

Outlook

Vicenza and Darby Military Communities

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US ARMY AFRICA HOLDS SYMPOSIUM



**USAG VICENZA
COMMANDER ANNOUNCES
PARTIAL CLOSURE OF
DARBY**

**VMS STUDENTS
LEARN ABOUT
CAREERS IN REAL
LIFE**

**DARBY BEACH
RETURNED TO ITALIAN
ADMINISTRATION**



VICENZA
Military Community



U.S. Army Europe Commander

Lt. Gen. Ben Hodges

U.S. Army Africa Commander

Maj. Gen. Darryl A. Williams

USAG Vicenza Commander and Publisher

Col. Robert L. Menist Jr.

USAG Vicenza Public Affairs Officer

Paul J. Stevenson

Editor

Julie M. Lucas

Photojournalist

Laura Kreider

Social media manager

Vacant

Staff writers

Anna Ciccotti

Anna Terracino

Darby Military Community

Chiara Mattiolo

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On the cover

Maj. Gen. Darryl A. Williams, commanding general, U.S. Army Africa, takes notes during the African Alumni Symposium, at the U.S. Army Heritage and Education Center, Carlisle, Pa., Dec. 3-5. The symposium is a U.S. Africa Command event bringing together African alumni of U.S. Army professional military education schools, in order to strengthen U.S. and African partners' relationships. "This symposium is a great opportunity for many of our African partners to get together in one place and talk about common challenges and opportunities for the future," said Williams. The last symposium was conducted at Fort Leavenworth in 2012 by the AFRICOM.

Photo by Staff Sgt. **Renee Wilson**, U.S. Army Africa

Freedom 6: NATO Ready



By Lt. Gen. **Ben Hodges**
Commander, U.S. Army Europe

Team,
Happy new year and welcome 2015!
I hope you've enjoyed some much-deserved time off and were able to spend it with family and friends. I'm glad to have spent Christmas visiting our troops in Kosovo and Turkey.

These missions, where we serve alongside our Allies, may not be in the news regularly but they are vital to the collective defense and assurance of Europe and deterrence of potential enemies.

This year we're going to keep up our pace moving forward with Operation Atlantic Resolve. Elements from our own 2nd Cavalry Regiment and , later, 3rd Infantry Division from Ft. Stewart, Ga., will be the first two rotational forces this year. The 4th Infantry Division's headquarters from Fort Carson, Colo., will send personnel to take over OAR mission command, a role that USAREUR personnel filled in 2014.

In December, I introduced the Strong Europe framework. It aims to create beneficial opportunities for the U.S. and our Allies, improve interoperability and capacity with Allies and Partners, and facilitate U.S. and NATO logistical infrastructure to ease movement between member nations.

This year we need to think about being NATO Ready. I'm challenging Army Europe to determine how we can be NATO Ready as the Alliance transitions away from operations in Afghanistan and faces new, and some reemerging, global threats and challenges.

The first step is to work regularly with all levels of the NATO command including headquarters, simulation centers, and other agencies. My end goal is to ensure we support and enable the Allied Land Command, the current NATO Response Force Corps, and NATO Centers of Excellence.

Second, Army Forces – both those assigned to Europe and those here as part of the Regionally Aligned Force – must be capable of conducting operations with the NATO Very High Readiness Joint Task Force (VJTF) and the NATO Response Force.

Finally, our leaders need to be trained or educated in NATO policies, procedures, standards, and doctrine to help ensure seamless integration with our Allies.

Of course, achieving NATO Ready requires time in the field and on the range, but it doesn't all happen there. We have to talk to our counterparts in our Allied land forces regularly. We need to sit next to them at conferences, seminars and classes. We need to know their culture and show them a bit of ours.

As always, thank you for all that you are doing here every day in support of our mission and in support of our Allies. I am proud to serve by your side as this new year begins.

Army Strong! Strong Europe!

Speak Out

What is your New Year's resolution?



Geneva O'Connor
Family member
"To laugh more!"



1st Lt. Brad Bynum
Destined Company, 2nd Bn.,
503rd Inf. Reg.
"Experiencing as much of Europe as possible and inspire my Soldiers to do the same. I also plan to pursue my skydiving and scuba license."



1st Lt. Connor Arbiter
Destined Company, 2nd Bn.,
503rd Inf. Reg.
"Learn a third language"

U.S. Army Europe details infrastructure consolidation changes

By U.S. Army Europe Public Affairs

The Department of Defense announced plans to implement several base closures and other efficiencies in its operations in Europe over the next eight years that will improve operations, eliminate excess infrastructure and reduce costs.

In Army Europe, DOD will fully return to the host nations one site in Belgium and one in the Netherlands; fully return seven sites and partially return two in Germany; and partially return one site in Italy. Specific site information is provided further below. As a result of these site closures, some 95 military, 147 U.S. civilian and 65 local national (LN) positions will be reduced by Sep. 30, 2020, and another 405 military, 1,360 U.S. civilian and 1,207 LN positions will be relocated as sites are closed by 2023. While some position reductions and relocations may begin as early as 2017, the majority will occur upon completion of construction and building rehabilitation projected for FY20, pending approval of EIC funding.

In Department of Defense Dependents Schools -- Europe (DODDS-Europe), the Bavaria district office will be relocated from Barton Barracks in Ansbach to Sembach in 2016. This action will preclude construction of a new \$5.5M Bavaria District Superintendent's Office in Ansbach. There will be no reductions associated with the relocation of the 0 military, 30 U.S. civilian and 2 LN positions associated with the district office.

Also as part of these initiatives, the Defense Commissary Agency (DECA) will limit commissaries in Europe to one per military community with the exception of Grafenwoehr and Kaiserslautern. This approach is based on the serviced population and avail-



ability of another commissary or reasonable alternative within a 45-minute commute window. In Stuttgart, the stores on Patch, Kelley, Robinson and Panzer will close, once a new replacement store on Panzer Barracks is constructed. Construction is expected to start in 2017 and be completed in 2019. In USAG Rheinland-Pfalz, the small commissary in Sembach will be closed in 2015, since it is within commuting distance to both the Ramstein and Vogelweh commissaries.

In USAG Ansbach, the commissary on Storck Barracks will also close in 2015, based on access to the main commissary at Shipton Kaserne. Of the 0 military, 85 U.S. civilian, and 75 LN positions associated with these commissaries, the actions will result in the relocation of 0 military, 57 U.S. civilian and 34 LN positions and the reduction of 0 military, 29 U.S. civilian and 17 LN positions by Sep. 30, 2019.

The Defense Media Activity (DMA) will also consolidate its operations in Europe by 2016 with a Regional Media Center at Sembach, overseeing four American Forces Network (AFN) "superstations" in Sembach, Naples, Rota, and Stuttgart, which will each serve several communities. DMA's command information mission will be managed by the Regional Media Center and executed by bureaus at

locations close to DOD's three- and four-star headquarters in Europe, i.e., Kaiserslautern, Naples, Stuttgart, and Wiesbaden. To facilitate DMA's local community information missions, each superstation will have a studio and staff dedicated to each served location affiliate with a small staff of four remaining at each affiliate. As part of this action, 32 military, 0 U.S. civilian and 0 LN positions will be relocated, and 45 military, 5 U.S. civilian and 17 LN positions will be reduced by Sep. 30, 2016.

Another consolidation initiative will merge activities that support the U.S. Mission to NATO and the U.S. Military Delegation to the NATO Military Committee. Such functions as communications, postal services, and personnel management will be incorporated into other existing positions. As a result, 4 military, 1 U.S. civilian and 0 LN positions will be reduced by Sep. 30, 2018.

The Army & Air Force Exchange Service (AAFES) will also implement efficiencies in their bakery and water distribution operations in Gruenstadt, Germany. Of 0 military, 39 U.S. civilian and 326 LN positions at the site, the action will result in the relocation of 7 U.S. and 30 LN positions to Sembach, and a reduction of 0 military, 0 U.S. civilian and 47 LN positions by Sep. 30, 2016.

As part of these efficiencies, Defense Information Systems Agency -- Europe (DISA-E) will relocate in 2019 from Patch Barracks in Stuttgart to the Landstuhl Heliport in Kaiserslautern. Portions of DISA-E will remain at Patch Barracks, Stuttgart. This move positions DISA-E, a subordinate Defense Information Technology Contracting Office, and the Army's Regional Satellite Control Center -- Europe closer to other theater communication assets and takes advantage of available space on the site once renovated. The action was resulted in the relocation of 107 military, 152 U.S. civilian and 3 LN positions with DISA-E to the Kaiserslautern area. A reduction in Stuttgart support staffs of 0 military, 31 U.S. civilian positions and 27 LN positions by Sep. 30, 2019, will also result based on the decrease in community population.

The 2014 conversion of the Vicenza Health Center to only outpatient and specialty care was also part of these DOD-approved actions. Of the 108

military, 55 U.S. civilian and 53 LN positions associated with the center, this action resulted in a reduction of 10 military, 8 U.S. civilian and 4 LN positions.

Lastly, some ammunition storage bunkers at the Pisa Ammunition Storage Area in Livorno, Italy, will be placed in a caretaker status. The empty bunkers will be minimally maintained and guarded, but kept in reserve for contingencies. There are no personnel impacts associated with this action.

The site returns and other efficiency measures are part of U.S. European Command's continuing efforts to remove non-enduring sites from its real property inventory and allow more resources to be focused on other U.S. European Command mission requirements. In returning these sites, the U.S. is fulfilling its obligation to host governments to return property that is no longer necessary for our operations. These proposals have been vetted through the DOD European Infrastructure Consolidation review,

and none of them affects U.S. military capabilities in Europe.

U.S. European Command's forward presence is one of the United States' most visible indicators of support to our European allies, providing assurance and demonstrating a tangible commitment to our collective defense. U.S. dedication to our NATO security responsibilities is beyond doubt; ongoing infrastructure adjustments simply ensure that we are best-positioned to fulfill those responsibilities. Overall in Army Europe, some 556 military, 1,606 U.S. civilian and 1,275 LN positions will be relocated as a result of these actions -- many within the same town, and another 152 military, 223 U.S. civilian and 177 LN positions will be reduced.

Completion of the EIC study does not represent the end of transformation in Army Europe. The Army will continue to look at ways to streamline operations, while improving capabilities to support our Allies and partners worldwide.

Site returns

As noted above, the following sites are planned for return to the host nation not later than (NLT) the dates indicated. Returns may occur earlier, as actions to clear the facilities progress; projected return dates are also subject to extension, based on operational requirements and other factors. All are full site returns, unless annotated otherwise:

BELGIUM

U.S. Army Garrison BENELUX

- Brussels Leased Site (NLT 2019)

THE NETHERLANDS

U.S. Army Garrison BENELUX

- Schinnen Emma Mine Site (2018)

GERMANY

U.S. Army Garrison Ansbach

- Barton Barracks (2021)

U.S. Army Garrison Bavaria

- Artillery Kaserne, Garmisch (2018) (Partial Return)

U.S. Army Garrison Rheinland-Pfalz

- Pulaski Barracks, Kaiserslautern (2019) (Partial Return)

- Hoppstaedten Waterworks, Baumholder (2018)
- Pfeffelbach Waterworks, Baumholder (2018)
- Husterhoeh Kaserne, Pirmasens (2017)

U.S. Army Garrison Stuttgart

- Weilimdorf Warehouse Site (2018)

U.S. Army Garrison Wiesbaden

- Mainz-Kastel Station (2022)
- Amelia Earhart Hotel (2023)

ITALY

U.S. Army Garrison Vicenza

- Camp Darby, Livorno (2016) (Partial Return)

For more information regarding this announcement, please contact U.S. Army Europe Public Affairs at 011-49-(0)611-143-537-0023/0022 or email usarmyeurope.contact@mail.mil.

USAG Vicenza Commander announces partial closure of Darby

Story and Photo by **Chiara Mattiolo**
DMC Public Affairs Office

At 3 p.m. local time, just at the same time the U.S. Department of Defense publicly announced its plan to implement several base closures or reductions in Europe, U.S. Army Garrison Vicenza Commander Col. Robert L. Menist Jr. spoke to members of the Camp Darby Community in a crowded post theater about the future of the installation.

"I am here to announce that Camp Darby is going to stay," said Menist. "But..., there is always a but..., some changes will occur."

According to Menist the portion of the Installation denominated by Leghorn Army Depot will remain as it is, as well as the Ammunition Storage Area and the Local Training Area. While on Camp Darby, the unutilized space, which is about half of the Darby Area, will be returned to the



U.S. Army Garrison Vicenza Commander Col. Robert L. Menist Jr. addresses members of the Darby Military Community Jan. 8 about the future of Camp Darby. Menist conducted the session to announce that a portion of Camp Darby would be returned to the Italian Ministry of Defense.

Italian Ministry of Defense, which will make a decision on its utilization. "We will immediately start the analysis on what services will stay, be moved, reduced or contracted out, but the school, the commissary and PX will remain," said Menist.

Menist ensured that the goal is to minimize the impact of reduction by investing in what is going to stay.

"This is a working process and I will inform you incrementally, but the good news is that we will stay," concluded Menist.

Winter weather plan in effect for VMC

Story and Photo by **Julie M. Lucas**
USAG Vicenza PAO



With the close proximity to the Dolomites, snow does come to the local area. The current plan for the Vicenza Military Community becomes active when there are more than two inches of snow on the roads or ice on the roads is determined to be sufficient to cause hazardous driving.

Priorities have been assigned by the Directorate of Public Works for snow removal. The first priority will be all installation main roads to include Longare, Caserma Ederle, Villaggio, Del Din, Lerino and Torri. The next areas to receive attention will be Ederle, Villaggio and Del Din parking lots along with the Health Clinic, the shoppettes, schools, commissary, PX and theater.

When the roads are clear, the main sidewalks on Ederle will be cleared. The last priority will be Longare and ASP7 parking lots.

"We are expecting a little more severe winter this year," said Bob Clarke, DPW director, who gave a presentation with this information during the December INFO-X.

Building managers, units and Villaggio housing residents are responsible to ensure their areas are cleared of snow and ice. Bags of salt will be placed locations throughout the community to be spread on the sidewalks if necessary. On Caserma Ederle there are six locations; one of the locations is the health clinic and

another is Hoekstra Field. On Del Din locations include the Warrior Zone, Fitness Center and the Central Energy Plant with three other locations. On Longare, there will be four locations and on Villaggio four locations including the Child Development Center area and the school parking lot.

A limited supply of snow shovels will be available for 48 hour use from DPW supply, building 23.

With a number of people in the community from different parts of the world, questionable weather might differ person-to-person. When in doubt on the weather, keep the

Installation Weather phone number saved in your cellular phone, 0444-61-8888. Information is recorded on the line by 5 a.m. and can handle up to 200 calls at once. The line gets updated as changes occur and includes road conditions, base delays and closures. The next place to get up-to-date weather related information is on the garrison Facebook page at www.Facebook.com/VMCIItaly.

AFN radio and AFN360 internet radio at http://afn360.afneurope.net/afne_vic will keep you updated on local information.

“When in doubt, follow instruction

from your chain of command,” said Frank Lauer, Garrison Operations Watch supervisor.

Extended holiday leaves and rapidly changing weather conditions are factors that can open the door to additional risks. The information at the link below contains additional information on winter safety and preparedness that can help mitigate the hazards.

For more information about winter safety driving, to go: <https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/WINTER2014-15.aspx>

Leadership development opportunities now open to Army civilians

By **Audra Calloway**
Civilian Workforce Transformation

WASHINGTON — The application window for GS-12 and GS-13 Army civilians to attend Command and General Staff Officer Course, and participate in additional new professional development opportunities, begins March.

The Army has developed the Enterprise Talent Management program, or ETM, to better develop the civilian corps. ETM consists of four potential tracks for professional development — attendance at Command and General Staff Officer Course; participation in the Department of Defense’s Executive Leader Development Program; leadership shadowing opportunities; and temporary duty for special assignments.

“The main objective of the program is to get Army civilians out of the tactical area and start developing them as strategic leaders so they’ll be able to function across the enterprise,” said Angel Maldonado, ETM program lead. For years, the Army has had development programs for interns and GS-15s. However, there have been professional development gaps

for civilians in the GS-11 through GS-14 grades, explained Edmund Shaw, Chief of the Civilian Senior Leader Development Division.

To address these gaps, the Army implemented the Senior Enterprise Talent Management program in 2012 to develop and maintain enterprise-focused GS-14 and GS-15 senior civilian leaders. In addition to SETM and ETM, the Army is also developing the Enterprise Emerging Leaders program aimed at civilians at the GS-11 and GS-12 levels.

The four ETM modules were developed to create civilian talent management opportunities comparable to what is offered to Soldiers at equivalent levels.

Applicants can self-nominate themselves for all four modules by applying through the SETM website, <https://www.csldo.army.mil/Index.aspx>, March-May. Boards will vet prospective candidates in October and November 2015 and the results will be announced in December. The program will begin execution in 2016.

Even though employees self-nominate, Shaw said that, “Leaders have a responsibility for talking to their employees about development opportunities. SETM and ETM should

be part of that discussion to identify those folks who need to be on the enterprise leader track.”

The four ETM modules are below: Command and General Staff Officer Course Twenty permanent GS-13 and equivalent civilians, and by exception, Army civilians in grade GS-12 and equivalent who meet the prerequisites, will be selected to attend Command and General Staff Officer Course at the Combined Arms Center at Fort Leavenworth, Kan., in 2016. The course will expand participants’ knowledge of the operational and tactical Army and prepare the generating force for the challenges of working in a complex environment.

To be eligible for selection an Army civilian must possess a baccalaureate degree from an accredited college or university; have served three years in a permanent Army civilian position before the reporting date to CGSOC; have completed the Civilian Education System Advanced Course or have been granted equivalency/constructive credit by the Deputy Chief of Staff, G-3/5/7; and have, at a minimum, an interim secret security clearance at the time of nomination. The executive Leader Development

Program is a ten month program of training experiences requiring both mental and physical agility.

Applicants are required to sign a continuity of service agreement and receive medical authorization. Civilians serving in permanent GS-12 or GS-13 positions compete for allocated seats in the DoD-wide program. ELDP is intended to stretch participants' experiences and comfort zones and help them develop the knowledge, skills and behaviors expected of future enterprise leaders. During the course, participants can expect to travel and participate in training deployments for at least a week to 12 days out of each month.

Applicants must possess a baccalaureate degree from an accredited college or university; have served three years in a civilian permanent appoint-

ment by the date the application for Department of Army nominations for ELDP are due to DoD; have completed the CES Intermediate Course or been granted equivalency/constructive credit by the Deputy Chief of Staff (DCS), G-3/5/7; have a secret security clearance at the time of nomination; possess a valid passport at the time of application which will not expire prior to graduation from the program; possess a valid government travel card at the time of application; and be able to participate in rigorous physical activity as evidenced by a medical release from a licensed physician.

ELDP participants must be able to run/walk one mile in 12 minutes or less; perform pull-ups, push-ups, and sit-ups; and climb and descend three flights of stairs, three times

consecutively, nonstop.

Leadership Shadowing Experience Applicants serving in a permanent GS-13 positions will be eligible to participate in a 20 working-day structured leadership shadowing experience to develop first-hand knowledge of the skills necessary to lead at senior levels in the Army. They will shadow an individual in a GS-15 to SES level position.

Enterprise Talent Management - Temporary Duty (ETM -- TDY) ETM 90-day TDY's are open to Army civilians in a permanent GS-13 (or equivalent) position. The experience will broaden the participant's experience through involvement on a special project outside of their home station to build enterprise level experience.

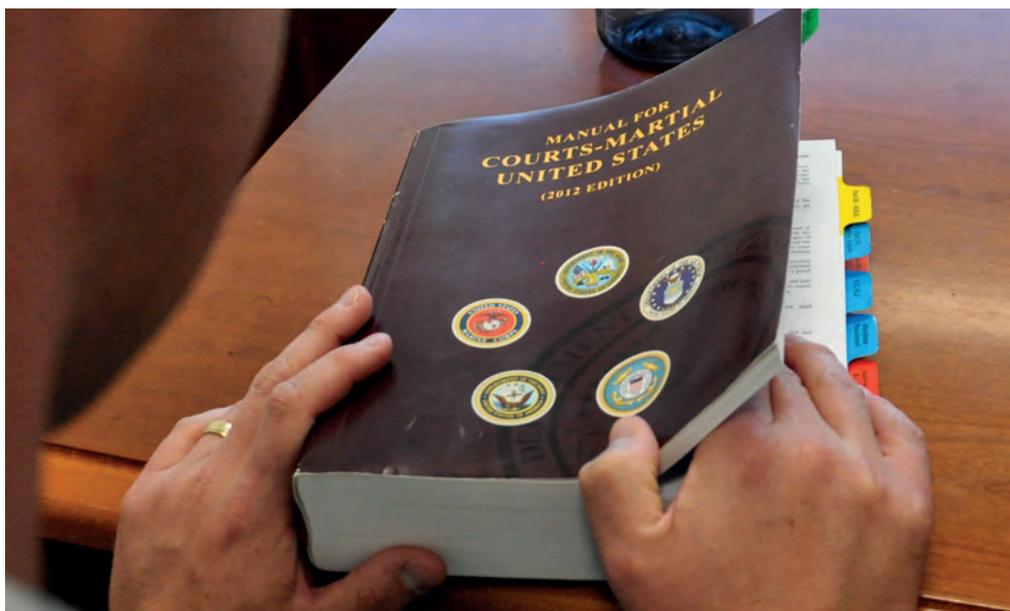
Legislation changes UCMJ for victims of sexual assault

WASHINGTON (Army News Service, Jan. 7, 2015) — The fiscal year 2015 National Defense Authorization Act (NDAA), signed into law last month, significantly changes the Uniform Code of Military Justice (UCMJ) in cases pertaining to rape and sexual assault.

All of the UCMJ amendments contained in the NDAA pertain to investigating and prosecuting sexual assault crimes and victim care, said Lt. Col. John Kiel Jr., chief, Policy Branch, Criminal Law Division, Office of the Judge Advocate General.

A big change involves Article 32 preliminary hearings, he said. First, some background:

The purpose of an Article 32 investigation was at one time "to provide discovery to the defense," he said. Then, the FY14 NDAA directed that the purpose of an Article 32 be "to determine whether probable cause exists to believe that an offense under the UCMJ has been committed and that



Changes to the Manual for Courts-Martial have been brought about by the National Defense Authorization Act for fiscal year 2015, which became effective Dec. 26, 2014, according to an expert in the Army's Office of the Judge Advocate General.

the accused committed it."

Article 32 hearings are now modeled after preliminary hearings in the federal criminal system, he said. The FY15 NDAA requires that the preliminary hearing be conducted by a preliminary hearing officer who is a judge advocate and that qualifying victims,

as defined in the statute, have a right not to testify at the hearing should they so choose. This right applies to both military and civilian victims.

SPECIAL VICTIMS' COUNSEL

Over a year ago, the secretary of defense directed that each of the services create a special victims' counsel

program, whereby each victim of sexual assault would be entitled to free legal counsel to represent them during all phases of the investigation and courts-martial proceedings.

“By all accounts, the services and Congress are pleased with the success achieved by these programs thus far,” Kiel said.

The FY15 NDAA made three additional modifications.

First, Congress directed that the military rules of evidence be amended to reflect that wherever a victim has a right to be heard, the victim may exercise that right through his or her counsel, he said.

Second, Congress directed the service secretaries to publish procedures to ensure that special victims’ counsel receive adequate notice of the scheduling of hearings, trials, and other courts-martial proceedings.

Third, victims may now petition the service court of criminal appeals for a writ of mandamus in cases where the victim believes the military judge erred in a ruling pertaining to rape shield evidence under Military Rule of Evidence (MRE) 412 or violating the psychotherapist-patient privilege under MRE 513. Writ of mandamus is an order from a superior court to a subordinate government court to do or refrain from doing something.

Regarding MRE 513, Kiel said the NDAA requires that the existing privilege between a psychotherapist and patient be expanded to include other licensed mental health professionals. It also requires that before any protected information may be released, a military judge conduct a closed hearing and apply a number of legal factors first before ordering the production or disclosure of any information.

In the FY14 NDAA, Congress required that commanders who have the discretion to dispose of offenses committed under the UCMJ can no longer consider the general military character of the accused in doing so. In this year’s NDAA, Congress

went even further by prohibiting the consideration of general military character during the findings phase of courts-martial proceedings except for a limited number of enumerated offenses where that kind of character evidence would be relevant to the charged offense(s), Kiel said.

CONVENING AUTHORITY

Congress also created a system in the FY14 NDAA whereby any decision not to refer a sexual assault offense to court-martial by a convening authority will be reviewed by a superior competent authority, he said. In the case where the convening authority and his or her staff judge advocate disagree about the referral decision, the case will then be sent to the service secretary for review. In the case where both the convening authority and the staff judge advocate agree not to refer, the case will be reviewed by the next higher convening authority.

The FY15 NDAA created an additional review mechanism, Kiel said. It mandates that in any case where a convening authority decides not to refer a sex assault offense, the chief prosecutor of the service may request that the service secretary review it, and if such a request is made, the secretary must review it. The judge advocate general of each service may designate a chief prosecutor for purposes of this provision if such a position does not already exist within their respective service.

CARE FOR VICTIMS

Two other changes in the FY15 NDAA apply to the treatment and care of victims of sex assault.

The first mandates that victims of sexual assault crimes be given an opportunity to express a preference as to whether their case is tried by the military or by the local prosecutor, Kiel said. If the victim chooses the latter, the convening authority must ensure that the local prosecutor is made aware of the victim’s preference, understanding that the preference is not binding on the

prosecutor. The convening authority must inform the victim about the prosecutor’s decision to prosecute or not. Second, he said, Congress recognized that in the past, some victims of sexual assault may have been discharged from the service and given a discharge less than honorable. The FY15 NDAA directs that the service secretaries develop a confidential review process utilizing boards for the correction of military records to review the characterization of the discharge or separation of any individual who wants to challenge the characterization of their discharge on the grounds that it was adversely affected by the individual being the victim of a sex-related offense.

Finally, there are some congressionally-appointed panels and a panel appointed by the secretary of Defense to study various aspects of sexual assault in the military and the military justice system in general, Kiel said.

“Those panels have and will continue to make recommendations in an effort to continue to improve our system. It is important to note that the military remains cognizant of that fact and continues to seek ways to improve itself,” he said.

“A number of the most significant reforms contained in the FY13, FY14 and FY15 NDAAs originated in the Department of Defense,” Kiel continued. “Congress codified them later. The military will continue to seek ways to improve how it handles the investigation and prosecution of sexual assault crimes and how it cares for the victims of such crimes. It will also remain vigilant in protecting the constitutional rights of the accused as it does so.”

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Secret of successful goal attainment revealed



Arlene Bauer, a master resilience trainer performance expert at the Comprehensive Soldier and Family Fitness Training Center at Fort Hood, Texas, works to help Soldiers set goals. She also does individual and family counseling.



WASHINGTON (Army News Service, Jan. 2, 2015) — Goals - especially New Year's resolutions this time of year - are great to have: losing weight, stopping smoking, earning a college degree, eating healthy, paying off credit cards and so on.

Problem is, it's one thing to have a goal and another to successfully complete it.

A popular New Year's resolution is getting a gym membership to get in shape, said Arlene Bauer, a master resilience trainer performance expert at the Comprehensive Soldier and Family Fitness Training Center at Fort Hood, Texas.

However, it seems the gym is usually crowded the beginning of January and tapers off by the end of the month, she observed.

So what happened? Are those people who failed just plain lazy and undisciplined or is there something else going on?

Bauer thinks the latter and she has the recipe for increasing the chances that goals will be met.

INTERNAL MOTIVATION

"People come up to me and say 'I need to get motivated, can you help

me get motivated?'" Bauer said.

The reason many can't stay committed to goals is because their source of the motivation is coming from the wrong place, she said she tells them. Most likely, people are focusing on external sources of motivation.

External sources could be things like rewards, avoiding punishment or shame as in the case of being overweight.

Therein lies the problem, she said. "Really, what keeps people committed to their goals are internal sources of motivation. If you align your goals with internal sources, you'll be more committed in the long term because it's a source coming from within you that's there all the time."

The most important internal sources of motivation are personal values, Bauer said.

A common personal value is putting family first, she said. For others, it's personal excellence or setting a good example as a leader at work. For some, it's spiritual. These are things that really matter and people live their lives for them. It represents who they are.

So the first thing to do, after identifying goals or even before that is identifying one's personal values. Once the values are identified, the

goals can be tied directly to them, she said.

IDENTIFY OBSTACLES

Some of the people Bauer sees have already failed at a goal and are at wits end. For them, it's often easy to identify the obstacles. A common one is not having enough time to pursue a goal. That's particularly true for Soldiers who are on duty 24/7.

For others who are on a first-time quest for a goal, they may not yet realize what obstacles lie ahead, she said.

An example of an obstacle to fitness for a parent may be the desire to spend more time with the kids, conflicting with having enough time to devote to a goal. A trip to the gym would decrease that quality time.

So Bauer and the parent or parents and sometimes the whole family will sit down and find ways to overcome the obstacle. It could be as simple as time management or getting a jogging stroller.

The stroller would enable the parent to be with the infant and get exercise at the same time. For an older child, the child might ride a bicycle alongside the parent who is jogging.

There are numerous obstacles, each with innumerable possible solutions,

she explained.

After goal setting, tying that in with personal values and identifying obstacles and solutions, people execute their plans, but later encounter unanticipated obstacles like loss of job, change of marital status and so on, she said. Some then come back to see her and they discuss overcoming these new obstacles and take it from there.

BRACE FOR FAILURES

For goals that are especially challenging, there will likely be some failures and mistakes, she said. "That's just part of it. The important thing picking yourself up and bouncing back."

Goal setting and overcoming obsta-

cles isn't easy but it's doable, she said, especially when personal values are linked. People enjoy watching professional athletes on TV but what they don't see are all the training and challenges that got them there.

To sum everything up, she said:

"We define the skill goal setting as: Identify a personally meaningful goal and develop a concrete plan to ensure achievement; understand how personal values help form self-directed motivation; develop commitment strategies to support goal attainment; create techniques to regularly monitor goal progress."

Here's how to get help locally:

Master resilience trainer performance experts are located at Comprehensive Soldier and Family Fitness, or CSF2, training centers across the Army. To find a CSF2 training center on an installation, visit: <http://csf2.army.mil/training-centers.html>

There's also an official CSF2 goal-setting app for iPad that can be downloaded from the iTunes App Store: <https://itunes.apple.com/us/app/csf2-goals/id688829038?mt=8>

Or:

<http://csf2.army.mil/downloads-apps.htm>

U.S. Army Africa hosts African Alumni Symposium

Story and Photo by Staff Sgt. **Renee Wilson**

U.S. Army Africa Public Affairs

VICENZA, Italy – Maj. Gen. Darryl A. Williams, commanding general of U.S. Army Africa, hosted the African Alumni Symposium, at the U.S. Army Heritage and Education Center, Carlisle, Pa., Dec. 3-5. The symposium is a U.S. Africa Command event bringing together African alumni of U.S. Army professional military education schools, to strengthen U.S. and African partners' relationships. Senior officers from multiple African nations and the U.S. participated in group discussions, focusing on this year's theme of "Training the Force for a Range of Military Operations." Symposium topics ranged from institutional training, training for peacekeeping operations and opportunities for regional cooperation.

"This symposium is a great opportunity for many of our African partners to get together in one place and talk about common challenges and opportunities for the future," said Williams. "The Army War College is known as a place where a lot of thinking is done, so that's what we're doing.



The African Alumni Symposium took place at the U.S. Army Heritage and Education Center, Carlisle, Pa., Dec. 3-5. The symposium is a U.S. Africa Command event and hosted by U.S. Army Africa. It brought African alumni of U.S. Army professional military education schools together to strengthen U.S. and African partners' relationships. Senior officers from multiple African nations and the U.S. participated in group discussions, focusing on this year's theme of Training the Force for a Range of Military Operations.

We're doing a lot of great thinking and sharing ideas as a group."

During the three-day symposium, participants took part in lectures led by various experts on African crisis and broke down into small groups where they discussed topics such as U.N. missions and Operation United

Assistance, the U.S. response to the Ebola outbreak in Western Africa.

Leading the symposium discussion was Dr. Monde Muyangwa, director of the Africa Program at the Woodrow Wilson Center. Muyangwa is

an expert in conflict resolution and peace building; democracy; gender; governance; U.S. foreign policy;

Africa and African Union.

Of particular note was the discussion on U.S. Army Africa's role in supporting the Armed Forces of Liberia in the Ebola epidemic.

Williams, Brig. Gen. DD Ziankahn, chief of staff, Armed Forces of Liberia, Col. Prince Johnson III, AFL Brigade Commander, and Mr. Alan Latimer, U.S. Army Africa political advisor led a panel discussion on the fight against Ebola.

The panel discussed how different players such as the government of Liberia, U.S. Agency for International

Development, the Center for Disease Control and other non-government agents were synchronized by the leadership of U.S. Ambassador to Liberia Deborah R. Malachuk months before the request for military support was received for engineering and training medical health care workers.

"The great country of Liberia and the Armed Forces of Liberia did a fantastic job partnering with U.S. Army Africa and other players, it was a joint effort," said Williams.

"All we did was turn the volume up a little bit." Williams spoke about the critical nature of relationships built during his time in Liberia; how those relationships led mutual trust and re-

spect. His hope is African alumni take home the ability to network, build relationships and trust for the future.

"We are phasing to friends. We work together with the United States. We learn from our alumni, learn from what works in their countries," said Brig. Gen. Cheikh Gueye, Senegalese Army chief of staff. "We are troops from different African nations coming together here. We were friends before coming here. We can exchange ideas here, learn what is new, but we cannot do things alone; we must partner."

The last African Alumni Symposium was held at Fort Leavenworth in 2012 by AFRICOM.

VMS students learn about careers in real life

Vicenza Middle School

During the past four months in George Hanby's eighth grade Pathways to Careers class, his students enjoyed the opportunity of listening to a variety of guest speakers from the Vicenza community. Each of the visitors to class brought their own unique experiences regarding education and the work place, which definitely opened some eighth grade eyes to the world beyond Vicenza Middle School.

In November, VMS Counselor Carol Kambonick spent one class period in the computer lab introducing students to the website collegeboard.org, where they have an unbelievable bounty of helpful advice and guidance on getting ready for college while still in eighth grade.

In December, Vicenza Garrison Commander Col. Robert L. Menist Jr. was the guest speaker who explained to the students how he had made the decision to join the Army after attending college at University of California at Berkeley. During his presentation, Menist provided the class with specific guidelines that he considered essen-



U.S. Army Garrison Vicenza Commander Col. Robert L. Menist Jr. speaks to George Hanby's eighth grade Pathways to Careers class. Menist spoke about his decision about joining the Army after college and explained what ROTC is.

Photo by **George Hanby**

tial to reaching one's goals. Identifying "stepping stones" along the way including planning, practicing, researching, asking why, and developing personal character were all part of the life journey that each student had to look forward to in the future. When one student asked what ROTC was, Menist listed the numerous military skills that were taught as well as the emphasis on leadership, self-discipline, and responsibility. Another student asked what he had to sacrifice as a result of being in the Army, and Menist described the core values

of selfless service that each Soldier believed in when they became part of an organization that served the greater good of the nation.

As a final comment to the class, Menist said he recognized several students who had participated in the Speech and Debate Tournament organized by Angela Wilson, 2012 DODEA Teacher of the Year. He told students that being confident and able to articulate their point of view in front of an audience was an invaluable skill that will always be recognized and appreciated in any career field they choose.

Travel Florence while in class

Story and photos by **Amy Drummond**

DMC PAO

Seasoned travelers and those new to traveling in Italy gathered together at the Camp Darby Army Community Service to travel and share life experiences during the Travel Training, Florence class Dec. 5.

"This is my favorite ACS event next to Dine on a Dime," said Jane Spencer ACS Financial Readiness Program manager. "Everyone is welcome so there are singles, families and retirees who come to share in the event."

The class starts with some safety tips to familiarize all travelers with the ins and outs of negotiating public transportation and crowded streets in large cities such as Firenze (Florence).

A little extra tip for voyagers is to always have change for public transit, because they usually don't have change for bills.

ACS arranges for a bus to take everyone from Camp Darby to a tram station on the outskirts of Florence, from there the training begins. The only thing participants have to bring is money for transportation and lunch, and comfy clothes for the full day of walking and sightseeing.

"The Transportation Motor Pool has been amazing in working together with ACS to provide a route that works for all of us. The hour ride up has the bus typically full regardless of the season," said Spencer. "On the ride up the bus is filled with excitement and chatter as people meet and share their stories of transition."

Spencer and seasoned travelers work



Army Community Service Financial Readiness Program Manager Jane Spencer shows Darby Military Community adventurers the ins and outs of the Firenze train station Dec. 5 during the ACS Travel Training, Florence class.

together to show "newbies" how to purchase and validate tram tickets before the ride to the Santa Maria Novella train station in Florence, the central train station.

At the central train station seasoned adventurers were allowed to branch off on their own to shop, rediscover parts of the city or maybe explore something new. Newcomers were directed to where the trains for Livorno and Pisa depart from and were instructed how to purchase train tickets and handle the ins and outs of the station.

A new traveler to Italy, Deanna Halstead said, "without this trip we wouldn't be able to use the trains to go explore."

Novice travelers were then shown how to navigate basic bus routes to scenic parts of the city and then the walking tour began.

All travelers were given the opportunity to grab a meal at the central market, peruse street vendors and visit top tourist sites.

This trip even offered a special opportunity for travelers to see Florence decked out in Christmas lights and the Weihnachtsmarkt – a traditional German Christmas market in Piazza Santa Croce. At days end, rookie and experienced travelers returned to the train station tired, with bags full of gifts, stomachs full of food and memories to last a lifetime. Spencer summed up the effect of this full day of travel and learning with these words, "the ride home was quiet with new found friends quietly cat napping and babies sleeping."

Travel Training, Florence classes are held quarterly in conjunction with Host Nation Orientation/Benvenuti course. An additional class is added during the summer for incoming families and families with students who will be attending the International School of Florence to familiarize them with the area.

For more information about this class and others contact ACS at DSN 633-7084 or 050-54-7084.



Seasoned traveler Diane Harris instructs fellow travelers in the Travel Training, Florence class in how to purchase tickets for the tram Dec. 5. Soldiers, Airmen and families combined participated in the Army Community Service one day class to learn and share Italian traveling skills.

Speak Out

What is your New Year's resolution?



Spc. **Titus Olowe**

U.S. Army Dental Clinic – Livorno
"To stop cursing. I don't curse much, but I want to stop."



Cpt. **Thomas Flynn**

DMC Provost Marshall Office
"I didn't make one."



Michael McDaniel

Library Manager

"I want to save up enough money to retire."

Darby American Beach returned to the Italian administration



Story and photos by **Chiara Mattiolo**
DMC Public Affairs

The Camp Darby American Beach was officially returned to the Italian Government on December 30.

The American Beach opened in the 60's and since then was home of various community relations events.

The 4th of July celebrations at the American Beach and the fireworks and accompanying barbecues, besides being the symbol of the celebration for Camp Darby community members, have always been a meeting point for all the Italians living in Tirrenia and for the neighbor beaches.

Over the years, the 4th of July became a tradition for the hosting country, as well and a great community event where children would play together regardless of language or cultural barriers.

"Every summer an average of 17.000 people including Soldiers, family members, or civilians used to come to Camp Darby to enjoy our great resort," said Ernest Beezley, FMWR Manager.

When thinking about the legacy of the American Beach the great Army Birthday celebrations, duathlon competitions or BOSS sand sculpture competitions immediately come to mind.

"Many fond memories of a free beach with military lifeguards, speedboat rides, sailing and, of course, the outrageous unofficial beer parties," said Patrizia McCammon, Staff Action Control Office.

In the future, Soldiers and Families visiting this area, which maintains a geographical cultural interest being so close to the main cultural sites in Italy such as Pisa, Florence, Rome, will be offered some lodging and recreational alternatives.

"We will set up contracts with other local Italian beaches, hotels and water parks to be able to offer our visitors a similar experience," said Beezley.



New Mobile App OTG Outside The Gate



Where?

- Just Outside the Base
- Just Outside your Home
- Vicenza on your Phone

What's happening?

- In English and Italian
- Merchants & Restaurants
- Services & Groups

Find?

- Google Maps, Bus & Taxi

How Much?

- **FREE**

What's Next?

- **Outlook** Newspaper Integrated
- International Orders Online

OTG APP can be downloaded from



APP Store (iPhone, iPad): Outside the gate

<https://itunes.apple.com/it/app/otg-outside-the-gate/id892325012?mt=8>
and look for the circular logo.

If in your smartphone is installed the application for reading QR codes is sufficient to read the code below to directly enter the download area.



Play Store (Android): Outside the Gate

<https://play.google.com/store/apps/details?id=uk.co.solus.otg>
and look for the circular logo.

If in your smartphone is installed the application for reading QR codes is sufficient to read the code below to directly enter the download area.

Community news briefs

Wilderness and remote First Aid Course

The American Red Cross on Caserma Ederle is conducting a Wilderness and Remote First Aid Course Jan. 30 - 1 Feb. There must be at least four students registered by Jan. 26 in order for the class to be conducted. For more information or register for the course, contact the Red Cross at 634-7089 or 044-471-7089.

Tax Center to open

The Vicenza Tax Center opens Feb 2 to provide free tax preparation assistance from IRS-Certified tax professionals. There are two locations; Building 241 on Caserma Ederle, and room 1006 of the Sigholtz Center on Del Din. The hours of operation on Ederle are Mon-Fri from 9 a.m.-4 p.m. On Del Din the hours are Mon, Wed and Fri 9 a.m. - 4 p.m. For more information or to schedule an appointment call DSN 634-7316 or Civ: 0444-71-7316.

COR and GPC Training

The 414th Contracting Support Brigade provides quarterly acquisition planning and requirement documents development training. The next session for new personnel and to recertify COR and GPC cardholders will take place Feb. 3-5. The training is open to all USARAF, USAG-Vicenza and tenant units. Get more information and sign up at <https://portal.usaraf.army.mil/staff/tenants/CSB/Pages/Training.aspx> or call DSN 637-7726.

National Prayer Breakfast

The United States Army Africa will host the Vicenza Military Community's National Prayer Breakfast Feb. 6 at 7 a.m. at the Golden Lion. The NPB provides a time of prayer and spiritual renewal for Soldiers, Families and Civilians. The featured speaker will be the U.S. Army Chief of Chaplains Maj. Gen. Donald L. Rutherford. The event is open to all USAG Vicenza Soldiers, Civilians and Family members. For tickets or for more information call DSN 634-6547.

Eco Center at Del Din now open

The Del Din Eco Center is now open for business. Units, organizations, and residents of Del Din may bring their wastes to the Eco Center for more efficient disposal of all types of non-hazardous waste. The hours of operations are Mon-Fri 6 a.m.-6 p.m. It is closed on weekends. The Caserma Ederle Eco center is open Mondays-Fridays, 6 a.m.-6 p.m., Saturdays 8 a.m.-5 p.m. and closed Sundays.

VCC Scholarships

The Vicenza Community Club awards more than \$25,000 annually through three scholarship funds. One is for graduating seniors and two for continuing education. The deadline for applications is Feb. 27. The forms can be downloaded at www.vccitaly.org.

ADPASS

Do you have family in the Philippines and need assistance in contacting them after the Super Typhoon Hagupit? The Army has a system that can help. The Army Disaster Accountability Assessment Personnel System (ADPASS) can be accessed at: <https://adpaas.army.mil/> If you need assistance locally, Army Community Service will be there to assist at 0444-71-7500.

Feline Fridays

The Vicenza Veterinary Clinic presents Feline Fridays the last Friday of every month from 8-11:45 a.m. and 1-3:45 p.m. Make an appointment for your feline friend to receive their annual vaccines and other exams with no dogs in the facility. To make an appointment or for more information call 0444-71-4841.

Safety recalls

The Consumer Product Safety Commission publishes product safety recalls to <http://www.cpsc.gov/>. Salsa Cycles recalls Bicycle Forks due to risk of fall hazard. Horizon Hobby recalls Hobby-Zone Super Cub S Radio-Controlled

Aircraft due to fire hazard. Daikin recalls Air Purifiers due to fire hazard. Felt Bicycles recalls Cyclocross Bicycles due to risk of injury. Graco recalls 11 models of Strollers due to Fingertip

Amputation hazard. Leatherman recalls Children's Multi-Tool due to laceration hazard. Goal Zero recalls Battery Packs due to fire hazard. Call Garrison Safety with questions or concerns at 634-8109/8023/7045.

Vicenza Cub Scouts

Do you have a child interested in Cub Scouts? Email pack295chair@gmail.com.

Medical Benvenuti

Every Tuesday from 2:30-4:30 p.m. at building 300A, next to the Mensa. AA meetings Wednesdays 5:30-6:30 p.m., Fridays 5:30-6:30 p.m. at building 395, room 5, behind the Mensa. This meeting is open to anyone interested in the 12-step process. Call 634-7554 for more information.

IACS office hours

The Pass and Badge office located in Building 4B near the MP station on Caserma Ederle is open for service workdays from 8:30 a.m. till noon and from 1-4 p.m. Call 634-7053 or 634-6754 for assistance.

Drivers Testing Class

The Driver's Orientation class will be conducted on Tuesdays and Thursdays at 2 p.m. The change in schedule will allow personnel attending the orientation the opportunity to take the Driver's License test the following day.

Vehicle Registration hours update

The Vehicle Registration Office is open Mon-Fri continuously from 9 a.m. to 3:30 p.m. Call 637-7820/7822/7823 for assistance.

Del Din GCU accepts check deposits

The Caserma Del Din Global Credit Union ATM in the in the Community Mail Room can now accept check deposits using either a GCU debit or ATM card; participates in the AFFN network or participates in the Accel/Exchange network. Call 0444-71-7470 or 634-7470 for details.

Snow chain use

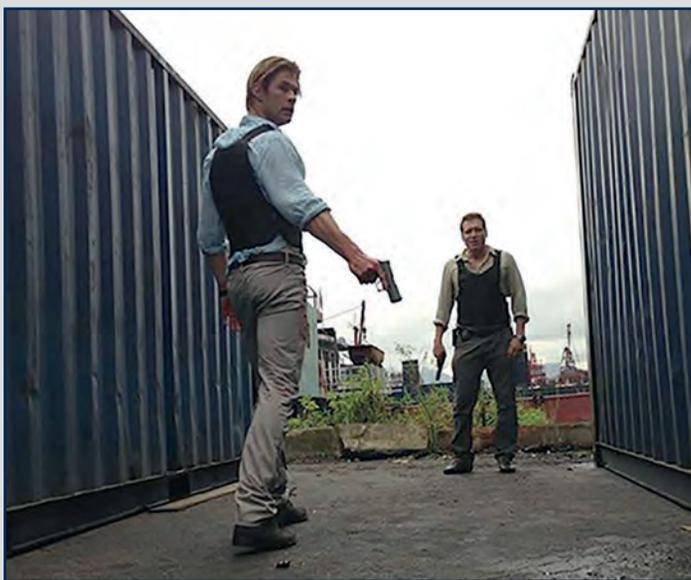
The Italian "Codice della Strada" allows local jurisdiction/road owner to require vehicles to have snow chains on board or equipped with winter tires. These requirements apply to all the Autostrade and some local roads. The ordinances are available at the official web site of Polizia di Stato: <http://www.poliziadistato.it> The ordinances are typically valid from Nov. 15-April 15 (even if snowfall

is not in progress). However, weather conditions or local requirements may warrant their use as specified in the ordinance. Traffic police enforce compliance with all road ordinances for the time frame/conditions indicated by the requirements. Police will check for snow chains on board or winter tires with the MS insignia. Fines for non-compliance range from €84-335.

New TMP location

TMP service will no longer be provided at the industrial complex at Torri di Quartersolo. The new garrison TMP will now be located at building 272 on Caserma Ederle. Building 272 is near the POL point and the Hall of Heroes on Ederle. This relocation moves non-tactical services closer to customers serving on Ederle and Del Din.

At the movies



BLACKHAT

A furloughed convict joins forces with American and Chinese partners to track down a high-level, international cybercrime network. This movie is rated R and stars Chris Hemsworth.

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

Ederle Theater

Jan. 15	7 p.m.	Night at the Museum 3 (PG)
Jan. 16	7 p.m.	The Wedding Ringer (PG-13) *
	10 p.m.	American Sniper (R) *
Jan. 17	3 p.m.	Paddington (PG) *
	9 p.m.	American Sniper (R) *
Jan. 18	3 p.m.	Paddington (PG) *
	6 p.m.	Blackhat (R) *
Jan. 21	11 a.m.	The Wedding Ringer (PG-13)
	7 p.m.	Blackhat (R)
Jan. 22	7 p.m.	The Hobbit (PG-13)
Jan. 23	7 p.m.	Strange Magic (PG-13)
	10 p.m.	Boy Next Door (R)
Jan. 24	3 p.m.	Strange Magic (PG-13)
	6 p.m.	Into the Woods (PG)
Jan. 25	3 p.m.	Strange Magic (PG-13)
	6 p.m.	Boy Next Door (R)
Jan. 28	11 a.m.	Annie (PG)
	7 p.m.	Paddington (PG)

MORE THAN SNOW

Promotional OFFER
Valid from January 7th - 31st



RECOARO MILLE on back cover



Family and

Vicenza Military Community



Music Café 5th Anniversary!

Come and celebrate the 5th Anniversary of Music Café at Soldiers' Theatre on January 23. Great music and amazing community talent await 7:30-10:30 p.m. It's free and performers can sign up at Soldiers' Theatre.

Design Your Own Class

The Vicenza Arts & Crafts Center provides a full range of creative options and professional equipment in do-it-yourself studios for woodwork, pottery, framing and a large multi-craft classroom. Private classes are available with a minimum of just six people. Use your imagination – find out what you're interested in and contact Vicenza Arts & Crafts at 634-7074 to schedule a class just for you!

ODR Trips

- Jan 16 Ice Climbing
- Jan 17 San Martino Ski & Snowboard Trip
- Jan 17 Florence & Accademia Galley
- Jan 19 Cross Country Ski Trip
- Jan 21 Exploring Architecture: Villa Emo
- Jan 21 Ski & Snowboard Tuning Workshop
- Jan 24 Curling in Cortina
- Jan 24 Baroque Turin & Venaria Reale Palace
- Jan 24 Cortina Ski & Snowboard Trip
- Jan 31 Milan: A Private Guided Tour
- Jan 31 Kronplatz Ski & Snowboard Trip (Women's Snowboard Day)

For more info about these trips, contact ODR at 634-7453.

Teen Center Bowling Night

Youth in grades 9-12 are invited to join the Teen Center for a night of bowling at the Arena on Jan 26, 6-7 p.m. Youth will meet at the Teen Center (Bldg. 373) and then walk to the Arena for some awesome bowling and pizza.

Introduction to Framing

Learn how to do your own matting and framing at the Arts & Crafts Center on Jan 17, 10 a.m.-2 p.m. Please bring a 5"x7" photo or smaller with you to class to frame. All other materials are included in the class. Register at the Arts & Crafts or on WebTrac.

Youth Center: 6th Grade Lock-in

Looking for something fun to do? Spend the night doing fun activities at the Youth Center on Jan 23! Register by Jan 22 at Parent Central Services or via WebTrac.

BOSS Bowling Night

BOSS Bowling is right up your alley! Enjoy free bowling and pizza on January 20 for all Single and Geo-bachelor Soldiers 7-8 p.m. at the Arena.

Acoustic Jam 2015

Veteran guitarist and recording artist Roberto Dalla Vecchia returns for his popular Acoustic Jam concert with the best in all new folk and bluegrass music at Soldiers' Theatre Jan 30 & 31, 7:30-9:30 p.m. Seating is limited.



Register using MWR Online Services for:

Vicenza Trip & Classes

Vicenza CYSS Activities



Darby Military Community



Outdoor Recreation Ski & Snowboard Trips

Hit the slopes in January with Outdoor Recreation and head off for Abetone and Cimone every weekend! If you don't have ski equipment, no worries! Drop by Outdoor Rec and check out our wide selection of skis and snowboards for rental.

Jan 17, 31 Abetone Ski & Snowboard Trip
Jan 24 Cimone Ski & Snowboard Trip

Outdoor Recreation Culture Trips

Jan 24 Collodi Trip
Jan 31 Livorno Aquarium Trip
Feb 1, 8, 15, 17, 22 Viareggio Carnival

Contact Outdoor Recreation to register at 633-7775/7589.

BOSS Monthly Meeting

Darby Better Opportunities for Single Servicemembers (BOSS) meetings are held the first and third Tuesday of each month, 5:30 p.m. at the Darby Library.

This is a great forum to learn about:

- Recreation and leisure activities
- Coordinate community service projects & volunteer opportunities
- Discuss quality of life issues facing Single Service Members

For more information about BOSS or to contact the MWR BOSS Advisor, call 633-7438.

Open Mic Night

Open Mic Night puts a stage, a sound system and instruments at your disposal every Thursday night at the Darby Community Club. Whether you sing, dance or play an instrument, Open Mic night is looking to help you exhibit your talents! Stop by the DCC 6-10 p.m.

Massage Therapy Services

Relax, reduce tension, smooth out the muscles. Massage therapy can deliver all of this plus much more. Treat yourself or treat someone you care about to this rejuvenating experience. For your convenience, massages can be purchased in 30, 60 and 90 minute sittings. Payments must be made in advance at the Fitness Center for all of your treatments. For more information about the types of massages offered, visit www.darby.armyMWR.com

Darby Military Community Cupcake Challenge

ACS and BOSS team up for the DMC 2015 Cupcake Challenge! Sign up at ACS then bring your cupcakes to the Darby Community Club on February 6 and join in on the fun. The event is open to the entire community. Register at ACS by February 2 to participate in the event.

Cupcakes judged on the following categories:

- Display
- Creativity
- Taste

For more information, contact ACS at 633-7084.



Register using MWR Online Services for:

Darby Trip & Classes

Darby CYSS Activities



Darby Facebook Page

Chapel activities

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.: Gospel service

5 p.m.: Contemporary Christian service

Tuesday

9 a.m.: Protestant Women of the Chapel

6 p.m.: PMOC and PWOC Bible study.

Dinner provided; no watch care

Thursday

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

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

Camp Darby

Sunday Services

10:30 a.m.: Protestant worship and children's service

Catholic Mass: Call the Chapel at 633-7267 to confirm times

Tuesday

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

Wednesday

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

For DMC activities call 633-7267

Chaplain Crisis Line

To reach a Chaplain after duty hours, call **634-KARE (634-5273)**

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

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.

VMC faith group contacts

Bahá'í Faith: Call 348-603-2283

Church of Christ: Call at 388-253-9749 or 324-623-7921 or send email: vicenzaitalychurchofchrist@gmail.com

Jewish: Call 634-7519, 0444-71-7519 or 327-856-2191

Latter Day Saints: Young Men/Young Women meeting is every Tuesday at 6 p.m. at the Spiritual Fitness Center. Sunday services, 9:30 a.m. in Vicenza. Call 634-7897, 380-431-7633 or email: lescall@gmail.com

Muslim: Call 634-7519 or 0444-71-7519

Trinity Church Vicenza: An International Presbyterian Church congregation. Call 328-473-2949 or email: trinitychurchvicenza@gmail.com

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

Friday: Potluck dinner at 6:30 p.m. with Walk in the Word following. Call 0444-581-427 for more information or if you need transportation.

MUSIC ACTIVITIES AT THE CHAPEL

Tuesday, 5 p.m.: Contemporary Praise band practice

Wednesday, 5:30 p.m.: Catholic choir practice

Wednesday, 6:45 p.m.: Gospel choir practice

Thursday, 5:30 p.m.: Gospel choir rehearsal



Listen to Me!

at Army Community Service



Every 2nd Tuesday of the Month
from 9:30 - 11 a.m.
* Except Federal Holidays

Don't burn bridges, learn to build them.
Make conversations come alive!

Sign up to reserve your seat.

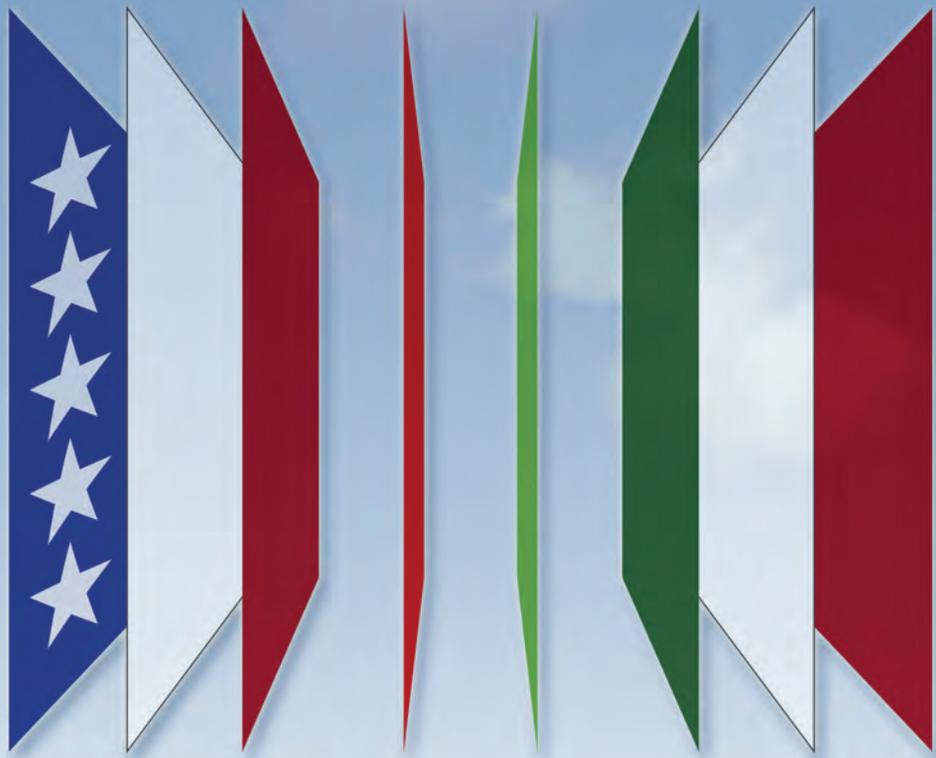


For more info call 634-7500. | www.vicenza.armyMWR.com



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https://twitter.com/OTG_Vicenza



Torcolato new wine festival

VENETO

Sagra del Broccolo Fiolaro Broccoli Festival

Through **Jan. 18** in Creazzo, sports center, Via Torino 10, about 5 miles west of Vicenza. The broccolo fiolaro is a typical crop of the Creazzo hills, its name derived from the several sprouts along the stalk of the plant, which in Venetian dialect are called fioi, or offspring. Food booths featuring gnocchi with broccoli, traditional fritola, or doughnut, and typical Creazzo dishes, open at 6:30 p.m.

<http://www.vicenzae.org/ita/eventi/icalrepeat.detail/2015/01/08/12222/-/sagra-del-broccolo-fiolaro>

Prima del Torcolato Torcolato new wine festival

Jan. 18, in Breganze, Piazza Mazzini, about 15 miles north of Vicenza. The Torcolato is the gem of Breganze's winemaking tradition. It is produced from pressing dried Vespaiola grapes which are hung (torcolate, in the local dialect) on strings from the wooden beams of the attics of the farmhouses; 2:30 p.m. Public pressing of the 2014 grape harvest. Torcolato wine tasting; local products exhibit and sale; folk music and dancing.

<http://www.vicenzae.org/ita/component/jevents/icalrepeat.detail/2015/01/18/12381/-/>

Antiquaria Antique Show and Market

Jan. 17-25, Monday-Friday 3-8 p.m., Saturday and Sunday 10 a.m.-8 p.m., in Pordenone, Viale Treviso, 1, about 92 miles northeast of Vicenza; furniture, paintings, antique artifacts, jewelry and many curiosity and rarities. Admission fee: €10; reduced €5 (senior citizens older than 65). Free for children younger than 17.

<http://elenco.abacus-arte.com/pordenone-antiquaria/>

Vicenza on Ice

Through **Jan. 18**, in Vicenza, Campo Marzo, right across the main train station; ice skating ring, Mondays-Fridays 3-9 p.m.; weekends and holidays 10 a.m.-1p.m. and 3-10 p.m.; entrance: two hours with ice skates rental €8(€6 for children younger than 12); weekends and holidays, two hours with ice skates rental €10 (€8 for children younger than 12); entry without skate rental is €6.

<http://www.comune.vicenza.it/>

Sand Nativity by the Sea

Christmas lingers on through **Feb. 2** at Jesolo Beach in the form a huge, sand sculpted Nativity by some of the best artists in the world. At Lido di Jesolo, about 100 kilometers east of Vicenza, daily from 10 a.m.-noon and 2-6 p.m.; Saturdays and holidays from 7-10 p.m. Admission is free.

<http://www.pinterest.com/offsite/?token=599-808&url=ht->

http://www.eventiesagre.it/Presepe_Presepe%2F13015_Presepe%2Bdi%2BSabbia%2Ba%2BJesolo.html&pin=276408495855725094

Motor Bike Expo International Motorcycle show

Jan. 23-25, 9 a.m.–7 p.m., in Verona, Via del Lavoro, 8, about 38 miles west of Vicenza. Admission fee: €16; reduced €13 for children aged 6-10; free for children under 10; for more details in English visit <http://www.motorbikeexpo.it/en/>

EXPO Internazionale Canina International Dog Show

Jan. 24-25, 9 a.m.–7p.m., in Padova, Via Tommaseo, 59, about 24 miles southeast of Vicenza. This competition brings together more than 700 of the finest pedigreed dogs from all over the world. Admission fee: €8; reduced €4; free entrance for children under 12.
<http://www.gruppocinofilopadovano.it/>

Presepe Vivente Live Nativity Set

Jan. 18 and **Jan. 25**, 5:45-7 p.m., San Pietro in Gu (Padova), at the city playground, Via Mazzini.
<http://www.sanpietroingu.net/home/index.html>

Capolavori che ritornano Returning Masterpieces Exhibit

Through **Feb. 8**, in Vicenza, Palazzo Thiene, Corso Palladio 13; Fridays-Sundays, 10 a.m.–6 p.m.; free entrance.
http://www.popolarevicenza.it/bpvi-web/data/bpvi/en/financial-Data/Annual-Report-2013/Download-Annual-Report-2013/allegato/Annual_Report_2013.pdf

Tutankhamon Caravaggio Van Gogh . La sera e i notturni dagli Egizi al Novecento Tutankhamen Caravaggio Van Gogh. Evenings and nocturnal from the Ancient Egyptian to the 20th century

Through **June 2**, Mondays-Thursdays 9 a.m.–7 p.m.; Fridays-Sundays 9 a.m.–8 p.m. Palladian Basilica, Piazza dei Signori 1; entrance fee: €12; reduced €9 for students (ages 18-26) and senior citizens older than 65; €6 for people 6-17 years; free for children younger than 6; buy your ticket online at <http://www.lineadombra.it/ita/index.php>.
<http://www.vicenzabooking.com/en/events/298-caravaggio-van-gogh-and-tutankhamen-the-evening-and-night-by-the-egyptians-to-900>



Motor Bike Expo

Real Bodies Exhibit of plastinated real human

Through **May 3**, Fridays-Saturdays and Sundays, 10 a.m.–6 p.m.; the exhibit offers a new and informative view into the human body; entrance fee: €18; reduced €16 for students and senior citizens older than 65; €13 aged 6-12; free for children younger than 6.
<http://www.realbodies.it/orari-e-tariffe/real-bodies-informazioni-su-tariffe-e-orari.html>

Concerts with the Conservatory students

Jan. 20 and **Jan. 27**, 6 p.m., in Vicenza, Conservatory, Contrà San Domenico 33; free entrance.
www.consvi.it

Antique markets

Godega di Sant'Urbano: Jan. 18, 8:30 a.m.–6:30 p.m., Via Roma, about 78 miles northeast of Vicenza.

Montagnana: Jan. 18, 8 a.m.–sunset, in Piazza Maggiore 150, about 27 miles south of Vicenza.

Padova: Jan. 18, 8 a.m.–8 p.m. Prato della Valle, about 24 miles southeast of Vicenza.

Belluno: Jan. 25, 8 a.m.–7 p.m., Piazza Duomo, about 103 miles north of Vicenza.

Dolo (Venice): Jan. 25, 8 a.m.–7 p.m., about 37 miles east of Vicenza.

Piazzola sul Brenta: Jan. 25, 8 a.m. to 6 p.m., in Via Camerini, about 16 miles east of Vicenza.

Spresiano (Treviso): Jan. 25, 8 a.m.–5 p.m., in Piazza Luciano Rigo, about 43 miles northeast of Vicenza.





Buti (Pisa) - Buti's Race

TUSCANY

Palio di Buti Buti's Race

Jan. 18 in Buti (Pisa). The first Palio in Tuscany every year, the Palio di Buti originates from the religious celebration of St. Anthony, protector of domestic animals. According to a tradition dating back to the 19th century, all domestic animals in Buti were to be blessed by the parish priest. Of all the domestic animals, the horse, being then the only method of transport, was particularly appreciated. After the horses had been blessed, their owners would challenge each other to horse races, which continue today in the tradition of the Palio. The horse race is preceded by dinners in the streets; theatrical performances and a pageant in historical costumes at 2:30 p.m. Spectators can follow the competition on a giant screen.

<http://www.fuoriporta.org/eventi/palio-buti-pisa-10-18-gennaio/>

Salone del Turismo Itinerante e Sostenibile Tour Italy Fair

In Marina di Carrara (Massa Carrara), Viale Galilei, 133, **Jan. 22-25**, 10 a.m.-7 p.m.; the 13th Itinerant Tourism Fair is a display show of all the most up to date equipment that may be needed for itinerant type of tourism. Parking area and camper services are provided for public use.

The entrance fee: **Jan. 22-23**, €4; **Jan. 24-25** €8; reduced €5; free for children younger than 12.

<http://www.tourit.it/it/index.asp>

Mostra del Disco e del Fumetto Records and Comic Books Exhibit and sale

In Arezzo, Via Spallanzani 25, **Jan. 24-25**, 10 a.m.-7 p.m. The entrance fee: €5. €4 for senior citizens older than 60 and children younger than 14; more than 100 exhibitors.

<http://www.kolosseo.com/arezzo-disco/>

Militoscana Military items exhibit and sale

In Empoli (Florence), Piazza Guerra Guido, 13, **Jan. 17**, 9:30 a.m.-7 p.m., and **Jan. 18**, 9:30 a.m.-6:30 p.m. More than 60 collectors feature helmets, uniforms, military maps and medals from WWI and WWII; food court and free parking available. The entrance fee: €6 or €5 by downloading the exhibit flyer at <http://allevents.in/empoli/militoscana-empoli-fi-17-18-gennaio-2015/613928362043508#>

Winter Park

Open daily through **March 1**, in Florence, Ohihal Center, Lungarno Aldo Moro; ice skating ring, a snow tubing track and a downhill ski; all necessary equipment can be rented on site.

<http://firezewinterpark.it/index.php/costi-delle-attivita>

Antique markets

Certaldo (Florence): Jan. 18, 9 a.m.-7 p.m., Piazza Boccaccio and Via 2 Giugno.

Lucca: Jan. 17-18, 9 a.m.-7 p.m., Piazza Antelminelli, Piazza S. Giovanni, Piazza San Giusto, Via San Giovanni, Corte Bertolini.

Marina di Grosseto (Grosseto): Jan. 18, 9 a.m.-7 p.m., Via XXIV Maggio.

Quarrata (Pistoia): Jan. 18, 9 a.m.-6 p.m., Piazza Risorgimento.

Bientina: Jan. 24-25, 8 a.m.-8 p.m. Piazza Vittorio Emanuele.

Castiglion Fiorentino (Arezzo): Jan. 25, a.m.-6 p.m. Piazza del Municipio.

Cecina Antiqua: Jan. 25, 8 a.m.-8 p.m. in downtown Cecina (Livorno).

Montevarchi (Arezzo): Jan. 25, 9 a.m.-7 pm. Via Isidoro del Lungo, and Via Poggio.

Ponte a Egola (Pisa): Jan. 25, 8 a.m.-7 p.m., Piazza Rossa.

Prato: Jan. 24-25, 10 a.m.-7 p.m., Piazza San Francesco.



Buti (Pisa) - Buti's Race

SPORTING EVENTS

SBK Imola Superbike World Championship

May 8-10 in Imola.

Masters of Dirt by Monster Energy

May 17 in Assago

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

CONCERTS



Lionel Richie

Korn – Feb. 1 in Milan; Feb. 2 in Rome

Slipknot – Feb. 3 in Assago

Tenacious D – Feb. 4 in Milan

Enter Shikari – Feb. 5 in Milan

Fish – Feb. 7 in Mestre

Queen + Adam Lambert – Feb. 10 in Assago

Ryan Bingham – Feb. 10 in Milan

Kiesza – Feb. 11 in Milan

Lionel Richie – Feb. 13 in Assago

Alt-j – Feb. 14 in Assago

Hayseed Dixie – Feb. 16 in Mezzago

Straight No Chaser – Feb. 16 in Assago

The Black Keys – Feb. 17 in Assago

The Kooks – Feb. 22 in Milan

Joan Baez – March 7 in Bologna; March 10 in Roma; March 12 in Milan

All Time Low – March 9 in Milan

Alan Parsons Live Project – March 25 in Milan; March 26 in Padova; March 27 in Florence; March 28 in Rome

The Script – March 28 in Assago

UB40 – March 28 in Padova

Sting and Paul Simon – March 30 in Assago

Pentatonix – April 14 in Milan

James Taylor and Band – April 18 in Torino; April 19 in Rome; April 21 in Firenze; April 22 in Trieste; April 24 in Padova; April 25 in Milano

Kiss – June 11 in Verona

Robbie Williams – July 23 in Lucca

Lenny Kravitz – July 25 in Lucca; July 27 in Rome; July 29 in Piazzola Sul Brenta

Deep Purple – Oct. 30 in Padova; Oct. 31 in Assago; Nov. 5 in Florence; Nov. 6 in Rome

Simply Red – Nov. 14 in Rome; Nov. 15 in Assago

Simple Minds – Nov. 21 in Assago



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This collection offers important large tablecloths (up to a 6 meter long version), as well as doilies in rectangular, oval, round and square shape.



Intarsi Collection

Defining the diamond standard in bed linens with eloquent simplicity, lustrous White linen or cotton sateen, 600 thread count.

Designed and made in Italy, with the extravagant care and details that are worthy of 24-karat elegance, this look transcends gender and décor.



Alpi jacquard Collection

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Burano Venice - Italy

MARTINA VIDAL

V E N E Z I A

Recoaro Mille is a winter sports resort, in Recoaro Terme, a town well known for its thermal bath facilities. At just an hour's trip from Vicenza, it's a great choice for a day of downhill or cross-country skiing. Families with small children will appreciate the teaching facilities and the beginner's slopes.

The ski slopes are located on the plateau overlooking Recoaro Terme, and are accessible from the gondola that leaves from the town center. The 630 meter long, 28° downhill slope on Monte Falcone, is unrivaled within the Venetian Pre-Alps. A modern chairlift, conveyor belt boarding and an intermediate lift, make it ideal for intense workouts, with a lift time at just 3.5 minutes.

The Pizzegoro basin, at the foot of Monte Falcone, is the beginner's slope, served by a chairlift and a ski lift. Extending westward from the Pizzegoro basin is the picturesque Montagnole area, looking toward the ridges of the small Dolomites. It's ideal for cross-country skiing: several rings of track, varying in difficulty, are carefully maintained for cross-country enthusiasts.

The resort is complete with a large, convenient parking area, hotels, bars, ski school, and ski equipment rentals.

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2015

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1 day ski rental: Euro 18

2 Days

2 day Skipass: Euro 38

2 day ski rental: Euro 33

Hotel with breakfast included – hotel Rifugio Valdagno: Euro 35 per person

Weekday Promotional Rates

1 Day

1 day Skipass: Euro 16 instead of 21

1 day ski rental: Euro 15

2 Days

2 day Skipass: Euro 30

2 day ski rental: Euro 27

Hotel with breakfast included – hotel Rifugio Valdagno: Euro 30 per person

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