

What's Inside

2

Op-Ed: A poem to addiction

3

New pain management clinic opens on Ederle

5

Employee Spotlight

7

Travel: Benedictine abbey offers peace, simplicity



8

Vigilance: August is AT Awareness Month

9

DoDDS dates to remember

10

Out & About in Veneto and Tuscany



12

Family & MWR activities

Fun Facts

• Italy is approximately 116,400 square miles (including Sicily and Sardinia), which is slightly larger than Arizona.

• In 2007, a dog named Rocco discovered a truffle in Tuscany that weighed 3.3 pounds. It sold at auction for \$333,000, a world record for a truffle.

(From Random Facts and Interesting Trivia for the Curious Mind)

Eastern Accord exercise provides opportunity to rehearse real-world medical care scenarios

Story and photo by
Staff Sgt. Tiffany DeNault
USARAF Public Affairs

DAR ES SALAAM, Tanzania -- Though they are not part of the training audience, the U.S., Dutch and Ugandan medical teams supporting exercise Eastern Accord 2016 held their own multinational exercise July 15 at the Tanzanian Peacekeeping Training Centre, in Tanzania.

The three medical teams provide real-world care to the EA 2016 training audience during their stay in Tanzania. Bringing their own supplies, the medical staff took the opportunity to learn about each other's practices.

"It is a good experience being here for two weeks, practicing with each other, getting to know each other and how we operate with our materials. It is very good training," said Dutch Sgt. Maj. Moniek Van Vlijmen, trauma nurse.

The exercise involved two simulated casualties scattered in the field in front of the training center. Without hesitation, the medics ran out of the training center to discover the casualties with multiple simulated wounds.

"We basically went through management over the casualties and the incident medical team moved very fast and handled (the casualties) on the ground, controlled bleeding and quickly rushed them to a Level One facility where we received them," said Ugandan Maj.



Dutch Sgt. Maj. Moniek Van Vlijmen (left) and U.S. Army Spc. Ron Brossard (right), Eastern Accord 2016 medical support team, transport a simulated casualty to a battalion aid station during a tactical casualty care exercise at the Tanzanian Peacekeeping Training Centre, July 15, in Dar es Salaam, Tanzania.

Richard Katungye, Ugandan People's Defense Forces general physician. "After more stabilization, immediately after that, the emergency ambulance was organized and the casualties were 'transferred to the local hospital.'"

The training was successful, but there is always room for improvement, which is why training and after-action reviews take place, said U.S. Army Maj. Andrew

See **SCENARIOS**, page 6



Marcus Brown, 18, son of Chief Warrant Officer 4 Paul A. Brown and Cheryl Brown, takes the oath of Eagle Scout in the Court of Honor ceremony that took place July 13 at the Caserma Ederle chapel. The Brown family was joined by approximately 60 community members to celebrate the achievement. (Courtesy photo)

Flying with eagles Teen earns coveted badge of honor

By **Karin J. Martinez**
USAG Italy Public Affairs Office

VICENZA -- The culmination of two years' worth of dedicated effort produced a proud moment here July 13 for teenager Marcus Brown and his family.

That's the day the Browns participated in the Court of Honor Eagle Scout cer-

emony to laud the 2016 Vicenza High School graduate's accomplishments. In April, the teen completed the final project that wrapped up a childhood Boy Scouts career and put him in front of a group of about 60 well-wishers and supporters at the Caserma Ederle chapel.

Marcus, 18, son of Chief Warrant

See **FLYING**, page 6

Community Hearts program recognizes generosity, caring

By **Karin J. Martinez**
USAG Italy Public Affairs Office

VICENZA -- Paying it forward. A helping hand. Random act of kindness. Philanthropy. Kindness has many names and manifests itself in a variety of ways, and people throughout our community epitomize this trait every day.

Community Hearts of Italy, a program that began a year ago but has gained momentum here over the past four months, recognizes these simple acts and encourages more of the same.

The program is a small, informal one that started with one woman, Angie Dallas, who arrived in Italy just over a year ago. Dallas's longtime experience as a military spouse, and now a senior spouse within U.S. Army Africa, immediately afforded her the opportunity to assess the climate and morale of families within her purview.

Recognizing a need to increase morale and encourage unity of families, the idea for Community Hearts was conceived.

"When we come (overseas)," said Dallas, "we leave behind our support net-

See **HEARTS**, page 5

A family member's conversation: 'I'm talking to you, Addiction'

Writer, blogger, life coach
shares poem of personal pain

By **Marcella R. Zappia**
Contributor

Yeah, I'm talking to you, Addiction.
You think you are so clever, sneaking into people's lives acting like you are so innocent;
The life of the party you say, allowing people to think this is the way their time should be spent;
It doesn't matter which form you take
I don't care if you are prescribed, off the street or in a bottle and called legal;
Acting like you had all the answers, you came swooping in like a valiant Eagle;
Pretending you were a friend and cared;
But let's face it, no one gets spared;
Innocent teenagers trying to find their way in the world get introduced to you as their coolest new friend;
Next thing they know, they're hooked and all they cared about before gets pushed behind as you become their new trend;
Dreams get dashed, innocence gets trashed and you just laugh;
Not caring one bit about their well-being or straight

path;
You play a big part in creating dependence on a chemical that now becomes their chronic disease;
While parents and family members beg and plead;
You revel in the fact that your victims become the walking dead;
And the people who love them become co-dependent;
As the addict now is fixated with their next binge;
We are left fixated on the addict and become unhinged;
The word on the street is that if people don't sober up, they might just get locked up or covered up;
But we got your number and we won't give up;
Recovery is lifelong and not an easy road;
But a family member's love is the only code;
Just a few days sober and we will get a glimpse Of the hope that still lingers inside our addict's heart and is revealed through their lips;
Addiction – you think you got the only spin;
You don't know how strong we are – we won't let you win.



Zappia

Follow us on our website
and on social media.

www.italy.army.mil



www.facebook.com/VMCIItaly
www.flickr.com/photos/usagvicenza
www.pinterest.com/usagitaly
www.twitter.com/USAGItaly

INFO-X

The next
Vicenza
Military Community
Information Exchange
takes place Aug. 3
at 10:30 a.m.
on the second floor of
the Arena,
Caserma Ederle.

All community members are welcome and encouraged to attend. Those unable to be there in person may watch the event streamed live on the USAG Italy website,
www.italy.army.mil

This is the community's opportunity to ask questions from members of the command. Questions may also be submitted ahead of time or live via the USAG Italy Facebook page,
www.facebook.com/VMCIItaly

U.S. Army Europe Commander
Lt. Gen. Ben Hodges

U.S. Army Africa Commander
Maj. Gen. Joseph P. Harrington

USAG Italy Commander
and Publisher
Col. Steve Marks

USAG Italy Director of Public Affairs
Paul J. Stevenson

Editor
Karin J. Martinez

Webmaster
Aaron P. Talley

Staff
Laura Kreider
Anna Terracino

Darby Military Community
Chiara Mattiolo

The Outlook is an authorized publication supporting the United States Army Garrison Italy command information program as provided by AR 360-1.

All editorial content of The Outlook is prepared, edited and approved by the USAG Italy Public Affairs Office, Unit 31401, Box 10, APO, AE 09630, located in Bldg. 10 on Caserma Ederle in Vicenza, Italy. The office's DSN number is 637-8020, off post at 0444-61-8020 or via email at usarmy.vmc.pao@mail.mil.

Contents of the Outlook are not necessarily the official news of, or endorsed by, the U.S. Government, the Department of Defense, Department of the Army, Installation Management Command-Europe, U.S. Army Garrison Italy or U.S. Army Africa.

Speak Out

What are you reading now, or what book would you recommend to others?
By Laura Kreider and Chiara Mattiolo



Janelle Gettelman
Family member

"Friends Like Us" by Lauren Fox. It's about friendship."



Mark Patterson
Family member

"I am currently reading 'To Kill a Mockingbird'. I find this book to be a complete page-turner from start to finish, once you start. This average life about a southern family in a small town is a must-read."



Spc. Henry Dallas
HHC, 207th MI Brigade

"I would recommend to read to pre-kindergarten kids 'Froggy Learns to Swim' by Jonathan London."



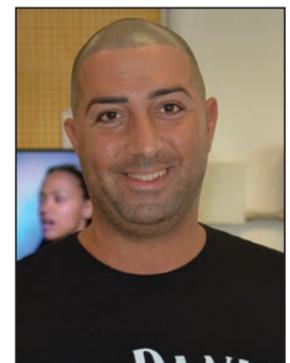
Federica Auteri
AAFES

"Stephen King: 'The Bazaar of Bad Dreams.'"



Jeff Pagliaroli
School-Age Services

"It is 'Teaching Children Responsibility,' a very useful book."



Carmine Firriolo
AAFES Concessionaire

"For sure 'The Hobbit,' the continuation of 'The Lord of the Rings.'"

New satellite specialty clinic brings pain care to patients

by **1st Lt. Herman Lockhart**
U.S. Army Health Clinic-Vicenza

CASERMA EDERLE – A ribbon-cutting ceremony celebrating the opening of a satellite Integrated Pain Management Clinic at the health clinic here took place July 14.

Among the attendees were local leaders from United States Army Garrison Italy and Maj. Gen. Joseph P. Harrington, commander, U.S. Army Africa.

The dual-specialty satellite clinic, based out of Landstuhl Regional Medical Center (LRMC), will send a Physical Medicine and Rehabilitation physician monthly to Vicenza to provide treatment of conditions including chronic low back pain, neck pain and orthopedic injuries.

During their inaugural visit in June, specialists from LRMC met with more than 30 patients in the new clinic, which LRMC and U.S. Army Health Clinic-Vicenza leaders opened to provide support,

resiliency and readiness to Department of Defense beneficiaries stationed in the Vicenza and Aviano areas with chronic pain and musculoskeletal injuries.

Patients who would have regularly traveled to LRMC on a 12-hour bus ride can now stay in Vicenza and receive specialized medical care, saving fuel costs and time away from work or school. In addition, patients can now take advantage of many procedures typically not available on the local Italian economy, including therapeutic injections in joints, spine and peripheral nerves as well as specialized nerve testing.

“Plain and simple, this initiative saves time for our patients, saves money for the military and increases readiness and our patients in Italy can now get the care they need at their home base in one day, rather than traveling to LRMC,” said Maj. Ali Turabi, chief of the Integrated Pain Medicine Clinic.

Patients can obtain pain treatment via referral from their primary care manager.



Vicenza Military Community members attended the ribbon-cutting ceremony of a new pain management clinic at the Vicenza Army Health Clinic July 14. Cutting the ribbon are, from left: Lt. Col. George Smolinski, chief, Department of Neuro Rehabilitation, Landstuhl Regional Medical Center; Maj. Ali Turabi, chief, LRMC Integrated Pain Management Clinic; Tamara Baccinelli, USAHC-Vicenza medical support assistance team; Maj. Gen. Joseph Harrington, commander, U.S. Army Africa; Col. James Laterza, commander, LRMC; and Lt. Col. Brian Bender, commander, US-AHC-Vicenza. To see more photos, go to the USAG Italy Flickr page, <https://www.flickr.com/photos/usagvicenza/albums/72157670964726296>.

(Photo by Laura Kreider, USAG Italy Public Affairs Office)



Quarterly awards

The Vicenza Military Community gathered at the Golden Lion on Caserma Ederle July 14 for the Quarterly Awards Ceremony. At the event, Italian Base Commander Col. Umberto D'Andria; USAG Deputy to the Garrison Commander Wes Leisinger and Garrison Command Sgt. Major Daniel Dennison recognized Soldiers, civilians, Italian *Carabinieri* and employees. Pictured are just some of the awardees.

(Photos by Laura Kreider, USAG Italy Public Affairs Office)



3rd Annual VMC SHARP Summit Not in My Squad. Not in Our Army. Know Your Part. Do Your Part.

MG Harrington, Commanding General for United States Army Africa, hosts the Vicenza Military Community's 3rd Annual SHARP Summit in support of the I. A.M. Strong Campaign. The Summit is intended to engage ALL leaders on effecting cultural change by defining and understanding consent, male victimology, bystander intervention and fostering a climate that does not tolerate sexual harassment/sexual assault or reprisal against those who report or intervene. Guest speakers include:



COL Ursey, Jack L., current Army Soldier who shares his story of being sexually assaulted and becoming a survivor in the military.



Meg Garvin, M.A., J.D., executive director of the National Crime Victim Law Institute and a clinical professor of law at Lewis & Clark Law School.



Christopher F. Wilson, PSY.D., has a private practice and provides training and consultations across the country. He is also a trainer for the U.S. Army's Special Victim Unit Investigator Course.

August 2nd, 0830-1200 at the Golden Lion, Caserma Ederle
E1-E5, WO1-CW2, O1-O2, GS-9 and below*.

August 3rd, 0830-1200 at the Golden Lion, Caserma Ederle
E6 and above, CW3 and above, O3 and above, GS-11 and above*.

*Attendance will meet the requirement for annual SHARP face to face training. Spouses are welcome; content is not appropriate for children and no childcare will be provided.

Participants should register no later than 29 JUL 16 at the link below or with their SHARP Program representatives.

<https://portal.usaraf.army.mil/staff/gstaff1/G3-5-7/G3/G3TR/Lists/TrainingEventSignUp/AllItems.aspx>



Outlook

The Outlook accepts submissions.

Email content for consideration by noon on Wednesday the week before publication. The Outlook is published every two weeks.

Send mail to usarmy.vmc.pao@mail.mil.

For more information, call the editor at DSN 637-8020 or comm., 0444-61-8020.



Need to find something to do this weekend? Make sure to see the Out & About pages in every issue of the Outlook. For a more comprehensive list of events and activities, visit the USAG Italy Pinterest page at www.pinterest.com/usagvicenza. FOLLOW US!



Readers are winners

Sgt. Dylan Widener, 2nd Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team and current Better Opportunities for Single Soldiers (BOSS) president, reads "Curious George Rides a Bike" by H. A. Rey to children ages three to five during the "Read for the Win" summer reading program. BOSS teamed up with the post library on Caserma Ederle to read to children in that age group each week. The reading program was also open to children ages 6-11 and teens, 12-18. They have met, respectively, each Tuesday and Thursday in July.

A final party for the Summer Reading Program will take place at the library Aug. 2 from 11 a.m. to noon.

(Photo by Laura Kreider, USAG Italy Public Affairs Office)

Citizens banking outside of US may need to file report

by **Andrew R. Culliver**

Legal Intern, USARAF Office of the Staff Judge Advocate

VICENZA -- Working and living on an overseas installation presents an entirely new realm of financial responsibilities. For those who choose to keep money in Italian or other foreign banks, you may need to file a Report of Foreign Bank and Financial Accounts, commonly referred to as an FBAR.

What is FBAR?

Authorized by the Department of Treasury and enforced by the Internal Revenue Service, the FBAR is not a tax. Instead, the FBAR is a tool used by the federal government to identify persons who may be using foreign financial accounts and services to circumvent income tax reporting. Therefore, if you accurately report your earnings annually, the FBAR is nothing to fear.

As a general rule, the FBAR reporting obligation applies to those satisfying all of the following conditions:

1. A U.S. person,
2. with a financial interest in, or signature authority over,
3. any financial account(s) outside of the United States,
4. with an aggregate value exceeding \$10,000, at any time during the calendar year.

The language in this rule is actually quite dense, so unpacking the meaning of each term is essential to understanding your potential FBAR reporting status.

As you read through this article, note that an affirmative answer to each and every one of the individual requirements means that you should file a FBAR. However, a negative response to any one requirement means that you need not report.

Step One: U.S. personhood

The first step is determining whether you qualify as a "U.S. person."

For a majority of Vicenza military community personnel, U.S. citizenship will make you a "U.S. person." Resident-alien living in the U.S. (an anomaly in the Vicenza Military Community) are also included.

Additionally, if you have interest in or own entities organized or created under U.S. laws, such as corporations, partnerships, limited liability companies, and trusts or estates, you should assume that these qualify as "U.S. persons."

Step Two: Foreign account

Next, you are probably asking, "What qualifies as a 'foreign financial account?'"

"Foreign" means the account is physically located outside of the United States and its territories. The key here is the physical location of the bank. "Foreign" would include local branches of Italian banks like BNL, because they are in Italy (both on- and off-base locations).

However, your account held at the on-base U.S. financial institution, namely Community Bank and Global Federal Credit Union, are exempted.

A "financial account" can be more than just a bank account. In addition to a bank account, it includes a securities or brokerage account, commodity futures/options accounts, cash value insurance policies, mutual funds, or any other account with a financial institution or person performing financial services.

Step Three: 'With financial interest in, or signatory authority over'

Step three requires that you ascertain your financial interest in each specific account. There are two prongs to step three — (1) a financial interest in, or (2) signatory authority over — a foreign financial account. If you fall into either one of these categories, the account could qualify for the reporting requirement.

Determination in this stage is simple. If you are a legal account holder, you always satisfy this requirement. If you are an agent, nominee, or attorney acting for a person who meets this requirement, you qualify as well.

Additionally, if you are the holder of more than 50 percent of a corporation's stock, voting power, or a partnership profit percentage/capital, you qualify.

Lastly, if you have signatory authority over a foreign financial account, you still qualify. For example, if John has power of attorney on his elderly parents' extensive Swiss bank accounts, he meets this step, even if he has never exercised the power of attorney.

Step Four: \$10,000 threshold

The chief FBAR requirement is the one that will likely eliminate most people. It is the easiest to understand, but perhaps the most difficult to calculate.

If you have had, at any time during the calendar year, \$10,001 or more in the aggregate of your foreign financial accounts, you must report, assuming you have met all other steps. There are two key matters to note with this requirement.

First, calculations are an aggregate, so if you have \$5,000 in account A, and \$5,001 in account B, you qualify and may need to report. Second, the aggregate is calculated only from your qualifying foreign financial accounts. If you have \$1,000 in a qualifying foreign account, and \$100,000 in a U.S. bank account in Florida, you do not qualify and will not need to report.

For those of you with several accounts, or poor book-keeping skills, calculating this figure could prove to be a difficult task. Fear not, the requirement is for a reasonable approximation, not an exact cent total.

Remember, the requirement is measured in U.S. dollars, so accounts held in foreign currency must be converted to dollars, using U.S. Treasury reporting Rates of Exchange from the last day of the calendar year. If this

rate is unavailable, you may use a verifiable exchange rate, provided that you state the source in your report.

Penalties

If you have assets in foreign accounts and are still unsure whether you need to file a FBAR, consider seeking legal assistance regarding your potential obligation. Why? Because the consequences could be steep.

Failure to file a FBAR could result in potential civil and/or criminal sanctions. For a negligent violation, a fine of up to \$500 could be levied. Where a pattern of negligence is found, a steeper fine of up to \$50,000 could result.

Criminal liability may result from the willful failure to report. These penalties include extensive fines, and up to 10 years of incarceration. Civil penalties may be levied as well, ranging from six figures to as much as 50 percent of the total of unreported funds.

Delinquent FBAR submission

If you realize that you have failed to file a past FBAR, the IRS has procedures in place to remedy your mistake. Under Delinquent FBAR Submission Procedures, "[t]he IRS will not impose a penalty for the failure to file the delinquent FBARs if you properly reported on your U.S. tax returns, and paid all tax on, the income from the foreign financial accounts reported on the delinquent FBARs, and you have not previously been contacted regarding an income tax examination or a request for delinquent returns for the years for which the delinquent FBARs are submitted." A statement explaining your late filing should be included in your submission.

Though there are available methods of reobtaining healthy reporting status, the prudent approach is to maintain good standing.

Remaining FAQs

There are a few notable concerns that frequently come up in FBAR reporting inquiries. First, if your spouse has filed a FBAR report for your jointly held account, you need not file.

Second, for purposes of the FBAR, keep your financial records for a minimum of five years from the report due date.

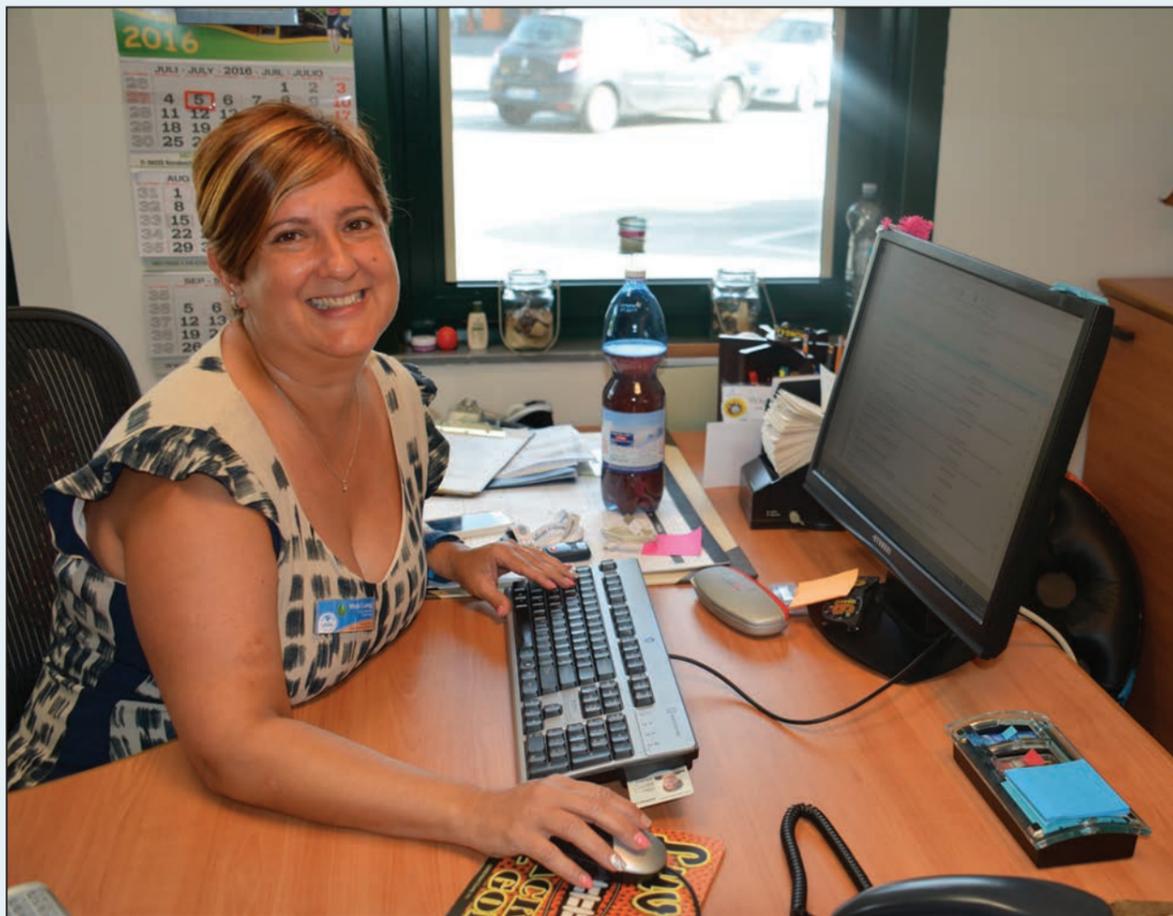
Lastly, the FBAR is free to file and imposes no tax consequence on the individual filing the report. So don't be fearful of it, and err on the side of caution, where possible.

Additional information

The 2016 filing deadline for FBARs was June 30. However, make note that the date has been moved forward to April 15 for 2017.

For more information on the FBAR, visit, <https://www.irs.gov/businesses/small-businesses-self-employed/report-of-foreign-bank-and-financial-accounts-fbar>.

Employee Spotlight



This week, the *Outlook* puts the spotlight on **Vicki A. Long**, who works for U.S. Army Garrison Italy at Camp Darby.

Position: Child Youth and School Services Coordinator

Overview of job/duties:

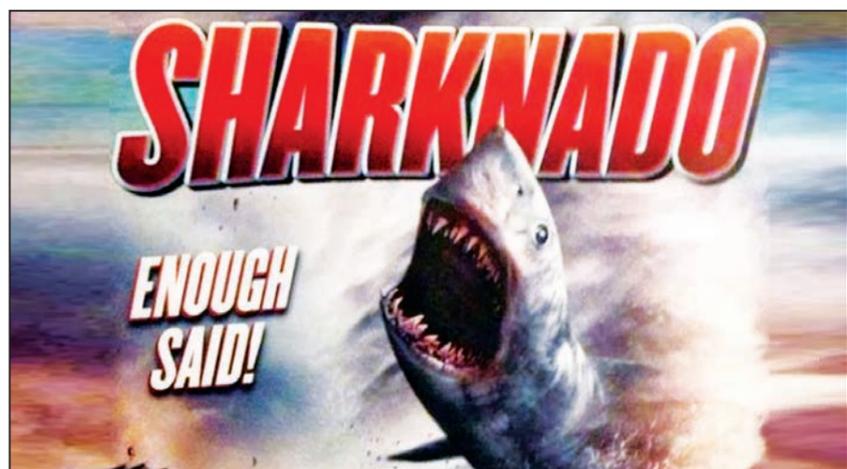
“I am responsible for the administrative and financial management of the Child Youth and School Services program. My main duties include ensuring all programs operate within Army regulatory requirements, conducting required inspections of programs, overseeing the sustainment of deficiency correction, and upholding National Accreditation standards.”

Major accomplishment(s):

Long is very proud of the renovation of the School Age Center in 2007; accreditation and re-accreditation of the School Age Center 1999-2010; and re-accreditation of the Child Development Center in 2015.

What do you like best about your job?

“I enjoy children. Every child is unique and their antics can bring a smile to your face even on the bleakest of days. I also enjoy the diversity of my position: one day I may be giving breaks in the infant classroom and the next on a summer camp field trip to a waterpark. There never is a dull moment!”



‘Sharknado 4’ to air on AFN

by **Kimberly E. Antos**
Defense Media Activity

For the first time, the American Forces Network premieres a movie live on the AFN|movie channel. The film, *Sharknado: The 4th Awakens*, is the latest in the highly successful *Sharknado* franchise and will air simultaneously with the world premiere airing in the U.S. on the SyFy channel.

“Due the extraordinary social media engagements with this particular event program, we think it is important that we give our viewers the same opportunity their stateside counterparts have to participate across all social media platforms,” said Karreem Lowe, chief of entertainment programming, AFN.

Viewers can interact with AFN in real time on Facebook.com/myafn on Twitter @AFNtelevision or using the hashtags #Sharknado4 and #AFN.

Sharknado 4: The 4th Awakens airs live Aug. 1 on AFN|movie at 2 a.m. Central Europe Time, with an encore presentation at 7 p.m. Watch all four *Sharknado* films starting Aug. 1 at 8:30 p.m. on AFN|movie.

For a complete listing of all AFN TV programming, go to www.myafn.net

ICE Have a comment or suggestion about an on-post organization or activity? Put your thoughts on ICE, the Interactive Customer Evaluation system.

Your feedback will help U.S. Army Garrison Italy maintain the quality of excellence you expect. Comments may be anonymous, but please remember: If you would like a response, you must provide name and contact information.

Find the ICE link on the garrison webpage, www.italy.army.mil.

HEARTS

continued from page 1

works and have to start all over. With our Soldiers constantly cycling, deploying, we have a responsibility to take care of each other. We need a sisterhood to lean on.”

Community Hearts of Italy was the idea borne from that premise, with the thought that such a program could boost morale among spouses, mentorship could take place, and positivity would reign. The program is a simple one: People in the community nominate others when they recognize something a person has done to “lift someone up,” said Dallas.

After reading nomination emails, Dallas and a small committee of others who assist her select a monthly winner. Most recently, winners have been recognized in the community via a Facebook post on the Army Wives Caserma Ederle page and a visit from Dallas with a small prize. The program is currently undergoing revisions, however, and changes as to how winners are recognized will be made. The “Outlook” will publish the most up-to-date information.

“The act doesn’t have to be extraordinary,” Dallas said. “It can be as simple as driving someone to a doctor’s appointment.”

In fact, some examples of the emails she receives are that someone frequently provided vegetables from her garden to neighbors; after a vehicle break-in, a woman offered rides and assistance to a family while their car was being repaired; and a person drove a family staying at the Ederle Inn to the commissary to get groceries.

This month’s winner is **Leora Thompson**.

The nomination letter included the following: “She is such an amazing woman. When I first got here in January, she went above and beyond to make sure I made it to my pregnancy appointments. Every time I see her, she is going above and beyond to help someone else out. Either with a ride, or giving things away



Drawing by Monique Tisa Hernandez, Vicenza Military Community member who was inspired to create the drawing for the Community Hearts of Italy program. Rosie the Riveter socks have been given to some of the women who were recognized in past months, as the World War II icon’s motto is, “We Can Do It!”

to people who need them, or just trying to help people in the inn or hotel get out and explore. ... She deserves to be recognized for all the good she has given this (community) while still being an amazing mom.”

Anyone who would like to nominate a fellow community member should send an email to communityheartstitaly@gmail.com. Be sure to provide the name of the person being nominated (and how to reach them if possible), what they’ve done to deserve the nomination, and your name and contact information.

All community members are invited and encouraged to participate—Soldiers, civilians, local nationals and family members—regardless of unit assigned.

AFN to provide viewers extensive coverage on XXXI Summer Olympics

FORT MEADE, Md. – AFN TV is giving the overseas military audience the same XXXI Summer Olympic experience as Americans living in the United States, as well as prime-time encores of major events.



The Rio 2016 Summer Olympics coverage begins on AFN|Sports at 5 p.m. Central European Time (CET). The opening ceremony airs live on

AFN|Sports, Aug. 6, starting at 1:00 a.m. CET from Maracanã Stadium in Rio de Janeiro, Brazil.

“Once again we are extremely appreciative of the International Olympic Committee, its broadcast partners around the world, and to NBC Sports for their excellent and extensive coverage of the 2016 Olympic Games to America’s military communities around the world,” said Larry Marotta, director of Television, American Forces Network.

AFN will broadcast more than 600 hours of live and delayed Olympic coverage, plus an additional 68 hours of encore NBC Primetime coverage.

AFN will also carry as many other non-Olympic sports as time allows on AFN|Sports. For a listing of Olympic coverage and last-minute changes, go to www.myafn.net.



Happy birthday, AAFES!

The Livorno Exchange hosted a cake-cutting ceremony in honor of the Army & Air Force Exchange Service’s 121st birthday July 25. Lt. Col Mark Ashman, commander, 731st Munitions Squadron, presented a birthday card to Antonio Podhora, store manager, at the ceremony. The Livorno Exchange offered special promotions and discounts to celebrate

(Photo by Chiara Mattiolo, DMC Public Affairs Office)

SCENARIOS

continued from page 1

Obando, Combined Joint Task Force-Horn of Africa deputy surgeon and EA 2016 officer in charge of Role One care at the battalion aid station.

“It’s been a great experience working with the Dutch and Ugandans, we have been sharing best practices for role one operations,” said Obando. “I always enjoy working with the coalition partners because I always learn something new and take something away from the training. And I hope they get the same when they work with us.”

These exercises have both a local and a multinational impact whereby the medical teams can take what they learned and apply to real-world situations in the future, participants said.

“When you meet and do (training) together, you harmonize, so that in the execution of operations you are speaking the same language,” said Katungye.

The medical staff supports approximately 200 personnel for the annual joint military exercise that brings together nine partner nations to practice and demonstrate proficiency in conducting peacekeeping operations.

FLYING

continued from page 1

Officer 4 Paul A. Brown and Cheryl Brown, said he started Scouting in middle school while the family was living at Fort Stewart, Ga. He said he liked camping and had a friend in Boy Scouts, so he decided to attend a meeting. Scouting and Marcus proved to be a perfect match, although he took a break for two years between that time at Fort Stewart and moving to Vicenza.

“I picked it back up when we relocated here,” he said. “I decided I wanted to finish up Eagle Scout.”

Putting his mind to the task was the easy part. Becoming an Eagle Scout is not for the faint-hearted. According to the Eagle rank requirements in the Boy Scouts of America Handbook, Scouts must: earn a total of 21 merit badges (which include such topics/skills as first aid, citizenship, communication, cooking, personal fitness and family life); serve actively in their troop and hold particular leadership positions; participate in a Scoutmaster conference; and much more.

The most visible requirement is a final project, which, according to Marcus, one cannot start until all of the other requirements are complete. The kicker: Those requirements must be met before one reaches his 18th birthday. For Marcus, that date came in early April, so he knew he had to move quickly on the project.

Marcus’ project was to improve and beautify the picnic area across the street from the high school.

“The picnic area was advertised as a

place to eat lunch,” he said. “But no one used it. It didn’t look nice, and no one wanted to sit over there.”

His project included pressure washing the area, replacing wood, painting benches and making it an all-around more attractive lunch spot. After proposing the project (for which he had to write a sort of business plan) for district and board approval, Marcus then had to obtain permission from the garrison commander and coordinate with the Directorate of Public Works for assistance. He enlisted his father’s help for that piece of the project.

“His father helped with the garrison approval paperwork, and the project included many moving parts. Marcus had to decide the tasks and delegate those tasks. Essentially, he was a project manager,” said his mom, Cheryl M. Brown.

With help from Troop 295, family and neighbors, Marcus worked on the project from the end of January until early April. Even before he was finished, he said, people started coming to use the picnic area. The project was deemed a success.

Besides Scouting, Marcus was a trumpet player in the high school marching band, and participated in Red Cross Club, Multimedia Club and Future Business Leaders of America. He leaves in August for the University of North Texas in Dallas, where he plans to study film score or musical composition. He said Scouting has helped prepared him for his future.

“I definitely believe it has taught me to work well with others,” he said. “I’ve learned what it means to be a leader. I have completed merit badges that dealt

with things I’ll have to do as an adult, like family life and citizenship, so I’m confident I can handle things that come along.

“I know I’m ready to go into the world. Becoming an Eagle Scout is encompassing everything you’ve learned up to this point. It means to embody the truths of the Scout law, the promise, the spirit.”

Proud mom Cheryl said she feels better about her son’s departure to college because of the skills he has learned in Scouting, and she sees him as a man who is embarking on his future.

“More so now than ever, I am realizing that Marcus is a man,” she said. “Once he leaves, he’s not that little boy anymore. He won’t come back the same. He is an Eagle Scout to his spirit. I’m so proud of him and his accomplishment.”

Mom is not the only one who is proud of the Eagle Scout. Jim Metzger, Troop 295 Scoutmaster, also has a respect for the hard-working teenager.

“In the short time I’ve worked with Marcus, I’ve been blessed to see him develop into a strong leader and mentor. More importantly, I appreciate the conviction of character he carries with him and displays in every interaction,” Metzger said. “He will always be one of those young men whom I feel honored to have had some small role in his development and been a part of his life. I look forward to the story that is Marcus Brown.”

This is not the end of his career with the Boy Scouts. Marcus said he wants to continue in Scouting with a goal to become a certified Scoutmaster.

Cut out blocks that pertain to work and home locations to remind you in an emergency who and how to call for help. Don’t forget to write out home address phonetically so you can pronounce it.



From the USAG Italy Fire Department

Vicenza Military Community
On Post – DSN only:
Fire & Medical 1-1-7
Police 1-1-5
Cell Phone/Commercial
Fire & Medical 0444-71-7117
Police 0444-71-7115

Building # _____
Installation _____

Anywhere in Italy – Off Post
Cell Phone/Commercial:
Fire 1-1-5
Ambulance 1-1-8
Carabinieri 1-1-2
Police (local) 1-1-3

Address # _____

Darby Military Community
On Post – DSN only:
Fire & Medical 1-1-7
Police 1-1-5
Cell Phone/Commercial
Fire & Medical 050-54--7117
Police 050-54-7115

Building # _____
Installation _____



A roadside view of Praglia Abbey, *Abbazia di Praglia*, located in the province of Padova. The abbey has a long history, dating back to the late 11th century. It is one of the medieval monasteries of the Veneto and was founded by the powerful Vicenza Maltraverso family in the Middle Ages.



Situated on the second floor is the vaulted cloister (circa 1490), which functions as the central point of the entire monastic complex and connects the various areas of the community's life.

Benedictine abbey reflects simplicity, serenity

Story and photos by **Karin J. Martinez**
USAG Italy Public Affairs Office

TEOLO – Heading into the Euganean Hills of the Veneto region, one might find a charming restaurant, a winery or a quiet bicycle path.

About 12 kilometers from Padova and four kilometers from Abano Terme, set in the town of Teolo, is another breathtaking find: *Abbazia di Praglia*, or the Praglia Abbey. The abbey is a Benedictine monastery that dates back to the late 11th century. Visitors are welcome to take a tour, attend mass, sit and reflect, peruse the gift shop for a memento — or all of the above.

According to literature distributed on site, the monastery dates to 1080 but was destroyed and rebuilt several times in the 15th and 16th centuries. Only the bell tower remains as the original medieval structure on the property. The abbey is a remarkable work of art with its late Gothic and early Renaissance styles, but is considered first and foremost “a house of God.”

The property is home to “a community of men who share the search of God in the path traced by the rule of Saint Benedict,” according to the website, www.praglia.it. The long history of the community includes suppression by Napoleon’s military occupation in 1810 and the House of Savoy in 1867.

Today, there are about 45 Benedictine monks in the abbey that also houses the Italian National Library. The monks are known for expert book restoration skills, and they cultivate plants to make cosmetics, herbs and wine—not to mention the beehives they keep to make honey products.

How to get there

Coming from Caserma Ederle, the easiest way to get to the abbey is probably via the A4 (autostrade) Milano-Venezia. Get off at the Grisignano exit, and proceed toward Montegalda, Cervarese and Montemerlo. If you have a GPS, submit the address via *Abbazia di Praglia*, 16 – 35037 Teolo, and it should take you directly to the winding road that leads past the vineyard and to



The Botanical Cloister, circa 1480, was formerly used to cultivate herbs for the monastery’s pharmacy. Today, the cloister features an Italian-style garden and is the “porter’s cloister,” where visitors are welcomed.

the parking lot. Parking is free, and it’s an easy walk to where the tour awaits.

Taking a tour

Tours are provided with a donation to the monastery, which assists with property maintenance. Pick up a brochure in your preferred language -- Italian, German, French or English -- and deposit a donation into the box. Wait in the lobby and a tour guide will come to pick up those gathered there when it’s time for the next tour. Be warned, however: tours are only available in Italian. It is still worth it, though, as walking through with the group is the only way you are allowed inside. Read about the abbey ahead of time and follow along with your brochure; you’ll still enjoy yourself and have the opportunity to take some beautiful photographs for your photo album or scrapbook.

Hours for tours are as follows:

Summertime

Weekdays: 3:30, 4:10, 4:50 and 5:30 p.m.; Sundays and holidays: 3:30, 4, 4:30, 5 and 5:30 p.m.

Wintertime

Weekdays: 2:30, 3:10, 3:50 and 4:30 p.m.; Sundays and holidays: 2:30, 3, 3:30, 4 and 4:30 p.m.

Closed every Monday and certain religious holidays (Check the website, www.praglia.it)

The 40-minute walkthrough begins in the rustic cloister and moves to the vaulted cloister, botanical cloister, monumental refectory, chapter room and 17th century *Loggetta Belvedere*, a loggia where visitors can admire the landscape and the monastery’s rural area that showcases the vineyard, garden and orchard.

Other options

After the tour, don’t forget to linger in the gift shop where you will find products such as balsamic or acacia honey, honey candy, hand cream, foot cream, soap, various types of tea, and several selections of red and white wines-- all made by the monks on site. On the grounds is also a church, the *Basilica dell’ Assunta*, dedicated to Our Lady of the Assumption. The foundation dates back to 1490, and ancient frescoes and other artistry adorn the inside.

For those who want more than a day trip and are in need of a spiritual retreat, the monastery welcomes people who “intend to spend a period of prayer and meditation with the monastic community,” according to the



Frescoes from several Italian artists can be seen throughout Praglia Abbey. Some date back to the 15th century.



The bell tower is the only original medieval structure on the property.

website. The chance to take part of the monastic life in that manner is available with coordination. For more information, email foresteria@praglia.it or call +39 049 999 9300 or +39 049 999 9322. Sunday Eucharist times are 9:15 a.m., 11 a.m. for the monastic mass; and 5 p.m.

So head for the hills, find the abbey and slow down for a morning or an afternoon. This is one excursion that doesn’t need to be rushed, and you may just find yourself in a beautiful state of relaxation as you leave to forage dinner at a local pizzeria.

Praglia Abbey is just one of several medieval abbeys to visit in Padova. To learn about others, go to www.padovamedievale.it.

News briefs

DPW begins road work

The Directorate of Public Works will be conducting several roadwork projects throughout Caserma Ederle from now through November. Construction activities are as follows:

Mill, repair and asphalt pave 7th and 8th streets in July; 9th Street/Stanton Avenue/1st, 2nd, 3rd & 4th streets/Roeder Ave. in August; 5th Street and Olson Ave. in September; Olson Ave./tennis court/Ederle Inn parking lot in October; and the front of buildings 247 and 249/ from Gate 1 to Olson Ave. in November.

Teams will also remove and replace damaged curbing, adapt all street crossings to standards with new handicapped ramps, pedestrian crossings, adjust drainage lines to the new sidewalk layout, and post new vertical and horizontal signs as follows: 8th, 7th, 9th, 3rd, 1st streets and Stanton Ave. in July; Roeder Ave./2nd, 4th, 5th streets/front of Bldg. 395/Olson Ave. in August; Olson Ave./tennis court/Ederle Inn parking lot in September; and Ederle Inn/front of buildings 227 and 249 in October.

Community members are asked for their patience and consideration during this time of improvement.

'Outlook' announces publishing schedule change

Per the current printing schedule and the Italian holiday *Ferragosto*, the "Outlook" newspaper will be published only once in August. That issue will be on stands and online Aug. 26. Please continue to check the USAG Italy Facebook page, website www.italy.army.mil, Command Channel, and Pinterest www.pinterest.com/usagvicenza, for the most up-to-date information.

Information exchange

Don't forget to stop by the USAG Italy Information Exchange, known as Info-X, Aug. 3 at 10:30 a.m. in the Ar-

na on Caserma Ederle. Info-X is a time for community members to learn about what's going on the community and engage garrison leadership with questions or concerns. Can't make it in person? Info-X is streamed live on the garrison website, www.italy.army.mil.

Job opportunities

The Regional Health Contracting Office-Europe is seeking a Licensed Clinical Mental Health Social Worker to work in the Camp Darby/Livorno area. PCS costs are not authorized. Interested candidates, U.S. citizens and local nationals living in the commuting area and within the Italian territory, may contact Domenico Maddaloni at 0049-6371-9464-5414 or DSN: 590-9414 or via email at domenico.maddaloni.ln@mail.mil, for further information.

Swim team needs coaches

If you enjoy working with children of all ages and have a love of swimming, why not give coaching a try? The Vicenza Mako Sharks swim team is seeking assistant swim coaches for the 2016-17 season. For more information, please contact the head coach at makosharkscoach@gmail.com.

414th CSB offers training

Quarterly customer contract training will take place Aug. 23-25. Training includes acquisition planning, market research, government cost estimates, ethics and more. Contact Master Sgt. Ashley Moye at DSN 637-7726, or Ashley.moye.mil@mail.mil, for more information. Government purchase card training takes place Aug. 24 at the Hall of Heroes. For more information, contact Roberto Schiavon, DSN 637-7408.

Medical, dental, veterinary care updates

U.S. Army Health Center Vicenza: The "Medical Benvenuti" in-processing for new Soldiers takes place at the

health center each Tuesday from 2:30 to 3:30 p.m. Tobacco cessation classes are offered 3-4 p.m. each Tuesday. Call the Wellness Center for more information or registration, 0444-71-8186.

Dental clinic:

New dental clinic sick call hours have been announced: Mon-Tues-Wed-Fri, 7:30-9:30 a.m. and Thursday, 12:30-2:30 p.m.

Veterinary clinic:

Summer operations hours for the veterinary clinic in Longare are Monday through Friday, 8 a.m. to noon and 1-4 p.m. Community members with emergency care concerns must contact a local veterinarian. Contact the vet clinic for more information, DSN 637-8272.

AAFES offers information

The Army & Air Force Exchange Service will host two back-to-school events, Aug. 19 and 26, in the mall and main store. This is a good time to enroll children in the School Meal Program. On another note, community members are reminded that money orders are not available at the Exchange, and only cash can be accepted for Western Union transactions at this time. Also, through Aug. 18, authorized shoppers worldwide can enter the back to school sweepstakes for the chance to win one of 10 \$500 Exchange gift cards. Shoppers 18 years and older can log in to www.shopmyexchange.com/sweepstakes to enter. No purchase is necessary. The prize drawings will take place on or around Aug. 25.

Passport delays

Passport processing times are higher during the summer months due to an increase in applications. Current tourist passport processing time is five to six weeks and for no-fee or official passports, seven to eight weeks. If there are any questions about required documents

needed to submit with applications, please refer to the garrison website under Directorates/Human Resources/CPF/Passports or <http://www.italy.army.mil/cpf.asp#passports>.

Community welcome

Newcomers to the community are invited and encouraged to attend the USAG Italy Community Welcome at the Ederle Inn, 5 p.m., 2nd & 4th Tuesday each month. This is an opportunity to learn what the community has to offer and directly engage the Garrison leadership. The event is open to all Vicenza Military Community members who have not previously attended a session regardless of arrival date. The entire family is welcome.

ODR offers scuba courses

Become certified to scuba dive in Pula, Croatia. Advanced open water course takes place Aug. 18-22 and costs \$600. The Enriched Air Nitrox Diver course is Aug. 18-22 and costs \$100. Certification is valid anywhere in the world and allows you to dive a maximum of 18 meters (40 feet). To register for any of these courses or for more information, contact Outdoor Recreation on Caserma Ederle, DSN 634-7453.

Vicenza Ski Patrol orientation

If you like snowboarding or skiing, want to improve your snowboarding or skiing skills, and emergency medical training interest you, join the Vicenza Patrol of the National Ski Patrol (European Division). Start a journey towards earning the coveted Red Jacket of the NSP as you progress through your Outdoor Emergency Care Technician Course, Basic Patroller, and journey on to Alpine Patroller status and beyond. Open to ages 17 and older; ski/snowboard experience recommended, but not required. The course takes place Aug. 23, 6-7 p.m., in the Outdoor Recreation classroom on Caserma Ederle.

Antiterrorism awareness calls for increased vigilance

August is Antiterrorism Awareness Month, and there is no time like the present to be more vigilant.

The threat of terrorists attacking our Army communities, and anywhere we travel, is real. Terrorists can strike any time and anywhere.

In an effort to help protect Soldiers, civilians and their family members from potential terrorist acts, Army OneSource offers the following information for antiterrorism individual awareness tips.

To begin with, consider ways a person might become a victim of a terrorist attack. Three specific examples to keep in mind include location, association and opportunity.

Location

Terrorists may target locations frequented by Americans (such as military installations or facilities, or certain hotels, apartment buildings, public transportation centers and nightclubs). Individuals should maintain heightened awareness in these locations and leave immediately if they observe suspicious behavior or activity.

Association

Terrorists may focus pre-operational surveillance or actual attacks on obvious American tourists or personnel associated with the U.S. military. When possible, avoid disclosing your U.S. affiliation. When overseas, try to blend in with the local populace.

Opportunity

Terrorists look for "soft targets." A soft target is a person, information, or facility in which the terrorist perceives they have good chance of a successful attack

and a low risk of interference by security forces. To minimize opportunity, individuals should maintain vigilance, practice good personal security habits, and alert the proper authorities of suspicious behavior.

So what can individuals do to reduce the risk of becoming a victim of terrorism? Individual protection and personal safety begins with a proactive mindset about the environment where you live, work, go to school and travel. Personal security habits which will help prevent you from becoming a victim include understanding the risks associated with your activities and locations, and taking proactive measures to enhance safety.

Some fundamentals of individual protection include general awareness, awareness at home and work, and awareness while traveling.

General awareness

Maintain situational awareness of your surroundings at all times. Pay particular attention to activity happening around you in order to identify anything unusual. If necessary, leave the area and report suspicious activity or behavior to local authorities.

Protect personal information at all times. Do not reveal details of your personal life (such as where you live, work, family members, your association with the U.S. military, email address or phone numbers) to anyone you don't know and trust.

Do not discuss personal information or military missions in public, on the telephone or on the Internet. Take extra precautions with social media networks such as Facebook, Twitter, Snapchat and more.

Avoid posting or providing personal information and location data. Criminals and terrorists are known to use these forums for open source information-gathering and for recruitment, and these media do not provide "secure" communications.

Awareness at home

Basic security begins with the home. Make sure all doors, window locks and exterior lighting function properly. Children should keep doors and windows locked when home alone.

Participate in a neighborhood watch program to establish a shared responsibility for the safety and security of your local community.

Be prepared for an emergency that may require your family to "shelter in place" or relocate on short notice. Make a family emergency plan, and ensure all members understand what to do in each of these scenarios.

Awareness at work

Know the emergency evacuation procedures for the place where you work. Know the bomb threat procedures and how to report threats to local law enforcement or security authorities. Understand what to do in an "active shooter" threat scenario.

Awareness while traveling

Maintain a "low profile." Try to blend in with the local populace through how you dress and your appearance. Know the locations of safe havens and carry with you the emergency telephone numbers.

Understand the culture where you are traveling and learn basic survival phrases, such as "I need a police officer" and "I need a doctor."

Avoid civil disturbances or demonstrations of any kind; these events can turn violent with little to no advanced warning. Never travel alone. Think ahead and choose safe travel modes and routes.

For more information or to learn about antiterrorism awareness training, contact the garrison antiterrorism officer, DSN 634-8984/8069.

Remember, if you see something, say something!



DoDDS Dates to Remember

Aug. 19

- VES New Student/Parent Orientation and School Tour, 11 a.m.-noon
- VMS New Student/Parent Orientation and School Tour, 1-2 p.m.

Aug. 22

VHS Fall Sports Practices and Music Camp Begin

Aug. 25

- VHS Freshmen Orientation, 9 a.m.
- VHS New Student Orientation, 10:30 a.m.

Aug. 26

VES Sneak Peek, 2-3 p.m.
*Class lists are posted. Students/parents find classrooms & meet teachers.

Aug. 29

First day of school for students grades 1-12

Aug. 29

VMS Open House and School Advisory Committee elections, 8:10 a.m.-12:30 p.m.

Sept. 1 VHS Wellness Day

Sept. 6 First day of Kindergarten

Chapel activities

Chapel Services (VICENZA)

VMC Chapel, Building 29
Phone: 637-7575

Sunday schedule

Post Chapel
9-10 a.m. Roman Catholic Mass
11 a.m.-noon General Protestant
Worship Service
1:30-3 p.m. Gospel Worship
5-6 p.m. Contemporary Protestant
Worship Service

Protestant Women's Bible Studies

Post Chapel
9:15 a.m.-noon Tuesdays (Childcare)
5:30-7 p.m. Tuesdays

Protestant Men of the Chapel

Bible Study, Post Chapel
5:30-7 p.m. Tuesdays

Saint Mark's Catholic Women of the Chapel

Post Chapel
9 a.m.-noon Wednesdays (Childcare)

Youth of the Chapel

High School 5-8:30 p.m. Wednesdays
Call chapel for location.

Bible/book studies

Chapel Activity Room, Building 29

6:30-7:30 p.m. Thursdays
Gospel Service/Bible Study

The Church of Jesus Christ of Latter-Day Saints

Building 395
6:30-7:30 a.m. Mon thru Fri Seminary
6-7 p.m. Tuesdays; Young Men/
Women Meeting

Church of Christ: Sundays, Bldg. 395, 1-3 p.m. Call chapel for more information.

Jewish: Call chapel for more information.

Del Din Soldier Ministry

Siegholtz Center
6 p.m. Tuesdays Bible study & dinner

Chapel Services (CAMP DARBY)

DSN 633-7267, comm. 050-54-7267
24/7 Chaplain Crisis Line
634-KARE (5273) or 0444-71-5273

Sunday schedule

Camp Darby Chapel
9-10 a.m. Roman Catholic Mass
10:30 a.m. Protestant Service

Protestant Women of the Chapel Bible Study

9:30 a.m. Tuesdays

At the movies



Pete's Dragon

In the Pacific Northwest United States, forest ranger Grace Meacham finds a young boy named Pete who has lived in the woods for six years with a mysterious dragon named Elliott. With help from her wood-carver father and Natalie, the daughter of lumber mill owner Jack, Grace sets out to find out Pete's identity and the truth about Elliott. But problems arise when hunter Gavin, Jack's brother and Natalie's uncle, plans to capture Elliott. (Rated PG)

July 29	7 p.m.	Bad Moms (R)
	10 p.m.	Jason Bourne (PG-13)
July 30	3 p.m.	Jason Bourne (PG-13)
	6 p.m.	Bad Moms (R)
July 31	3 p.m.	Ice Age: Collision Course (PG)
	6 p.m.	Jason Bourne (PG-13)
Aug. 3	2 p.m.	Alice Through the Looking Glass (PG)
	7 p.m.	The Secret Life of Pets (PG)
Aug. 4	2 p.m.	The Angry Birds Movie (PG)
	7 p.m.	The BFG (PG)
Aug. 5	7 p.m.	Ice Age: Collision Course (PG)
	10 p.m.	Suicide Squad (PG-13)
Aug. 6	3 p.m.	Star Trek Beyond (PG-13)
	6 p.m.	Suicide Squad (PG-13)
Aug. 7	3 p.m.	Lights Out (PG-13)
	6 p.m.	Suicide Squad in 3D (PG-13)
Aug. 10	2 p.m.	Alice Through the Looking Glass (PG)
	7 p.m.	Ghostbusters (PG-13)
Aug. 11	2 p.m.	Finding Dory (PG)
	7 p.m.	Suicide Squad (PG-13)
Aug. 12	7 p.m.	Pete's Dragon (PG)
	10 p.m.	Sausage Party (R)
Aug. 13	3 p.m.	Pete's Dragon (PG)
	6 p.m.	Sausage Party (R)
Aug. 14	3 p.m.	Pete's Dragon in 3D (PG)
	6 p.m.	Sausage Party (R)
Aug. 17	2 p.m.	Zootopia (PG)
	7 p.m.	Pete's Dragon (PG-13)
Aug. 18	2 p.m.	Finding Dory (PG)
	7 p.m.	The Secret Life of Pets (PG)
Aug. 19	7 p.m.	Ben-Hur (PG-13)
	10 p.m.	War Dogs (R)
Aug. 20	3 p.m.	Pete's Dragon (PG)
	6 p.m.	War Dogs (R)
Aug. 21	3 p.m.	Ben-Hur in 3D (PG-13)
	6 p.m.	Sausage Party (R)
Aug. 24	7 p.m.	Ben-Hur (PG-13)
Aug. 25	7 p.m.	War Dogs (R)
Aug. 26	7 p.m.	Don't Breathe (R)
	10 p.m.	Mechanic: Resurrection (R)
Aug. 27	3 p.m.	Hands of Stone (NR)
	6 p.m.	Don't Breathe (R)
Aug. 28	3 p.m.	Mechanic: Resurrection (R)
	6 p.m.	Hands of Stone (NR)

Check movie schedule online
at <https://www.shopmyexchange.com/reel-time-theatres/Vicenza>.

Admission

3D first run: Adult \$8.50, under 12 \$5.75
3D second run: Adult \$8, under 12 \$5.50
First run: Adult \$6.50, under 12, \$3.75
Second run: Adult \$6, under 12 \$3.50

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.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

The Outlook Chapel Activities section provides announcements and may offer perspectives to enhance spiritual or religious resiliency in support of Army 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 U.S. Army Garrison Italy.

Ferragosto

Italian national holiday, Aug. 15

Ferragosto is one of the most important Catholic holidays celebrated across Italy. Its great sanctity and widespread observance are due to it being the day on which the Virgin Mary was *assunta in cielo*, or ascended into heaven. For this reason, it is generally known as Assumption Day. However, as is the case with many other Christian holidays in Italy, Ferragosto has pagan origins: It dates back to the year 18 B.C., when Roman Emperor Augustus declared that the entire month of August would be dedicated to the *Feriae Augusti*, a series of festivals and celebrations. While observations have evolved over the centuries, still today Italians like to take some of their *ferie* (annual leave) during the month of August as holiday and leisure time. Many Italians head to the beach or mountains, so there is likely to be lots of traffic along the coast and other highways leading to popular destinations. Public offices and stores are generally closed. Many towns and resorts celebrate their local festivals and conclude the holiday with fireworks.

VENETO & NEARBY

Palio delle Zattere

Raft Race

July 24, 3-7:30 p.m., in Valstagna, about 34 miles north of Vicenza. This annual competition takes place on a panoramic stretch of the Brenta River in commemoration of the terrible flood of 1966. Parade starts at 3 p.m., raft race at 5 p.m.; entertainment with flag-throwers, live Venetian folk music and traditional trade exhibit in Piazza San Marco. Food booths feature fried trout and other specialties.

<http://www.livinginvicenza.com/agenda/palio-delle-zattere-2016-rafting-race-on-rafts-2927>

World Music Live Festival

Through Aug. 14, 9 p.m. Free concerts with international bands in Vicenza, Campo Marzo, across from the train station. Free entrance.

July 31: John McSherry-Ulaid (Ireland)

Aug. 10: Forró Miór (Brazil)

Aug. 14: King Naat Veliov & The Original Kocani Orkestar (Macedonia)

<http://www.comune.vicenza.it/vicenza/eventi/evento.php/151294>

Fiera di Sant'Anna

St. Anne Fair

July 29-Aug. 3, in Dueville, Piazza Monza, about 7 miles north of Vicenza. Food booths featuring local specialties open at 7 p.m.; live music and dancing nightly at 9 p.m.; **Aug. 3**, traditional local products and products open at 7 a.m. and fireworks at midnight.

<http://www.sagreneiborghi.it/dueville-vi-antica-sagra-e-fiera-di-santanna/>

Killing Cangrande

Mystery guided tour

Aug. 6, Aug. 13, and every Saturday until Oct. 1, 5-8 p.m., in Verona. Led by an English-speaking guide, discover the medieval Verona and play the role of a detective solve a murder case of 700 years ago. The €30 ticket includes Italian aperitif in Piazza Erbe; free for children under 12 accompanied by two adults. Reserve your tour by sending an email to info@livinginvicenza.com.

<http://www.livinginvicenza.com/agenda/killing-cangrande-mystery-guided-tour-downtown-verona-2773>

Brintaal Celtic Folk Festival

Aug. 20-28, Cison del Grappa, Bosco delle Fontane, Via Giarre di Sicilia 2. Food booths and Celtic fair; archery exhibit and workshops; sampling of local products and food booths; free live music and dancing. Free entrance to all events.

Aug. 20: Festival grand opening and archaic concert with the Ensemble Brigan

Aug. 21: Explore the Caldonazzo lake in a canoe; departure from Piazza San Marco in Valstagna

Aug. 25: Folk concert with Rolling Around at 9:30 p.m.; and Irish Folk concert with Micro Irish Band

Aug. 26: Celtic punk Concert with The Rumjacks (Australia) at 9:30 p.m.; Folk punk concert with The Dogs From the Grapes at 11:30 p.m.

Aug. 27: Irish Celtic Punk Rock with The Jolly Jackers (Hungary) at 9:30 p.m.; Punk Folk concert with Hooligans' Mountain at 11:30 p.m.

Aug. 28: Celtic Folk concerts with the Fragment at 9:30



Brintaal Celtic Folk Festival, Cison del Grappa

p.m. and The Bards from Yesterday at 11:30 p.m.
<http://www.brintaalcelticfolk.it/home/main.htm>

Estate al Parco

Summer at the Park - Free outdoor fitness classes Through Sept. 11, in Vicenza, Parco Querini, Viale Rodolfi.

Mondays

Tai chi, an ancient Chinese exercise, described as meditation in motion, which promotes serenity through gentle, flowing movements, at the La Radura, 6-7:30 p.m.

Do-in (exercises for physical and mental well-being), La Radura, 7-8 p.m.

Fit and Motion, music fitness workouts that include cardiovascular activity, toning and stretching, at Porta Papa, 7-8 p.m.

Yoga for children, Palco del Tempietto, 5:30-6:30 p.m.

Yoga mamme, which gives mothers the chance to do yoga with their children, 7-8 p.m.

Yoga for adults, Palco del Tempietto, 7-8:15 p.m.

Tuesdays

Salsation Fitness, through Sept. 6, at Porta Papa, 6:30-7:30 p.m.

Capoeira, La Radura, 7-8 p.m.

Wednesdays

Body balance, through Sept. 7, Porta Papa, 9:30-10:30 a.m.

Zumba fitness, Porta Papa, 6:30-7:30 p.m.

Qi gong (an ancient Chinese exercise that integrates physical postures, breathing techniques and meditation), in July, La Radura, 7-8 p.m.

ANTIQUÉ MARKETS VENETO

Marostica: Aug. 7, 8 a.m.-7 p.m., in Piazza Castello, about 18 miles north of Vicenza (135 vendors)

Noventa Vicentina: Aug. 7, 8 a.m.-6 p.m., in Piazza IV Novembre, 20 miles south of Vicenza (120 vendors)

Vittorio Veneto: Aug. 7, 8 a.m.-7 p.m., in Serravalle, Piazza Minucci and surrounding streets (75 vendors)

Vicenza: Aug. 14, 7 a.m.-7 p.m., in Piazza dei Signori, Piazza Duomo, Piazza Garibaldi, Piazza Palladio, Piazza Biade and Piazza Castello (220 vendors)

Lonigo: Aug. 14, 8:30 a.m.-7 p.m., in Via Garibaldi, Piazza XX Settembre, Via Ognibene, about 20 miles southwest of Vicenza (about 100 vendors)

Montebelluna (Padova): Aug. 14, 8 a.m.-7 p.m., in Piazza 1° Maggio, about 34 miles southeast of Vicenza (about 70 vendors)

Villafranca (Verona): Aug. 14, 8 a.m.-7:30 p.m., in Piazza Castello

Verona: Aug. 20, 8 a.m.-5:30 p.m., in Piazza S. Zeno, about 38 miles west of Vicenza (50 vendors)

Creazzo: Aug. 21, 8:30 a.m.-7 p.m., in Piazza San Marco Cittadella (Padova): Aug. 21, 8:30 a.m.-7 p.m., downtown

Este (Padova): Aug. 21, 8 a.m.-7 p.m., in Piazza Maggiore and Via Matteotti, about 28 miles south of Vicenza (60 vendors)

Padova: Aug. 21, 8 a.m.-8 p.m., in Prato della Valle, about 24 miles southeast of Vicenza (180 vendors)

Soave: Aug. 21, 8 a.m.-7 p.m. Piazza Antonio Marogna and Corso Vittorio Emanuele, about 23 miles west of Vicenza (110 vendors)

Tai chi, through Aug. 7, at Palco Tempietto, 7-8:30 p.m.
Line up & Dance, funky, pop, disco and more dance workshops, Porta Papa, 7:30-8:30 p.m.

Thursdays

Hatha Yoga, through Sept. 8, exercise that includes physical postures, purification procedures, poses, breathing and meditation, Palco del Tempietto, 7:30-8:30 p.m.

Fridays

Third-age yoga, through Sept. 9, Palco del Tempietto, 5-6 p.m.

FocusFit, through Sept. 9, Porta del Papa, 6-7:30 p.m.

Capoeira, Porta del Papa, in July and August, 7:30-8:30 p.m.

Saturdays

Country Fitness, through Sept. 10, Porta Papa, 10-11 a.m.

Sundays

Tai chi, through Aug. 7, Palco del Tempietto, 9-10:30 a.m.

<http://www.comune.vicenza.it/uffici/dipserv/istruzione/sport/ginnasticaquerini.php>

Passeggiate in carrozza

Horse-Drawn Carriage Tours

Through Sept. 30, Saturdays, 8-11:30 p.m. and 3-8 p.m. Oct. 1-31; In Vicenza; enjoy this unique way of seeing the most beautiful sites in Vicenza; the 20-minute tours depart and return to Piazza Biade. Cost is €15 for a maximum of five people.

<http://www.comune.vicenza.it/albo/notizie.php/152090>

La Partita a Scacchi a personaggi viventi

Live Chess Game

Sept. 9-10, 9 p.m., **Sept. 11**, 5 p.m. and 9 p.m., in Marostica, Piazza degli Scacchi, about 18 miles north of Vicenza. The legend of the Live Chess Game dates back to 1454 when Marostica belonged to the Venetian Republic. It happened that two noblemen, Rinaldo d'Angarano and Vieri da Vallonara, fell in love with the beautiful Lionora, daughter of Taddeo Parisio, who was the Lord of Marostica. As was the custom in that time, they challenged each other to a duel to win the hand of Lionora. To avoid the two becoming enemies or losing them in a duel, Parisio decided that the two rivals should play a game of chess: Lionora would take the winner as her husband and the loser would join the family anyway, marrying Oldrada, the younger sister. The lord also decided the challenge should be honored with a performance of armed men, foot soldiers and knights, and also with fireworks and music. Visit the following website to purchase tickets or stop by the Outdoor Recreation office to sign up for one of several bus trips. This event regularly sells out.

<http://www.marosticascacchi.it/en/partitaascacchi/ticket.html#1>

Sculture di Sabbia

Sand Sculptures Festival

Through Sept. 11, in Jesolo, Piazza Brescia, about 64 miles east of Vicenza. This year's theme is the European Capitals; international artists take part in this special event; they compete in shaping every kind of artistic figure with fine golden sand. Free entrance.

<http://www.comune.jesolo.ve.it/sculture-di-sabbia-2016>

La Terrazza di Vicenza - Basilica Palladiana

City Rooftop - Palladian Basilica

Through Nov. 1, in Vicenza, Piazza dei Signori; Visit the Palladian Basilica first floor, loggia and Terrace, Piazza dei Signori. Entrance fee: €4; free entrance for children younger than 14 accompanied by an adult family member, for military members, and for disabled with their assistant. For more details, visit <http://www.livinginvicenza.com/agenda/visits-to-the-palladian-basilica-living-room-loggia-2881>.

Antiche Terme di Giunone

Juno's Roman baths

Caldiero (Verona), Via Delle Terme 1, about 27 miles west of Vicenza. **Open through Aug. 28**, 9:30 a.m.-7:30 p.m.; Aug. 29-Sept. 9, 11 a.m.-6 p.m. Tickets: Monday-Saturday, €10; reduced €7 for children ages 4-14 and senior citizens over 65; Sundays and Italian holidays: €14; reduced €8. The thermal waters of Caldiero have been famous since Roman times; the spa, set in a large park, combines old structures and modern facilities for bathing and leisure.

<http://www.termedigiunone.it/it/il-parco-acquatico-terme-di-giunone/parco-terme-giunone-caldiero.html>



Balestro del Girifalco, Grosseto

TUSCANY

Effetto Venezia Venice effect

July 27-31, 9 p.m. – 1 a.m., in Livorno. One of the best summer events in Livorno, it takes its name from the city district where it takes place, La Venezia. Live music, cabaret, theater, poetry; local products and crafts exhibit and sale. The area's restaurants set up outdoor stalls and tables to serve traditional food; the most popular is cacciucco, a mix of seafood prepared from leftovers of the fishermen's daily catch cooked in tomato sauce and laid on a slice of roasted bread rubbed with garlic. During the event, visitors can enjoy a boat tour of fossi (canals) built by order of the Medici, which enables a great nighttime view of old Livorno, passing under the several bridges from the 17th century. Actors dressed in traditional costumes will accompany tourists in singing songs from boats of their own along the canals.

<http://www.livorno-effettovenezia.it/eventi/?giorno=20160728>

Lucca Summer Festival

July 27, Edoardo Bennato; free event 9:30-11:30 p.m., in Lucca, Piazza Napoleone.

<http://www.summer-festival.com/>

Sant'Amato a Tavola

St. Amato Fair

July 29-31, Aug. 5-7, and Aug. 12-15, in Sant'Amato (Vinci, Florence). Food booths feature local products and wines; from 9 p.m. entertainment, live music and dancing.

<http://www.sagretoscane.com/cerca?q=&category=&tag=&area=&city=&date=13&page=1&post=709>

Sagra del Cinghiale

Wild Boar Fair

July 29-31, in Rispescia (Grosseto). Food booths featuring a great variety of Tuscan specialties and wines open at 7:30 p.m. Entertainment, live music and dancing.

<http://www.sagretoscane.com/cerca?q=&category=&tag=&area=&city=&date=13&page=6&post=183>

Sagra del Maccherone

Macaroni Festival

July 29-31, in Buti (Pisa), Castel Tonini. Food booths featuring a great variety of macaroni dishes, as well as grilled meat, fish and vegan specialties. Open at 7 p.m.; live music and dancing.

<http://www.sagretoscane.com/sagre/pi/buti/sagra-del-maccherone-buti.html>

Festival Medievale

Medieval Festival

July 29-31, 6:30 p.m.-midnight in Laterina (Arezzo). Actors and musicians recreate a medieval atmosphere; fire and falconers shows; jesters and fire-eaters; historical parades and medieval battles re-enactments; medieval market and food. Free entrance.

<http://www.laterinamedievale.it/91/ITA/II-Programma-2016>

Sagra del Fungo Porcino con Polenta

Porcini Mushroom with Polenta Fair

July 30-31, in Massa Macinaia (Capannori – Lucca), Piazzale Monica del Grande. Food booths featuring



The Venice Effect, Livorno

porcini mushroom with polenta and many other local specialties open at 7:30 p.m.; 9 p.m. live music and dancing.

<http://www.sagretoscane.com/cerca?q=&category=&tag=&area=&city=&date=13&page=6&post=173>

Sagra della Ranacchiocciola

Frog and Snail Festival

Through July 31, in Massarosa (Lucca), Via degli Sterpeti. Food booths feature frog and snail dishes and other local specialties. Live music each night and dancing start at 9 p.m.

<http://www.sagretoscane.com/cerca?q=&category=&tag=&area=&city=&date=13&page=6&post=706>

Sagra del Pesce e Patate

Fish and Chips Festival

Through Aug. 17, in Barga (Lucca), Via Giacomo Puccini. Food booths featuring British fish and chips and a great variety of local specialties, including gluten-free food from July 29; live music and dancing at 9 p.m.

<http://www.sagretoscane.com/sagre/lu/barga/sagra-del-pesce-e-patate.html>

Sagra della Zuppa di Aquileia

Aquileia Soup Festival

Aug. 5-7, in Aquileia (Lucca). Food booths featuring the traditional soup made with local vegetables and a selection of local herbs open at 7 p.m. Entertainment for children; live music and dancing start at 9 p.m.

<http://www.sagretoscane.com/sagre/lu/lucca/sagra-della-zuppa-di-aquileia.html>

Balestro del Girifalco

Historical Reenactment

Aug. 14, in Massa Marittima (Grosseto), Piazza del Duomo. This festival was first held in the early years of the 14th century: 24 competitors, armed with replicas of 14th-century Italian crossbows, used by their ancestors, compete trying to center a target placed 30 meters away. On the back of the target is a painting of the festival's name-sake, the girifalco (gyrfalcon), its wings spread wide in flight. The competitor whose arrow hits the center of the target wins.

<http://www.folclore.it/En/Events/Italy/Tuscany/Grosseto/Massa-Marittima/Balestro-del-Girifalco.html>

Sagra del Pesce

Fish Festival

Aug. 18-22, in Marina di Pisa (Pisa), Piazza Sardegna. Food booths featuring local fish specialties open at 7:30 p.m.

<http://www.sagretoscane.com/cerca?q=&category=&tag=&area=7&city=&date=13&page=1&post=741>

Festa della Patata Fritta

Fried Potato Festival

Aug. 18-22, in Santa Maria a Monte (Pisa). Food

booths featuring a great variety of Tuscan specialties open at 8 p.m.; from 6 p.m., local products and crafts exhibit and sale and guided visit to the underground town; 9 p.m. live music and dancing.

<http://www.sagretoscane.com/cerca?q=&category=&tag=&area=7&city=&date=13&page=1&post=2085>

Bravio delle Botti

Barrels Competition and Festival

Aug. 19-28, in Montepulciano (Siena). This event dates back to the 14th century when races were run on horseback. Only in more recent times has it been transformed in a competition with barrels (*botti*). Since Montepulciano is famous worldwide for its red wine Nobile di Montepulciano, the idea came about of using wine barrels for the eight districts to compete against each other to win the bravio, a painted banner depicting the city's patron saint, Saint John.

Aug. 19, 8 p.m.-midnight, Piazza Grande, sampling of local products and wines, food booths, live music.

Aug. 20, 9:20-11:45 p.m., historical parade of city districts; official grand opening of the barrels competition

Aug. 21, 3:30-7 p.m., historical parade of flag-wavers and drummers; presentation of the cloth; award ceremony of the food and wine competition entitled "At the Table with the Nobles" in Piazza Grande.

Aug. 21-26, 9-11 p.m. barrel-pushing practice for Sunday's competition

Aug. 25, 9-11:45 p.m., historical costume parade with knights and noblemen along the streets lit only by flashlights and torches, accompanied by flag-wavers and drummers

Aug. 28, 10 a.m.-8 p.m., the race takes place with contestants pushing heavy wooden wine barrels for about a kilometer uphill along the narrow streets of the town's historical center. Each barrel is pushed by two strong spingitori (pushers) up to the finish line in Piazza Grande. Along the way, many other residents and fans run alongside each team to encourage them. Winners receive the bravio at the end of the race in Piazza Grande.

<http://www.braviodellebotti.com/events/>

David Bowie Is - Exhibition

Through Nov. 13, in Bologna, Museum of Modern Art, Via Don Minzoni 14; Tuesday-Friday, 10 a.m.-7 p.m. Closes at 11 p.m. on Thursday; for more information and to buy tickets online, click on <http://davidbowieis.it/en/>.

ANTIQUÉ MARKETS

TUSCANY

Arezzo: Aug. 6-7, 9 a.m.-7 p.m., in Piazza Grande

Orbetello (Grosseto): Aug. 6-7, 10 a.m.-10 p.m., Corso Italia

Pietrasanta (Lucca): Aug. 7, 9 a.m.-7 p.m., in Piazza Duomo

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

Scarperia (Firenze): Aug. 7, 8:30 a.m.-7:30 p.m., downtown squares and streets

Bolgheri (Livorno): Aug. 13-14, 9 a.m.-7 p.m., downtown squares and streets

Firenze (Tuscany): Aug. 7, 9 a.m.-7 p.m., Piazza Santo Spirito

Forte dei Marmi (Lucca): Aug. 13-14, 8 a.m.-7 p.m., Piazza Dante

Livorno: Aug. 14, 9 a.m.-7 p.m., Piazza Cavour

Montepulciano (Siena): Aug. 13-14, a.m.-7 p.m., Piazza Grande

Piombino (Livorno): Aug. 13-14, 9 a.m.-7 p.m., Piazza Cappelletti, Corso Italia, via Fucini, Piazza Gramsci

Pisa: Aug. 13-14, 9 a.m.-8 p.m., Piazza dei Cavalieri

Certaldo (Firenze): Aug. 21, 9 a.m.-7 p.m., Piazza Boccaccio e Via 2 Giugno

Firenze: Aug. 20-21, 9 a.m.-7 p.m., Fortezza da Basso Park, Viale Filippo Strozzi 1

Lucca: Aug. 20-21, a.m.-7 p.m., Piazza Antelminelli, Piazza S. Giovanni, Piazza San Giusto, Via San Giovanni, Corte Bertolini

Marina di Grosseto (Grosseto): Aug. 20-21, 9 a.m.-7 p.m., Via XXIV Maggio

Ponte a Egola (Pisa): Aug. 21, 8 a.m.-7 p.m., Piazza Rossa

Quarrata (Pistoia): Aug. 21, 9 a.m.-6 p.m., Piazza Risorgimento

For a comprehensive list of festivals, concerts and upcoming sporting events, please see our Pinterest page at www.pinterest.com/usagvicenza.

*Event times and locations are correct at the time of publication but could change. Please check before going.

Family & MWR Events

CLASSES/WORKSHOPS

Darby Host Nation Orientation

Aug. 1 & 2, 9 a.m.-4 p.m.

ACS, Bldg. 504, Camp Darby

Benvenuti is a welcome for newcomers in the community to learn about the Italian language, foods, a new city and much more. This two-day event is free to attend and takes place once a month. Please come in comfortable clothing and budget €7-10 per day for transportation and meal costs in the community. Register at DSN 633-7084, comm. 050-54-7084.

Tuscan Tots Playgroup

Aug. 4, 11, 18 & 25, 10-11:30 a.m.

Bldg. 428, Camp Darby

The playgroup provides play and craft activities for parents and children; resources to help parents develop a healthy, loving relationship with their children; and more.

Volunteering 101

Aug. 4 & 18, 3-4 p.m.

ACS, Bldg. 108, Caserma Ederle

Monthly training for all organization volunteers on the Volunteer Management Information System. Volunteers will learn about the importance of volunteering in the community; how to complete the mandatory volunteer registration process; and how to navigate VMIS. Register at least 24 hours in advance. Call DSN 634-7500, comm. 0444-71-7500 for more information.

Working In Italy

Aug. 5, 12, 19 & 26, 10-10:30 a.m.

ACS, Bldg. 108, Caserma Ederle

Unsure about options regarding working while in Italy? The Employment Readiness program is here to help with this quick information session. The class will cover the Status of Forces Agreement (SOFA) and what it really says about employment, and much more. No registration required.

EFMP Parent Support Group

Aug. 8, 10-11 a.m.

ACS, Bldg. 108, Caserma Ederle

This is a parent support group where participants can freely talk about experiences and receive feedback in a judgment-free environment. Be a part of this parent-led support group whose goals are to provide emotional support and encouragement, exchange information, and provide recommendations for coping day to day. All enrolled EFMP families are welcome.

EFMP Information Hour

Aug. 8, noon-1 p.m.

ACS, Bldg. 108, Caserma Ederle

Please join us for the monthly Information Hour. This month we team up with the Art Center. The presentation will be on the ways art can assist you with your emotional well-being. The session is open to everyone. Please bring your lunch as we learn together. Registration not required.

Teenvenuti Workshop & Tour

Aug. 10, 9 a.m.-2:30 p.m.

ACS, Bldg. 108, Caserma Ederle

Join this student-led and adult-supervised event will help you get used to your new home. You'll enjoy

- A tour of downtown Vicenza
- A pizza lunch
- Gelato
- How to ride the bus and train
- How to shop downtown
- Tours of the Youth & Teen Centers
- Tours of Caserma Ederle
- Tours of the Vicenza Middle School

and Vicenza High School. Don't miss out! Registration closes one week prior to the event. Register with the School Liaison Office, Office 43 in the ACS building. Call DSN 634-5998, comm. 0444-71-5998.

Baby and Me Yoga

Aug. 11 & 25, 10-11:30 a.m.

SKIES Bldg. 308, Caserma Ederle

Baby and Me Yoga is a time to relax, strengthen core muscles and connect with your baby. The class welcomes all parents of children ages two months to pre-crawlers and is suitable for any level of yoga experience. Mats will be provided; just bring a receiving blanket for your little one. Call DSN 634-7500, comm. 0444-71-7500 for more information.

Infant Massage Class

Aug. 12 & 26, 10:30-11:30 a.m.

Bldg. 108, Caserma Ederle

Join the New Parent Support Program at ACS for this exciting chance to bond with your infant. Instruction available to parents of children 5 weeks old to crawling. Contact ACS with questions, DSN 634-7500, comm. 0444-71-7500.

Get a Grip on Stress and Anger

Aug. 31, 10-11 a.m.

ACS, Bldg. 108, Caserma Ederle

Understanding how stress, anger and tension affects our bodies is just the beginning. In this class, you'll learn how stress affects you, how it affects the brain, why it can turn to anger, how to control anger and more. Improve your day-to-day life. Call DSN 634-7500, comm. 0444-71-7500 for more information.

ARTS & CRAFTS

2016 Army Arts & Crafts Contest

Now through Aug. 12

Enter the 2016 Army Arts and Crafts contest. The contest is open to active-duty Soldiers, family members, retirees and Army civilians. There are 10 categories for the contest: ceramic art, digital art, drawings, fiber art, glass art, metal art, mixed media 2D, mixed media 3D, paintings, and wood art. To enter or find out more, visit <http://www.armymwr.com/recreation/artsandcrafts/contest.aspx>.

Art EDGE! Glass Fusion

Aug. 3, 3:30-5 p.m., \$20

Arts & Crafts Center, Caserma Ederle

For youth in grades 6-12. In this exciting glass fusion class we will focus on arranging glass for flat fusing-- the first step towards many more advanced techniques including bowl making. We will wrap up by showing you the types of things that are possible with fused glass. Class meets Wednesdays through Aug. 24. All skill levels welcome; all materials included. Register at Parent Central Services, DSN 634-7219, or on WebTrac.

Messy Art

Aug. 19, 10-10:45 a.m., \$5

Arts & Crafts Center, Caserma Ederle

Geared for children ages nine months to four years. Learn the benefits of introducing art to your child(ren) early on. Children will enjoy exploring paint, water, clay, and more.

Introduction to Framing

Aug. 20, 10 a.m.-2 p.m., \$40

Arts & Crafts Center, Caserma Ederle

This class will teach how to custom frame art. After this class, participants will be able to use the studio at their leisure. Bring a 5 inch by 7 inch photo or smaller; all other materials are included.

Space is limited, so register early at the center or on WebTrac.

SPORTS & FITNESS

BOSS Morning Bike Ride

Aug. 2, 9, 16, 23 & 30, 6-7:30 a.m.

Meeting location alternates between Caserma Ederle and Del Din

Join BOSS for weekly morning rides. Vicenza is one of the best areas in Italy to cycle with numerous challenging climbs and complete with beautiful scenery. Route plans will be provided with estimated distance, time and elevation gain. New and experienced riders alike are invited; participants do need a good functioning road bike. Bring bicycle, helmet, spare inner tube and water as needed. Contact the BOSS President or adviser for the most up-to-date information.

Survivors Walk & Talk

Aug. 4 & 18, 4:30-5:30 p.m.

Ederle Track & Field

Don't go through the grieving process alone. Survivor Outreach Services is a "one Army" program. Regardless of your loved one's component, duty status, location, or manner of death, Survivor Outreach Services Support Coordinators are here to provide dedicated outreach and support when, and for as long as you desire. No registration is required.

Power Pump

Aug. 1, 3, 5, 8, 10, 12, 15, 17, 24, 26,

29 & 31

9-10 a.m., \$3 each/\$25 for 10

Ederle Fitness Center

Classes contain eight separate muscle-group-specific songs or "tracks" along with an opening warm up track and closing cool-down track. Ticket must be purchased from the desk and presented to the instructor at the start of class.

Kettlebell AMPD

Tuesdays & Thursdays in August

9-10 a.m., \$3 each/\$25 for 10

Ederle Fitness Center

This class takes heart-pumping music and kettlebell moves and combines them into 60 minutes of calorie-torching fun. For all fitness levels.

Zumba®

Most Monday & Fridays in August

10:30-11:30 a.m., \$3 each/\$25 for 10

Ederle Fitness Center

Zumba® classes are "fitness parties" that blend upbeat world rhythms with easy-to-follow choreography for a cardio and

TRIPS/ENTERTAINMENT

Ljubljana, Slovenia Express

July 30, 6 a.m.-9 p.m., \$85

ODR, Caserma Ederle

Ljubljana is the capital city of Slovenia. The iconic Dragon Bridge is the city's most prominent attraction and in addition to spectacular architecture and a castle, there are beautiful parks and a botanical garden. Cost includes transportation and a guided tour.

Lost River Caving at Lake Garda

July 30, 6 a.m.-6 p.m., \$95

ODR, Caserma Ederle

Enjoy narrow crawl passages and a series of climbs with helmet, headlamp, and harness. The group will venture deeper and deeper into the mountain until we reach the ancient spring where we can admire magical caves and fascinating crystal decorations. Cost includes transportation, caving equipment, pro-

tective gloves, mountain guide and picnic lunch. Get more information about what to bring from the ODR staff when you sign up.

Croatian Cruise:

Novigrad, Liimski Canal and Rovinji

July 31, 5 a.m.-11 p.m., \$120

ODR, Caserma Ederle

Drift past rugged cliffs, sandy coves, and plenty of crystal-clear water as we sail along the Istrian craggy coastline. Cost includes transportation, day cruise along the Istrian coast and lunch. Take off to beautiful Croatia!

Women's Sea Kayaking

Aug. 2, 7 a.m.-5 p.m., \$45

ODR, Caserma Ederle

Glide through the waters of Lake Garda, navigating along the coast of the Sirmione peninsula. The Garda mountains serve as your backdrop, the historic town of Sirmione as your foreground. Sorry men, this trip's just for the ladies!

Jesolo & Aqualandia Water Park

Aug. 4, 8:30 a.m.-7:30 p.m., \$75; children under 3'2" and ages 2 and younger are free

ODR, Caserma Ederle

Aqualandia is much more than a traditional water park. It's a themed, fun island with 7 shows, 4 animation activities, and 26 attractions including Europe's highest water slide and bungee jump tower. Once we've arrived, you will be able to slip, slide, splash and jump into the fun throughout the day! For those who want to explore outside of the water park, the beach is only 50 meters away.

Portofino Express & Ferry Ride

Aug. 6, 6:30 a.m.-10 p.m., \$85

ODR Travel & Tasting Room,

Caserma Ederle

Experience the charm of this small fishing village and tourist resort located in the province of Genova on the Italian Riviera. After boarding a ferry for a 15-minute ride, admire Portofino by sea. The multicolored houses are reflected on the bay. Enjoy free time to walk along the streets and visit local shops and restaurants.

Mt. Pasubio Hike

Aug. 6 6:30 a.m.-5 p.m., \$40

ODR, Caserma Ederle

Ascend the road of the 52 tunnels carved out by Alpini during World War I. The trail allowed the Italian army to move from the top to the bottom with shelter from enemy fire. Test your fitness while enjoying a part of history.

The French Riviera Express

Aug. 13, 3 a.m.-11:59 p.m., \$115

ODR, Caserma Ederle

Visit Cannes and Nice on the Mediterranean Sea in the south of France. Cost includes transportation only, does not include meals. Estimated travel time 6-7 hours. Bring your passport, euro for purchases, water/snacks, camera!

Bernina Express, Switzerland

Aug. 20, 5 a.m.-10 p.m., \$115 (children under age 2 are free)

ODR, Caserma Ederle

The Bernina Express links northern and southern Europe in a beautiful way. This exceptional ride, which travels past glaciers and blends southern joie de vivre with Alpine nature, can be enjoyed on the Bernina Express. We will drive from Vicenza to Tirano in about four hours. From Tirano we will take this spectacular train along its route to St. Moritz for 2 hours, enjoying the sights as we go. Once in St. Moritz we will enjoy some free time.