

# Outlook

Nov. 28, 2013

Vol. 46, Issue 46

Vicenza & Darby Military Community

[www.usag.vicenza.army.mil](http://www.usag.vicenza.army.mil)

## TURKEY TROT AT LAGO DI FIMON



**PLUS SKY SOLDIERS  
TRAIN UP  
AND OLIVE HARVEST  
IN TUSCANY**



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### On the cover

Vicenza Middle School sixth-grader Sara Huggins sprints to the finish line of the third annual VMC Turkey Trot at Lago di Fimon Nov. 23. About 80 American and Italian runners braved the rain to participate in the fun. See page 8 for the story and more photos. Happy Thanksgiving!

Photo by Laura Kreider



Photo by Fulvio Impiumi, Giornale di Vicenza

## Mayor welcomes new commander

USAG Vicenza Commander, Col. Robert Menist (left), shakes hands with Vicenza Mayor Achille Variati during a first office call at Palazzo Trissino Nov. 22. Also present at the meeting with the newly arrived commander was Deputy Mayor and Assessor for Growth, Jacopo Bulgarini d'Elci. Together they discussed ways to bring the two communities together.

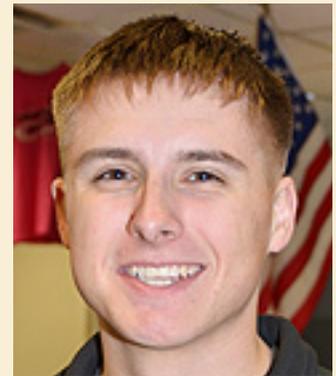
# Speak Out

What is your favorite destination for skiing and snowboarding?



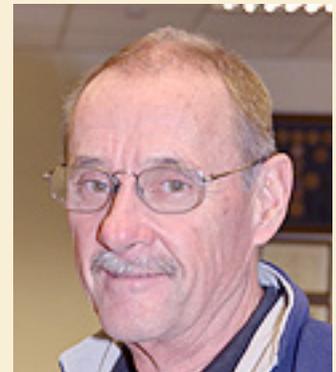
**Staff Sgt. Jesse Dyer**  
AFN Vicenza

*"I liked Solden in Tyrol. The runs are good and it's close to Vicenza."*



**Spc. Chasen Miller**  
HHC, 173rd IBCT (A)

*"I liked snowboarding in the Zugspitze near Garmisch, Germany."*



**Swartz Potter**  
Sports, Fitness and Aquatics

*"One of my favorites is Sella Ronda in the Central Dolomiti. It's beautiful and challenging for skiing."*

**The Outlook** Nov. 28, 2013, Vol. 46, Issue 46

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# Sky Soldiers ensure readiness levels

## Army Contingency Response Force takes it to the max

Story and photo by

Staff Sgt. Bruce Cobbeldick

173rd Infantry Brigade Combat Team  
(Airborne) PAO

With a new mission as a rapid-deployment contingency force, paratroopers of the 173rd Infantry Brigade Combat Team (Airborne) attended classes throughout October and November to qualify new jumpmasters, certify sling load operation capabilities and validate the function and expeditionary deployment of communication equipment.

Designated as the Army Contingency Response Force, the brigade stands ready to deploy forces in as little as 18 hours to conduct full-spectrum operations anywhere in the U.S. European Command or U.S. Africa Command areas of responsibility.

Instructors from the U.S. Army Airborne School at Fort Benning, Ga., conducted the U.S. Army Jumpmaster Course from Oct. 28 to Nov. 14, resulting in 31 new jumpmasters certified across the brigade. Students spent more than 120 hours both in the classroom and in practical outdoor instruction.

Candidates for the course must be in the grade of E-5 or higher, have completed a minimum of 12 jumps from high-performance aircraft and served a minimum of 12 months on jump status, according to Staff Sgt. Brandon Kiel, the brigade liaison for the course.

### No. 1 job is being qualified

"The number one job in an airborne unit is being a qualified, skilled and proficient jumpmaster," said Staff Sgt. Mickey Mays, a jumpmaster instructor. "It is a big step up in terms of leadership and responsibility, as lives depend on the skills taught in this class. As a former Sky Soldier myself, I enjoyed the oppor-



*U.S. Army Jumpmaster Course instructor, Staff Sgt. Westin Huffman (right), from Ft. Benning, Ga., stands at the door of a C-130 Nov. 13 as a jumpmaster candidate from the 173rd Infantry Brigade Combat Team (Airborne) prepares to jump during the final phase of training at Aviano Airbase.*

tunity to work with the paratroopers here. I look forward to coming back."

The most difficult test, the Jump-

master's Personnel Inspection, assesses each student's ability to ensure the proper wear and function of military parachute harnesses,

and emphasizes the importance of identifying and correcting all equipment deficiencies on every paratrooper prior to executing an airborne operation.

Jumpmaster candidates spent countless hours inspecting paratroopers and equipment for any deficiencies that could cause potential injury or death, said Kiel.

Once paratroopers get to the ground, they need re-supply in an expeditionary environment, often through helicopter-borne methods. In order to ensure the brigade can safely conduct operations, instructors from Fort Lee, Va., certified Soldiers in the Sling Load Instructor Certification course.

The brigade certified 51 paratroopers as sling load instructors, who are now able to certify others in the methods of conducting sling load operations.

The course is critical to training Soldiers to move supplies, ranging from food and ammunition to entire vehicles, in a swift manner that takes advantage of aircraft capability and bypasses potentially dangerous and slower ground convoy routes, said Staff Sgt. Philip Phothisane, an instructor for the course.

"I feel like I got so much knowledge just in the first few days of this course that I think those who complete this course can get out there and perform at a high level," said Staff Sgt. Oliver Montejo from Company A, Brigade Support Battalion. "The instructors really guide you and let you know how to perform these tasks well."

## Communication key to success

Soldiers on the ground in an expeditionary environment need to communicate and to ensure, before receiving deployment notification, that their equipment is fully functioning. To validate its systems, the brigade communication section hosted a Warrior Information Network Tactical training package in which Sky Soldiers assigned to the brigade communications section and signal company validated their equipment.

Spc. Patrick James, from Lubbock, Texas, said that he and his fellow Company C, 173rd Brigade Special Troops Battalion, paratroopers have been on the go, taking time to bolster their skills and capabilities with the communications terminals as a means of ensuring the brigade will have good, reliable communication in the event of an exercise, deployment or contingency.

Moving forward, brigade paratroopers will continue to bolster the specialized skills required for contingency operations. The brigade is scheduled to host a Pathfinder course in January and participate in a number of directed exercises meant to test the unit's readiness, expeditionary capabilities and effectiveness while working as a combined task force with NATO and partner-force countries.

# 1981 Dozier abduction still teaches lessons

By Sgt. Daniel Cole

U.S. Army Europe PAO

Terrorist tactics may have changed over the years, but U.S. Army Europe force protection experts say one thing will always stay the same: remaining vigilant for signs of terrorist activity can help stop the bad guys in their tracks.

One historic example that is well remembered in Europe to this day is the December 1981 kidnapping of Maj. Gen. James Dozier from his home in Verona, Italy.

Dozier, then deputy chief of staff for the Southern European Task Force, was abducted by the Red Brigade terror group and held captive for 42 days before being rescued. Three years earlier the group had kidnapped and murdered former Italian Prime Minister Aldo Moro after holding him captive 55 days.

The Red Brigade had considered abducting several other U.S. general officers, but ultimately selected Dozier. Force protection officials say the factors influencing their selection included his status as a senior leader, lax personal security and predictable patterns of behavior that facilitated the kidnapping.

The perpetrators conducted surveillance on Dozier's apartment before the attack, a common tactic used to gather information for target selection and attack planning. Group members often stood at a nearby bus stop for long periods, staring at the general's apartment. The watchers rarely got on a bus, or would sometimes ride a bus, but return to the same stop a short while later.

On two occasions, a pair of terrorists posed as utility meter readers to gain access to Dozier's apartment. Force protection officials said this should have aroused suspicion, because it is unusual in Italy for a utility company to send two workers to perform such a task.

Unfortunately, these signs of suspicious behavior did not alert Dozier or his protectors to the danger. Force protection officials said Dozier later admitted that he did not take the terrorist threat seriously and was lulled into an "it-can't-happen-here" mind-set. After a month of surveillance, he was kidnapped and held in an apartment in Padua.

While this incident took place more than 30 years ago, anti-terrorism experts say it still provides valuable lessons and reminds Americans stationed in Europe that there are real threats. It reiterates the need to proactively prevent becoming a target of least resistance:

- \* Be vigilant for suspicious or abnormal behavior;
- \* Become familiar with local culture and habits;
- \* Vary travel times and routes to be less predictable; and
- \* Confirm the identities of workers or other visitors before granting them access to homes or workplaces

Most of all, experts advise all members of the Army in Europe community, Soldiers, civilians, contractors and family members, to report suspicious activity. Use the iWatch and iReport links found on all Army home pages or go to the USAREUR reporting site at <http://www.eur.army.mil/eureport>

# Driving in Austria

## U.S. Department of State Bureau of Consular Affairs

A U.S. driver's license alone does not suffice to drive legally in Austria. It must be accompanied by an international driver's permit, which can be obtained in the U.S. from the American Automobile Association or the American Automobile Touring Alliance, or by an official translation of U.S. driver's license, which can be obtained at one of the Austrian automobile clubs, either OEAMTC or ARBOE.

Even drivers who fly into Austria and rent a vehicle merely to drive to another country must have these credentials. Moreover, the additional credentials are only good for the first six months of driving in Austria, after which all drivers must obtain an Austrian license.

An international insurance certificate (the *carte d'assurance*, or green card) is required for travel by privately owned vehicles. Every vehicle must carry on its rear bumper an oval country tag indicating the country where the vehicle is registered.

Austria requires all vehicles using the autobahn to display a highway tax sticker, known as an autobahn vignette, on the inside windshield of the vehicle. The sticker may be purchased at border crossings, at gas stations inside Austria and at tobacco shops. Travelers can purchase stickers of 10-day, two-month or one-year duration. Fines for failing to display the valid vignette on your car windshield is €120, approximately \$150 if paid in cash on the spot.

It is mandatory for cars on Austrian motorways and highways to leave an emergency corridor when traffic comes to a stop, even when no emergency vehicle is approaching. When traffic stops, pull to the right to create an emergency corridor between the far left lane and all others to the right. Vehicles should also use the shoulder of the road. Failure to comply carries a fine of €2,180, approximately \$2,700.

Austrian law requires motorcycle operators to have their headlights on at all times, day and night, whether on highways or in cities.

Drivers with rented vehicles should pay close attention to the provisions of their rental contract. Many contracts prohibit drivers from taking rented vehicles into eastern European countries. Drivers attempting to enter countries listed as prohibited on the car rental contract may be arrested, fined and even charged with attempted auto theft. Austrian police are authorized to hold the rented vehicle for the car rental company.

Emergency roadside help and information in Austria can be reached by dialing 123 or 120 for vehicle assistance and towing services by Austrian automobile clubs. Other emergency numbers to keep at hand are 122 for the fire department, 133 for police and 144 for ambulance. The European emergency line is 112.

The Austrian equivalent to the 911 number is 133.



173rd IBCT (Airborne) Sky Soldiers jump recently near Aviano.

## Sky Soldier picked for jumpmaster honor

Story and photo by Staff Sgt. Bruce Cobbeldick

173rd IBCT (Airborne) PAO

Sgt. Adam Duncan was recognized as the honor graduate at the 173rd Infantry Brigade Combat Team (Airborne) Jumpmaster Graduation ceremony Nov. 14.

The wheeled-vehicle mechanic and team leader in Headquarters Company, Brigade Special Troops Battalion, who placed top of his class, said it is key for a jumpmaster to instill confidence in the Soldiers under his or her charge that they are going to get safely to the ground.

"Sgt. Duncan works extremely hard," said Staff Sgt. Clinton McMarlin, a colleague of Duncan's. "He is the kind of guy who goes into the motor pool and puts in long hours, and not only studies but helps others study all the time, too. Duncan has outstanding character and is a great NCO."

Duncan, from Santa Clarita, Calif., said that for a jumpmaster to be great, "attention to detail is all-important, but leadership is very key, too. If you display that it is a good time doing this, the Soldiers are going to respond to that. You have to like what it is that you do."

Duncan was first among some 30 graduates of the three-week jumpmaster course conducted in Vicenza by U.S. Army Airborne School instructors from Fort Benning, Ga.

Students included both Army paratroopers and Air Force

# 5<sup>th</sup> Information Fair

## MEET THE MAYORS 2013

Tuesday, December 3, 2013

4 p.m. – 6 p.m.

at “The Golden Lion”

Caserma Ederle

Learn about places to see,  
activities to do, sample local  
agricultural products, meet your  
local mayor



personnel attached to the brigade, and Italian paratroopers as well.

Duncan credited his success to his supervisors, who prepared him in advance for the rigors of the course. Candidates completed hours of rehearsals, inspecting Soldiers rigged in T-11 parachutes and checking for deficiencies that, if left undetected by a jumpmaster, could result in injury or death to a paratrooper. It is not uncommon for candidates to fail the course multiple times before successful graduation.

“The days are long,” said Duncan. “This beats up your hands. Standing in combat equipment for hours at a time is not easy.”

### Airborne all the way

But Duncan carried on with good will and the results speak for themselves. He has been assigned to the brigade for 18 months, having completed Airborne School prior to his previous assignment as a recruiter with the 173rd IBCT (A), his first airborne unit.

Duncan said he plans to continue his career in airborne units and plans to try out for the 75th Ranger Regiment.

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including a Hot Cocoa & Coffee bar and fabulous door prizes.

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IN LOVE  
VICENZA PWOC 2013-14

# Turkey Trot at Lago di Fimon draws 80

## Seasonal classic marks start of Thanksgiving season



**Story and photos by Laura Kreider**  
USAG Vicenza PAO

Despite inclement weather, Vicenza Military Community Soldiers, families and Italian friends ventured out to nearby Lago di Fimon Saturday to walk and run the third annual Turkey Trot Nov. 23.

About 80 participants enjoyed the outing, a 4-kilometer fun run that led the runners around the circumference of the charming little lake just south of Vicenza.

USAG Vicenza Commander Col. Robert Menist was on hand to present prizes to winners in various categories.

Among the male adults, Justin McNeil finished first with a time of 13:58. Cristiano Spiller and Manuel Barbieri finished second and third with a time of 14:35.

Among the adult women, Jennifer Engle took top honors, crossing the finish line in 18:39. Cristina Baggio was second at 20:04 and Arianna Pasini finished third with a time of 20:45.

Edwin Maldonado and Matthew Salo were the swiftest among the male youth with times of 17:30 and 18:19 respectively, and Ashley Frank at 18:33, Cece McKenzie at 22:38 and Sara Huggins 25:00 led the female youth participants.

After an awards ceremony, a random drawing resulted in a number of runners, Italian and American, trotting home with a gift turkey for their holiday feasts.

**Above:** Jim McNeil crosses the finish line to take first place in the annual Turkey Trot at Lago di Fimon Nov. 23. **Next page, top:** Sara Huggins, Ashley Frank and Cece McKenzie receive turkeys as the top three finishers in the young women's category as Lt. Col. Robert Menist (far right), USAG Vicenza commander, applauds; **bottom left:** Italian and American friends run together; **center right:** two runners compare their prize turkeys; **bottom right:** a runner gives a thumbs up as he nears the finish.



# Cougar Cubs show renewable energy savvy



"There were six winners total, and three of them were from my Italian immersion class," said VES teacher Mary Generelli. "We reviewed the packet and I had the students work on them during our weekly gruppi rotations. Many students also worked on their packets at home."

Generelli said it is critical to teach young children to respect and care for the environment.

"My students recycle our class trash every week. We recycle paper, plastic and biodegradable waste.

We have a bin where students can place extra paper that can be used again," she said.

"One of my parents comes to our class once a week and helps some of my students take out the recycled trash every Friday. We do this every week in an effort to teach students how important it is to not be wasteful and to recycle and reuse what we can. Knowing about alternative energy sources and creating new ones is equally important," Generelli said.

With support from Vicenza DFMWR and Global Credit Union, each winner received a certificate, a cash prize and goodie bags filled with "energy awareness gadgets" such as solar flashlight key chains, 100 percent recycled content mini-notebooks, pens and other items.

Contest judges included 1st Lt. Benjamin Hurley and Staff Sgt. G. Leader of 2nd Battalion, 503rd Infantry, 173rd Infantry Brigade Combat Team (Airborne), Brandy Reed and Kerry Van Everen of DPW, and Lessard.

*Global Credit Union branch manager Sharon Black (left) and Jim Lessard watch as DPW's Brandy Reed presents Kenna Chastain a goody bag after being selected as one of six winners of the Energy Awareness Month coloring book contest Nov. 19.*

## Coloring contest second graders know their stuff

Story and photos by **Laura Kreider**  
USAG Vicenza PAO

Jim Lessard was back in elementary school last week with a passel of awards to hand out.

Less than a month after his last visit to the Vicenza Elementary School to make presentations for Energy Awareness Month, the director of the USAG Vicenza Directorate of Public Works Environmental Office was back to hand out certificates to second-grade winners of the VES energy awareness coloring book contest.

About 140 second-graders from seven classes participated by adding their artistic sense to messages about renewable energy and related important topics, and some of them were recognized at the school Nov. 19.

First-place winners were Kenna Chastain and Ava Simpson; second places went to Sydney Sumner and Anna Sarantakes; and Merissa Loggins and Elizabeth Lucey took home third-place honors.

"The contest was part of the Army's Energy Awareness Month activities

during the month of October," said Lessard.

"This is our third year working with the schools, and all the DoDDS staff and principals have been very supportive in allowing us to come in and teach classes during Energy Awareness Month and Earth Week.

"The children really enjoyed the sessions and we are surprised about how much they already know on energy conservation measures and what renewable energy sources are and energy projects we have implemented here at the garrison," he said.

At the award presentation, children were excited and clapped enthusiastically for all the contest winners.



*VES second graders raise their hands to answer an energy question at the ceremony.*

The Vicenza Military Community  
**Tree Lighting Ceremony**  
Outside Building 393

Come join in the celebration as the  
Vicenza Military Community  
kicks off the holiday season!

**Musical Performances:**

- ~ High School Choir
- ~ High School Band
- ~ ANA Alpini Choir of Thiene

**Family Activities:**

- ~ Children's Activities in the Arena
- ~ Guest Appearance by Santa
- ~ Take Your Own Photos with Santa  
in the Teen Center (Bldg. 373)
- ~ Cupcake Challenge

**December 6**  
Begins at 4 p.m.



For more information call 634-5087. | [www.vicenza.armyMWR.com](http://www.vicenza.armyMWR.com)

*Note: No-Name Street will be closed after 3 p.m. on December 6.*



# MLK Ski & Snowboard Weekend

Jan 18-20, 2014

## COST:

\$250 double occupancy

\$30 single supplement

## INCLUDES:

- \* 2 nights hotel accommodations
- \* 2 breakfasts
- \* 2 afternoon snacks
- \* 2 evening dinners
- \* bus transportation

## REGISTER:

by December 1  
at Outdoor Recreation  
633-7775/7589



# SKI the Dolomites!



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THE  
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**DATE:**

**Thu, Dec. 5**  
**LIMITED CAPACITY**

**TIME:**

**4:30 p.m. Doors Open**  
**5 p.m. Showtime**

**PLACE:**

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**Bldg. 112**



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# Meet the Mayors

By USAG Vicenza PAO

The annual Meet the Mayors community event will be Dec. 3 from 4-6 p.m. in the Golden Lion Conference Center.

The event offers a unique chance for community members to meet the mayors and civic leaders of several towns in the provinces of Vicenza and Padova, and learn more about those towns and what they have to offer, said Anna Terracino of the USAG Vicenza Public Affairs Office. Volunteer interpreters will be on hand to assist with questions.

More than 50 townships will be represented by guests bringing giveaways, maps, brochures and lots of information that make planning for weekend excursions a breeze, said Grant Sattler, USAG Vicenza PAO.

"This event is a great way to gather information around your personal interests, whether visiting villas, hiking and biking, shopping or viticulture, and having the information in your hip pocket for those weekends when you're wanting to explore the local area," he said.

"There's really no excuse for not getting out and exploring during your Italy tour," said Sattler.

The entire Vicenza Military Community is invited to this fair, where everyone will have a chance to enjoy free samples of fresh bread covered in olive oil, cured meats, slow-roasted pork, wine, cheese, fruit preserves and mustard, locally made honey and desserts.

Terracino said she hoped community members would take the time to attend the event and find out more about what's going on in the areas around Caserma Ederle and Caserma Del Din.

"Soldiers can meet the mayor and learn more about the community they live in," she said. "They can also find out what is not too far away, like going to Nove for ceramics or Asiago for skiing. It's always a great event."



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# SAVE THE DATE!

SATURDAY • DECEMBER 7, 2013

# 2 GREAT EVENTS AT 1 VENUE!

THE VICENZA HIGH SCHOOL SENIOR CLASS

# THINK

OUTSIDE

# THE BASKET & AUCTION!

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THE VICENZA COMMUNITY CLUB

# WREATH AND TREE AUCTION



THE SENIOR CLASS IS TICKLED PINK TO BE PARTNERING WITH THE VICENZA COMMUNITY CLUB

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# NATIONAL FINE ARTS EXHIBIT



BOYS & GIRLS CLUBS  
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**December 2-31**  
at the Ederle Library

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U.S. Army Child, Youth  
& School Services

*Soldiers' Theatre*  
*presents*

*Celebrate Christmas*

*December 6-15, 2013*

*Fridays & Saturdays*

*7:30 p.m.*

*Sunday Matinees*

*2 p.m.*



Box Office: 634-7281  
[www.vicenza.armyMWR.com](http://www.vicenza.armyMWR.com)

Tickets:  
\$12 Adults, \$10 Youth



# Community Christmas Tree Lighting

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Darby Community Club Outdoor Patio  
December 6 at 5 p.m.

Performance by the DoDEA Middle School Band

Refreshments offered by DeCA

A visit from Santa Claus

[www.vicenza.armyMWR.com](http://www.vicenza.armyMWR.com) | Facebook: Camp Darby MWR



# Autumn is fresh start for famous Tuscan oil

Story and photo by Chiara Mattiolo  
Darby Military Community PAO

Autumn in Tuscany is time for the chestnut harvest, but also the season for aficionados of a new vintage of freshly pressed olive oil.

The olive tree is one of the symbols of the Tuscan landscape. In the shortening days of autumn, travelers around the countryside can see the start of the annual collection and pressing of the olives that grow in such abundance.

It is an ancient practice, a ritual that has been repeated for thousands of years. As a curiosity, one of the oldest olive plants in Europe is located in a village in the Maremma area in Magliano, Tuscany, which according to a legend is more than 3,000 years old.

Olive oil is known as "liquid gold" probably for its price and for the effort the farmers put into gathering the olives. Farmers and even those who have just a few olive trees in their backyards pick up their own olives and take them to a mill where they are pressed for their very own production of olive oil.

"Last weekend we went to help some friends picking up olives in Casciana Terme," said Sharon Carter, of the Camp Darby Global Credit Union. "It was an incredible experience that will stay with



Sharon Carter (right) and a friend harvest olives in the hills of Tuscany.

me for the rest of my life."

The olives are hand-picked while still attached to the branches of the tree, before they reach complete ripeness. This process, known as brucatura, usually lasts from mid-November to mid-December. It takes about four hours to pick the olives from one tree.

"This long and extremely tiring pro-

cedure made me appreciate the great taste and color of the Tuscan olive oil even more," Carter said. "We picked 10 tons of olives, which produced 135 liters genuine olive oil."

The olive oils produced in the area around Lucca, near the coast, tend to be yellow, light and fluid. In the Chianti region, near Siena in the heart of Tuscany, the oils tend to be greener and spicy, with hints of artichoke and pepper. Further south in the area around Montalcino, the oils tend to take on deeper colors and have a more rustic taste and more intense flavors.

In the autumn season, most Tuscan country villages celebrate the new oil with festivals. One to discover takes place in San Quirico d' Orcia from Dec. 5-8. Local specialties such as chianina meat, cheese and wine can be tasted together along with the new oil production. During the fest it is possible to hike through the olive groves and enjoy street artists performing, all the while sampling the different menus available to the public.

On Dec. 8 visitors can reach the village via the "nature train," which departs from Siena and offers passengers a breathtaking view of the Orcia Valley while traveling aboard vintage railroad carriages.



## Daddy is a Major

Jordyn (from left), Keziah and Cece Hernandez sit with their mother Lily during a promotion ceremony Nov. 20 at the DMC Post Chapel in which their father, Chaplain Regino Hernandez, was promoted to the rank of major.

"It takes eight years for a captain in the Chaplaincy field to get promoted," said Hernandez. "During this time I questioned myself who I would have liked to share this moment with. I can tell you there is no better place than the Camp Darby family to share this moment of joy with. I am incredibly blessed."

Photo by Chiara Mattiolo

# Camp Darby responds to Philippine disaster

Story and photos by Chiara Mattiolo

Darby Military Community PAO

The historically unprecedented Typhoon Haiyan, which hit the Philippine Islands Nov. 8, leaving 4,460 people confirmed dead and some 4 million homeless, sent shock waves as far as Camp Darby.

Immediately after the disaster, relief and humanitarian agencies around the world quickly marshaled their resources to provide clean water supply and other basic life necessities.

Leaders of the 405th Army Field Support Battalion Italy (AFSBn-I) received a heads up Nov. 15 to prepare for a possible shipment of supplies to the Philippines. Details and confirmation were received Nov. 17.

"The U.S. Agency for International Development's (USAID) U.S. Office of Foreign Disaster Assistance (OFDA) requested shipment of 86,400 collapsible water containers to be transported to Pisa airport on Nov. 18 for onward airlift on Nov. 19 to Manila," said Alberto Chidini, AFSBn-I executive adviser.

"In spite of the extremely short advance notice, AFSBn-I personnel were able to load the goods on three trucks and move them to Pisa airport in the required time frame," he said.

## Making a list, checking it twice

While some personnel loaded water containers, others put together pallets of humanitarian aid support, double-checking the expiration date of all products before sealing and palletizing boxes.

"While completing the shipment, AFSBn-I personnel were replacing the expired toothpaste tubes of 28,704 hygiene kits to make them ready for an additional possible shipment to the Philippines," Chidini said.

"The OFDA warehouse is stocked to provide immediate disaster assistance to troubled populations globally and AFSBn-Italy personnel are trained to respond quickly to nations in need anywhere in the world," said Lt. Col. Mark Gray, Commander, 405th Army Field Support Battalion-Italy. "We work as a team of teams to relieve suffering from disasters like the one in the Philippines all the time. The Italian and American team in AFSBn-Italy works with our U.S. government teammates in the U.S. State Department to help out those in need and hopefully help troubled populations in disaster zones rebuild their lives. We're glad we could help."

"Camp Darby is one of the first emergency responders in all Europe, thanks also to the great Italian workers employed at the base," said Col. Raffaele Iubini, Camp Darby Italian Base Commander.

"In situations like those caused by the Philippines typhoon, the State Department immediately requires support and we are ready to respond," he said.



AFSBn-I's Umberto Capiluppi (top, left) and Sergio Boscolo pack supplies for shipment to the Philippines and Luca Buffoni (above) loads materiel for shipment to the disaster stricken country Nov. 18 at Camp Darby.



Photo by Chiara Mattiolo

Senior Master Sgt. Michael Lindstrom (right), 731st Munitions, thanks WEBCO supplier Romy Sandruck for the firm's donation to the DMC Thanksgiving basket.

## Neighbors helping neighbors

By Darby Military Community PAO

From the time of the Pilgrims to the modern day, Thanksgiving has been a time of celebration and an autumn harvest feast for Americans. This year, in the spirit of sharing abundance and expressing gratitude, Camp Darby Army Community Service turned for help to the Darby Military Community commanders and leaders to help spread holiday cheer. They asked commanders and leaders to nominate families with children in the DMC who could use a little extra cheer by receiving a free Thanksgiving outreach meal.

Generous food donations of turkeys and all the trimmings were forthcoming from WEBCO and Advantage, two main suppliers of the Camp Darby DECA Commissary, in a warmly appreciated show of support to military families and the DMC, said ACS team lead, Evelyn Watkins.

Post Chaplain (Maj.) Regino Hernandez added an additional sparkle to the upbeat atmosphere by providing \$50 Commissary gift certificates as well to the nominated families.

During the holidays, being separated from family is difficult, but to be thought of and to get a little extra help creates a sense of community.

Happy Thanksgiving to one and all.

# Speak Out

What is your favorite destination for skiing and snowboarding?



**Lt. Col. Cristiano Gneri**  
Italian Base Command Office

*"I love skiing in Cervinia, the Matterhorn."*



**Pfc. Christina Bergeron**  
511th MP Platoon

*"I like Abetone."*



**Andrea Rossi**  
Livorno Commissary

*"My favorite destination is the Dolomiti Mountain area, specifically Canazei."*



# Family and MWR

## Vicenza Military Community



### Community Tree Lighting

Ring in the holiday season at the tree lighting ceremony on No-Name Street, Dec 6, 4-6 p.m. This Community-wide event features tree lighting, musical performances and a visit from Santa! Taste the winners of the Cupcake Challenge or pop in to the Arena and enjoy a Strike Zone special deal on Hamburger Combo \$5 or and Cheese Pizza \$10.

### Christmas Craft Classes

The Arts and Crafts Center has holiday classes for making stockings, felt decorations, candles, wreaths, paper Santa and even cookie decorating. Complete information is available on [www.vicenza.armyMWR.com](http://www.vicenza.armyMWR.com)

### Holiday Ice Cream Social

Enjoy a sundae-making station, a craft station and get some great tips for making your holidays bright at ACS on Dec 11, 3-5 p.m.

### 3-on-3 Basketball Tournament

Show everyone who's got the best game in the Christmas Spirit tournament on Dec 13-15. Register your team for the Christmas by Dec 6 at the Fitness Center. For info, call 634-7009.

### Weekly Christmas Markets & Ski/ Snow board Trips

Shop the Christmas Markets in Italy, Austria, Switzerland and Germany on weekly trips with ODR. Dreaming of snow? We have weekly Ski & Snowboard trips to fantastic places like Stubai Glacier, Sölden, Val Senales. Find info about the trips on our website.

### Lemons to Lemonade

Death, injury or any unexpected change in your life can leave a sour taste in your mouth. Turn your lemons to lemonade and sweeten the situation on Dec 5, 10:30-11:30 a.m. at ACS.

### Family Art Day

Explore your creative side with your Family! There's always something new to try so drop in at the Arts & Crafts Center Dec 13, 3:30-5:30 p.m.

### Holiday Surf & Turf Night

Sink your teeth into a 12 oz. Porterhouse Steak, grilled shrimp and all the fixin's for a fantastic meal on Dec 12 at the Old Soldiers' Bar. Reserve by Dec 10 at 634-7685.



Register using MWR Online Services for:

**Vicenza Trip & Classes Vicenza CYSS Activities**

**Vicenza Facebook Page**





## Darby Military Community



### Community Tree Lighting

Ring in the holiday season with the traditional tree lighting ceremony in front of the Darby Community Club on Dec 6, 5-6:30 p.m. This Community-wide event features tree lighting, Christmas carols, refreshments and a visit from the jolly old man himself!

### Airport Shuttle Service

Traveling for the holidays and need a ride to the airport? Shuttle service provided 7 days a week to and from Pisa International Airport and to Florence International Airport (Peretola). For more information and to download the registration form, visit our website.

### Dolomites Weekend Ski Trip

Register by Dec 1 for the weekend trip to the Dolomites Jan 18-20, 2014. Perfect place for cross-country ski lovers. For info, call ODR at 633-7775/7589.

### Youth Volleyball Clinics

Learn skill-building and participate in some fun scrimmages! Register by Dec 2. Clinics held Dec 2, 4, 9, 11, 16, 4:30-5:15 p.m. in the Fitness Center. Sneakers mandatory; knee pads are optional.

### ODR Trips

Dec 7, Medieval Christmas Market in Lucca  
Dec 14, Florence Noel Trip  
Dec 21, Rome Trip  
Dec 28, Florence Trip  
Complete list and trip info on [www.vicenza.armyMWR.com](http://www.vicenza.armyMWR.com)

### Angel Tree Program

Give to a child in the Darby Military Community who may otherwise do without this holiday season. Pick up your 'angel' from the tree at the PX Dec 6-17, purchase a gift and drop off wrapped Angel Tree gifts at the Chapel by Dec 18.



Register using MWR Online Services for:

**Darby Trip & Classes**

**Darby CYSS Activities**



**Darby Facebook Page**



**Christmas market in Asiago**

## **Mercatini ed eventi natalizi** **Christmas markets and events**

**Asiago:** Giardini di Natale, Christmas Gardens, Nov. 30 to Dec. 1, 10:30 a.m. to 12:30 p.m. and 3-7 p.m. in, Piazza Carli and nearby streets; local food specialties plus Christmas sweets and crafts.

**Bassano del Grappa:** Piazza Garibaldi and Piazza Libertà, ongoing through Jan. 6, 10 a.m. to 8:30 p.m.; Christmas stands feature *vin brulè* (hot spiced wine), hot tea, sandwiches, holiday sweets and crafts; also, Piazzotto Montevicchio, through Jan. 6; every Saturday afternoon and all day Sundays; eco-skating rink in Piazza Libertà, ongoing through Jan. 8.

**Belluno:** Piazza dei Martiri, about 100 miles north of Vicenza; Nov. 30 to Dec. 31, daily 9 a.m. to 7 p.m.; closed on Christmas.

**Bolzano:** in Piazza Walther, Nov. 29 to Jan. 6; weekdays 10 a.m. to 7 p.m., Saturday 9 a.m. to 8 p.m., Sunday 9 a.m. to 7 p.m.; closed Dec. 24-25. More than 80 vendors in little huts offer traditional, original and seasonal gifts and fantastic pastries, food specialties and mulled wine; children's Christmas market where youngsters can bake Christmas cookies and make decorations and presents.

**Bressanone:** Piazza Duomo, about 150 miles north of Vicenza; Nov. 29 through Jan. 6; Monday to Saturday, 10 a.m. to 7:30 p.m.; Sunday and holidays, 9:30 a.m. to 7 p.m.; closed Christmas and New Year's; local specialty food booths, live music and carnival rides.

**Bussolengo (Verona): Natale Flower Village - Christmas Market**, ongoing through Jan. 12, 9 a.m. to 7:30 p.m., closed Dec. 25 and Jan 1; in Via Pastregno 16, about 42 miles west of Vicenza; admission is €1 Saturday and Sunday until Dec. 15; free on weekdays.

**Gallio:** in Piazzetta dei Giardini, about 40 miles north of Vicenza; Dec. 1, 7-8, 14-14 and from Dec. 21 to Jan. 6; 10 a.m. to 12:30 p.m. and 3:30-7:30 p.m.; wooden outdoor booths feature holiday sweets, hot chocolate,

mulled wine, crafts and gift items. Entertainment includes jugglers, musicians, fire-eaters, artists, gnomes, elves and acrobats. Shows and workshops for children.

**Garda: Natale tra gli Olivi - Christmas Among the Olive Trees**, through Jan. 6, Wednesday and Thursday, 3-7 p.m.; Friday, 10 a.m. to 1 p.m. and 3-7 p.m.; Saturday, Sunday and holiday eves 10 a.m. to 8 p.m.; Piazza Catullo e Lungolago Regina Adelaide; local and Tyrolean products; entertainment for children; folk music and dancing; art exhibits and local nativity set.

**Trento:** about 80 miles northwest of Vicenza, Piazza Fiera. Ongoing through Dec. 30, weekdays, 10 a.m. to 7:30 p.m., Saturday, Sunday and holidays, 9:30 a.m. to 7:30 p.m.; closed Dec. 25; more than 60 wooden huts feature traditional holiday decorations, crafts, sweets, local products, original gift ideas and gourmet items.

**Verona:** Piazza dei Signori, Nov. 23 through Dec. 21; Sunday through Thursday, 10 a.m. to 9:30 p.m.; Friday, Saturday and holiday eves 10 a.m. to 11 p.m.; more than 60 vendors offer traditional holiday crafts and gift items; food booths.

**Villafranca:** about 46 miles west of Vicenza, Dec. 1-24 in Piazza Giovanni XXIII and Dec. 20-24 in Via Pace; live music and entertainment, wooden chalets feature holiday crafts, food specialties and hot chocolate.

## **I dolci sapori di Natale** **Christmas Sweet Flavors**

In Vicenza, Corso A. Fogazzaro, Nov. 23-24, 9 a.m. to 6 p.m.; Christmas products, wine tasting, roasted chestnuts and *vin brulè*.

## **Performances at Vicenza's Teatro Comunale**

Just west of the *centro storico* at Viale Giuseppe Mazzini 6-39, with adjacent parking available.

**Invento e Canto:** Dec. 1, 4:30 p.m., classical music for children and parents; admission is €3

**Giselle:** Nov. 30, 8:45 p.m. and Dec. 1, 6 p.m., ballet performance by the Compagnia Junior Balletto di Toscana; €22-36.

**Piano and violin:** Dec. 2, 8:45 p.m., tickets are €20; €10.60 (under 30)

**Gospel in Vicenza with Summertime Choir:** Dec. 15, 5 p.m. and 8:45 p.m., tickets are €15; €10.60 (under 12)

**Christmas with the King's Singers:** Dec. 19, 8:45 p.m.; admission is €25, €12 under 30. Call 0444-324442 Tuesday to Saturday from 4-6 p.m. for

information and reservations. **Giselle at Teatro Comunale**

## **Verso Monet - Storia del paesaggio dal Seicento al Novecento**

## **Towards Monet - History of the landscape from the 17th to the 20th century**

This major exhibit shows more than 90 paintings from private collections and some of the world's greatest



museums, focusing on nature as the main subject in art, in a five-path approach to understanding Monet's art of nature as an inner experience. Ongoing through Feb. 9 in Verona, Palazzo della Gran Guardia, Piazza Bra; Monday to Thursday, 9 a.m. to 7 p.m., Friday and Sunday, 9 a.m. to 8 p.m., and Saturday, 9 a.m. to 9 p.m.; tickets are €15. The exhibit will come to Vicenza's Basilica Palladiana from Feb. 22 to May 4 next year.

**Leonardo da Vinci "L'Uomo universale"**  
**Leonardo da Vinci "The Universal Man"**

Ongoing through Dec. 1, 8:30 a.m. to 8:15 p.m. in Venice, Gallerie dell'Accademia, Campo della Carità, Dorsoduro 1050, about 45 miles east of Vicenza. Fifty-two drawing by da Vinci are on show, including the famous Vitruvian Man. Tickets are €15.

**Area antique markets Dec. 1**

**Marostica:** 8 a.m. to 7 p.m., in Piazza Castello, about 18 miles north of Vicenza. (130 vendors)

**Noventa Vicentina:** 8 a.m. to 6 p.m., in Piazza IV Novembre, about 20 miles south of Vicenza. (120 vendors)

**TUSCANY**

**The New Florence Biennale 2013 – Ethics DNA of Art**

Runs from Nov. 30 to Dec. 8, 10 a.m. to 8 p.m. at Viale Filippo Strozzi 1, Florence. Artists from all over the world meet to exhibit their work at the Fortezza da Basso to focus on the relationship between art and ethics, and reflect and critically appraise the role of art in the new millennium. Admission is €10, €8 for children under 10 and seniors over 65.

**Pisa Vintage**

Nov. 30, 3 p.m. to midnight; Dec. 1, 10 a.m. to 10 p.m.; Piazza San Francesco Domenico Guerrazzi; antique market, workshops, exhibits; admission is €4, €3 for youth and students, free for children under 13.

**Antica Fiera**  
**Traditional Fair**

Nov. 30 to Dec. 1, 9 a.m. to 7 p.m., in Carmignano (Prato), Piazza Matteotti and Vittorio Emanuele II. Christmas and vintage items, exhibits and entertainment.

**Mercatini ed eventi natalizi**  
**Christmas markets and events**

**Firenze:** Piazza Santa Croce, German Christmas Market, Nov. 27 to Dec. 15, 10 a.m. to 8 p.m., weekends 10 a.m. to 10 p.m.; more than 50 vendors and carnival rides.

**Palazzo sul Senio (Florence):** Dec. 1, 8, 15 and 22, from 10 a.m. to 6 p.m.; food booths featuring *vin brulé*, polenta, tortellini with chestnuts and local specialties; Santa Claus hut where children can make their requests for presents.

**Porciano:** Dec. 1, Sapori di Natale – Christmas Flavors,

10 a.m. to 7 p.m., old trades re-enactment; 10:30 a.m. Christmas concert; Santa Claus village where children can make their requests for presents; caroling.

**Serra Pistoiese (Pistoia):** Dec. 7-8, 9 a.m. to 8 p.m.; Christmas markets

**Area antique markets Dec. 1**

**Carmignano (Prato):** 9:30 a.m. to 7 p.m., Piazza SS. Francesco e Michele

**Cascina (Pisa):** 9 a.m. to 6 p.m., Corso

**Orbetello (Grosseto):** Nov. 30 and Dec. 1, 10 a.m. to 10 p.m., Corso Italia

**Pietrasanta (Lucca):** 9 a.m. to 7 p.m., in Piazza Duomo

**San Giuliano Terme (Pisa):** 9 a.m. to 7 p.m., Piazza Shelley and Piazza Italia

**San Miniato (Pisa):** 9 a.m. to 8 p.m., Piazza del Popolo



**CONCERTS**

**Dave House** - Nov. 30 in Assago (Milan)

**Dire Straits Legends** - Dec. 2 in Turin, Dec.3 in Genova, Dec. 5 in Rome

**The Original USA Gospel Singers & Band** - Dec. 15 in Bolzano

**New York Ska Jazz Ensemble** - Dec. 27 in Mezzago

**Michael Bubl ** - Jan. 27-28, 2014 in Assago (Milan)

**Backstreet Boys** - Feb. 22, 2014 in Assago (Milan)

**Simple Minds** - Feb. 25, 2014 in Assago (Milan)

**James Blunt** - March 18 in Assago (Milan)

**Yes** - May 17 in Padova, May 18 in Assago (Milan)

**Aerosmith** - June 25 in Milan

**Tickets at Media World, Palladio Shopping Center or online.**

**HOLIDAY SPECIALS**

**Magic Winter at Gardaland**

Dec. 26-31 and Jan. 2-6; 10 a.m. to 6 p.m.; in Castelnuovo del Garda, Via Derna, about 45 miles west of Vicenza

**Rainbow Magicland**

Dec. 26-31 and Jan. 2-6, 10 a.m. to 6 p.m. in Via della Pace, Valmontone, Roma.

Visit the VMC community calendar for the latest event details and updates at [www.usag.vicenza.army.mil](http://www.usag.vicenza.army.mil)

### They know their social media

Congratulations to **Yasmine Encarnacion**, **Isaac Kanter** and **Natalie Paige Czarnik**, first, second and third place winners respectively of the Antiterrorism Awareness Month Essay contest, which challenged VMC youth write about understanding the risks of social media.

### TARP briefings available

The Vicenza Military Intelligence Detachment provides Threat Awareness and Reporting Program (TARP) briefings on request. To schedule a briefing call 634-7688 or 331-172-2142.

### Stress and trauma response

Vicenza's Exceptional Family Member Program will present an Information Hour on the subject "Impact of Stress and Trauma Related to Military Deployment on Personnel and Their Families" presented by Dr. Hanna Leong. The event will take place Wednesday, Dec. 4, from noon to 1 p.m. at Army Community Service in Davis Hall, Building 108 on Caserma Ederle. All are welcome to attend; bring your sack lunch if you wish.

### Flu vaccination changes

The last day for adult beneficiary in-

Wednesday, December 4<sup>th</sup>  
Noon-1:00 p.m.

## Presentation on Impact of Stress and Trauma Related to Military Deployment on Personnel and Their Families

Guest Speaker: Dr. Hanna Leong

Army Community Service BLDG #108 Room #46

For more information call 634-8582.

[www.vicenza.armyMWR.com](http://www.vicenza.armyMWR.com)

fluenza vaccine clinics will be Friday, Dec. 6. Starting Monday, Dec. 9, all civilian beneficiary influenza vaccines will be administered at the Health Center Immunization Clinic in Pediatrics. Until then, adult beneficiaries can get their influenza vaccine shots Monday, Wednesday and Friday from 10 a.m. to noon and from 1-4 p.m. Soldiers will continue to get their flu shots in the Readiness section.

### Soldiers' Theatre events

Tickets are on sale for the holiday season production, **Celebrate Christmas**. Performances will be Dec. 6-15, Fridays and Saturdays at 7:30 pm., and Sundays at 2 p.m. Call 634-7281 or 0444-71-7281 for reservations.

### Caserma Ederle Fitness Center

**The 3-on-3 Basketball Tournament** takes to the court Dec. 13-15; sign up by Dec. 6. A coaches meeting will be held Dec. 10 at 6 p.m. in the conference room. Registration is \$18 per team with a maximum of six players. The Vicenza **community boxing team** trains Monday through Friday, 6:10-p p.m. Stop by for information. Unit/Recreational **racquetball open challenge play** is ongoing weekdays from 5-8 p.m. at the Fitness Center; stop to sign up. Unit/Recreational **basketball open play** is under way Monday, Wednesday and Friday from 11:45 a.m. to 1:30 p.m. at the Fitness Center. Unit/Recreational **rugby open play** takes place Tuesday and Thursday from 6-8 p.m. at the Fitness Center grass field. Community **soccer practice** is held Tuesday and Thursday from 7:30-9

## 2013

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[CFCOVERSEAS.ORG](http://CFCOVERSEAS.ORG)

## NEW FOR 2013: ONLINE PAYROLL ALLOTMENT PLEDGES



Visit [www.cfcoverseas.org](http://www.cfcoverseas.org) • Use Campaign Code 0995

## The Outlook accepts submissions

Email content for consideration by noon on Thursday of the week before publication to

[editor@eur.army.mil](mailto:editor@eur.army.mil)

p.m. at the turf field.

**Tennis open reservation play** gets going Monday through Wednesday from 6-9 p.m. Meet at the tennis courts to play and meet other players. Unit/Recreational **soccer open play and practice** take place Tuesday and Thursday from 6:30-9 p.m. at the turf field.

### FEHB Open Season closes Dec. 9

FEHB Open Season runs through Dec. 9. **Premium rates**, set by OPM, are online at [www.opm.gov/insure/health/rates/index.asp](http://www.opm.gov/insure/health/rates/index.asp)

**FEDVIP dental rates** are online at [www.opm.gov/insure/dental/rates/index.asp](http://www.opm.gov/insure/dental/rates/index.asp)

**FEDVIP vision rates** are online at [www.opm.gov/insure/vision/rates/index.asp](http://www.opm.gov/insure/vision/rates/index.asp)

Electronic health plan brochures are online at <http://www.opm.gov/healthcare-insurance/healthcare/plan-information/guides>

Get general information at <http://www.opm.gov/retirement-services/publications-forms/benefits-administration-letters/2013/13-401.pdf>

### CFC Overseas date extended

This year's Combined Federal Campaign Overseas contribution deadline has been extended to Dec. 6, in part due to disruptions caused by the federal government shutdown and furlough. Contact your unit or agency representative for information.

### Commissary holiday hours

The Caserma Ederle Commissary has set its hours of operation for the upcoming holiday season:

**Nov. 28:** Thanksgiving - closed

**Dec. 23:** Monday before Christmas - open from 10 a.m. to 7 p.m.

**Dec. 24:** Christmas Eve - open from 10 a.m. to 4 p.m.

**Dec. 25-26:** Christmas - closed

**Dec. 30:** Monday before New Year's - open from 10 a.m. to 7 p.m.

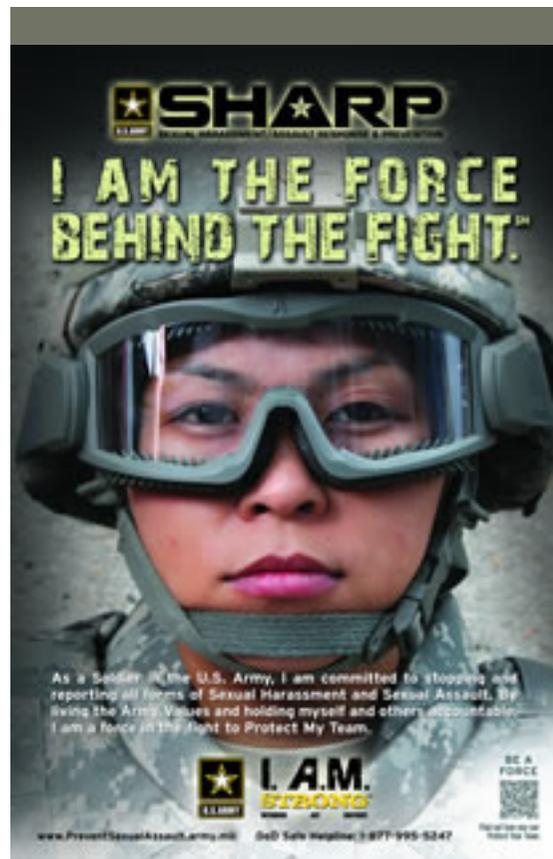
**Dec. 31:** New Year's Eve - open from 10 a.m. to 6 p.m.

**Jan. 1:** New Year's Day - closed

### Holiday mail postal deadlines

\* **PAL parcels:** Dec. 3

\* **Priority parcels and first class letters:** Dec. 10



**Call the VMC SHARP Hotline  
634-7272 or 0444-71-7272**

## At the movies



### Ederle Theater

<b>Nov. 28</b>	<b>2 p.m.</b>	Frozen in 3D (PG) *
	<b>7 p.m.</b>	Frozen in 3D (PG) *
<b>Nov. 29</b>	<b>7 p.m.</b>	The Hunger Games: Catching Fire (PG-13) *
	<b>10 p.m.</b>	The Delivery Man (PG-13) *
<b>Nov. 30</b>	<b>3 p.m.</b>	Frozen (PG) *
	<b>6 p.m.</b>	The Hunger Games: Catching Fire (PG-13) *
<b>Dec. 1</b>	<b>3 p.m.</b>	The Hunger Games: Catching Fire (PG-13) *
	<b>6 p.m.</b>	The Delivery Man (PG-13) *

**Admission:** 3D first run (\*), adult, \$8, under 12, \$5.25; 3D second run, adult \$7.50, under 12, \$5; first run (\*), adult, \$6, under 12, \$3.25; second run, adult \$5.50, under 12, \$3.

**Advance tickets:** On sale Monday from 11 a.m. to 1 p.m. at the PX Food Court entrance, except on federal holidays. Up to 50 percent of seats will be on sale; the remainder go on sale one hour before show time at the theater box office.

**Film ratings** and reviews are available at [www.imdb.com](http://www.imdb.com)

### Frozen

In this animated tale of two sisters, Anna, the fearless optimist, undertakes an epic journey to find Elsa, whose icy powers have trapped the kingdom of Arendelle in eternal winter. Anna teams up with rugged mountain man Kristoff and his loyal reindeer Sven in a race to save the kingdom and her sister.

# Non-stop action at Wiesbaden boxing meet

Story and photos by Karl Weisel

USAG Wiesbaden PAO

**W**IESBADEN, Germany – The Vicenza Lions boxing team made the long trek to Germany weekend before last to put their skills and stamina to the test against Army teams from across Europe and several local and stateside boxing organizations.

All told, the Lions acquitted themselves well, taking second place in total points and boasting several boxers who fought their way to individual distinction.

Some 1,700 fight fans were in the house Nov. 16 to catch 18 action-packed bouts at what was billed as “The Biggest Show in Town” as a packed house of Germans and Americans were on hand at the Wiesbaden Fitness Center to witness the Wiesbaden Boxing Invitational.

In a night that saw its share of surprises, challenges and upsets, one of the highlights saw Wiesbaden’s Rubin Stackhouse, a past local champion, take on USAG Vicenza’s William Ransom in a superheavyweight contest that meant going the distance for both boxers. The tough and tight bout went to the Wiesbaden fighter, who got in a flurry of blows in the final seconds to take a 3-2 decision against Ransom.

## Learning the ropes of the ring

In other bouts in the novice category, Vicenza’s Martinez Kelly lost a close, 3-2 decision against Wiesbaden’s Joel Flores in lightweight competition, and Kaiserslautern’s Romeo Ingreso took first after the ref stopped the contest against Vicenza’s Gary Silver.

In novice welterweight boxing, Vicenza’s Dominick Cureton defeated Hohenfels’ Taurian Flowers, the bout ending after Flowers dislocated his shoulder. Vicenza’s Stephen Pickens went down in a 5-0 decision to Hochheim’s Sandro Kutz.

In the novice heavyweight rounds, Vicenza’s Demotts Youngblood won a 5-0 win against Bavaria’s Joseph Samuela. Vicenza’s John Schwering lost to Ramstein’s Nathan Remlinger and Kaiserslautern’s Keith Mazone beat Vicenza’s Daniel Cole.

In open division bouts, Hochheim’s heavy-weight Branimir Malenica claimed victory after the referee stopped his bout in the second round against Vicenza’s Joshua Rubio.

All in all, the Lions took second as a team with 44 points overall to Wiesbaden’s 50. Kaiserslautern finished third followed by a German team from Hochheim.



*Vicenza super heavyweight novice William Ransom (top, left) and Wiesbaden’s Rubin Stackhouse get last minute instructions from the ref before their bout and mix it up (above) Nov. 16 at the Wiesbaden Boxing Invitational. Ransom lost by a 3-2 decision in a tough bout.*



Photo by David Ruderman

Community members work on yoga technique with instructor Lacy Wolff Nov. 13.

## Roll out the mat and get started

### Army opens up to alternative treatment programs

By Francesca Mainardi

USAG Vicenza PAO

When it comes to the question "Are you stressed?" I bet most of us would say "yes."

What with career, family and money issues to handle, health troubles, homesickness and so on — do we ever take a deep breath all day long?

"Are your neck muscles hurting? Or are you feeling depressed? Give yoga a try," said yoga instructor Lacy Wolff.

"The conscious linking of breathing and movement can help to calm the nervous system. Or are you dealing with weight issues? Through mindfulness, yoga may inspire you to become a more conscious eater," she said.

Yoga Nidra, also known as yoga meditation or yogic rest, can help make a difference in such matters. You might find that a good night's sleep does not necessarily in and of itself allow the body to overcome stress and exhaustion, and so a feeling of anxiety or aching joints may persist even if one sleeps normally. Yoga may be a way to put you in charge of your physical and psychic health.

Yoga can help teach life skills that promote resiliency and emotional stability. Recently, the Army has adopted the practice by investigating yoga as a therapeutic intervention for Soldiers, since it helps to address and help heal a range of war wounds they are bringing home from deployments.

The U.S. Army Health Center Vicenza on Caserma Ederle is the first Army location in Italy to adopt medical yoga, said Lisa Andreucci, a licensed clinical social worker at USAHC Vicenza.

Research, in fact, reports that yoga practice can help relieve the symptoms of Post Traumatic Stress, known as PTS, which may occur after exposure to a traumatic event. Yoga class participants, whether Soldiers, family members or civilians, have all reported sleep improvement, reduced anger and an increased feeling of calm as a result of adopting simple yoga practices.

For more information stop by the Fitness Center desk in Building 112. Soldiers and family members interested in the potential benefits of medical yoga may call Andreucci at 636-9140 for information.

# Barca Wannabees take soccer title

By Ricky Jackson

USAG Vicenza Sports and Fitness

The USAG Vicenza 5-versus-5 Soccer Tournament kicked off Nov.15 with four competitive, eight-player teams taking the field for the fun and the glory.

Competition started in the round-robin format, with each team playing every other team in advance of a single-elimination bracket format.

As the finals got under way, the Trinstars United team (0-3 in round-robin play), faced off against the 173rd squad (1-2), and the Barca Wannabees (2-1) took to the field against the undefeated FCV United team (3-0).

In an upset start to the finals, the team Trinstars underdogs held the frontrunner FCV United kickers to a 1-1 tie. This led to a four-minute overtime round that also ended without a winner, forcing the players into a penalty kick decision.

After three shots at the goal by each side, the upstart Trinstars advanced to the top championship final with a stunning 3-2 upset over the leaders.

In the second semi-final bracket, the Barca Wannabees walked all over the 173rd contenders, putting them down with a score of 6-2, and a chance to face the Trinstars for the title.

The ill-starred 173rd strikers played hard but went down 1-0 against FCV, who claimed third place.

Spectators to the championship round saw the Trinstars and the Wannabees take it down to the wire for a no-holds-barred finale. Again the decision came down to penalty shots on goal, with each side getting five attempts.

Both teams smartly and intensely put their best shooters on the line to shoot, but the Trinstars run was over for the day, with the Barca Wannabees finishing first by one shot, with a final score of 3-2.

Still, win, place or show, good sportsmanship reigned and all players got to take a shot at the crown. Congratulations to one and all.

## Chaplain Crisis Line

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

### Vicenza

#### 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

#### Tuesday

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

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

**6 p.m.:** PMOC and PWOC Bible study. Dinner provided; no watch care

#### Wednesday

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

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

#### Thursday

**9:30 a.m.:** St. Mark's Catholic Women

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

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

### VMC faith group contacts

**Bahá'í Faith:** Call 348-603-2283

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

**Islamic:** Call 634-7519 or 0444-71-7519

**Jewish:** Call 345-907-2108

**Latter Day Saints:** Young Men/ Young Women meeting is every Tuesday at 6:30 p.m. at the Spiritual Fitness Center. Sunday services, 1:30 p.m. in Vicenza. Call 389-268-5605 or email [drbob143@gmail.com](mailto:drbob143@gmail.com)

**Trinity Church Vicenza:** An International Presbyterian Church (IPC) congregation. Call 328-473-2949 or email [trinitychurchvicenza@gmail.com](mailto:trinitychurchvicenza@gmail.com)

**Vicenza Hospitality House:** A good place for anyone - single Soldiers, men, women and couples to enjoy food, fun and fellowship.

**Tuesday:** Dinner at 6:30 p.m. with PMOC Bible Study and Women's study following at 7:30.

**Friday:** Potluck Dinner at 6:30 p.m. with Walk in the Word following. Call if you need transportation. For more information call 0444-581-427.

**Call 634-7519 or 0444-71-7519 for info on Chapel activities**

## Camp Darby

### Sunday services

**11:15 a.m.:** Protestant worship and children's service

**Catholic Mass:** please call the Chapel at 633-7267 to confirm times as it changes depending on which priest is conducting mass.

### Tuesday

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

### Wednesday

**5:30 p.m.:** Protestant Women of the Chapel

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

**6:15 p.m.:** Choir practice

**For DMC activities call 633-7267**

*The Outlook Religious Activities page provides announcements and may offer perspectives to enhance spiritual or religious resiliency in support of Army Comprehensive Fitness programs. Comments regarding specific beliefs, practices or behaviors are strictly those of the author and do not convey endorsement by the U.S. government, the Department of Defense, the Army, Installation Management Command or the U.S. Army Garrison Vicenza.*



## You are Invited Multi-Cultural Holiday Potluck Luncheon

Hosted by Relocation Readiness for Multi-Cultural Spouses

**Friday, December 13  
11:30 a.m.-1:30 p.m.**

Bring your favorite dish representing your country. For reservations or information call Army Community Services

634-7500

