

Outlook

Vicenza and Darby Military Communities

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Outlook announcements

Because of the Italian *Ferragosto* holiday in August, there will be a short break in newspaper production. The next issue of the *Outlook* will be on stands Aug. 24.

Also, beginning Oct. 1, the *Outlook* newspaper will go digital. Due to budget and manpower constraints, the printed version of the newspaper will be online only in a different format.

Anyone with questions may contact the editor at karin.j.martinez.civ@mail.mil.

Happy birthday, ACS!

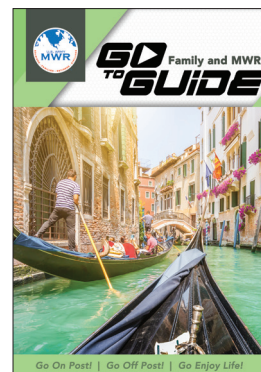


CASERMA EDERLE — Army Community Service gave themselves a birthday party July 23 at Building 108 here to celebrate 53 years of service to the military. Children from the Child and Youth Services program were on hand to sing the "Happy Birthday" song. Cutting the cake were (from left) Steve Mendiola, Army Emergency Relief officer and Survivor Outreach Service support coordinator; Jolly Miller, ACS director; and Col. Erik M. Berdy, commander, U.S. Army Garrison Italy. ACS provides many services to include Family Advocacy, Information and Referral, New Parent Support Group and much more. Community members are encouraged to stop by and see how ACS can benefit the entire military family. (Photo by Karin J. Martinez, VMC Public Affairs Office)

FMWR announces go-to guide contest winners

By Kelsey Szablowski
USAG Italy FMWR Marketing

VICENZA — The new "Go To Guide" will be released in the upcoming weeks and will include additional travel tips, overseas transition guidance and spotlighted stories from the recent Go To Guide Writing Contest winners.



The annual contest calls for new and experienced writers alike to submit travel-oriented material based on the contest's rotating subjects. This year's theme was "Living in Italy" – and every single one of the entries drew bucket-list inspiration.

The recurring contest is divided into three age groups (ages 5-11, 12-17, and 18 and older), and the top three writers of each category are awarded with various prizes, including a Kindle Fire, Gardaland pass or an AAFES gift card. The next writing contest will take place in late spring 2019, and all identification

See **GO TO GUIDE**, page 7

United Accord 2018 kicks off in Ghana

By Staff Sgt. Brandon Ames
U.S. Army Africa Public Affairs Office

ACCRA, Ghana — Ghana Armed Forces partnered with participants from other African nations, European allies and U.S. Army Africa to kick off exercise United Accord 2018 at the Kofi Annan International Peacekeeping Training Centre here July 16.

"I'd like to thank our Ghanaian counterparts for hosting this world class, two-week exercise," said Brig. Gen. Eugene J. LeBoeuf, acting commanding general for USARAF. "We look forward to conducting this mission and returning home to share the lessons learned and new knowledge with our home station."

For two weeks, more than 800 military personnel will participate in UA18. The exercise will include a command post exercise, company field training exercise focused on peacekeeping operations, a medical readiness exercise (MEDRETE) and Ghana-led Jungle Warfare School training.

The CPX is designed to increase the United Nations Multi-dimensional Integrated Stabilization Mission in Mali's (MINUSMA) capacity to plan, deploy, sustain



A soldier with the Ghana armed forces and a Soldier with the U.S. Army's 1st Battalion, 32nd Infantry Regiment, 1st Brigade Combat Team, 10th Mountain Division, greet each other during a field training exercise as part of United Accord 2018 at Bundase Training Camp, Ghana, July 16. (U.S. Navy photo by MC2 Douglas Parker)

See **ACCORD**, page 6

Service members, DOD personnel must register travel

VICENZA — Being stationed overseas is a great opportunity to travel. For Department of Defense employees, there are a few things to consider when traveling outside of Italy.

All DOD employees (military, civilian and contractors) can enroll in the State Department Smart Traveler Enrollment Program (STEP) at <https://step.state.gov>. Once enrolled, members can enter

trip information in order to receive important information from the Embassy about safety conditions in the destination country.

The program will also assist the Embassy with contacting members in the event of an emergency. Enrollment in STEP is required for all DOD employees traveling within Europe, but should also be used for foreign travel outside of

Europe. Any DOD employee with an active security clearance must report their foreign travel in accordance with Army Regulation 380-5 to their local security office before travel.

The Security Manager will assist with coordinating travel briefs, debriefs, and other reporting requirements. Contact your local Security Office for more information on reporting procedures.

In Memoriam

Donald Lawery

VICENZA — The Vicenza Military Community lost a highly decorated and courageous retiree and veteran on July 18 as Donald F. Lawery, a legacy member of VFW Post 8862 and recipient of the prestigious VFW ‘Cross of Malta,’ died from a short-lived bout of lung cancer.

Lawery was known throughout the military community for the numerous times he coordinated the poppy drives on Memorial Day and Veterans Day until age and sickness limited his activities. He was respected and sought for his advice and guidance.

Born March 3, 1932, in Springfield, Massachusetts, Lawery was 86 years old upon his death. He was a voracious reader and military history buff.

He served in the United States Army for 28 years before retiring as a Sergeant Major. He decided to spend his retirement years in Vicenza and was deeply involved in the activities of the local Veterans of Foreign Wars post.

His service included tours in the United States, Italy, Korea and Vietnam. He was a member of the Field Artillery and G3, U.S. Army Southern European Task Force before his retirement in October 1983.

Lawery’s awards and decorations include the Bronze Star, Meritorious Service Medal, Army Commendation Medal (with two Oak Leaf Clusters), Army Good Conduct Medal (9th Award), National Defense Service Medal, Armed Forces Expeditionary Medal, Vietnam Service Medal, Noncommissioned Office Development Ribbon, Armed Overseas Service Ribbon and the Vietnam Cross of Gallantry with Palm device along with a number of campaign ribbons.

At his request, his remains will be cremated and sent to Arlington National Cemetery as his final



resting place. A service will take place at the Post Chapel on Caserma Ederle at 4 p.m., July 27. The entire community is invited to attend this service honoring a stellar veteran and exemplary member of the military community, paying respect for his service to country and dedication to duty.

(Submitted by Rex Shuey, VFW Post 8862)

Success in defeating ISIS lies in working with allies

By Terri Moon Cronk
DoD News

WASHINGTON — In the U.S.-led campaign to defeat the Islamic State of Iraq and Syria, the center of gravity remains the coalition network of allies and partner nations, the commander of U.S. Central Command told Pentagon reporters yesterday.

"Without them, we are unable to achieve the pressure against ISIS that is required for their defeat," Army Gen. Joseph L. Votel said via videoconference from CENTCOM headquarters at MacDill Air Force Base in Tampa, Florida, July 19.

The coalition of 77 nations and international organizations remains committed to achieving the lasting defeat of ISIS and its pervasive and negative ideology, Votel said. And as major combat operations near completion in Iraq, the fight to defeat ISIS is not over, he added.

"We must work with our Iraqi partners to set the conditions that will prevent their resurgence," the general said. "With the newly elected government of Iraq taking shape, we will continue our efforts to support the Iraqi security forces in their transition from major combat operations to the wide-area security force that the Iraqi people want and deserve, and that will be necessary to consolidate their hard-won gains."

The addition of the complementary NATO training mission in Iraq, which will achieve operating capability this fall, will be key to the effort, Votel added.

Steady progress of Syrian Democratic Forces

With the coalition and U.S. partners on the ground, the Syrian Democratic Forces are making steady progress in Syria against ISIS, Votel said.

"This week's liberation of the Dashisha area along the Iraq-Syria border is an important milestone, but military success against ISIS requires continued international cooperation to promote regional security and stability, and [to] identify governance, security and economic solutions that will ensure the lasting defeat of ISIS," the CENTCOM commander said.

While consolidation of military gains is likely the most important and often the most difficult aspect of the U.S.-led campaign, it is also the phase that the coalition is quickly moving toward, Votel noted. "There is certainly more fighting to do," he said, "but I am confident our partners and the coalition will prevail."

As the defeat of ISIS in Syria becomes more imminent, the other long-standing underlying issues that have led



Paratroopers deployed in support of Combined Joint Task Force Operation Inherent Resolve, and assigned to 82nd Airborne Division, fire an M777 towed 155 mm howitzer in support of Iraqi security forces in northern Iraq in 2017. (Photo by Cpl. Rachel Diehm)

to Syria's instability are coming back to prominence, the general emphasized.

Russian Regime support spurs destabilization

"Russia's support and protection has allowed the Syrian regime to escape full accountability for their use of chemical weapons and the horrendous violence against their own people, and has exacerbated the human suffering for hundreds of thousands [of people] in the western part of the country in particular," Votel said.

The United States continues its communication and deconfliction with Russian commanders to ensure safety of U.S. and coalition forces and compliance with U.S. international obligations, he noted, adding that deconfliction continues to be a largely professional military exchange.

Iran's continued malign presence in pursuit of its unilateral objectives threaten not only Syria, but also Syria's neighbors, and it prolongs resolution of the conflict, the general said.

"To ensure long-term stability, security and effective governance for the people of northeast Syria, we recently began conducting independent, coordinated patrols with our NATO ally Turkey near Manbij [in Syria], to implement a diplomatically agreed arrangement that addresses our mutual security interests," Votel said.

As part of the diplomatic roadmap, "we will soon begin the necessary training to conduct joint combined patrols along portions of the demarcation line in this extremely complex environment," he said.

U.S. Army Europe Commander
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Christopher G. Cavoli**

Acting U.S. Army Africa Commander
**Brig. Gen.
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Speak Out

By Laura Kreider

What is the last movie, TV show or book that made you tear up?

Lucia Savio
Tax Relief Office

“‘The Bridges of Madison County.’ First I saw the movie and then I read the book. In both cases, the touching love story about a strong relationship moved me a lot.”



Sabrina Pertegato
FMWR – CYS
SkiesUnlimited

“It was a book: ‘My Brilliant Friend’ by Elena Ferrante. A very interesting lifetime relationship between two friends.”



Sgt. Mayra Grasso
USAHC–Vicenza

“It was a recent movie — ‘Miracles from Heaven’ directed by Patricia Riggen.”



Child development centers develop future leaders

By Lt. Gen. Kenneth R. Dahl
Commanding General, U.S. Army IMCOM

SAN ANTONIO — Toddlers playing in Army Child Development Centers today are learning the cognitive, emotional and social skills that will equip them to succeed as America's future leaders. The Army doesn't merely provide daycare for our children and families, we also provide our nation's best child development curricula.

The Army's nationally recognized child development programs offer families quality, consistent and convenient services that enable Soldiers to focus on their mission and spouses to pursue professional ambitions. In the process, we're creating the next generation of American leaders. It is the Army civilian professionals in our Child and Youth Services system that make the difference.

Army child development services, managed and delivered by Installation Management Command professionals at 192 Child Development Centers (CDCs) around the world, are held up as a national model of what excellence looks like. Our services have evolved and improved across time in response to changes in the military force itself.

Improvements, changes over time

Following the move to an all-volunteer military force in 1973, the Army no longer consisted primarily of single men, but instead attracted married, career-oriented personnel with families.

Installation commanders recognized that developing children was linked to military readiness and retention, allowed spouses to work, and contributed to families' financial stability. These programs were quickly faced with growing demand from families, including dual-military couples.

The Military Child Care Act of 1989 directed the Department of Defense to appropriate funds to each service to improve childcare staff training, compensation, child abuse prevention and safety measures, and to provide an age-appropriate curriculum that emphasized "development" over "daycare."

The Army's child development program is based on the premise that the best preparation for adulthood results from developing the social and emotional skills needed to succeed, rather than just being able to recite the alphabet at a young age.

Since the 1997 White House Symposium on Child-care, the military's child development program has been seen as a national model.

Convenient care

CDCs on Army installations provide convenient access for Soldiers and their families, and to other groups on a space-available basis. Local commanders factor in local considerations to decide how to best serve their populations. Army CDCs follow developmental curricula for each age group, and recordkeeping is consistent across the Army to facilitate changes of station.

Some parents, after seeing their children flourish in CDCs, decide to pursue child development as a profession themselves. The Army offers a professional pathway for certified providers, in essence "growing our own."

These homegrown providers understand what it takes for family members to meet the unique demands of Army life. Their structured curricula and personal interactions with children naturally develop a resiliency that strengthens them for future challenges.

Investing in children

The intent is to raise happy, well-adjusted and confident children, and that does not occur by happenstance. The Army invests in the compensation and continuing development of a cadre of passionate, compassionate and dedicated professionals who offer regulated care options in safe, functional facilities.

These professionals all pass stringent background checks, and all providers are certified and evaluated to ensure they meet training, health and safety standards. Centers and their staff are subject to four unannounced inspections per year.

Army CDCs must meet national accreditation standards through an external evaluation process. Programs are accredited by the National Association for the Education of Young Children for ages birth to five or by the Council on Accreditation for ages 6 to 12 years old. Army CDCs maintain a 98.8 percent accreditation rate compared to about 10 percent nationally. High quality child development is measured by ongoing compliance with defined program standards with clear and routinely measured metrics.

Simply stated, all these things work together to make Army childcare significantly better than what is available off the installation. It is this commitment to quality in people and programming that is producing our na-



Children in an Army Child Development Center stretch and dance as part of the curriculum on physical fitness. (U.S. Army photo)

tion's next generation of leaders.

Our future

As our children grow into adulthood, the head start they got at Army CDCs will position them ahead of peers who grew up in systems of ordinary daycare.

So, if you are one of the more than 200,000 children enrolled in an Army CDC or one of their parents, you should recognize the advantages you've been given as a result. The tiny hands which today fingerprint or stack blocks, share toys with classmates, or count fingers to work out math problems will one day hold the providence of our nation and our world.



Summer fun: crafts for kids

VICENZA — Children of all ages have the opportunity to participate in three to four activities at the weekly Kids Craft Club that takes place at the Arts and Crafts Center on Caserma Ederle. The program is offered each Tuesday through Aug. 21, from 1:30 to 3 p.m. Above: Children work on projects and, at right, Ivy Maldonado, 5, works on her piece July 10 at the center. Activities are set up for children ages 3 through 16 years old. Cost is \$5 per child. Space is limited so sign up early. For more information, call 0444-61-7846.

(Photos by Laura Kreider, VMC Public Affairs Office)



AMICI wraps up another successful session

LIVORNO — Members of AMICI help an Italian employee assigned to 405th AFSB LRC prepare material to be sent to Georgia in support of the Humanitarian Assistance Program (HAP) at the Leghorn Depot, Livorno, July 17. The scope of the program is to redistribute excess non-combat military property and donate it to foreign countries in support of U.S. State Department-sponsored humanitarian projects and contingency disaster relief missions.

The AMICI group, American Military Italian Civilian Integration, is a competitive workforce enrichment program that aims at increasing the awareness and appreciation of the U.S. Army mission in the hearts and minds of Italian employees.

Employees who just completed AMICI 3 are: Gianna Buonanni, Daniela Turini, Giuseppe Spanu, Lucia Bodocco, Davide Dona', Paola Norini, Tiziana Dal Balcon, Monica Pasqualotto, Manuel Ficarra and Grazia Gentile.

Host nation employees interested in participating in AMICI 4 should look for announcements in October, with an application period of November-January, and interview/selection in February.

(Photo by Elena Baladelli, 7th ATC-RTSD South)



Sports

Iron Man isn't just in the movies — Vicenza has at least two

By Jeff Miller
Contributor

CASERMA EDERLE — The Ederle Fitness Center was well represented recently at the Santa Rosa, California Iron Man Triathlon in May.

Josh Grant, 34, and Mateo Sanchez, 25, joined 1,806 other athletes May 12, completing the three-event competition with impressive times and can officially call themselves “Iron Men.”

The full Iron Man always consists of a 2.4 mile swim, 112-mile bike and 26.2-mile run. At Santa Rosa, the swim was in Lake Sonoma, and the bike and run meandered through California's hilly wine country.

For Grant, acting facility manager at the fitness center here, this was his 25th triathlon and 4th full Iron Man. He finished 15th in his age group and 52nd overall, with an impressive time of 9 hours, 55 minutes. And although Sanchez, a lifeguard at Vicenza's military pools, had previously completed four half Iron Man competitions, this was his first full Iron Man. He finished a respectable 29th in his age group and 291st overall, with a time of 11 hours, 38 minutes.

I sat down with the two Iron Men and asked them some questions.

When did you first start doing triathlons and what got you interested in them?

Grant: I did my first triathlon in April 2007 on post. It was a mini-triathlon. After that, I did one year of all short sprint-type races, and then I started doing half Iron Man races. My first full Iron Man was in Austria in 2014.

Sanchez: My first triathlon was in Pula, Croatia, in September 2016. It was a half Iron Man, so it was a 1.9 km swim, 90 km bike, and 21 km run. I was already into cycling and had a large group of friends who did triathlons so I gave it a try. I have gotten more and more into it the past three years.

What type of training did you do leading up to the Santa Rosa Iron Man?

Grant: During the peak weeks of training time, I put in 16 to 25 hours a week. I swam a staple session every day by doing 10 x 200 meter repeats (2:45-3:30). I biked four to five times a week with three- to four-hour rides and



Mateo Sanchez (left) and Josh Grant prepare to swim as they train for the Iron Man competition April 29 at Salò on Lake Garda. (Photo by Alyssa Cumin)

sometimes up to seven- to eight-hour rides. I ran five to six times a week, putting in 60 to 70 kilometers a week.

Sanchez: (I swam) the full 3800 meters without stopping; lots of ‘brick’ workouts — when you run directly after riding bike with no rest. In addition to long runs, I also did a number of interval speed workouts running on the track. While I worked out all winter, I started training hard (six days a week) in February, about 90 days before the race.

What is your background in exercise?

Sanchez: I played a variety of sports growing up, but mostly baseball. I don't have a swimming background

or any other endurance sport.

Can you give any advice to others who are interested in competing in triathlons?

Grant: You gotta know your capabilities and thresholds; otherwise you're just in it for a hobby. Specificity is the key. The Critical Swim Speed (CSS) tests my maximum heart rate. There are lots of ways to test this and it's a moving target, so I test every four to six weeks. A couple of ways for me is to swim as hard as I can for 400 meters or go hard for 10 minutes. After that, I know my “critical swim zone thresholds” and try to hold it for 30 to 70 minutes. Each person is different and each person handles nine to 17 hours in the water, on the bike, or running differently. How you start in the water literally starts the entire day.

The bike event is the longest and most time-consuming portion of the race. You're going to be biking probably five-plus hours. Then there is the “biking threshold” where you train to power. This measures how many watts of energy you are supplying. This gives me my “functional threshold power” or FTP. I train 30-70 minutes and then try to keep within that range for five hours. I find out what percentage of that I can hold. Of course there are other factors such as the course, the temperature and the wind.

For the run, again it depends on the course. It's another variable so it is important to know the course. At this point in the race, it is a matter of who's going to slow down the least.

Sanchez: I was trained/coached by Josh [Grant], someone who has much more triathlon expertise and experience, and I would not have completed a full Iron Man without him. Ask for advice from people who have done it. They are more than happy to help and it's a great way to learn.

Grant and Sanchez will compete next in Cervia (south of Ravenna on the Adriatic coast) at the Emilia-Romagna Iron Man Sept. 22. Grant will enter the full Iron Man and Sanchez plans to try out the new “Olympic” distances (an Olympic sport since 2000), which are 1500-meter swim, 40 km bike and 10 km run. Other community members are also signed up for this event.

For more information about triathlons, contact Grant at joshua.r.grant.civ@mail.mil or call DSN 634-7617.



The Outlook accepts submissions and wants to hear what readers want in your community newspaper!
Email content for consideration: karin.j.martinez.civ@mail.mil; call for deadline.
Anyone with questions about submissions or comments/concerns should contact the Outlook Editor
at the USAG Italy Public Affairs Office, DSN 637-8031, comm. 0444-61-8031.

Aspiring Eagle Scout adds flavor to community

Story and photos
by Pfc. Robert Wormley
AFN Vicenza

VICENZA — Setting out to achieve his goal of Eagle Scout, Donovan Compton, 17, created an herb garden at Army Community Service on Caserma Ederle July 12.

A community service project is among a long list of requirements to achieve the rank of Eagle Scout in the Boy Scouts of America.

Compton is a Vicenza High School rising senior and has been in Scouts for 10 years.

In the search for his idea for the project, Compton reached out to the community to find out which organization would benefit the most.

“He had to take it upon himself to poll different places on post to see what their needs were,” said Compton’s father, Keith Compton, a government civilian at the health clinic.

Through polling, Compton found the community was looking for ways to experience and learn about the Italian culture.

“A lot of people who are looking to find out more about the Italian culture and cuisine go through ACS,” said Compton. “These herbs are essential to many Italian dishes.”

Director of ACS, Mariangiola (Jolly) Miller, said ACS offers many Italian language and cross-cultural classes, so it made sense to have the garden at the ACS building.

The herbs in the garden include mint, parsley, green basil, purple basil, lemon basil, rosemary, thyme, sage and chives, and the garden is open to everyone in the community.

Not only is Compton’s garden unique with local Italian herbs, the wood used to



make planters is repurposed.

“We deconstructed pallets from the Exchange locations on base and reconstructed them into planters,” said Compton. “I also used water bottles to create a low-maintenance irrigation system.”

Troop 295 Scoutmaster, Col. William Reitemeyer, U.S. Army Africa Reserve component’s chief director, has been working with Compton for almost two years. He said the Eagle Scout project will contribute to the community for a long while.

“Those herbs will sustain themselves, they will be continually used for years. It is that essence of contributing to the outdoors, contributing to the environment — making the world a better place,” said Re-



Above: Boy Scout volunteers who assisted Donovan Compton (3rd from right), Vicenza High School rising senior, with his Eagle Scout project, pose July 12 with Compton after the completion of an Italian-inspired herb garden. Compton, left, completed the garden as his community service project, the final requirement to achieve the rank of Eagle Scout. The fruits of his labor are visible in front of Building 108, Army Community Service, on Caserma Ederle.

itemeyer. “Leave the world a better place than you found it.”

Compton balances Scouts with academics, band and other extracurricular activities in and outside of school.

“You have to be highly organized and have the most effective use of the time you do have. Donovan has certainly done this, putting together such a large project like this,” said Reitemeyer. “It demonstrates Donovan’s commitment to both the community and himself to undertake such a difficult task and see it through.”

To achieve the rank of Eagle, a Boy Scout must work for it for many years between the ages of 11 and 17.

“To be an Eagle Scout requires a minimum of three years and up to seven years of work and 21 merit badges, 13 of which are required specifically for Eagle,” said Reitemeyer. “Those badges give you life skills, make you a better person and citizen, and a better member of a community.”

According to Scouting.org, the official

Boy Scouts of America website, there are more than 135 badges that can be earned by any Boy Scout, Varsity Scout, or any qualified Venturer or Sea Scout.

With many requirements, not many Scouts achieve the rank of Eagle.

“Only three to 3.5 percent of boys who enter scouting will ever get to Eagle,” said Reitemeyer. “By the time you get there, you’ve committed a lot of time, effort and energy. Gathering a great deal of experience, that’s going to make you one of the best prepared young men to enter the community.”

Scouting teaches many valuable skills and can help Compton reach higher levels of education.

“Scouting, again, will allow me to enter higher places of learning by showing character, leadership, tenacity/perseverance, and [shows involvement in] an extracurricular activity,” said Compton. “Scouting has also taught me many life skills like managing money and cooking, which will help me after I graduate high school.”

“It is that essence of contributing to the outdoors, contributing to the environment — making the world a better place.”

—Col. William Reitemeyer, Troop 295 Scoutmaster

Pets at risk for disease, summer ills, according to Public Health

By Capt. Taccarra Linson
LRMC Army Public Health Nurse

Summer is in full swing, and that means people are spending more time outdoors, traveling and attending plenty of backyard barbecues.

All of this time outdoors increases the likelihood of encountering pets or wild animals, and everyone needs to stay safe. Everything is great until you are chased by a dog on your morning run or return from your walk along the trail only to discover a tick decided to hitch a ride on your leg or on your pet.

Animal bites can be a real pain, literally. Rabies is the No. 1 concern when a person is bitten by an animal. Rabies is a virus that is transmitted through saliva and causes inflammation in the brain of humans and other mammals. It has a high mortality rate once symptoms begin, but it is also 100 percent preventable with prompt medical care.

While rabies is not terribly prevalent here in Italy, there are many people constantly moving into and out of the area who have been to places where it is a problem, such as Africa and Eastern Europe. That being said, wild animals — particularly bats — have been known to act as rabies vectors. If a person has an encounter with a bat (bitten or woken up to find a bat in the room), it is highly recommended they seek treatment.

According to the Centers for Disease Control and Prevention, a person’s first step when bitten by an animal should be to clean the wound as soon as possible with soap and water to decrease the chance for infection. Next, head to the emergency room or clinic. Try to have as much information as possible about the incident, to include what kind of animal it was, where you were,

the owner’s name (if applicable), and the owner’s phone number. Even though rabies is not known to be a problem here, medical professionals will prefer to observe the animal for symptoms.

The arrival of summer also means your pets will be spending more time outdoors as well. The easiest way to prevent rabies is to ensure your pets are kept up to date with rabies vaccinations.



Spending more time outdoors increases the chance for ticks, rabies and heat-related injuries for people and their pets.

(U.S. Army photo)

Also a concern during warmer months, not only for pets, but also for people, are ticks. Ticks are very small and as a result, really good at hiding. Especially since they like to live in wooded and grassy areas.

If you are walking your pet in a place surrounded by

trees and bushes and discover a tick has decided to attach itself to you or your pet, don’t panic.

According to the CDC, you should use a fine-tipped pair of tweezers to grasp the tick as close to the skin’s surface as possible. Pull upward with steady, even pressure and do not twist or jerk the tick. Despite popular belief, ticks should not be removed using nail polish, Vaseline, or burning it. This can actually increase the likelihood of disease transmission.

Once removed, the tick should be placed in an airtight container that cannot be crushed and taken to the nearest military treatment facility. This allows for the tick to be tested to determine if it is carrying a disease-causing pathogen.

According to Capt. Kristine Moss, chief of outpatient services at the Veterinary Medical Center Europe, pet owners are encouraged to apply flea/tick/intestinal parasite prevention monthly right now due to the increased prevalence of ticks and the risk of infectious disease.

“Pets are a sentinel species for disease risk for people in the house. For example, if a pet tests positive for Lyme disease, the owners need to be aware that they may also be exposed,” she said.

In addition to ticks and rabies, it is also important to protect pets against heat injuries. Do not leave pets in the car during the summer months unless the car is running and the air conditioner is on.

Additionally, dark asphalt can hurt your pet. When temperatures rise, do not force pets to walk along dark asphalt surfaces, as this can result in significant heat injuries. If you are concerned about your pet, seek advice from a veterinary professional.

For more tips on keeping your family healthy and safe, visit the Regional Health Command Europe Facebook page: <https://www.facebook.com/RHCEurope>.

Patients, providers team up to improve community care

By Tamara Passut
US Army Health Center-Vicenza

VICENZA — The Health Clinic recently tried something new in order to garner more discussion and input from patients. Where previously the quarterly Patient and Staff Advisory Council (PSAC) had experienced low attendance, this month a message was sent out via Relay Health asking for participants.

On June 14, 15 patients and eight healthcare staff members met to discuss patient needs and current satisfaction with the health clinic.

The collaboration was greatly appreciated and many who attended had insightful points of interest that will spark many needed changes.

“The health clinic staff meeting we had last week was the best one that I have been to yet. We were able to highlight various issues that the community encounters. I am very impressed with the type of feedback given, as well as the positive solutions provided to be able to solve some issues,” said Mark Hill, nonappropriated fund employee of the fitness center here and spouse of an active-duty Soldier.

One item of discussion focused on increasing community awareness of the Family Healthcare Benvenuti briefing, which takes place each Wednesday from 1:15 to 2 p.m. at the clinic.

Patients suggested that, in addition to more advertisement, the clinic rebrand the briefing to be a “Medical Overview



Community members and U.S. Army Health Clinic-Vicenza providers gather in the courtyard of the health clinic to discuss health care issues. (Photo by Capt. Jaqueline Hurtado)

Brief.” Also, the health clinic will change the briefing and tour from weekly to monthly, endorsed by Family Readiness Groups and the spouse sponsorship program.

Another topic of discussion was referrals. It was clarified that, directly following an appointment, the patient should go to the TRICARE Referral Management Office to confirm demographics and availability for any TRICARE network referral. This will ensure that after TRI-

CARE ISOS approves the referral, the clinic can make the appointment without waiting to contact the patient.

A question was raised regarding the previously announced reduction of patient liaison staff from Camp Darby and the Vicenza community.

The original discussion to reduce manning pushed to better align our care model with other clinics in Europe who do not have liaisons. Locations such as Camp Darby do not have TRICARE Prime,

but instead use TRICARE REMOTE; with REMOTE, patients have resources through TRICARE ISOS for translation and interpretation services.

However, after a decision from the Regional Health Command-Europe commanding general, patient liaison staffing will not be reduced at Camp Darby or Vicenza. The decision was made after many voiced the importance of liaisons in their care model.

Other topics included input on a draft Behavioral Health policy, records translation timelines, and parking.

“We had a great turnout from a very diverse group of individuals who utilize this Health Clinic and TRICARE network for their healthcare needs. With their help we see issues in a different light, and we are able to focus our efforts towards what is most important to our population,” said Maj. Alex Montgomery, deputy commander for Administrative Services. Patients should stay tuned to the U.S. Army Health Center Vicenza and U.S. Army Garrison Italy Facebook pages for updates on events around the community.

The next meeting will take place in the command suite at the clinic in September. Community members who would like to attend this important forum is asked to please contact the patient advocate at usarmy.vicenza.medcom-ermc.list.vzhc-patient-representative@mail.mil or by phone at DSN 636-9508.

(Passut is the patient advocate and public affairs representative for USAHC-V)

Want wellness? Read these tips from experts at Sesame Street

In military families, helping all family members stay strong in both mind and body is one of the most important things parents can do. When the stresses of military life arrive, it’s the best way to ensure that each member of the family can handle them.

When the mind is clear, it’s easier to understand, communicate and deal with problems.

In military families, a positive outlook and a hopeful and confident mindset will help you handle the many challenges you face. You’re halfway to a positive mind if you have some strategies in place for building a peaceful, secure, strong mindset. Here are a few ideas:

Find calm in hectic situations. Families deal with many emotions, so it’s important to have calming techniques. Finding calm can be as simple as closing your eyes and imagining a place that makes you feel safe and peaceful, the beach for example. Remember the smells, sounds, and the feel of sand beneath your toes. Close your eyes and breathe.

Rituals make us feel safe. Special family rituals strengthen family bonds. Whether it’s wishing on a star every evening, blowing bubbles on a window seat, or having a personal object as a reminder of someone who is away, they help us feel more connected and secure. Help your child create a personal safe space: a pillow fort or pop-up tent, for example, complete with a favor-



There are valuable resources for military families on www.militaryonesource.com and www.sesamestreetformilitaryfamilies.org.

ite stuffed toy or blanket.

Build a good team. Surround yourself with supportive people. Connect with your community, friends and extended family. Your military network can be especially helpful when dealing with specific issues such as deployment.

Seek available services on your installation such as Army Community Service. It may seem like you’re all alone, but think again — usually there are people who want to help. Let them.

Have a thank-you jar. All week long, family members can put in little notes or pictures of things they’d like to thank other family members for—helping to make a bed, reading a story, shooting baskets together and so on. At week’s end, open up the jar and share the gratitude. It will lift everyone’s spirits, making them feel valued and encouraging future cooperation.

Pay it forward. Encourage your children to notice when someone does something kind for them and then to spread the kindness by coming up with something kind they can do for someone else. Pass kindness on.

Move your body. It’s important to be in the best shape possible as you deal with the challenges of military life — separations and homecomings, single parenting, busy schedules.

Keeping your body active helps you think more clearly, manage your emotions and improve overall health. You’ll even sleep better and feel more relaxed.

Take regular walks. Even a 10-minute walk will recharge you. This is also an opportunity for returning parents to reconnect with their children or adjust to a new neighborhood.

Take advantage of activities and facilities such as bowling alleys, playgrounds, sports leagues or fitness centers.

For more information, visit sesamestreetformilitaryfamilies.org.

ACCORD
(Continued from page 1)

and redeploy a combined joint task force in support of United Nations and African Union-mandated peace-keeping operations.

The FTX, JWS and MEDRETE will build participants’ readiness, capacity, security and stability through combined unit level tactics, individual soldier skills and medical practices in forward-deployed environments.

The purpose of UA18 is to promote interoperability between U.S. and partner forces and organizations, ad-

vance troop contributing countries capacity to support MINUSMA and similar operations, and increase exercise participants’ abilities to execute MINUSMA sector headquarter tasks, while enhancing positive multilateral relationships.

“Ghana is a defense and economic leader in the region and a valued partner, and it is because of these strengths that Ghana is an ideal host for an exercise like United Accord,” LeBoeuf said.





Striving for fitness excellence on Bayonet Day

VICENZA — "Sky Soldiers" from 173rd Airborne Brigade here participated in a highly successful Bayonet Day on Caserma Del Din July 18. One of the main events designed to test physical readiness and build camaraderie wouldn't have been possible without the support of Vicenza Family and MWR professionals. Thirty-two of the "fittest" Sky Soldiers were chosen to compete in a Mission Essential Fitness event that tested endurance, strength and agility. The competition took place on the newly renovated area of the Del Din basketball court where, in September, MWR will install an Alpha Warrior Battle Rig as well as additional functional fitness equipment.

(Photo by 173rd Airborne Brigade Public Affairs Office)

GO TO GUIDE

(Continued from page 1)

cardholders are encouraged to submit stories through the Caserma Ederle and Del Din libraries.

This year's top category winners were Valentino Elia Madera, Ophelia Hill and Lori Newman. The winners showcased their writing talent through vivid storytelling of their favorite Italian destinations.

Madera wrote about the pebbled beaches of Calabria, drawing correlations with his grandmother's local roots: "The beaches have more pebbles than sand and the mountains are very cold in the winter." Hill covered the idyllic Cinque Terre town of Corniglia and the crowd-pleasing basil gelato, highlighting "the salty wind brushing your cheeks – just enough to get the chills and your ice cream getting a bit too warm so it's melting down your arm." And Newman illustrated various Italian gems from Sirmione to Tuscany, but not to forget our local treasure of Vicenza itself: "Vicenza gets to show off the amazing work by one of Italy's most famous architects."



Madera



Hill



Newman

such as vehicle registration and pet arrivals. The compact booklet also packs colorful travel tips for nearby destinations such as Asiago, Cinque Terre, Lake Garda and beyond.

With PCS season in full swing this summer, the new guide will serve as a compass for those seeking faraway adventure or exploring the beauty of Vicenza's own backyard.

With so many festivals, venues and local communities to explore, the guide will keep readers up to date so they don't skip a beat during their Italian tour.

So whether you've lived in Vicenza for a couple of years, or just arrived

a few weeks ago, this curated content is structured to help soldiers and families navigate adventure both on and off post.

By early August, The Go To Guide 2018 edition will be available throughout Caserma Ederle and Camp Darby facilities in designated newsstands. Whether you're searching for outdoor markets or looking for helpful Italian phrases, make sure the guide is in your back pocket. And keep an eye out next spring for the next writing contest. *(Photos by Richard Gehrke, FMWR)*

Italy Exchange offers giveaways, contributes to emergency relief

ITALY Exchange – To celebrate the start of a new school year, the Italy Exchange is saluting military children for their service and sacrifice with giveaways and in-store events July 28.

The Army & Air Force Exchange Service is partnering with Vanguard on a military brat patch, available for free while supplies last at the Italy Exchange.

Stripes Alterations coupons, valued up to \$5, will allow children to have the patch sewn on a personal item. The patch honors the selfless spirit of warfighters' children.

"A new school year is a perfect time to recognize the important role of military children," said Exchange General Manager Susana Sobrino. "The Italy Exchange wants to help kids see their value as they get ready to go back to school, and these patches help accomplish that."

Children who wear or bring their brat patch to participating Italy Exchange restaurants July 28 will receive a free treat as well. Treats vary by restaurant and may come in the form of a side dish,

fountain drink, dessert or other item. Offer is valid July 28 only.

Book bags will be given away (available in store only) with skincare, fragrance or cosmetic purchases of \$30 or more. Shoppers can also redeem a coupon online or in store all day July 28 for \$5 off a \$30 skincare, fragrance or cosmetic purchase.



TM

Other back-to-school deals include:

- Specials in the Italy Exchange mall on July 28 include a skincare workshop, a nail care workshop, a Right Fit workshop for footwear and more.

- Expanded layaway through Aug. 31 to include laptops, hold computers, notebooks, tablets and iPads.

"Sending kids back to class doesn't have to break the bank," Sobrino said. "With tax-free shopping and military-exclusive pricing, the Exchange offers tremendous value for Soldiers, airmen and their families."

For more information on these and other back-to-school events, contact the Italy Exchange 0444-250-611 or check out ShopMyExchange/Community.

Shoppers can donate beginning Aug. 1

ITALY Exchange – Exchange shoppers can help support Soldiers, airmen and military families in need and receive coupons for future Exchange purchases with their donation.

From Aug. 1 to Aug. 5, the Exchange is holding its second "Give and Get Back" donation period for 2018. Shoppers can donate to Army Emergency Relief (AER) and Air Force Assistance Fund (AFAF) right from the register. For every \$5 donated, shoppers will receive a coupon for \$5 off a \$25 purchase.

The first donation period in May brought in more than \$136,000 from Army & Air Force Exchange Service stores worldwide for the funds, which provide emergency assistance, sponsor educational programs and offer community programs that improve the quality of life for service members and their families.

In just this first donation period, shoppers donated more than half of last year's total of \$258,000.

"It's moving to see the generosity of our Italy Exchange family," said Susana Sobrino, general manager. "So many Italy Exchange shoppers didn't hesitate to give and help those going through difficult circumstances. It's an honor for the Exchange to be a part of this wonderful program."

Coupons are valid from Aug. 6 to Aug. 11. There is no limit to the number of coupons shoppers can earn, and the coupons can be redeemed in store or online at ShopMyExchange.com.

The final donation period will take place Nov. 30-Dec. 5.



Looking for information and resources?

U.S. Army MWR can connect you with a network of resources at **Army OneSource**, www.myarmyonesource.com.

At the movies



Teen Titans Go! To The Movies (Rated PG)

A villain's maniacal plan for world domination sidetracks five teenage superheroes who dream of Hollywood stardom. Rated PG for action and rude humor. "Teen Titans Go!" is a Cartoon Network series.

July 27	7 p.m.	Teen Titans Go! To The Movies	(PG)
	10 p.m.	Blindspotting	(R)
July 28	3 p.m.	Mission Impossible: Fallout 3D	(Pg-13)
	6 p.m.	Teen Titans Go! To The Movies	(PG)
July 29	3 p.m.	Teen Titans Go! To The Movies	(PG)
	6 p.m.	Mission Impossible: Fallout	(PG-13)
Aug. 1	7 p.m.	Blindspotting	(R)
Aug. 2	7 p.m.	Mission Impossible: Fallout	(PG-13)

*Editor's note:

At time of publication, the remainder of the August movie schedule had not been released. For the full movie schedule, stop by ReelTime Cinema on Caserma Ederle, or visit <https://www.aafes.com/exchange-stores/Movie-Guide/showtimes>.

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
Schedule is subject to change without notice.

Please Join us at 1:15 pm
the 1st Wednesday of every Month,
at the US Army Health Center, Caserma Ederle
(Meet upstairs at the Lab)



This opportunity offers a chance for families to tour the clinic, ask questions and get started on the right foot with a positive patient experience.
Children are welcome if childcare cannot be arranged.
Webpage: <https://rhce.amedd.army.mil/vicenza/>
Facebook Page: U.S. Army Health Center—Vicenza
The Health Clinic Information/Appointment Line 0444-61-9000



1-503rd welcomes new CSM

VICENZA — Command Sgt. Maj. Michael L. Palm, incoming command sergeant major for 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade (left), receives the colors from Lt. Col. Robert M. Shaw, commander, during the change of responsibility ceremony at Caserma Ederle July 19. The 173rd Airborne Brigade is the U.S. Army Contingency Response Force in Europe, capable of projecting ready forces anywhere in the European, Africa or Central command areas of responsibility.

(Photo by Davide Dalla Massara, 7th ATC-RTSD South)

News briefs

Opportunity to improve GT score

The Vicenza Army Education Center will offer a GT improvement class for Soldiers July 30-Aug. 21. The class will take place on Caserma Del Din in Building 2 from 8 a.m. to noon. For an application, stop by the center, call DSN 637-8141, or email vicenza.edcenter@us.army.mil.

Open gym for fall sports

Tryouts and open gym for fall sports will take place at Vicenza High School Aug. 13-15 and Aug. 20, 3-6 p.m. Boys and girls are welcome.

VHS will also play host to a volleyball camp Aug. 16-18.

Mosquito spraying

The U.S. Army Garrison Italy Directorate of Public Works Operations & Maintenance Division will spray for mosquitos with ULV fogger. Spraying will take place Aug. 1, 16 & 29, 7-11 p.m. on Caserma Ederle, and Aug. 3, 17 & 31, 7-11 p.m., on Caserma Del Din.

In case of inclement weather, the spray will be postponed until the next day. Community members are asked to not walk on the streets unless absolutely necessary for about an hour after the treatment to give the spray time to dissipate. Anyone with questions should call DSN 634-8236/8237.

Outlook to go digital

Beginning Oct. 1, the Outlook newspaper will go digital. Due to budget and manpower constraints, the printed version of the newspaper will be online only in a different format. Anyone with questions may contact the editor at karin.j.martinez.civ@mail.mil.

Preschool registration

Vicenza Elementary School offers the Sure Start Preschool Program that is modeled after Head Start in the United States. The full-day, high-quality pre-school for four-year-olds targets children who may potentially be “at risk” for not being ready for kindergarten the following year. The program is designed for children of sponsors who rank E4 and below, but anyone is welcome to fill out an application. There are two classes of 18 children each, and applications are accepted all year. If classes are full, applicants are put into a “waiting pool” and

when there is an opening, the child most qualified is selected by the steering committee. If interested, stop by Vicenza Elementary School to get an application, or call 0444-61-8640 for more information.

AAFES back to school, new lunch program

The Italy Exchange is looking forward to providing healthy, affordable USDA-approved meals for military family children this coming school year. Exchange cafeterias offer daily options of fresh fruit and vegetables, and whole grains to provide the best nutrition and value to military families overseas. Visit www.aafes.com/about-exchange/school-lunch-program for current menus, pricing, nutritional and contact information.

There will be a Back-to-School fair at the Vicenza Main Exchange mall Aug. 16 and 17 from 10 a.m.-4 p.m. Exchange School Meal staff will be available to perform lunch account functions, answer questions, assist with Free and Reduced applications, and promote Mypaymentsplus, the online account management app.

Families with children on the free or reduced lunch program last year must re-apply each school year in August. For more information: <https://freeandreducedapps.aafes.com>.

Mypaymentsplus is a good way to manage a child's lunch account without having to visit the Exchange. For convenience, parents may make payments from a card or bank account, set spending limits, receive balance notifications and view purchase histories. Sign up at <https://www2.mypaymentsplus.com>.

Soldiers' Theatre news

Make plans now for Music Café, 7:30 p.m., Aug. 17, at Soldiers' Theatre on Caserma Ederle. Join in with other musicians while showing off your musical talent. Bring your favorite instrument and/or voice and jam with like-minded musicians.

Auditions for "Spontaneous Laughter" take place Aug. 20 at 6:30 p.m. The show will be short adult comedies, and there are many parts available. For more information, call DSN 634-7281, comm. 0444-71-7281.

NATURAL PARKS/ZOOS/GARDENS
-VENETO-

Aquardens

Pescantina (Verona), Via Valpolicella 63. Open Monday-Thursday, 9 a.m.-10 p.m.; Friday-Saturday, 9 a.m.-midnight. One of the largest Italian thermal parks. Admission: Mondays-Fridays, full day, €33; weekends, €38; children younger than 14: €13; weekends €18; free entrance for children no taller than 39.37 inches. <http://www.aquardens.it>

Casa delle Farfalle e Bosco delle Fate
Butterfly Arc and Fairy’s Wood

Montegrotto Terme (Padova), Via Degli Scavi 21 bis, about 27 miles southeast of Vicenza. Open daily through July 31, Wednesday-Sunday; Aug. 1-31, Tuesday-Sunday; 10 a.m.-5 p.m.; Sept. 1-Nov. 12, Wednesday-Sunday. Admission: €9; reduced €7 for children 4-12 and senior citizens older than 65; ticket includes entrance to the Fairy’s Wood; last entrance is one hour before closing time. The Butterfly Arc houses hundreds of specimens of arthropods, including scorpions, scarabs, dung beetles, caterpillars, and orchid praying mantises — all chosen from among the largest specimens in the world. <https://www.micromegamondo.com/en/>

Esapolis

Museum of live insects, silkworms and bees

Padova, Via dei Colli 28. In July open only weekends and Italian holidays, 10 a.m.-6 p.m.; Aug. 1-Sept. 30, Wednesday–Friday, 9:30 a.m.–noon and 2:30–6 p.m.; Saturday–Sunday and holidays, 9:30 a.m.-6 p.m.; October-March, weekends and Italian holidays, 9:30 a.m. -6 p.m.; last entrance one hour before closing time. Admission: €9; reduced: €7 for children 4-12 & senior citizens older than 65. <https://www.micromegamondo.com/it>

Grotta Cascata del Varone e Giardino Botanico
Varone Waterfall Cave Park and Botanic Garden

Tenno (Trento), Via Cascata, 12. Open through August, 9 a.m.-7p.m.; September, 9 a.m.-6 p.m.; October-December, 9 a.m.-5 p.m. (closed Dec. 25). A natural gorge, eroded over 20,000 years by Lake Tenno’s waters, which rumble their way down from a height of almost 100 meters. Admission: €6; free parking and picnic area. http://www.cascata-varone.com/index_en.htm

Grotte di Oliero/Oliero Caves

Valstagna, Via Oliero di Sotto 85. Open through August 31, Monday-Friday, 10 a.m.-6 p.m., Sunday and Italian holidays, 9:30 a.m.-6:30 pm.; September, Monday-Saturday, 10 a.m.-5:30 p.m.; Sunday, 9:30 a.m.-6 p.m.; October, Sunday, 10 a.m.-5 p.m. Admission: €10; reduced €8, for children aged 5-12 and senior citizens older than 65; free for children younger than 4.

Giardino Monumentale Valsanzibio
Valsanzibio Historic Garden

Galzignano Terme (Padova), Via Diana 2. Open daily through Dec. 16, 10 a.m.-1 p.m. and 2 p.m.-sunset, Sunday and Italian holidays from 10 a.m. to sunset. Baroque garden with hundreds of different trees and plants, a maze, statues, fountains, ponds, water games and fish ponds. Admission: €11; reduced €6,50 for children ages 6-14 years. <http://www.valsanzibiogiardino.it/en/>

Orto Botanico/Botanical Garden

Padova, Via Orto Botanico 15. Open through September, 9 a.m.-7 p.m., closed Monday; October, 9 a.m.-6 p.m.; November-March, 9 a.m.- 5 p.m., closed Monday; last entrance 45 minutes before closing time. This is the world’s first botanical garden, opened in Padova in 1545. The original layout is still preserved, a circular central plot, symbolizing the world, surrounded by a ring of water. Famous for its collections of insectivorous, medicinal and poisonous plants, orchids, aquatic, Alpine and Mediterranean plants. Admission: €10; reduced €8, for children ages 6-18 years; family fee: €22. <http://www.ortobotanico.unipd.it/en/index.html>

Parco delle Cascate/Waterfall Park

Molina (Verona), Via Bacilieri 1. Open through Sept. 30, 9 a.m. to 7:30 p.m. (last entrance 5:30 pm.); Oct. 1-Nov. 1, 10 a.m. to 6 p.m. (last entrance at 4 p.m.);



Butterfly Arc, Montegrotto Terme

Nov. 2-March 30, Sunday and Italian holidays, 10 a.m.-3:30 p.m. (last entrance at 2 p.m.) The name Molina derives from the past presence of many mills (in Italian, mulini) working thanks to the hydraulic force of the springs from which the beautiful waterfalls of the park are created. A visit to Molina also represents a step into the past: the village has maintained the characteristics of an ancient medieval town. Admission: €6; reduced €4 for children 6-11; free entrance for children younger than 5 and visitors with disabilities. <http://www.parcodellecascate.it/indexeng.php>

Parco Faunistico Cappeller/Cappeller Zoo

Cartigliano (Vicenza), Via Kimble. Open through Sept. 30, weekdays 9 a.m.-7 p.m.; closes 8:30 p.m. on Sunday; Oct. 1-Nov. 15, 9 a.m.-5 p.m., closed Fridays; last entrance one hour before closing time. Admission: €12.50; reduced €8 for children 2-10; €10, senior citizens older than 60 and military members; museum entrance: €3; free for children younger than 3. <http://parcocappeller.it/>

Parco Giardino Sigurtà/Sigurtà Garden

Valeggio sul Mincio (Verona), Via Cavour 1. Open through Nov. 11, 9 a.m.–7 p.m. (last entrance at 6 p.m.); October and November, 9 a.m.-6 p.m. Admission: €12.50; reduced €6.50 children ages 5-14; free for children younger than 4; senior citizens older than 65 €10. For guests with difficulties in getting around, there is a special area reserved on the trains, with electric step for wheelchair access for comfortable enjoyment of the "Enchanted Trail." <http://www.sigurta.it/storia.php>

Parco Natura Viva/Safari Park and Zoo

Bussolengo (Verona), Località Figara 40. Open through Dec. 9, daily, 9 a.m.-5:30 p.m.; Sunday and Italian holidays, 9 a.m.-6:30 p.m.; safari park, Monday-Saturday, 9:30 a.m.-3:30 p.m., Sunday and Italian holidays, 9:30 a.m.-4 p.m. Admission: €22; €17 for children 3 -12; senior citizens older than 65, €20; free for children younger than 3. <http://www.parconaturaviva.it/en/your-visit>

Sea Life Aquarium

Lido di Jesolo (Venezia), Piazza Venezia 28. Open through Aug. 30, Monday-Friday, 10 a.m.-11 p.m.; Saturday-Sunday, 10 a.m.-6 p.m.; Sept. 1-30, 10 a.m.-6 p.m. Admission: €16.50; reduced €13 for children younger than 11 and taller than 39, 37 inches; free for children shorter than 39.37 inches. For more information in English and to get discount tickets online, visit <https://www.visitsealife.com/jesolo/en/>.

NATURAL PARKS/ZOOS/GARDENS
-TUSCANY-

Acquario dell’Elba/Elba Aquarium

Marina di Campo (Elba Island, Livorno), Via Segagnana. Open through Sept. 15, 9 a.m.-11:30 p.m.; Sept. 16-Oct. 20, 9 a.m.-7 p.m. Admission: €8, €4 for children aged 3-10; free for children younger than 3. <http://www.acquarioelba.com/>

Acquario di Livorno/Livorno Aquarium

Livorno, Piazzale Mascagni 1. Open through Aug. 31, 10 a.m.-7:30 p.m.; Sept. 1-16, 10 a.m.–6 p.m.; Sept. 22–Dec. 31, open weekends, 10 a.m.-6 p.m.; last admission is one hour before closing time. Admission: €14; reduced €8 for 26 for children younger than 13 and taller than 39.37 inches; free entrance for children shorter than 39.37 inches; €12 for senior citizens older than 65. <http://www.acquariodilivorno.it/>

Acquario mediterraneo dell’Argentario
Argentario’s Mediterranean Aquarium

Porto S. Stefano (Grosseto), Lungomare dei Navigatori 44. Open Tuesday-Friday, 3-7 p.m.; Saturday-Sunday, 10:30 a.m.-12:30 p.m. and 3-7 p.m. Tickets €5, reduced €2 (senior citizens over 65; children aged 5-12); free for children younger than 5. <http://www.acquarioargentario.org/>

Antro del Corchia/Corchia Caves

Levigliani di Stazzema (Lucca), Via IV Novembre 70. Open daily through Sept. 16. During the rest of the year, the caves can be visited on a limited schedule; visit the website for more details. Admission: €15; reduced €10 for children ages 5-14; free for children younger than 5. http://www.antrocorchia.it/main_corchia.htm

Collodi Butterfly House

Collodi (Pistoia), Piazza della Vittoria 3. Open through Sept. 23, 9 a.m.-8 p.m.; Sept. 24-Oct. 28, 9 a.m.-7 p.m.; Oct. 29-Nov. 4, 9 a.m.-5:30 p.m. A large greenhouse with an exotic garden populated with thousands of colorful tropical butterflies. Admission: €13; reduced €11, for children ages 5-14 years and senior citizens older than 65; fee includes entrance to Garzoni Historic Garden. <http://www.pinocchio.it>

Giardino di Boboli/Boboli Gardens

Florence, Piazza Pitti 1. Open through Aug. 31, 8:15 a.m.-7:30 p.m.; September-October, 8:15 a.m.-6:30 p.m.; November-February, closes at 4:30 p.m. Last entry is one hour before closing time. The Boboli Gardens are one of the greatest open-air museums in Italy. The park has centuries-old oak trees, sculptures and fountains. The gardens are a spectacular example of "green architecture," decorated with sculptures and the prototype which inspired many European royal gardens, Versailles in particular. Admission: € 7; reduced: €3.50 (ages 18-25); free for people younger than 18 and senior citizens older than 65. <http://www.visitare-firenze.it/giardino-di-boboli/>

Giardino Zoologico /Zoo

Pistoia, Via Pieve a Celle 160/A. Open Monday-Friday, 9:30 a.m.-6 p.m.; Saturday-Sunday, 9:30 a.m.-7 p.m., last entry one hour before closing time. Admission: €15; reduced: €11 for children ages 3-10; €14 for senior citizens older than 65. <https://www.zoodipistoia.it/en/>

Parco di San Rossore/St. Rossore Park

Pisa, località Cascine Vecchie. Open through Oct. 30, 8 a.m.-7:30 p.m.; and November-March, 8 a.m.-5:30 p.m. The park is part of the Natural Park of Migliarino and Massaciuccoli, established in 1979 and situated along the coast from Viareggio to Livorno. Visit the park on a small train or carriage, on foot or by bike with guides, or by boat along the Arno River. Horseback riding available; free entrance Saturday, Sunday and Italian holidays. <http://www.parcosanrossore.org/iti-san-rossore.php>

Parco Gallorose/Gallorose Park

Cecina (Livorno), Via Aurelia Sud, Località Cedrino. Open through Oct. 31, 9:30 a.m.-6 p.m. Admission: €11; reduced: €8.50 for children younger than 7. More than 14,000 plants and flowers; domestic and exotic animal plus a huge variety of birds. Credit cards not accepted. <http://www.parcogallorose.it/orarieprezzi.html>

Parco Mediceo di Pratolino
Pratolino Medicean Park

Pratolino (Vaglia, Florence), Villa Demidoff, Via Fiorentina 276. Open through Oct. 28, Friday-Sunday and Italian holidays, 10 a.m.-8 p.m.; free entrance. The park is a natural reserve, both for local flora and fauna with several centuries-old trees, deer, foxes and hares. More information in English at <http://www.firenzeturismo.it/en/informazioni-utili-2/parco-mediceo-di-pratolino-2.html>.



Live Chess Match, Marostica

Ferragosto, Italian national holiday, Aug. 15

Ferragosto is one of the most important Catholic holidays celebrated across Italy. Its sanctity and widespread observance are due to it being the day on which the Virgin Mary was *assunta in cielo*, ascended to heaven. The holiday is generally known around the world as Assumption Day. However, as is the case with many other Christian holidays in Italy, Ferragosto has pagan origins: it dates back 18 B.C., when Roman Emperor Augustus declared 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 a lot 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

Feste Marinare/Fish Festival

July 27-28; Aug. 10-11, and Aug. 17-18, from 6:30 p.m., Cortellazzo (Jesolo), Sport Center, Via Amba Alagi 47. A variety of fish specialties; music and dancing.

Barkè in Festa/Local Fair

July 27-29, 7 p.m.-midnight, San Pietro in Gu, Via Barche 29. Food booths feature gnocchi, steak, grilled meat, beer and local wine; live music and dancing start at 9 p.m.

Festa D'Estate/Summer Party

July 28-29, 10 a.m.-10 p.m., Bosco Chiesanuova (Verona), Piazza della Chiesa and Piazzale Cimitero. Local product and crafts exhibit and sale; street artists; shows, street food; horse-drawn carriage tours.

Brintaal Festival della Cultura e Musica Celtica
Brintaal Celtic Folk Festival

Aug. 23-26, Cismon del Grappa, Bosco delle Fontane, Via Giarre di Sicilia 2. Food booths and Celtic items fair; archery exhibit and workshops; sampling of local products and food booths. Free live music and dancing; free entrance to all events.

Festa della Birra e della Bruschetta
Beer and Bruschetta Fest

Aug. 23-28, Marola, Torri di Quartesolo, Sport Center, Via Cedri, about 5 miles east of Vicenza. Food booths featuring the typical bruschetta (i.e. toasted bread seasoned with garlic, olive oil, etc.) and many other local specialties open at 7 p.m. Live music and entertainment start at 9 p.m.; pony rides for children; fireworks Aug. 28 at 11 p.m.

Estate al Parco/Summer at the Park
Free outdoor fitness classes



Fish Festival, Cortellazzo

Through Aug. 31, Vicenza, Parco Querini, Viale Rodolfi.

Thursdays

Hatha Yoga: August, 7-8:30 p.m. Palco del Tempietto. Exercises that include physical postures, purification procedures, poses, breathing and meditation.

Sundays

Self-defense workshops: 10:30 a.m.-noon, Palco del Tempietto

Camminamento di Ronda
Walk along fortress walls of Cittadella

Through Aug. 31, 9 a.m.-8 p.m., Saturdays-Sundays, 9 a.m.-9 p.m., Cittadella, (Padova), about 16 miles northwest of Vicenza. Entrance from the tourist office, Via Porte Bassanesi; last entrance one hour before closure. The walls and fortifications were built in 1220 to protect the town from territorial attacks; from the walls you can experience views of downtown and of the Dolomite Mountains on a clear day; ticket: €5.

David Chipperfield Architect Works

Through Sept. 2, Tuesday-Friday, 10 a.m.-1 p.m. and 5-8 p.m.; Saturday-Sunday, 10 a.m.- 8 p.m., Vicenza, Palladian Basilica, Piazza dei Signori. Contemporary architecture exhibit; entrance fee: €12; reduced €8.

La Partita a Scacchi a personaggi viventi
Live Chess Game

Sept. 7-9, Marostica, Piazza degli Scacchi, about 18 miles north of Vicenza. Grand opening Sept. 7 at 9 p.m., Sept. 8-9, 9 p.m. This chess match commemorates the historic chess match of 1454. The game is a reenactment of the match that Lord Taddeo Parisio held to determine the marriage of his daughter. Purchase tickets well in advance online at <http://www.marosticascacchi.it/it/partitaascacchi/ticket.html#1>.

Sculture di Sabbia/Sand Sculpture Festival

Through Sept. 9, Jesolo, Piazza Brescia. This year's theme is "Sand Raptors." International artists take part

in this special event by competing in shaping every kind of artistic figure with fine golden sand. Free entrance.

Egitto. Dei, faraoni e Uomini
Egypt. Gods, Pharaohs and Men

Through Sept. 18, Fridays-Sundays, 10 a.m.-6 p.m., Jesolo, Via Aquileia 123. This exhibit offers a display of Egyptian artifacts coming from the most important collections of Italian and foreign museums. Entrance fee: €16; reduced: €12 (senior citizens older than 65; students and people with disabilities); €8 (children aged 6-12); free for children younger than 6. Tickets include audio guide.

Passeggiate in carrozza
Horse-Drawn Carriage Tours

Through Sept. 29, 8-11 p.m.; Oct. 6-20, 3-8 p.m., on Saturdays; Vicenza; enjoy this unique way of seeing the most beautiful sites in Vicenza; the 20 minute tours depart and return to Piazza Biade. The cost is €15 for a maximum of five people at a time.

Venice Secrets –Crime & Justice Exhibit

Through Sept. 30, open daily, 10 a.m.-10 p.m, Venice, Palazzo Zaguri, Campo San Maurizio. In a Venetian palace, through a five-story route divided into 36 rooms, visitors will see a secret side of the city. The display is divided in four sections: justice and torture; prisons and prisoners; capital executions; Inquisition and Holy Office. Entrance fee: €16; reduced €12, for senior citizens older than 65 and children ages 6-14.

Van Gogh Multimedia Experience

Through Sept. 30, Mondays-Saturdays and Sundays, 10 a.m.-9 p.m.; Fridays and Saturdays, 10 a.m.-10:30 p.m., Venice, Palazzo Giustinian Faccanon, Dorsoduro; this exhibit examines, through projections on several large monitors, Van Gogh's life and works, with video visions of many of his paintings and drawing, completed with info in Italian and English. Entrance fee: €15; reduced €12 (children younger than 18, senior citizens over 65); free for children younger than 7.



Sand Sculpture Festival, Jesolo

VENETO MARKETS

Piazzola sul Brenta (Padova): July 29, 8 a.m.-6 p.m., Via Camerini (700 vendors)

Noventa Vicentina (Vicenza): Aug. 5, 8 a.m.-6 p.m., Piazza IV Novembre (120 vendors)

Vittorio Veneto (Treviso): Aug. 5, 8 a.m.-7 p.m., Serravalle, Piazza Minucci and surrounding streets (75 vendors)

For more events and activities,
visit the U.S. Army Garrison Italy Pinterest page,
www.pinterest.com/usagitaly.



TUSCANY

Effetto Venezia/Venice Effect summer festival
Through July 29, Livorno. *Effetto Venezia* (literally “Venice Effect”) is the most important event organized in Livorno during the summer. Its name derives from the district where it takes place, La Venezia. The area is crossed by canals built by the Medici family to facilitate transport of goods into the city. During this event, there will be entertainment, performances, live music and cultural initiatives; food booths featuring many local specialties including the *cacciucco* (a typical fish soup from Livorno), and fried fish. Exhibit and sale of crafts and antiques.

Festival Medievale/Medieval Festival
July 27-28, 6:30 p.m.-midnight, Laterina (Arezzo). Actors and musicians recreate a medieval atmosphere; fire and falconers shows; jesters and fire-eaters; historical parades and medieval battles reenactments; medieval market and food. Free entrance.

Medioevalia/Medieval Festival
July 27-29, 6 p.m.-midnight, Momigno (Marliana, Pistoia). Street artists, jesters, fire-eaters, and medieval music. Food booths open at 6 p.m.

Sagra del Fungo Porcino/Porcino Mushroom Fair
July 27-29 and **Aug. 3-5**, Cascine di Buti (Pisa). Food booths featuring many different mushroom dishes and other local specialties open at 7 p.m.; live music and dancing.

Sagra del Pesce e Patate/Fish & Chips Festival
July 27-Aug. 16, 7:30 p.m.-11 p.m., Barga (Lucca). Food booths feature fish & chips and many local specialties and wines. On Aug. 5-6, Aug. 11-13, and Aug. 15-17 gluten-free meals available; 9 p.m. music and dancing; free event.

Sagra del Totano Fritto/Fried Squid Festival
July 28-29 and **Aug. 3-4**, in Bientina (Pisa), Sports Field, Via Leonardo da Vinci. Food booths feature a wide variety of fried fish and local specialties; bounce houses and entertainment for children. Free event.

Festa dell'Unicorno/Unicorn Festival
July 27-29, Vinci (Florence). Comic book lovers and performers gather in this little town, which comes alive with fire shows, live music, banquets, markets and people dressed up as fairies, knights, kings, goblins and many other characters. Entrance fee: €12, reduced €8 (children ages 11-16 and visitors wearing a medieval costume); free for children under 10.

Sagra del Cunigliolo Fritto/Fried Rabbit Fair
Aug. 2-26, Thursday-Sunday, 7-11 p.m., Località La Serra, San Miniato (Pisa). Food booths feature fried rabbit and variety of local specialties and wines; free event.

Sagra della SVS - Ballando Sotto Le Stelle SVS Fair - Dancing Under the Stars
Aug. 6-15, Livorno, Via delle Corollaie. Food booths feature with local specialties and sweets; carnival rides; live music and dancing. This fair is organized by the local Public Assistance Organization; all proceeds go to the local Emergency Association.

Volterra A.D. 1398/Medieval Festival
Aug. 12 and **Aug. 19**, Volterra (Pisa). The entire town dresses in costume, music and food are on display everywhere. Visitors can rent a costume for the day and exchange their euros for medieval coins (Grossi).

Balestro del Girifalco/Historical Reenactment
Aug. 14, 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 *girifalco* (gyrfalcon), its wings spread wide in flight. The competitor whose arrow hits the center of the target wins.

Bravio delle Botti
Barrels Competition and Festival
Aug. 17-24, Montepulciano (Siena). This event dates back to the 14th century when races were run



Balestro del Girifalco, Grosseto

on horseback. Only in more recent times has it been transformed in a competition with barrels (*botti*).

Aug. 17, 8 p.m.-midnight, Piazza Grande, sampling of local products and wines, food booths, live music

Aug. 18, 9:20-11:45 p.m., historical parade of city districts; official grand opening of the competition

Aug. 19, 3:30-7 p.m., parade of flag-wavers and drummers; presentation of the cloth; award ceremony in Piazza Grande

Aug. 19-24, 9-11 p.m., barrel-pushing practice for Sunday’s competition

Aug. 23, 9-11:45 p.m., historical costume parade with knights and noblemen along streets lit only by flashlights and torches

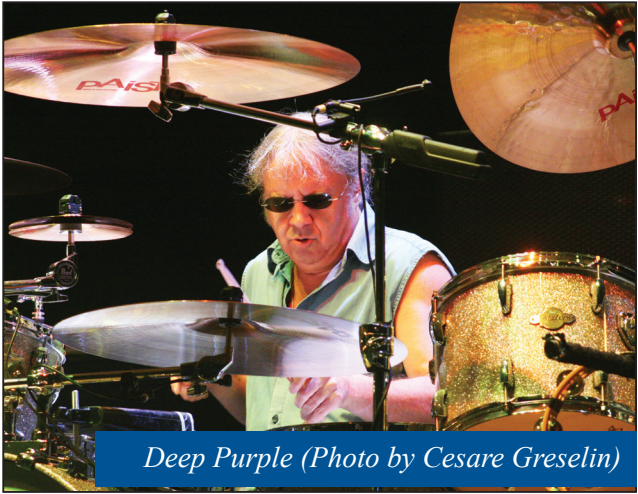
Aug. 26, 10 a.m.-8 p.m., race with contestants pushing heavy wooden wine barrels for about a kilometer uphill along the narrow streets of the town’s historical center.

Palio di Siena/Horse Race
Aug. 16, 4:45 p.m., *Carabinieri* parade; 4:50 p.m. historic pageant; 7 p.m. the race begins. The *Palio* of Siena is one of the most famous horse races in the world. During the annual spectacle, the city is divided into 17 competing districts (*Contrade*). In the months leading up to the event, 10 districts are selected for each race and each is assigned a horse, which will compete in the Piazza del Campo. Festivities start three days before with parades, food booths, blessing of the horses, live music and four race trials. To get tickets online, visit <https://www.paliotours.com/palio-tickets-2018/>.

Peperoncino d'aMare/Hot Pepper Fair
Aug. 24-26, 7 p.m.-midnight, Marina di Massa. Food booths feature local specialties and beer; cooking workshops; live music, dancing, and entertainment for children. Free event.

Baviera Fest/Bavarian Festival
Aug. 24-Sept. 9, Venturina Terme (Campiglia Marittima, Livorno). Food booth featuring typical German food and beers open at 7:30 p.m.; 9 p.m. live music and dancing. Free entrance.

Man Ray – Wonderful Visions
Through Oct. 7, 10 a.m.-7:30 p.m., San Gimignano, Modern Art Gallery, Via Folgore da San Gimignano; 10 a.m.-7:30 p.m. through Sept. 30; 11 a.m.-5:30 p.m., Oct. 1-7. On display More than 100 photos by Man Ray, one of the most important photographers of the XX century. Entrance fee: €9, reduced €7 for children ages 6-17 and for senior citizens older than 65; free access for children younger than 6.



Deep Purple (Photo by Cesare Greselin)

CONCERTS/SPORTS

Sting – July 29 Verona; July 30 Naples
Joan Baez – Aug. 5 Verona; Aug. 6 Rome; Aug. 8 Udine
White Orcs – Aug. 9 Grosseto
Nick Murphy – FKA Chet Faker – Aug. 22 Segrate (Milan)
Ian Paice from Deep Purple – Aug. 11 Rimini
Eminem – Sept. 7 Milan
David Cosby & Friends – Sept. 11 Milan; Sept. 13 Rome
Europe – Oct. 2 Bologna
U2 – Oct. 11-12; Oct. 15-16 Assago (Milan)
David Garrett and his band – Oct. 17 Rome; Oct. 19 Florence; Oct. 20 Assago (Milan)
The Musical Box – Oct. 28 Rome; Oct. 30 Florence; Oct. 31 Milan; Nov. 1 Padova
Brit Floyd – Nov. 6 Florence; Nov. 7 Milan; Nov. 10 Padova
Liam Gallagher – Nov. 15 Conegliano; Nov. 16 Rome
Dire Straits Legacy – Nov. 20 Assago (Milan); Nov. 21 Padova; Nov. 23 Brescia; Nov. 24 Florence
Bunbury – Dec. 2 Milan
Elton John – May 29-30, 2019, Verona

ITALIAN ARTISTS
Vinicio Capossela – July 31 San Gimignano (Siena)
Gianna Nannini – Aug. 13 Follonica (Grosseto); Aug. 14 Forte dei Marmi (Lucca)
Francesco De Gregori –Aug. 14 Asiago
Francesca Michielin – Sept. 2 Treviso
Angelo Branduardi – Sept. 3 Venice; Nov. 10 Florence

Laura Pausini – Oct. 7 Florence; Oct. 9-10 Padova
Claudio Baglioni – Oct. 16 Florence; Nov. 16-17 Padova; Nov. 20-21 Montichiari (Brescia)
Luca Carboni – Oct. 18 Padova
Mario Biondi – Dec. 13 Florence; Dec. 19 Padova

SPORTING EVENTS
ACI CSAI Racing Weekend – Oct. 27-28 Scarperia (Florence)

Tickets are available in Vicenza at Media World, Palladio Shopping Center, or online at www.ticketone.com.

TUSCANY MARKETS

Florence: July 29, 9 a.m.-6 p.m., Piazza dei Ciompi
Montemurlo (Prato): July 29, 9 a.m.-6 p.m., in Piazza della Costituzione
Arezzo: Aug. 4-5, 9 a.m.-7 p.m., in Piazza Grande (about 1000 vendors)
Orbetello (Grosseto): Aug. 4-5, 10 a.m.-10 p.m., Corso Italia, Piazza Eroe dei Due Mondi, Piazza del Plebiscito
Pietrasanta (Lucca): Aug. 5, 9 a.m.-7 p.m., in Piazza Duomo
San Giuliano Terme (Pisa): Aug. 5, 9 a.m.-7 p.m., Piazza Shelley and Piazza Italia
Scarperia (Firenze): Aug. 5, 8:30 a.m.-7:30 p.m.; in July and August, closes at 11 p.m.; downtown squares and streets

Are we there yet?

Wander through an ancient botanical garden

PADOVA — Take a stroll through the oldest university botanical garden in the world, with about 7,000 plant species, Via Orto Botanico 15, Padova. The garden is open through September from 9 a.m. to 7 p.m., Tuesday through Sunday. Last entrance is 45 minutes before close. In October, the garden is open 9 a.m.-6 p.m. Entry fee varies; see www.ortobotanicopd.it/en/biglietti. (Photos by Karin J. Martinez, VMC Public Affairs Office)



Family & MWR

ENTERTAINMENT & TRIPS

BOSS Del Din Car & Bike Show July 28, 6-11 p.m.

Warrior Zone, Caserma Del Din

Head to the road alongside the Warrior Zone on Caserma Del Din for a BOSS Car & Motorcycle Show at the first Vicenza Summer Meet 1.1. To participate, cars must have been registered by July 18. Free for spectators.

Categories are: Best in Show, Best Super Car, Best American, Best JDM, Best European, Best Classic, Best Paint/Wrap, Best Wheels and Best Sleeper. Motorcycle categories are Sport, Touring and Custom. A trophy will be awarded for first place in each category.

There will be music provided by DJ Capo, photographers/videographers, and a food vendor on site. A bouncy house will be available for children. Get more information at the Auto Skills Center .

Bowling

*Check the FMWR calendar
The Arena, Caserma Ederle*

Bowl at the Arena. There is daytime bowling, Two for Two Tuesday, Sunday bowling specials, hourly and evening bowling, and family movie nights. Stop by the Arena for more information, or go online at <https://italy.armymwr.com/calendar> to get dates, times and cost.

Whitewater Rafting

*Aug. 4, 5:30 a.m.-7 p.m., \$100
ODR, Caserma Ederle*

Experience whitewater rafting down the Noce River, a class 3 or 4 river depending on water level. The rafting company will provide all necessary rafting equipment. The group will have lunch at the onsite restaurant before heading back to Vicenza. As lunch is not included in the price, participants are welcome to bring a packed lunch if they prefer.

Milan: A Guided Tour

*Aug. 4, 6 a.m.-9 p.m., \$85/\$54/\$38
ODR, Caserma Ederle*

Milan is a metropolis in Italy's northern Lombardy region and a global capital of fashion and design. Join Outdoor Recreation on a 2-hour guided tour of Milan. Afterward, participants will be able to break from the group for free time.

The Republic of San Marino

*Aug. 11, 6 a.m.-9 p.m. \$85/\$51
ODR, Caserma Ederle*

San Marino is a republic state surrounded by Italy. This microstate

claims to be the oldest surviving sovereign state and constitutional republic in the world. Participants will enjoy a guided tour of San Marino, followed by free time to explore. Passport required.

Polish Pottery Festival Express

*Aug. 17, 7 p.m.-Aug. 19, 3 a.m.
\$244/\$158/\$115/\$85*

ODR, Caserma Ederle

The most famous town for Polish Pottery is Boleslawiec, where pottery has been intertwined with culture for thousands of years, each piece crafted and painted by hand. From August 16-19, Boleslawiec will be holding a festival centered around this centuries-long tradition. Passport required.

Canyoning

*Aug. 18, 6 a.m.-7 p.m., \$115
ODR, Caserma Ederle*

Navigate your way down a mountain canyon while rappelling down waterfalls and wading through creeks. Canyoning is a mix of hiking, rappelling, and whatever else it takes to descend the canyon. Expect frigid waters on this experience. Lunch not included in price. Ages 16 years and older only; participants younger than 18 must be accompanied by parent or guardian.

Portoroz, Slovenia Beach Day

*Aug. 18, 6:30 a.m.-9 p.m.
\$75/\$45/\$25, ODR, Caserma Ederle*

What better way to enjoy the summer beach weather than on the coast of Slovenia? Outdoor Rec will take guests to Slovenia to spend time on the beach in Portoroz, an Adriatic seaside resort and spa town located in southwestern Slovenia. Hit the beach or check out the town. Passport required.

Sea Kayaking at Lake Garda

*Aug. 19, 8 a.m.-5 p.m. \$50
ODR, Caserma Ederle*

Glide through the waters of Lake Garda, navigating along the coast of the Sirmione peninsula. After an introduction to paddling and setting up the boats, the group will head out on the open water. Paddle for about two hours and stop for lunch (not included in price). After lunch, hop back in the kayaks for a final hour of paddling featuring some of the most memorable sights of the trip. Ages 16 years and older.

Darby Trip: Venice Express

*Aug. 25, 5 a.m.-11 p.m. \$85
Sign up by Aug. 17

ODR, Caserma Ederle

Take off to the timeless beauty of Venice. Walk the narrow alleys and

gondola-filled canals of this beautiful city while taking in amazing sights and sounds.

CLASSES & WORKSHOPS

Kids Craft Club

*July 31 and Aug. 7, 14 & 21
1:30-3 p.m., \$5*

Arts & Crafts Center, Caserma Ederle

Head to the Arts & Crafts Center and enjoy a spacious room and an increasing supply of crafting materials. The center will have three to four different activities available that will encourage children to explore their inner creativity while having fun. Activities are set up for ages 3-16 years. Register in advance, as space is limited.

Resume Development Training: Federal Resumes

Aug. 1, 9:30-10:30 a.m.

ACS, Bldg. 108, Caserma Ederle

Register for this class and learn to write an effective federal resume that will highlight your transferable skills and accomplishments. This will be a classroom setting. First Wednesday of each month.

Del Din Anger Management Class

Aug. 1, 10:30-11:30 a.m.

Library, Bldg. 2, Caserma Del Din

All community members are eligible to participate in this class. Understand what anger can do to your body; learn to recognize anger warning signs; and what to do when you get angry. No registration required.

Community Career Fair

Aug. 2, 9 a.m.-2 p.m.

Golden Lion, Caserma Ederle

Don't miss your chance to come and familiarize yourself with various professions and career field! Army Community Service and SFL-TAP are proud to present a Career Fair to the Vicenza Military Community. On-the-spot interviews will take place. Please bring a copy of your resume for review and application.

Teenvenuti Workshop & Tour

Aug. 8 or Aug. 31, 9 a.m.-3:30 p.m.

**Register one week before the event.*

School Liaison Officer office

Bldg. 108, Caserma Ederle

Join us for "Teenvenuti." This student-led, adult-supervised workshop and tour will help youth in grades 6-12 get used to their new home. Youth will enjoy a tour of downtown Vicenza, schools, city bus ride and how-to, pizza, lunch and gelato, and

making new friends. Bring ID card and wear comfortable shoes. Bring euros to purchase food. Parental permission is required. Call DSN 634-5998, comm. 0444-71-5998.

Stress Management Class

Aug. 14, 10:30-11:30 a.m.

ACS, Bldg. 108, Caserma Ederle

All community members are eligible to participate in stress management classes. During this class participants will learn how to recognize signs of stress; what prolonged stress can do to your body and mind; and how to train yourself to lower stress levels. No registration required.

Infant Massage Class

Aug. 24, 10:30-11:30 a.m.

ACS, Bldg. 108, Caserma Ederle

Join the New Parent Support Program for this exciting chance to bond with your infant. Instruction is available to parents of children five weeks old to crawling. Learn techniques of infant massage to help baby sleep longer, enhance bonding, improve circulation and more.

FITNESS & SPORTS

BOSS Morning Bike Ride

*Aug. 3, 10, 17, 24 & 31, 6-7:30 a.m.
ODR, Caserma Ederle*

New and experienced riders are invited to join; no registration is required for weekly morning bike rides. Bring road bicycle, helmet, spare inner tube, and water and snacks as needed. Call for information, DSN 637-2712, comm. 0444-66-2712.

Darby PiYo Live

*July 31 and Aug. 7, 14, 21, 28 & 31
8:30-9:30 a.m., \$5/10 for \$35*

Fitness Center, Camp Darby

PiYO Live is an intense, low impact cardio workout. A unique total-body conditioning workout that combines the muscle-sculpting, core-firming benefits of pilates with the strength and flexibility training of flowing yoga movements, all in one class. A fat burning, low-impact workout.

Black Light Yoga

Aug. 23, 7:15-8:30 p.m.

Fitness center, Caserma Ederle

Flow with good tunes under the black light and build strong, flexible bodies. This will be an hour of vinyasa flow yoga set to music, and all skill levels welcome. Bring a yoga mat if you have one, and wear comfortable clothing.