9; reduced: €7.50 (children 6-18; students up to 26; senior citizens over 65).

### DRACULA AND THE MYTH OF VAMPIRES

Exhibit ongoing through March 24 in Milan, Triennale Design Museum, Viale Alemagna 6, exploring the cultural influence of the idea of the vampire on fashion, illustration, costume, art, literature, film and design. Tuesday-Sunday 10:30 a.m.-8:30 p.m.; Thursday 10:30 a.m.-11 p.m.; admission € 8; reduced €5.50. Information in English at <http://fashionbeyondfashion.wordpress.com/2012/11/24/the-exhibition-dracula-and-the-myth-of-vampires-at-the-milan-triennale-design-museum/>.

### RAKU POTTERY EXHIBIT

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

## Concerts, events

**The Jacksons:** Feb. 11 in Rome; Feb. 12, in Milan

**Michael Jackson - The Immortal World Tour, Cirque du Soleil:** Feb. 19-20 in Torino; Feb. 23-24 in Assago (Milan)

**Big Sean:** Feb. 24, in Milan

**Nelly Furtado:** March 13 in Milan  
**Mick Hucknall (of Simply Red) - American Soul Tour:** March 19 in Rome; March 21 in Padova

**Steve Hackett:** April 23 in Assago (Milan); April 26 in Rome

**Bruce Springsteen & the E Street Band:** May 31 in Padova; June 3 in Milan; July 11 in Rome

**Joe Satriani:** June 1 in Padova

**Bon Jovi:** June 29 in Milan

**Mark Knopfler:** May 3 in Assago (Milan); July 12 in Piazzola sul Brenta (Padova); July 13 in Rome

**Leonard Cohen:** July 7 in Rome; July 9 in Lucca

**Roger Waters - The Wall Live:** July 26 in Padova; July 28 in Rome

**Robbie Williams:** July 31 in Milan

Tickets available in Vicenza at Media World at Palladio Shopping Center or at [www.greenticket.it/index.html?imposta\\_lingua=ing](http://www.greenticket.it/index.html?imposta_lingua=ing) or <http://www.ticketone.it/EN/>.

## Ice skating

### SCHIO

In Piazza Falcone e Borsellino, through Feb. 10. Saturday-Sunday 8:30 a.m.-10:30 p.m.; Monday-Friday 2:30-10:30 p.m.; Entry: €7 (includes skate rental); €5 for children under 10 and seniors over 60; free for children less than 39 inches tall.

### VICENZA ON ICE

Ice staking rink through Jan. 27, in Campo Marzo; Mondays-Fridays 3-9 p.m.; Saturdays, Sundays and holidays 10 a.m.-1 p.m. and 3-10 p.m.; two-hour entrance fee: weekdays €8 (includes skate rental); €6 for children under 12; €4 without skate rental; Saturdays, Sundays and holidays: weekdays €10; €8 for children under 12; €6 without skate rental.

## Nativity scene exhibits

### BASSANO DEL GRAPPA

*Natale di luce* – Bright Christmas, ongoing through Jan. 20; Tuesdays – Sundays 3-7 p.m.; Chiesetta dell'Angelo, Via Roma 80

### VERONA

*Rassegna Internazionale dei Presepi* – International Nativity scene exhibit, ongoing through

Jan. 20, at the Arena, 9 a.m.-8 p.m. It features more than 400 nativity scenes from around the world. Entrance: €7; reduced cost of €6 for children 6-12 and seniors over 60

*Concorso del Presepio Tradizionale e Artistico* – Traditional and artistic Nativity scene contest, ongoing through Jan. 13, in Sala Birolli, Monday-Friday 3-7 p.m., Saturday-Sunday and holidays 9:30 a.m.-12:30 p.m. and 3-7 p.m., Via Macello 17.

### VICENZA

Traditional nativity scenes, ongoing through Jan. 31, 8 a.m.-noon and 4-6:30 p.m. at various locations throughout the city.

## ODR trips

### VICENZA ODR TRIPS

**Jan. 18-21:** Hit the slopes of Matterhorn.

**Jan. 19:** Ski San Martino, great for all levels of skiers and snowboarders.

**Jan. 19:** Balsamic vinegar and Parmigiano factories tour.

**Jan. 20:** Thermal pools and spa at Lake Garda.

**Jan. 23:** Wine Down Wednesday trip to the hills of the Prosecco Road.

Book trips WebTrac at <https://webtrac.mwr.army.mil/webtrac/vicenzarectrac.html> or follow the link at [www.vicenzaMWR.com](http://www.vicenzaMWR.com).

### DARBY ODR TRIPS

**Jan. 19:** Guided tour of the Ferrari Museum

**Jan. 26:** Abetone ski trip, IKEA shopping trip

**Jan. 27:** Viareggio Carnevale

**Feb. 3:** Viareggio Carnevale

**Feb. 2:** Monte Cimone ski trip, Ceramics trip

**Feb. 9:** Venice Carnevale, Abetone ski trip

**Feb. 10:** Viareggio Carnevale

**Feb. 16:** Florence trip, Abetone ski trip

**Feb. 17:** Viareggio Carnevale

**Feb. 18:** Assisi trip

Call ODR at 633-7589/7775 for details or register on WEB TRAC. Full calendar is on the web at <http://www.calendarwiz.com/calendars/calendar>.

## Sporting events

### WWE WRESTLEMANIA SMACKDOWN REVENGE TOUR

April 25, in Casalecchio di Reno (Bologna);

April 26 in Trieste

All events listed are as reported at press time. Details are subject to change without notice. For full online links go to **The Outlook** online at [www.usagvicenza.army](http://www.usagvicenza.army).

## Now Showing



### Ederle Theater

Jan. 10	Cloud Atlas (R)	6 p.m.
Jan. 11	Fun Size (PG 13)	6 p.m.
	Paranormal Activity 4 (R)	9 p.m.
Jan. 12	Fun Size (PG 13)	3 p.m.
	Paranormal Activity 4 (R)	6 p.m.
Jan. 13	Fun Size (PG 13)	3 p.m.
	Paranormal Activity 4 (R)	6 p.m.
Jan. 16	Fun Size (PG 13)	6 p.m.
Jan. 17	Paranormal Activity 4 (R)	6 p.m.
Jan. 18	Alex Cross (PG 13)	6 p.m.
	Gangster Squad (R)	9 p.m.

### Camp Darby Theater

Jan. 18	Paranormal Activity 4 (R)	6 p.m.
Jan. 19	This Is 40 (R)*	6 p.m.
Jan. 20	Parental Guidance (PG)*	1 p.m.
Jan. 25	Parental Guidance (PG)*	6 p.m.

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

The Ederle theater box office opens one hour prior to show.

View **MOVIE TRAILERS** and more online at <http://www.shopmyexchange.com/ReelTimeTheatres/reeltime-landing.htm>

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### Arena goes solar

The installation of 540 solar roof panels and related interior work on the Arena begins Jan. 14 and continues through March. Renovations begin upstairs Jan. 21 and phased work on the bowling lanes will follow. Minimal service disruption is expected and the Strike Zone snack bar and Lion's Den will provide service as usual. Call 634-7886 for information.

### Veterans retirement information briefing

Retired Soldiers and Soldiers planning retirement in the next year are invited to a briefing Jan. 17 at 9:30 a.m. in the Central Processing Facility, Bldg. 393, Room 2. The Installation Management Command Retirement Service Officer will host the event with Department of Europe VFW Service Officer, Comrade Dale Nagan. Nagan is Veterans Administration certified to answer questions about service connected disability and other benefits. Soldiers attending should bring their documents for review. Call the Retiree Service Center at 634-6459 or Ron Reynolds at 348-516-4477 for more.

### Multicultural Spouse Forum

Relocation Readiness hosts the annual Multicultural Spouse Potluck lunch Jan. 18 at noon. Guest speaker will be a U.S. Citizenship Immigration Service representative and an immigration officer will be on hand to discuss the immigration and naturalization processes. All are welcome. Call 634-8525 for details and reservation.

### Army Community Service

Army Emergency Relief provides eligible dependent children of Soldiers with financial support for their first undergraduate degree through the **MG James Ursano Scholarship Program**. Details and applications are available at [www.aerhq.org](http://www.aerhq.org). For information and assistance, stop by the AER office at ACS, Building 108, Room 111, or call 0444-71-8524/7500.

AER is accepting applications for the **Spouse Education Assistance Program** through April 2. Military spouses pursuing a first undergraduate degree are eligible for scholarships up to \$4,000. Visit [www.aerhq.org](http://www.aerhq.org) or stop by ACS for info.

### ACAP has moved

The Army Career and Alumni Program office for Vicenza has moved to Bldg. 113 (the former health clinic), the same building as the education center. Existing telephone numbers for ACAP remain valid.

### 10 Steps to a Federal Job

The Employment Readiness Program at ACS will launch a course Jan. 11 based on Kathryn Troutman's "10 Steps to a Federal Job." The three-hour online course goes in detail through steps necessary to build a resume and navigate the federal hiring process.

Participants work at home on their own time. Call 0444-71-7942 or 634-7942 for details and to sign up.

### EFMP Informational Hour

All interested community members are invited to attend a lunch-hour presentation and discussion, **Autistic Spectrum Disorders and their Impact on Siblings**, sponsored by EFMP and led by Dr. Hanna Leong, psychologist and EFMP volunteer. The meeting, which will combine a review of recent research and open discussion, will take place Feb. 6 from noon to 1 p.m. at Davis Hall, Building 108. Bring your lunch if you would like. Call 0444-71-8582 or 634-8582 for details.

### 2013 Scholarships for Military Children

Applications for the 2013 Scholarships for Military Children Program are being accepted now. See eligibility and submission details online at <http://www.militaryscholar.org> and <http://www.commissaries.com>. The program is administered by Fisher House Foundation and awarded more than \$10 million in scholarships to 6,742 students in 2012. Applications must be turned in to the commissary by close of business Feb. 22.

### Arts and Crafts

◆ Valentine Photo Shoot Jan. 15 offers a 15-minute photo session, three digital images and a 5x7-inch print for \$75. Call 634-7074 to book a time slot.

◆ Beginning quilting classes meet Tuesdays for three weeks beginning Jan. 15. Stop by for a supply list and to register.

◆ Youth hand building class Jan. 16 for ages 4 and up.

◆ Make a baby wreath, Jan. 19, 10 a.m. to 1 p.m.

Call 634-7074 for details.

### CTC Registration

Registration for Central Texas College's Term 3 has begun. Course offerings include criminal justice, military science and early childhood education. Classes get under way beginning Jan. 28. Call 634-6514, email [Vicenza@europe.ctcd.edu](mailto:Vicenza@europe.ctcd.edu) or stop by Room 6 of the Education Center for details and assistance.

### Vicenza CYSS

Child, Youth and School Services will hold a SKIESUnlimited Open

House Jan. 15 from 4-6 p.m. at the new SKIES Unlimited facility, Building 308. Meet instructors, learn about programs and tour the new facility. All are welcome; refreshments will be served. The current catalog is available online at [www.vicenzamwr.com](http://www.vicenzamwr.com) and at the CMR. Enrollment is under way.

### Tax Office seeks staff

The Office of the Staff Judge Advocate is hiring personnel to work in its Tax Center to provide free tax filing assistance for qualified members of the Vicenza Military Community. They seek volunteers with tax or accounting experience to work during the tax season, which runs from late January to June 15. Contact Capt. Faiello at 634-8170 or [edward.s.faiello.mil@mail.mil](mailto:edward.s.faiello.mil@mail.mil).

### Soldiers' Theatre

◆ The **Music Café** celebrates its third anniversary in a new time slot: Saturday, Jan. 12, beginning at 6 p.m.

◆ **Dance auditions** for experienced, trained dancers will be held Jan. 14 at 6 p.m. for an evening of dance featuring ballet, jazz,

tap, contemporary and ballroom dancing. Bring your shoes.

◆ **Tap classes** begin Jan. 15: Intermediate classes on Tuesday, beginning classes on Wednesday, advanced on Thursday, all at 5:15 p.m. Three-week sessions cost \$21.

◆ **Acoustic Jam 2013:** Guitarist Roberto Dalla Vecchia returns with his annual revue Jan. 25 at 7:30 p.m. Tickets are \$10.

### Contracting training

The 414th Contracting Support Brigade will present quarterly training Jan. 29-30 for personnel who need acquisition planning and requirement documents development training. Training is for new personnel, and to recertify Contracting Officer Representatives, Government Purchase Card holders and Field Ordering Officials for USARAF, USAG-Vicenza and tenant units. Go to <https://portal.setaf.army.mil/CSB414/training> and click on NEW, then enter your information and the classes you will attend and click OK. Call John Dingeman at 634-5894 for assistance.



Photo by Laura Kreider

## Enthusiasm knows no borders

Vicenza Middle School students share their world with students from Scuola Media di Creazzo during a day of shared activities Dec. 14 at the Villaggio school. Additional visits are planned for later this year.

scene. This is one of the biggest nativity scenes in Tuscany. The church can be visited daily from 9 a.m. to 1 p.m. and from 2:30-8 p.m.

### C.Y.S.S.

◆ SKIES Unlimited is looking for instructors to teach dance, voice, guitar, piano, martial arts, gymnastics and Zumba. Anyone interested can call CYSS at 633-8084 for information.

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

### Sports and Fitness

◆ A new **Cardio Circuit class** is being offered on Wednesdays from 9:30-10:15 a.m. in the Fitness Center. Call 633-7438 for details.

◆ Try out a free Zumba class for kids on January 22 at 4 p.m. in the Bowling Center and register for classes to begin on Feb. 5.

◆ Take the 7x7 Fitness Challenge, a seven-week workout program to kick start your new year. Registration continues through Jan 11.

### MFLC help available

Don't feel left alone. Military Family Life Consultants are professional counselors available to talk about anything from deployment stress to parenting. Consultations are free, confidential and no records kept. Call 329-876-2168 to start a conversation.

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

## Religious activities

### Caserma Ederle Chaplain Crisis Line

To speak with a chaplain after hours, call 634-KARE (634-5273)

### Sunday services

**9 a.m.:** Mass, Sacrament of Reconciliation following Mass, or during duty hours

**11 a.m.:** Protestant worship

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

**5 p.m.:** Contemporary Christian service

### Tuesdays

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

**5 p.m.:** Contemporary Praise band practice

### Wednesdays

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

**5:30 p.m.:** Catholic choir practice

**6:45 p.m.:** Gospel choir practice

### Thursdays

**9:30 a.m.:** Military Council of Catholic Women

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

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

### Faith group contacts

**Bahá'í Faith:** Call Russell Menard at 389-133-4627 or Giacomo Baravalle at 348-603-2283

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

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

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

**Latter Day Saints:** Sunday services, 9:30 a.m. in Vicenza. Call Bob Shakespeare at 389-268-5605 or email [drbob143@gmail.com](mailto:drbob143@gmail.com).

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

### Camp Darby Tuesday

**9:30 a.m.:** Protestant Women of the Chapel

### Wednesday

**5 p.m.:** Protestant Women of the Chapel

**5:15 p.m.:** Protestant Men of the Chapel

**6:15 p.m.:** Choir Practice  
For Camp Darby chapel activities and information call 633-7267.

## Darby Military Community

### DLA DS closes

DLA Disposition Services Livorno will be closed from Jan. 28 until Feb. 5 to prepare for a systems upgrade, and will reopen Feb. 6 as training continues and the computer system is deployed. Call 633-7749 for information and assistance.

### Presepe artistico di Cigoli - Artistic Nativity scenes

Through Jan. 13 in the Pieve di San Giovanni Battista in Cigoli (San Miniato, Pisa), the 12th display of the artistic Nativity

# Sports and fitness



## Home, home on the range

Military Police Soldiers from the 511th MP Platoon qualify on the M4 and M16 rifles Dec. 17 at the Foce del Serchio beach range. Darby Military Community K-9 units brought their dogs to the range to get them accustomed to gun fire. The platoon also grilled some hamburgers and hot dogs for their lunch break at the beach range.

Photos by Amy Drummond



## The Bubble to open Friday

Family and MWR announces a ribbon cutting ceremony at noon Jan. 11 for the new functional fitness facility known as “The Bubble”. This new fitness facility in Building 340 expands the workout opportunities for Vicenza Military Community members. The Sports, Fitness and Aquatics team will present the fitness and training opportunities available in the new facility. Following remarks by Garrison Commander Col. David Buckingham, those in attendance can then tour the facility, see demonstrations of the equipment and enjoy healthy refreshments. For more information about the facility contact the Fitness Center at 634-6530.

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## Sports shorts

### Burn Your Fat Off

BYFO-X with Heyda Diaz is a 45-minute circuit style high-intensity training class using TRX straps and plyometrics to “Burn Your Fat Off” to the extreme; a total body workout. Classes meet Wednesdays at the Luna Bubble at 5:30 p.m. Cost is \$3. Please arrive to the Luna bubble 15 minutes early so Heyda can familiarize you with the TRX equipment. A schedule of all Group Fitness classes is online at [http://www.vicenzamwr.com/pdfs/sports/2013\\_Jan\\_Sports\\_Calendar\\_GroupFitness.pdf](http://www.vicenzamwr.com/pdfs/sports/2013_Jan_Sports_Calendar_GroupFitness.pdf).

### Volleyball sign up

Unit Rec Volleyball League registration continues through Feb. 5. Call 634-7009 for information.

### Boxing smoker prep

In preparation for the Boxing Smoker Extravaganza there will be a boxers and coaches meeting Jan. 17 from 6-8 p.m. at the Fitness Center. Event is for U.S. military only in various weight categories for men and women. Call 634-7009 to register.

### League bowling at the Arena

League bowling for adult teams of four begins its 16-week season at the Arena Jan 16. Cost is \$7.75 per week plus league dues. Call 634-8257 for information.

### Meditation Monday

Army Community Service conducts an informal, relaxing meditation session Mondays at 12:15 p.m. in Davis Hall. All are welcome.

## USAHC changes patient appointments

By U.S. Army Health Center

The U.S. Army Health Center has implemented a new appointment system that prioritizes patients for same day access to their Primary Care Manager (PCM) in a structure of Patient Centered Medical Homes (PCMH).

The aim is better health outcomes for TRICARE enrolled patients through improved appointing to increase access and continuity of care with the patient’s PCM by using mostly same day appointments and established appointment priorities.

Patients making appointments will be required to see their PCM, if available. If not available, and the patient is unable to wait, an appointment will be made with another provider in that home, or group of providers.

Continuity of care will increase as the patient is only able to see the PCM or a PCMH team member, not just any provider in the clinic. If you are unsure of your PCM is, or if you want to change your PCM, visit the TRICARE enrollment center on the first floor of the Health Center at your earliest convenience.

Continuity of care in primary care helps providers gain patient confidence and to be more effective patient advocates. It also enables the integration of all health care.

Continuity of care is rooted in a long term patient-provider partnership in which the provider knows the patient’s history from experience, and can integrate new information and decisions from a whole-patient perspective efficiently without extensive investigation or record review.

A critical component to achieving these

goals is implementing Advanced Access, or same day appointing. TRICARE enrollees will call for an appointment and be seen the same day, allowing the patient, not the appointment type, to dictate appointment scheduling.

Enrolled TRICARE Overseas Program (TOP) Prime and TRICARE Plus patients will have priority at that facility. Other patient categories are treated on a space available basis.

**Priority 1:** Active Duty Service Members (ADSM)

**Priority 2:** TOP Prime and TOP Prime Remote Active Duty Family Members (ADFM) and survivors whose ADSM sponsors died on active duty, and TRICARE Plus (Retiree’s and their family members enrolled to PRIME at the MTF).

**Priority 3:** Non-TOP Prime and non-TOP Prime Remote ADFMs and TRICARE Reserve Select for members of the Selected Reserve of the Ready Reserve and their families.

**Priority 4:** Retired Service Members, their families and ALL others not enrolled in TOP Prime or TOP Prime Remote, and TRICARE Retired Reserve for Retired Reserve members and their family members.

**Specialty Care:** USAHC-Vicenza Active Duty personnel have priority followed by other TRICARE Prime enrollees. TRICARE Plus enrollees do not have the same access to Specialty Care as Prime. They have access on a space available basis. Once access is met for all USAHC-V enrollees, space available care will be offered.

**Space Available Care (Space-A):** TRICARE for Life, TRICARE Standard, TRICARE Extra and Direct Care eligible

patients are authorized space available care for primary and specialty care.

For those patients who are TRICARE Prime or Plus at the Health Center, you may call for a same day appointment Monday through Wednesday and Friday starting at 7:30 a.m., Thursday at 12:30 p.m. and Saturday at 9 a.m.

Patients only eligible for space available care will be able to call for same day appointments in PCMH after 10 a.m., Monday through Saturday, except for Thursday when they may call after 2 p.m. If there are appointments available, they will be offered. If not, patients will be offered the option of trying the next day, placing a telephone consult, calling the nurse advice line or utilizing Host Nation health care. However, every effort will be made to accommodate patients.

If a Space-A patient has been seen in a PCMH for a health problem, he or she may book a follow-up appointment to receive care in that PCMH for that specific issue. New issues would revert to normal Space-A booking rules. If a Space-A patient was recently treated in the emergency room and told to follow up at the Health Center, he or she may book a same day appointment for that issue only.

The U.S. Army Health Center Vicenza is committed to providing high quality care to our beneficiaries and the community. We acknowledge this is a major change in the way we have been appointing patients for care, and there will be some challenges and concerns associated with this as we move forward. We anticipate those challenges will subside, and the Health Center will be better positioned to meet the needs of our growing community.