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Energy-Saving Tips

Stop energy thieves

Some electronics, such as TVs and video game consoles, have default settings that keep them on even when in standby mode so they activate faster. These settings can add up to a huge energy waste over time. Find these devices and turn the "always on" setting OFF.

Pull the plug

Even when an electronic device is turned off, it can consume up to 40% of total electricity used by the device. To stop this, unplug the appliance from its socket.

Stay cool, hold the heat

Install a programmable thermostat to save up to 10% on cooling and heating costs.

Villaggio traffic study to take place in October

By James E. Brooks
USAG Italy Public Affairs Officer

VICENZA — The U.S. Army Garrison Italy Directorate of Public Works will be conducting a traffic study survey next month in Villaggio housing that will require some drivers to answer questions as they enter the neighborhood.

"This is an important study to understand the road network outside of the Villaggio footprint as it will provide important data that can be used to measure the impact on our future housing and high school construction projects," said Bernie Kruse, deputy director, DPW. "We want to be able to quantify the impact and potential mitigations of these projects in terms the local community planners and citizens can understand."

According to DPW, the survey will occur over two separate periods.

DPW has coordinated with the Directorate of Emergency Services to accomplish the survey. Drivers of vehicles entering Villaggio will be stopped to answer several questions on Tuesday through Thursday, Oct. 2-4. A second round of surveys will be taken two weeks later, Tuesday through Thursday, Oct. 16-18.

Randomly selected drivers entering the gate will be asked by security to pull over to answer the survey questions. DPW assures community members that it will only take a few minutes and encourages everyone to take the time to answer survey questions. Contractors hired to do the study will be asking the questions, not uniformed personnel.

In addition to questions regarding whether or not you are a military service member, spouse or civilian, the traffic survey will include questions about why you are entering Villaggio; the reason why you are there; how often you make the trip; and whether or not you would use public transportation or a bicycle for this trip.

Please plan on a few extra minutes getting to your destination on survey days. This may cause a delay of a few minutes. Data collected will be an important part of project planning for Villaggio.



Printed Outlook ends today

VICENZA — The last printed edition of the *Outlook* newspaper is this Sept. 28 issue.

Manning and budget reductions led to the decision that is doing away with the Army-funded paper.

News will be shared on the U.S. Army Garrison Italy's news site: www.army.mil/italy. The site is provided by the U.S. Army and is part of a network of other command and installation news sites.

Vicenza and Darby military community members are encouraged to check the website for updated news as it happens.

The *Outlook* staff and USAG Italy Public Affairs Office thanks readers for their support.

First female 'Sky Soldier' graduates Ranger School

Story and photo
by Capt. Joseph Legros
173rd Airborne Brigade Public Affairs

FORT BENNING, Ga. — "This is it. Number one on my list of worst days at Ranger School," thought 1st Lt. Anna Hodge as it started to rain again during Day 8 of Mountain Phase patrols. The blisters on her feet, the chafing on her legs, and the prickly heat stung with the rain. She stuffed more pieces of MRE gum in her mouth, biting down hard to keep her mind off the pain.

"Your complaint has been duly noted and will be answered within 24 to 48 hours," she mentally responded to the pain, imitating an answering machine. "Now back to counting steps, 1,344, 1,345 ...

"Our Mountain Phase experienced record-high rainfall, and I felt bad for my platoon mates who had chafed in some pretty uncomfortable places," says Hodge. "My legs looked like road rash; the blood and pus was sticking to my uniform. Shivering at night was the norm — yes, it was cold — but even more because of the pain."

But Hodge had one advantage some of her friends didn't. She decided to go to Ranger School without feeling pressured. The pain described above was something



First Lt. Anna Hodge proudly displays her Ranger tab on graduation day. Hodge became the 15th female in the armed services to graduate from Ranger School, and the first Ranger-qualified female "Sky Soldier" in 173rd Airborne Brigade.

she had chosen, all simply to become a better intelligence officer.

"I wanted to focus on tactical intelligence," says Hodge. "It is impossible to

know where the enemy will move or how to advise the commander if you don't know infantry tactics."

Military Intelligence is a branch of Operations Support. If Soldiers don't understand what they are supporting, she theorized, mission success is unlikely.

"I've always had a soft spot for the infantry, and I learned so much about infantry tactics at Ranger School," says Hodge. "After graduating, that respect grew even more."

Hodge said she wanted to attend Ranger School in 2010 when she first joined ROTC.

"I loved patrolling, working as part of a squad, and the challenge of pushing myself to perform on minimal food and sleep. I remember cleaning weapons one day and someone joked that I should shave my head and go to Ranger School. I thought it was funny, and secretly I really wanted to go. But it wasn't open to females at the time."

That all changed in 2015 when, for the first time, a female graduated from Ranger School. The following year, Hodge attended the Basic Officer Leadership Course. She listened to an instructor who recruited MI officers for the new 75th Regiment MI Battalion. "The hardest part of Ranger School is deciding to go," the instructor said.

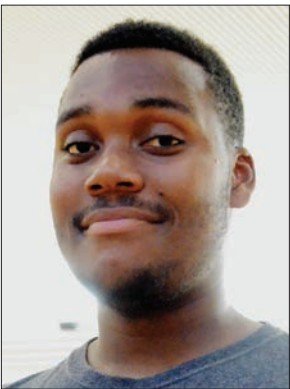
See **RANGER**, page 4

What is your favorite children’s book?



Ashley Moore
Family member

“The Harry Potter series by J. K. Rowling.”



Matthew Baptiste-Phillip
Family & MWR

“Green Eggs and Ham’ by Dr. Seuss.”



Ashley Vandenberg
Family member

“The Very Hungry Caterpillar’ by Eric Carle.”



Martine Skidmore
Family member

“With no doubt, ‘Pinocchio.’”



Debora Lomi
DMC Post Library

“It is ‘Little Women.’ I used to read it with my sister, one chapter each.”



Brian Spavins
Family member

“Everything by Dr. Seuss. I can’t pick just one.”



It's time again!

CASERMA EDERLE — The annual Fall Bazaar takes place at the Golden Lion Conference Center throughout the weekend. Vendors from different parts of Europe will be here to sell their products that include wine, cheese, olive oil, chocolate, jewelry and more. Whether looking for a unique purchase or that perfect gift, visitors are sure to find it at the bazaar. Hours are as follows: Sept. 28, 4-8 p.m.; Sept. 29, 10 a.m.-6 p.m.; and Sept. 30, 10 a.m.-4 p.m. (File photo by Laura Kreider; VMC Public Affairs Office)

VFW Corner
Travel warnings, alerts

By Rex Shuey
VFW Post 8862

VICENZA — Veterans of Foreign Wars Post 8862 advises all members of the community of new travel warnings and advisories from the State Department. Each country’s advisory is ranked at one of four color-coded levels.

Specifics are spelled out on each country’s webpage, which also contains visa requirements, embassy locations and contact information, not to mention local laws travelers should know about.

Listed below are there are the color-coded four advisory levels, ranked from low to high.

Level 1 – Blue, exercise normal precautions: This is the lowest advisory level for safety and security risks and currently includes countries such as Ireland, Portugal, Norway, Finland and Japan.

Level 2 – Yellow, exercise increased caution: Travelers to these countries should “be aware of heightened risks to safety and security.” This is a broad category that includes countries such as Italy, Belgium and Denmark, all of them singled out for possible occurrences of terrorism. South Africa, Brazil and Mexico make this list for crime in their countries.

Level 3 – Orange, reconsider travel: Avoid travel due to serious risks to safety and security. This currently includes Turkey, Chad, Haiti and Russia.

Level 4 – Red, do not travel: The highest advisory level due to greater likelihood of life-threatening risks. During an emergency, the U.S. government may have extremely limited ability to provide assistance. The State Department advises not to travel to the country or to leave as soon as it is safe to do so.

This list singles out Afghanistan, Central African Republic, North Korea, Iran, Iraq, Libya, Mali, Somalia, South Sudan, Syria and Yemen.

Threat levels are not the entire story, however. It’s necessary to read deeper in order to discover particulars and read the full reports on each country. Crime and terrorism are not the only cautions of these country alerts. Climate is another. Fires in Greece this summer merited a security alert, as did wildfires in British Columbia, Canada and severe rainstorms in Szechuan Province, China.

Before traveling to any foreign country, VFW Post 8862 highly recommends you to visit the State Department’s website at <https://step.state.gov/step> for more detailed information.

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Energy Action Month – Energy Resilience Enables Army Readiness

October is Energy Action Month. This year the Army’s theme is “Energy Resilience Enables Army Readiness.” Energy is vital for the Army to perform its mission and support global operations.

The Army’s first priority is readiness – ensuring that our Soldiers have the tools and training they need to be lethal and ready to fight, survive and win. Readiness involves a Total Army force effort, to include the work accomplished through Army energy programs and professionals.

Energy resilience is essential for a responsive Army Force posture and it begins at our installations and community-based Army National Guard and Army Reserve Centers. These locations are the foundation of the Army. Through diligent energy management, our installations organize, train, equip, mobilize, deploy and sustain operations.

Maintaining our strategic and tactical edge will require the wise use of resources. The Army depends on energy to power its mission command centers, and to protect its systems, information and processes required to train Soldiers, move vehicles and aircraft, and sustain military operations.

In Fiscal Year 2017, the energy bill for Army installations was \$1.1 billion. By taking action and making energy-informed decisions, we possess the power to be energy resilience champions. Renew your commitment to energy security. We ask for your commitment to be resilient and enable Army readiness.

During the month of October, it is everyone’s responsibility to become energy informed and aware, and to apply this knowledge throughout the year. We urge the entire Army Family to remain mindful of energy use, reduce consumption, innovate, and promote energy awareness/action.

Gwen Bingham
Lieutenant General, United States Army
Assistant Chief of Staff, Installation Management

Jordan Gillis
Acting Assistant Secretary of the Army
Installations, Energy and Environment

EMERGENCY
NUMBERS

Anywhere in Italy — Off Post

Fire **115**
Ambulance **118**
Carabinieri **112**
Police (local) **113**

General shares perspective on leadership

By Sgt. Jennifer Garza
U.S. Army Africa Public Affairs

VICENZA — Brigadier Gen. Lapthe C. Flora is the new U.S. Army Africa deputy commanding general and Army Reserve component integration adviser. He concurrently serves in the Virginia Army National Guard as assistant adjutant general–Army land component commander. Flora, a native of Saigon who fled Vietnam with his family in the 1970s, is one of the first Vietnamese officers to be promoted to general officer in the U.S. Army.

During his time here, he will maintain his civilian career as a principle application engineer with the night vision project of Harris Corporation in Roanoke, Virginia.

Flora recently agreed to participate in a leadership-based question and answer session during Shared Accord 2018.

Q: What was the pivotal moment in deciding to make the U.S. Army a career?

“I had some idea when I was in the refugee camp. After spending a year in a refugee camp, (I felt) a sense of destitution and hopelessness. I silently promised to myself that whoever gave me a second chance in life, I would serve forever.

“My passion and drive to serve all came down to the gratitude of the U.S. giving me a second chance in life. I was given a freedom that you can’t pay back in a monetary value. I was so anxious to serve that I signed up for Naval Junior Reserve Officer Training even though I barley spoke the language. I eventually was rejected from the Navy due to speech impediments; this was due to my heavy accent, so I decided to join the Army. The Army gave me the opportunity to serve and I never looked back.”

Q: How do you maintain your daily motivation and inspiration despite obstacles, particularly in an environment that does not have the technology that we are used to?

“I have learned in the past 30 years serving alongside our patriots that most of our Soldiers are passionate and are



Brigadier Gen. Lapthe C. Flora, deputy commanding general and Army Reserve component integration adviser for United States Army Africa and co-director of Shared Accord 2018, discusses the importance of leadership in Gako, Rwanda, Aug. 26. (Photo by Sgt. Micah Merrill)

conscientious of what they do. They want to do a good job. So, for me as a leader to motivate them, I make sure to show my appreciation for them, thank them for what they do. As a National Guard officer, I understand there are other options besides serving in the military and I am mindful of that. ... It’s amazing how a simple thank you and showing that you care can go a long way and inspires troops to go in a difficult environment. You do that with a great sense of humility.

Q: How do you mentor your Soldiers to recover from setbacks?

“What I try to tell them is to look at every setback as an opportunity. Life is not fair, never fair. Obstacles will always be right in front of you; you must be resilient to overcome those obstacles. The military often teaches you to go to the obstacle, go over it, or to roll around it. We all have a strength that is in us if we are passionate about what we want to do.

“I think once you have a clear objective of what you want to do and the passion to go after it, it’s no longer an obstacle but another opportunity to improve yourself and move forward.”

Q: How do you encourage creativity

and innovation in your organization?

“I have found that the best way to instill creativity and innovation is to have a diverse and inclusive environment within your staff and your organization. Diversity is great because it brings in different perspectives. As General Patton once said, ‘If everyone thinks alike, then somebody is not thinking, and we don’t want that.’ We want a diverse team so that we can all share the different values, backgrounds, socioeconomics, gender and religions.

“Once you bring different values and perspectives into the decision-making process, I believe your final decision is more robust because everyone had a chance to discuss and have input. It’s almost like (going through the) military decision-making process: you look at all the facts and assumptions and it’s very effective.

Q: How do you believe people should share those innovative ideas in the organization?

“In order to have good information flow within your organization, leaders need to adapt a transparent leadership style by being more approachable from the top all the way down to a private. Once you create the environment that makes people

open and willing to express differences, then people will be willing to come to you on issues.

“As a leader, the day you have no one come to you for issues means you are in trouble. You are not creating a very conducive environment for dialogue or discussion. If you have open communication, are approachable, transparent, good communication will naturally flow.”

Q: What are the most pressing challenges that leaders face today, in your opinion?

“Readiness. In the readiness umbrella, there are several key things: manning, recruiting, retention and the time that you have to do all of the training. The two items that really keep me up at night is our economy is doing very well, and the propensity of the younger generation that want to serve in the military is decreasing. We do not have enough patriots that are willing or want to come in and join the formation even though we have a very good career.

“We need to do a better job of communicating to our fellow Americans that the military today is not like the military of past generations. This is an organization that has many career fields (where) you can learn leadership skills, technical skills and these skills you can take with you to the civilian world. Recruiting and retention worries me. You never have the time to train to fight, especially for leaders being very busy with meetings and not having the time to always engage with the Soldiers at the tactical level.”

Q: What is one characteristic that every leader should possess?

“I don’t think that there is one single characteristic, it must be a combination of more than one character. To me it’s everything. It’s important to have a good solid vision of where you want to go and integrity to really care, that and the courage to make sure your vision gets moved forward and galvanized for your team to go with you. And the last piece, which I think is the most important aspect is humility. I think with a heavy dose of humility and a good sound character that a leader really makes the sky the limit.”

USARAF educates staff in humanitarian aid

By Capt. Jonathon Daniell
U.S. Army Africa Public Affairs

VICENZA — “We don’t want the first time we talk to be in a disaster zone,” said Dan Trusilo, humanitarian assistance adviser at United States Africa Command. Trusilo and a team of U.S. Agency for International Development (USAID) advisers taught Soldiers assigned to United States Army Africa the basics on how and why the Office of U.S. Foreign Disaster Assistance (OFDA) leads U.S. government responses to foreign disasters Sept. 12-13 here.

During the two-day course, students developed a better understanding of U.S. foreign disaster response, the coordination between different levels of government and non-governmental organizations, and how the Department of Defense assists when called upon.

“I think the course gives an important perspective for the USARAF staff because it helps us appreciate the complexity involved in disaster response operations,” said Sgt. 1st Class George Myers, an operations non-commissioned officer in the civil-military operations directorate.

Trusilo explained there are layers and categories to every disaster. While there may be around 300 declared disasters globally every year, OFDA typically responds to approximately 70 of those, and the DOD just a fraction of the time — generally in the single digits. The disparity between the numbers lies in need, Trusilo clarified. OFDA gets involved when the disaster exceeds the response capacity of the host government, the host

government requests or is willing to accept assistance, and it is in the U.S. government’s interest to respond.

According to Trusilo, DOD is usually a last resort due to the auspice of neutrality, impartiality and independence under which humanitarians work. However, he acknowledged there are times when the military provides a unique capability that can’t be met by other entities and the disaster is such that it requires immediate action. Under those circumstances, DOD is called and the need is always dire.

Those instances are often manifested in vertical airlift support or transportation requests that enable aid workers to provide assistance to those people most in need, often in difficult to reach locations.

The organization has a vested interest in educating its staff in humanitarian aid work, as the majority of international disasters the U.S. responded to in 2017 occurred in Africa. Moreover, USARAF holds an annual scenario-based exercise, Judicious Response Epic Guardian, that trains its team on standing up a joint task force to support disaster-response contingencies.

As the USARAF staff continues to train and prepare for this year’s exercise, Trusilo provided some advice on what Soldiers can do during other missions on the continent to promote positive civilian-military relationships.

“Soldiers can use their influence to promote civ-mil best practices when working with host nation militaries. Demonstrating respect for humanitarian principles and international humanitarian law, and exemplifying good behavior. Setting a good example cannot be overestimated.”



Personnel from U.S. Army Africa benefited from the Joint Humanitarian Operations Course. (Courtesy photo)

The JHOC optimizes learning by incorporating case studies and experienced instructors. Teaching alongside Trusilo was Dr. Jeff Miller, OFDA humanitarian assistance adviser at U.S. European Command; Marybeth McKeever, OFDA regional advisor for south and west Africa; and Kat Echeverria, USAID’s Office of Food for Peace representative.

The JHOC is taught more than 100 times each year across every combatant command to ensure networks are built between DOD and humanitarian aid workers, ensuring the first time the two groups cross paths isn’t in a disaster zone.

For additional information on upcoming class dates or to request a course for your unit, write to JHOC@usaid.gov.

CID warns Army community of disaster fraud schemes

QUANTICO, Va. — The U.S. Army Criminal Investigation Command is alerting the Army community to be on the lookout for “disaster fraud” charitable schemes and repair scams.

“Disaster fraud occurs after man-made or natural catastrophes such as the recent damage, storm surge and flooding caused by Hurricane Florence. Often, dishonest individuals or contractors will use this opportunity to inflate damage estimates, or swindle homeowners in home repair, debris removal and other cleanup scams,” said Chris Grey, CID spokesman. “These scammers will also exploit the disaster by seeking out those wishing to support and assist affected victims by soliciting fictitious charitable donations, sending fraudulent e-mails or creating phony websites to solicit contributions or personal information resulting in identity theft.”

CID agents warn that some of these organizations are fraudulent, or misleading at best, because they do not have the infrastructure to support the affected disaster area. Do not respond to unsolicited email (spam), links or attachments from these fake groups because in addition to stealing your identity, these links may also contain computer viruses and/or hijack your computer files for ransom.

The scammers will also focus on getting their victims to become emotionally invested to help those in need. Special Agents from CID recommend that people who want to give do research before donating.

Ask detailed questions about the charity or organization, which includes basic information such as their name, address, telephone number, and if the charity is registered. Also request proof that a contribution is tax deductible or if the organization is tax exempt. Be cautious of out of state organizations – especially if their address is a post office box.

Officials also urge would-be givers to ensure monies are donated to trustworthy organizations and make contributions directly to known and verified organizations rather than relying on a third party to do so.

Experts also advise that “copycat” websites are active during natural disasters. Copycat websites will have links that appear authentic to similar known web addresses. It’s the same for some social media platforms. An increased use of social media platforms using copy-

cat websites and accounts of trusted organizations will be used to display devastating and emotional images combined with a link in an effort to get people to donate to those in need.

If you decide to donate, go directly to the organization’s website and do not donate using a link that has been sent via email or social media, CID advises. Be sure to check the organization’s verification. Most sites use a check mark behind the name to let you know that you are on or viewing a verified account.



Additionally, some crowdfunding and fundraising websites and accounts may not be used for the intended purpose of helping disaster victims, so beware of solicitations from these sites posing as legitimate and fake organizations. It is important to verify all organizations before donating.

In addition to charitable donations and email scams, victims should also beware of contractor and home repair fraud.

“Please keep in mind that legitimate and licensed repair contractors are quickly booked,” said Special Agent William Stakes Jr., CID’s Economic Crime program manager.

“Do not overlook normal precautions and do not hire an untrustworthy or questionable freelancing handyman because you are eager to start the repairs quickly. Do your research when hiring repair contractors.”

Stakes provided some red flags and important points to consider when hiring a contractor:

- Ensure contractor hired is legitimate. Seek companies licensed obtaining three itemized bids before choosing a contractor.

- Contractor asks for cash up front (advanced fee scheme).
- Get a written estimate and don’t sign a blank contract. Get a second set of eyes to look over the contract. It’s always best to get a second opinion.
- Don’t sign over an insurance settlement check, and don’t pay with cash. Instead pay by credit card or check and never the full amount up front.
- Have the work inspected, holding final payment until repair completed to your satisfaction.

- Don’t be pressured or fall for someone claiming to offer a “one-day-only” special or discount for hiring them on the spot. Often after disasters, disreputable contractors will solicit door-to-door offering to repair or clean up damage.

- Beware swindlers peddling “mold-free” certificates – there are no laws requiring homeowners to produce this credential.

- Another good proactive measure is to take pictures with the contractor and of their business cards and contractor/vehicle licenses. Fraudsters are unlikely to cooperate.

If you think you’ve been the victim of any of these scams, file a complaint with the Federal Trade Commission.

Resources

National Center for Disaster Fraud: (866) 720-5721
Email: disaster@leo.gov

Department of Homeland Security/
FEMA Fraud Hotline: (800) 323-8603
<https://www.oig.dhs.gov>

Federal Trade Commission
<https://www.ftccomplaintassistant.gov/#&panel1-1>

Helpful Links

- <https://www.consumer.ftc.gov/articles/0074-giving-charity>
- Directory of National Charities
<http://give.org/charity-reviews/national>

Editor’s note: Some information contained in this advisory is courtesy of the FBI, the National Center for Disaster Fraud and the National White Collar Crime Center.

RANGER

(Continued from page 1)

Hodge remembers thinking, “I’ve always been a religious person and when I heard the instructor, it was like God telling me, ‘you better start preparing because you’re going to go.’”

It wasn’t until she went to 2nd Battalion, 503rd Infantry Regiment, “The Rock,” part of 173rd Airborne Brigade in Italy, that she got her opportunity.

“Slowly I expressed a desire to attend Ranger School and my chain of command believed in me,” explains Hodge. “They encouraged me and other lieutenants to go; they did an excellent job creating a command climate where mistakes and failure are accepted as long as you try. Leaders can have a profound impact on a unit’s culture and I’m so grateful to serve in ‘The Rock.’ The unit is full of great leaders, past and present, serving as examples for the type of leader I strive to be.”

“There are a lot of things that get you through Ranger School, but two of the most important are wanting to attend and not quitting,” says Hodge’s battalion commander, Lt. Col. Jim Keirse. “1st Lt. Hodge wanted to go and earned her spot on the order of merit list. Once there, she didn’t quit. Now she is a Ranger-qualified ‘Rock’ paratrooper.”

Hodge trained for Ranger School by herself, facing the difficulty of balancing work and training. She was motivated to work out twice a day, doing countless

ruck marches. Sometimes she carried a sledge hammer to simulate the weight of a machine gun.

“I really thought I would struggle with the physical aspect, so I trained hard prior to school,” Hodge explains. “But instead, it was the infantry stuff that was difficult for me. Coming from a military intelligence background, I didn’t know the tactics very well or how the instructors wanted me to conduct patrols.”

At Ranger School, a student can repeat a phase for patrols, peer ratings or an observation report. This is referred to as “recycling.” If a candidate fails the same thing again, they are dropped from the course. Her first time through, Hodge was dropped during patrols.

“I was devastated. I didn’t know why I worked so hard only to fail,” she said. “But ironically, I’m really glad I failed Ranger School my first time. Dealing with failure is one of the most important lessons you can learn.”

Being recycled is not uncommon. According to numbers from Fort Benning, 61.2 percent of graduating Rangers were recycled at least once in 2017. This means less than 39 percent made it through without having to start any of the phases over again. No surprise here: Ranger School is tough.

“I definitely thought about heading home after I failed,” says Hodge. “To start again, it would have been colder,

and mentally I was spent.” Despite those thoughts, she stayed.

“I wasn’t ready to give up just yet,” says Hodge.

“I was able to sign up for a Master Resiliency Trainer course between Ranger classes, and it was one of the best decisions I ever made. Thank goodness for resiliency because my second Ranger Assessment Phase week was one of the hardest of my life. It was so cold and miserable that I wanted to quit every day, but I told myself to just quit tomorrow. Before long, I made it through the week.”

The same work ethic and “never quit” attitude that got her through Ranger School is what makes 1st Lt. Hodge an asset to the unit, says Keirse.

In Hodge’s case, it was also helpful to have other female Ranger graduates to follow. She became the 15th female in the Armed Services to graduate Ranger School and the first Ranger-qualified female “Sky Soldier.” However, this also proved to be challenging.

“I never wanted to be the first female graduate,” says Hodge. “I knew those who went first would deal with criticism and scrutiny. I am very grateful for the 71 females who attended Ranger School before me, the pioneers who overcame prejudice as they pursued their goals. They helped positively change opinions about female Rangers.”

Hodge shares, “I remember reading neg-

ative comments about other female graduates, wondering if I would be judged, too. Would they question whether I truly earned my Ranger tab?”

But the length of ruck marches has not changed, nor does the rain fall only on male candidates. Everyone carries his/her own weight.

“At Ranger School, everyone is held to the same standard,” says Hodge.

When asked if she has any doubts of the results, Hodge responds, “After persevering through school, I know, without a doubt, I earned my Ranger tab. It took patience and determination. I put in the effort. I met the standards.”

She also offers the following advice to anyone thinking of attending Ranger School: “Appreciate the little things. You better learn to love patrols. Volunteer for the small, simple tasks that no one wants to do and make them your hobby, like emplacing claymores and camouflaging them. I loved that.”

She adds, “Don’t let little things get to you. Try to see the good. Yes, there were annoying bugs like mosquitos and spiders, but there were also fireflies which were super cool. Yes, it rained, and everyone’s skin was chafed. But the rain also cooled us down.”

The first Ranger-qualified female Sky Soldier concludes, “Whatever your goal, take it one step at a time and continue in patience.”

The Outlook accepts submissions.

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.



Environmental efforts

Organizations team up to provide easier recycling

By Kurt Brownell
DPW Environmental Division

CASERMA EDERLE — The Directorate of Public Works Environmental Division and the Directorate of Human Resources Post Office staff are now providing waste containers that will enable Vicenza Military Community personnel to properly recycle items in the post office lobby here.

On Aug. 20, Garrison Commander Col. Erik M. Berdy signed the U.S. Army Garrison Italy Recycling Policy, which implemented mandatory solid waste recycling to the maximum extent possible.

In addition to the lobby in the post office, there are new containers throughout the post office to encourage recycling.

DPW has ordered recycling containers with labels to facilitate recycling efforts, and these containers will arrive later this fall. In the interim, a large quantity

of paper and cardboard in the post office can be recycled by simply using existing containers that were repurposed. There are now separate containers for paper and cardboard, plastic and cans, and dry waste (non-recyclable).

Anyone with large boxes to dispose of may use the large dumpster that has been placed adjacent to the parking lot behind the lobby.

Community members may also use conveniently located eco islands found throughout the installation or the Eco Center during normal hours of operation.

Please join the garrison in supporting this important Army sustainability initiative. This will ultimately support the mission, enhance well-being in the community, and protect the environment.

For more information, contact the USAG Italy solid waste/recycling compliance manager at DSN 637-8266, comm. 0444-61-8266, or Kurt.A.Brownell.civ@mail.mil.



Above: Repurposed recycling containers in the Caserma Ederle post office help community members to easily separate waste while waiting for new bins that will arrive later this fall. Below: A dumpster has been placed adjacent to the parking lot behind the post office lobby for customers who need to rid themselves of large boxes. (Courtesy photos)

Employee Spotlight

This week, *Outlook* puts the spotlight on Vicenza Military Community's **Jennessa Peterson**, an environmental specialist with Environmental Division at Directorate of Public Works. Peterson is in her senior year at University of Maryland University College, where she is pursuing a Bachelor of Science in Environmental Management. She is an Army spouse who has been volunteering her time to DPW since March 2018.



(Photo by Karin J. Martinez, VMC Public Affairs Office)

Overview of roles/responsibilities:

"I provide extra support within DPW's Environmental Division. Currently, we are tackling the community's recycling standards. Our objective is to make the current system easier to understand, along with providing access to information related to recycling on all VMC locations, Villaggio, and local *commune*. We are currently procuring recycling bins for offices, barracks and residences on Villaggio, and we will be providing them with educational materials to assist in compliance with recycling laws."

Why this career field:

"I chose this field because it is so diverse, yet each area of study is integrated with another in some way. There are so many avenues to explore, such as biology, ecology, waste management, environmental policy, hydrology etc. Seeing how the human population affects our ecosystems biodiversity is fascinating to me. It wasn't until I was further into adulthood that I realized that my lifelong dream of playing with water, rocks, bugs, and dirt could actually earn me a living!"

What are your career goals?

"I hope to continue working alongside government or state officials helping to ensure we continue to follow ethical and sustainable protocols keeping our communities safe from environmental elements and hazards, but also to keep our planet healthy and thriving for generations to come."

Why do you choose to contribute your time and talents to this organization?

"I believe that supporting this orga-

nization assists in Army readiness and aligns with the mission. Having extra assistance on their end not only allows them to better concentrate efforts but it also provides me, as an overseas student, invaluable opportunities to learn and gain real life experience that I would otherwise lack, being at a disadvantage geographically.

"Most students stateside are able to participate in internship programs which provides them with marketable experience when then enter the workforce after graduation. Volunteering with DPW here in Italy gives me a unique opportunity to learn from U.S. government employees, as well as from local nationals."

What advice would you give to someone who is interested in this field/type of job?

"My advice to those who are interested in studying in this particular field is to let your curiosity take you to places that you've never been. Keep the door and your mind open, critically think about how your actions reflect on our planets environment. Here in Italy, this particular degree program has its challenges. ... With the lack of tutors and resources that other students have here as well in the States, it can sometimes feel arduous; however, persevere, even when it feels like it's a dead end.

"Opportunities will present themselves when you least expect it. Reach out to those in your community and ask if volunteer opportunities are available. I've found that our community has open arms to those who are willing to learn. The next step is just creating the opportunity."

What is recyclable?

Environmental Division provides 'cheat sheet' for easy separation

Recycling fact check

Paper

- Newspapers
- Magazines
- Envelopes
- Receipts
- Clean cardboard boxes with adhesive removed
- Tetrapaks
- Paper egg cartons

Plastic and Cans

- Clean bottles (e.g., soda, water)
- Clean food containers (e.g. yogurt, butter)
- Plastic bags
- Plastic containers
- Clean Styrofoam
- Clean aluminum and metal cans

Glass

- Clean glass food jars
- Clean juice and soda bottles
- Clean beer and liquor bottles

Examples of items that should not be placed into Dry Waste containers

- Rubber
- Cassette tapes
- Blubs
- Ceramics
- Recyclables that contain a large amount of food waste
- Napkins



Mini submarine to survey WWII site at Lake Garda

by Ben Appleby
Association Benàch Nago-Torbole

LAKE GARDA — On April 30, 1945, an American amphibious craft (DUKW) sank with the loss of 25 men. From Sept. 28 to Oct. 5, 2018, at Riva del Garda in northern Italy, a team from ProMare, a non-profit underwater archaeology foundation, led by Brett Phanuef and Fredrik Soreide (two of the founders of ProMare), will be conducting an extensive survey of the DUKW and the area around it in Lake Garda in a three-man mini submarine. ProMare is a non-profit corporation and public charity established in 2001 to promote marine research and exploration.

On that fateful day in 1945, this American amphibious craft known commonly as a DUKW left the little town of Torbole on the northwestern shore of the lake, heavily overloaded with 26 men, a 75mm howitzer gun and ammunition.

It was part of a convoy of DUKWs traveling under the cover of darkness to the town of Riva del Garda. During the lake crossing, the vehicle’s engine quit and a sudden violent storm whipped up large waves, causing the DUKW to sink. The vehicle sank and 25 of the 26 men on board perished. The only survivor was Cpl. Thomas Hough, a former lifeguard from Dayton, Ohio.

This is not the first time Phanuef and ProMare have come to Lake Garda. In 2004, they undertook a mission to find the sunken vehicle but were unable to locate it. Only many years later in December 2012, after many hours of searching (17 sonar outings, covering an area of more than 7 million square meters) a local volunteer group, *Gruppo Volontari del Garda*, located it lying at the depth of 276 meters.

The Association Benàch, a local history society based in Torbole, have been researching this event and the liberation of Torbole by the men of the United States Army’s 10th Mountain Division from Fort Drum, New York.

Through their research they have traced a number of relatives of the DUKW victims, some of whom even visited Torbole. In 2016, under the initiative of



The amphibious vehicle (DUKW) that sunk April 30, 1945, at 270 meters. (Photo by Volontari del Garda)

veterans Rick Tscherne, Perry Doerr and Ron Hudnell, and members of the Association Benàch — and thanks to the success of a crowd-funding campaign, a monument was put up in memory of these 25 men who are still listed as missing in action.

The objectives of this new operation is to undertake a full inspection of the DUKW, conduct a detailed survey around the vehicle, and locate any associated objects such as the howitzer or traces of the Soldiers who drowned while aboard. The expedition will be non-invasive and everybody involved will act with the highest respect for those men who died.

Should any remains be discovered, appropriate procedures will be followed to contact American and Italian authorities. On hand will also be former air-attaché to Rome (2001-2004), Jeff Patton, who has been following this story for many years.

Antonella Previdi, head of communications for Association Benàch, will organize a press briefing at week’s end where results of the research and some film footage will be shown.



A photo of the type of mini submarine that will be used to conduct the underwater survey of the sunken amphibious craft in Lake Garda. (Photo by ICTINEU Submarin SL)

Health & Wellness

Mindfulness through yoga, prescription for a healthier mind

Story and photo by Tamara Passut
U.S. Army Health Center-Vicenza

VICENZA — While yoga may seem like just a physical activity, many Army medical professionals believe the physical motions can translate also into control of the mind when practiced regularly and within the right context.

Licensed Clinical Social Worker Lisa Andreucci and her coworkers in the Behavioral Health Department, U.S. Army Health Clinic-Vicenza facilitate a medical yoga program for active-duty Soldiers, as well as other patients over the age of 18 with a referral from Behavioral Health or Primary Care.

“The class focuses on low-intensity movement, breath work and mindfulness skills to improve strength, flexibility, endurance, balance, mind-body integration as well as self-regulation both physically and mentally,” said Andreucci. “Our Medical Yoga patients report improvements in their mood, energy, sleep, overall empowerment and confidence in self.”

The behavioral health team at the USAHC-Vicenza say they appreciate this type of therapy for their patients. Medical Yoga is often used to complement



Christina Boland, class participant, demonstrates a yoga pose after the medical yoga class Aug. 28 in Vicenza.

other traditional behavioral health therapies to manage anxiety, depression and Post-Traumatic Stress Disorder. In addition, the class can help with other medical issues.

“Many of our patients have said they notice a decrease in their pain,” said An-

dreucci. “When patients can reduce their pain, they can apply more focus to other important areas of their lives.”

The Medical Yoga program has been offered for five years at Caserma Ederle, demonstrating a continued patient demand and success.


“Therapeutic, medical yoga has helped me reconnect with my body and mind in a safe, non-judgmental space,” said Christina Boland, a patient in the Medical Yoga class Aug. 28. “My yoga mat has become my magic carpet, taking me to a place of calm, allowing me to transform my feelings of anxiety, anger, and tension and helping transform me into a calmer version of myself. Through these classes I’ve learned that it’s okay to back off and listen to my body when my limits are challenged, and I translate that to my life off the mat, learning to back off a little when my mind is overwhelmed.”

When patients are referred to the program, they will first go to an initial screening appointment to determine if the program is a good fit to help them meet their goals.

To protect patient privacy, more details about class dates, times and locations are provided to patients following their initial screening.

As each class is considered a group treatment medical appointment, Soldiers and unit leaders should ensure attendance just as they would for other medical appointments.

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



Looking for information and resources?

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

Soldiers -
The 2018 Workplace & Gender Relations
SURVEY OF ACTIVE DUTY MEMBERS(WGRA)
is now open.





City of Padova pays homage to 9/11

PADOVA — Lieutenant Col. Michael Parsons (3rd from left), director of Emergency Services; Frank Lands (left), deputy garrison commander, United States Army Garrison Italy; and members of the Vicenza Military Community Fire Department participated in Padova's 9/11 ceremony as the official celebrants from USAG Italy. Here, the entire contingent can be seen laying the official wreath Sept. 8 at the 9/11 Memorial in downtown Padova. (Photos by Mark Turney, VMC Public Affairs Office)



Lead Firefighter David Weller shares his fire helmet with 11-year-old Mattia Malachin at the 9/11 ceremony event in Padova. Malachin, pictured with his grandfather, says he wants to be a firefighter when he grows up.



Members of the Padova Professional Firefighters Association help to raise the flags of Italy and the United States of America before the beginning of the official ceremony.

Right: One of two Italian Honor Guards stood watch at the 9/11 Memorial in Padova during this year's ceremony, which took place Sept. 8.



Members of a Padova dance group performed a modern dance piece about survivors of the 9/11 attack and those left behind. The steel beam in the background once was a support beam in the World Trade Center in New York which was destroyed that fateful day.





Above: Emma Allen, 13, swims in the 800 meter freestyle.
Above right: Giana Sovie, 11, is supported for her last turn in the 800 meter freestyle.



'Meet' the Mako Sharks
CASERMA EDERLE — The Vicenza Mako Sharks played host to the first swim meet of the season Sept. 22 at the pool here. Approximately 100 youth participated in the event with teams from Aviano, Naples, Kaiserslautern and Vicenza. The Mako Sharks placed first with 540 points, followed by Aviano Sea Dragons, 452 points; Naples Tiger Sharks, 138 points; and Kaiserslautern Kingfish Swim T, 42 points. The next meet will be in Sigonella the first week of October. *(Photos by Laura Kreider, VMC Public Affairs Office)*

BOSS soccer team plays Vatican Swiss Guards

CASERMA EDERLE — Members of U.S. Army Garrison Italy and Better Opportunities for Single Soldiers spent three days in Rome Sept 24-26. The visit included a soccer match between BOSS participants and the Vatican Swiss Guards, sightseeing and a special tour of the Vatican, which included a special Mass and a papal audience. In the photos, BOSS members practice on Hoekstra Field before their departure Sept. 19. *(Photos by Laura Kreider, VMC Public Affairs Office)*



News briefs

Estate or indebtedness claims

Anyone having any claims on or obligations to the estate of Sgt. Nathan A. Teregeyo in 1st Battalion, 503rd Infantry Regiment, 173rd Brigade Combat Team, should contact the Summary Court-Martial Officer, 1st Lt. Joshua Allyn, at DSN 637-4572 or via e-mail: joshua.d.allyn.mil@mail.mil.

Air conditioning to be turned off

Because the weather is expected to be below 80 degrees Fahrenheit for most days, the air conditioning season is ending. The Directorate of Public Works will shut off AC systems in the reverse order they were turned on: general administrative buildings shut off first, followed by communications facilities, barracks, operational mission facilities, and finally, health care and Child Development Center buildings.

Learn about being a warrant officer

The South of the Alps Warrant Officer Association offers “Coffee with a Warrant Officer” the last Thursday of each month from 7:30 to 9 a.m. at the Caserma Ederle Post Exchange food court next to the Subway restaurant. The opportunity is open to those interested in becoming a warrant officer or who would like to know more about an Army career as a Warrant Officer. No registration required; just stop by.

Montessori education

The MOMS Club of Vicenza offers parents a program that serves as an introduction to Montessori. Sessions take place the first Tuesday of each month in October and November at Building 300A, next to the Mensa on Caserma Ederle. Sessions take about 30 to 45 minutes. Children will have free play and craft time in an adjoining room. Montessori education is a world-renowned system that was developed in Italy by the Italian physician and educator, Maria Montessori. Her methods focus on self-directed activities, hands-on learning and collaborative play. For more information, please email momsclubofvicenza@gmail.com.

Auditions for annual holiday show

If you’ve been wanting to get involved at Soldiers’ Theatre, meet people, celebrate the season and have a lot of fun, audition Oct. 10, 6:30 p.m., for “Comin’ Up Christmas Time,” a holiday musical variety show consisting of novelty songs, contemporary and traditional holiday music with a lot of staging and movement. The director is looking for a large cast of community performers who would like to share the joy of the holidays in a musical format. No experience necessary; auditions are open to performers 8 years old and older. Anyone interested in auditioning should bring a prepared holiday song to sing. A pianist will be available or you may sing a cappella. The show will be presented Nov. 30-Dec. 9, Friday and Saturday evenings and Sunday matinees.

College fair

Represent your alma mater. Sign up as a volunteer representative for the 2018 Vicenza College Fair that will take place Oct. 17, 5:30-7 p.m. at the Vicenza High School gym. The College Fair will be a great opportunity for middle and high school students in the community to explore options for higher education. Interested volunteers should contact Stacey Johnson, stacey.m.johnson45.naf@mail.mil, or 0444-71-7659.

The Teen Center will provide willing participants with a memo to contact their college or university; they will then serve as a resource at the event.

Education center offers class, tests

The Education Center in Vicenza offers a GT improvement class Oct. 22 through Nov. 14. The class will take place in Building 2 on Caserma Del Din. Registration for the class closes Oct. 9. For an application, call the center at DSN 637-8141, comm. 0444-61-8141, or email Vicenza.edcenter@us.army.mil. One free administration of the SAT and ACT are being offered to active-duty service members. Contact the Education Center to register no later than Oct. 19 at vicenza.edcenter@us.army.mil.

Transition for government travel cardholders

The current SmartPay®2 Government Travel Charge Card (GTCC) contract will expire Nov. 29, and the SmartPay3 contract will begin Nov. 30. The Department of Defense will not be reissuing new accounts/new cards to current SmartPay 2 cardholders. Travelers with Individually Billed Accounts will continue to use their current travel card under SmartPay 3. Organizations using Centrally Billed Accounts will continue to use those accounts under SmartPay 3.

Upon expiration, accounts will be renewed and reissued using the existing account number. As of Nov. 30, new and reissued cards will be blue replacing the current silver travel cards. It is important that customers keep contact information up to date in CitiManager®. To review contact information, login to CitiManager by following the steps below. Existing CitiManager login credentials will remain the same for SmartPay3.

1. Go to citimanager.com/login and login with your existing credentials.
2. From the homepage, click the card icon on the left-hand menu.
3. From the Card Details screen, click “Card Maintenance” on the right-hand menu.
4. Update your contact details and click “Submit.”

Anyone not registered in CitiManager should visit citimanager.com/login and select the “self-registration for cardholders” link. CitiManager is Citi's online GTCC account management system, provides cardholders with a single. Anyone with questions should contact his/her Agency Program Coordinator.

Private music instruction, dance classes

Learn a new skill and enjoy the pleasures of making your own music. Now is the perfect time to take a music class – individual lessons based on your schedule.

Convenient and fun, these ongoing classes in piano, guitar, voice and flute take place at Soldiers’ Theatre on Caserma Ederle. Contact the theater for more details, schedule and fees or to register at DSN 634-7281, comm. 0444-71-7281.

The theater also offers Salsa and Latin dance classes, a great way to meet people, exercise and have fun. No partner necessary. Free classes take place every Tuesday and Thursday at 7 p.m. No pre-registration necessary – just show up for the class.

Classes take place in the SKIES Unlimited Dance Studio, Bldg. 308 on Caserma Ederle.



Find laughter at Soldiers' Theatre

CASERMA EDERLE — Tatiana Rosado Dunbar and Sgt. Martin Sinlao perform at the dress rehearsal for "Universal Language," one of nine short adult comedies at Soldiers' Theatre. Community members are invited to “Spontaneous Laughter” at the theater. Performances will take place Sept. 28-30, Friday and Saturday at 7:30 p.m., and Sunday matinee at 2 p.m. Tickets are \$12 for adults. Please note that this show is not suitable for children, as it contains adult language and situations. To reserve a seat, email gerald.s.brees.naf@mail.mil. "Universal Language" is one of the pieces that will be part of this year's One Act Play Festival in Kaiserslautern, Germany, Oct. 6. (Photo by Laura Kreider, VMC Public Affairs Office)

Wear 'Purple for a Purpose' to stand against domestic violence

VICENZA — “Purple for a Purpose,” this year’s theme for the Family Advocacy Program (FAP) in their crusade to end domestic violence in the Vicenza and Darby military communities.

Domestic Violence is often a topic that can make people feel uncomfortable, says Family Advocacy Program Manager Janine Harper. “It’s a real problem that impacts the readiness of our troops and welfare of our families. There are so many causes and conditions that contribute to domestic violence, but the important thing is there is help here in our community.”

Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused or denied. This can be especially true when the abuse is psychological or financial. Domestic violence takes a community to defeat.

The Family Advocacy Program teaches the 3 R’s: **recognizing** the symptoms, **responding** to the situation, and **reporting** to help a community take action against it. These simple actions can help protect victims and give them the courage to come forward and seek assistance.

Domestic Violence Awareness Month kicks off Oct. 1 with the signing of the Proclamation by Col. Erik M. Berdy, commander, United States Army Garrison Italy, at Army Community Service on Caserma Ederle. The goal is to raise awareness of the signs of relationship abuse and help individuals and couples address problems early. Family Advocacy offers a wide range of supports to families that may be fostering unhealthy relationships.

Goals for the month include addressing signs through early intervention through programs such as commander and troop annual training, Family Readiness Group informational sessions, Anger Management and Stress Management classes, relationship workshops, parenting strategies, New Parent Home Visit Program and many others.

Additionally, FAP also has the Victim

Advocacy Program. A victim advocate (VA) is a trained professional who provides non-clinical advocacy services and support to Soldiers, civilians and their family members experiencing domestic abuse. While not a first responder, victim advocates are on call 24 hours a day, seven days a week for emergencies. They are able to provide crisis intervention, safety planning, non-judgmental support, assistance in securing medical treatment, information on legal rights, and referrals to other military partners. The on-call VA will empower victims to make informed and independent decisions to help facilitate and support the

healing and recovery process. The VA can be reached by calling 335-805-7867.

Please join the Family Advocacy team throughout the month in support of their mission to aid the community in raising awareness and helping victims of domestic violence.

EVENTS FOR OCTOBER

Wear Purple Wednesdays: Everyone shares responsibility for safety and well-being of the military community. Join FAP in October to continue the prevention and awareness of domestic violence by wearing the color purple every Wednesday.

Anger Management: Oct. 2, 10:30-11:30 a.m., ACS Bldg. 108 on Caserma Ederle; and Oct. 3 10:30-11:30 a.m. at the library on Caserma Del Din.

Stress Management: Oct. 9, 10:30-11:30 a.m., ACS Bldg. 108; and Oct. 10, 10:30-11:30 a.m. at the library on Caserma Del Din

Domestic Violence 5k Run: Oct. 20, 9 a.m., at Ederle Track and Field

For additional information about class offerings, program support or FAP community activities, contact Jessica Daigle at DSN 634-8526 or jessica.s.daigle.ctr@mail.mil.



Halloween, Gardaland

VENETO & NEARBY

HERBEST/Autumnal Herbs Festival
Sept. 29-30, Asiago. Trade show with flowers, herbs and typical food, walks and workshops by Slowfood Plateau. Sales and exhibition of flowers, herbs and typical products, walks and laboratories.

Gauguin e gli Impressionisti
Gauguin and the Impressionists
Sept. 29-Jan. 27, 2019, Padova, Palazzo Zabarella, Via San Francesco 27. Masterpieces from the Ordrupgaard Collection; from Tuesday to Sunday 10 a.m.-7 p.m.; ticket office closes at 6.15 p.m. Closed Mondays. Special openings: Nov. 1; Dec. 8 & 26, and Jan. 1 & 6, 2019. Entrance fee: €13; reduced €11 (ages 18-25 years old, senior citizens over 65, disabled persons); €7 (children 6-17 years old); free for children up to 5 years old (not in a school group), accompanying visitors with disabilities. Audio guide is available in English for €5.

Sagra dell’Arna/Duck Festival
Oct. 4-9, Torri di Quartesolo, about four miles southeast of Vicenza. Food booths featuring *bigoli* in duck sauce and the traditional duck stuffed roll. Open at 7 p.m. Oct. 5 at 5 p.m., opening ceremony of the exhibit “World War I”. Photography and mycological exhibits; live music and dancing starts nightly at 9 p.m. Carnival rides, covered dance floor and parking.

Festa del Baccalà alla Vicentina
Dried Cod Fish Festival
Oct. 5-8, Montegalda, Piazza Marconi, about 12 miles southwest of Vicenza. Food stands featuring Vicentine cod fish with polenta and many other traditional specialties. Open at 6:30 p.m. Live music and dancing.

Gardaland Magic Halloween
Every weekend, from Oct. 6 to Oct. 31 and Nov. 1 through Nov. 4, is Gardaland Magic Halloween! Gardaland dresses in black and orange and if you dare, you can live a frightening fun experience along with them. Monsters, vampires, witches, pumpkins and ghosts — every horrific being in this world and the next is waiting to make you scream with delight. On Oct. 31 Gardaland will be open until midnight for a Halloween party. Ticket allows full access to all rides and shows, as often as visitors like. Please note: In exceptional circumstances, some rides may be closed due to maintenance works. Ticket office closes two hours before the park closes. Fares may be subject to variation. Learn more at <https://www.gardaland.it/en/>.

Casa su Misura /Home Furnishing Fair
Oct. 6-14, Monday-Friday, 5-10 p.m., Saturday-Sunday, 10 a.m.-10 p.m., 4, in Padova, Tommaseo 59; entrances Pavilion 1-7-8. 450 exhibitors display classic and contemporary furniture, lighting, textiles and accessories; outdoor furniture (terraces and gardens), bathrooms and the most innovative and elegant heating systems. In Gallery 78, free advice by a home shopper. Entrance fee.

Fiera del Riso/Rice Fair
Through Oct. 7, Isola della Scala (Verona), about 42

miles southwest of Vicenza. Open Mondays-Fridays, 11 a.m.-2:30 p.m. and 6:30 p.m.-midnight; Saturdays 11 a.m.-1 a.m.; Sunday, 10 a.m.-midnight. This is the largest Italian event dedicated to rice and risotto; it will host chefs from many Italian regions who will cook their specialties during the fair. Exhibits, sporting events, shows, live music and gastronomic competitions. Free entrance.

Pomo Pero/Apple and Pear Festival
Oct. 13-21, Lusiana, Via Roma and Piazza IV Novembre, about 21 miles north of Vicenza. Grand opening Oct. 13 at 5:30 p.m. at Cinema Comunale; Oct. 14 and Oct. 20-21, starting at 9 a.m., local products exhibit and sale; old trades demonstrations; workshops for children; Oct. 21, 3 p.m. flag wavers parade in Piazza IV Novembre; 5:30 p.m. live music. Free entrance.

Abilmente-Mostra Internazionale della Manualità Creativa
International Bricolage and Manual Creativity Exhibition
Oct. 18-21, 9:30 a.m.-7 p.m., Vicenza, Via dell’Oreficeria 16. Embroidery and patchwork workshops; creative classes and demonstrations; 350 specialized exhibitors from Italy and abroad; admission fee: €12, or €10 if purchased online; reduced €10 (visitors ages 13-18 and senior citizens older than 65). Free entrance for children younger than 12, for persons with disabilities and their assistants. Multiple-day ticket: two days €15; three days €20.

CioccolandoVi/Chocolate Festival
Oct. 19-21, 9 a.m.-7 p.m., Vicenza, Piazza dei Signori, Piazza Biade, Piazzetta Palladio and Piazza Garibaldi. The 11th edition of this chocolate festival; Oct. 19, 1-11 p.m.; Oct. 20, 9 a.m.-2 a.m.; and Oct. 21, 10 a.m.-8 p.m. Watch the top Italian chocolate manufacturers preparing their chocolate delicacies and sample a great variety of chocolates. Free entrance.

Asiago Foliage
Autumn Festival on the Asiago plateau
Oct. 20-21, Asiago, Piazza Carli. Back for its fourth year is the event dedicated to the colors, scents and flavors of the plateau. During the two days, visitors can experience the autumn air and magical of Asiago, enjoying the beauty of nature of the plateau. There will be guided walks within walking distance from the town center; art workshops; creative, sensory and science for children, teens and adults; photo exhibition/competition with the best images of foliage; exhibition/market of arts and crafts; autumn-themed wine tasting; and more.

Passeggiate in Carrozza
Horse-Drawn Carriage Tours
Through Oct. 28, 3-8 p.m., Vicenza. Enjoy this unique way of seeing the most beautiful sites in the city. The 20-minute tours depart and return to Piazza Biade. Cost is €15 for a maximum of four people at a time.

Parco Giardino Sigurtà/Park and Garden
Through Nov. 11, open every day, 9 a.m.-7 p.m., last admission 6 p.m.; October and November 9 a.m.-6 p.m., last admission 5 p.m. Valeggio sul Mincio (Verona), Via Cavour 1. By car, the park can be



Chocolate Festival, Vicenza

reached taking Autostrada A4, Peschiera del Garda exit. The park offers the opportunity to capture the magic of each season with photos. Voted the most beautiful park of Italy in 2013, and in 2015, it was awarded second place in Europe’s Most Beautiful Parks. During autumn, the park is dominated by foliage: hundreds of Japanese maples *lagerstroemias*, *liquidambars* and the green of the lawns. A parking area is located near the entrance; visitors may walk, use the electric shuttle or tour by bike. Entrance fee: €12.50; reduced €6.50 for children 5-14, €10 senior citizens over 65; free for children younger than 4 years old.

MARKETS

Borgo di Serravalle-Vittorio Veneto (Treviso): Oct. 7, 8 a.m.-6 p.m., Via Roma

Marostica (Vicenza): Oct. 7, 8 a.m.-6:30 p.m., Piazza Castello (130 vendors)

Verona: Oct. 7, 8 a.m.-5:30 p.m., in Piazza S. Zeno, about 38 miles west of Vicenza (200 vendors)

Asolo (Treviso): Oct. 14, 8 a.m.-6 p.m., Piazza Gabriele D’Annunzio

Collalto, Susegana (Treviso): Oct. 14, 8:30 a.m.-6 p.m.

Godega di Sant’Urbano (Treviso): Oct. 14, 8:30 a.m.-6:30 p.m., Via Roma, about 78 miles northeast of Vicenza (234 vendors)

Montegrotto Terme (Padova): Oct. 14, 8:30 a.m.-7 p.m., Viale Stazione (130 vendors)

Portobuffolè (Treviso): Oct. 14, 8 a.m.-6 p.m., Piazza Vittorio Emanuele and downtown streets (200 vendors)

Vicenza: Oct. 14, 8 a.m.-6 p.m., Piazza dei Signori

Arquà Petrarca (Padova): Oct. 21, Piazza Francesco Petrarca (50 vendors)

Bassano del Grappa (Vicenza): Oct. 21, 8 a.m.-6 p.m., Piazza Terraglio

Cittadella (Padova): Oct. 21, 8 a.m.-6 p.m., downtown squares and streets (about 70 vendors)

Este (Padova): Oct. 21, 8 a.m.-7 p.m., in Piazza Maggiore and Via Matteotti (60 vendors)

Godega di Sant’Urbano (Treviso): Oct. 21, 8:30 a.m.-6:30 p.m., Via Roma, about 78 miles northeast of Vicenza (234 vendors)

Malo (Vicenza): Oct. 21, 9 a.m.-5 p.m., in Piazzale Zanini and surrounding streets, 11 miles north of Vicenza

Mirano (Venezia): Oct. 21, Piazza Martiri della Libertà (80 vendors)

Montagnana (Padova): Oct. 21, 8 a.m. to sunset, in Piazza Maggiore 150, about 27 miles south of Vicenza (60 vendors)

Padova: Oct. 21, 8 a.m.-6 p.m., in Prato della Valle and Via Umberto I, about 24 miles southeast of Vicenza (160 vendors)

Soave (Verona): Oct. 21, 8 a.m.-6 p.m., Piazza Antonio Marogna and Corso Vittorio Emanuele (110 vendors)

Treviso: Oct. 28, 8 a.m.-7 p.m., Borgo Cavour and Via Canova, about 56 miles east of Vicenza (about 120 vendors)

Valeggio sul Mincio (Verona): Oct. 28, 8 a.m.-7 p.m., Piazza Carlo Alberto and downtown streets



Festival of the Thrush, Montalcino

TUSCANY

I Giorni di Bacco/Bacchus Days
Sept. 28-30, starting at 7 p.m. (4 p.m. start Sept. 30), Castiglion Fiorentino (Arezzo), Piazza Matteotti. Food booths feature local specialties and wines. Entertainment, live music and games for children.

Sagra della Bistecca e del Fungo Porcino Steak and Porcini Mushroom Festival
Sept. 28-30, Oct. 5-7 and Oct. 12-14, Certaldo (Florence), Viale Matteotti 201. Food booths featuring many local specialties open for dinner and, on Sundays, also for lunch starting at 12:30 p.m.

Corri la Vita/Run for Life
Sept. 30, Florence. Join the annual 6.2 km or 11 km run through the beautiful city of Florence. Created to foster awareness and to contribute to the public health system of Florence with treatment and research of breast cancer. Register from now to Sept. 27 for €10 per person at corrilavita.it. Arrive early to the entrance gates in Piazza Vittorio Veneto for warming and be ready at 9:30 a.m. for your run/walk. Entrance fee includes bib number and t-shirt donated by Salvatore Ferragamo.

La Fiera Antiquaria di Arezzo Antiquarian Fair in Arezzo
Oct. 6-7, Arezzo. On Saturday, 9 a.m.-8 p.m., and Sunday, 9 a.m.-7 p.m. Many years ago, Ivan Bruschi gave life to one of the oldest and biggest antique fairs in Tuscany. He transformed his love for the old, unique and precious into an event that fills the streets of Arezzo every first Sunday of the month and the Saturday that precedes it.

Festa di San Luca/Feast of Saint Luke
Oct. 13-21, Impruneta (Florence). The oldest livestock fair in all of Europe, the fair of San Luca was first documented in the 1600's. The lives of the people of Impruneta revolved around *La Fiera* or 'The Fair.' They lived their lives waiting for The Fair so that they could enjoy some honest and healthy fun; they would wait until The Fair to ask their Madonna for an indulgence, take a spin on the Merry-Go-Round, profess their love to their beloved, or to buy a new umbrella.
Dates and hours: Oct. 13, 8 a.m.-6 p.m., Oct. 14, 9 a.m.-4 p.m., Oct. 15, 10 a.m.-9 p.m., Oct. 16, 6:30 a.m.-9 p.m., Oct. 17, 10 a.m.-9 p.m., Oct. 18, 9 a.m.-10:30 p.m., Oct. 19, 10 a.m.-9:30 p.m.; Oct. 20, 9 a.m.-9 p.m.; and Oct. 21, 9 a.m.-4 p.m. Street food, wine and salami tasting,

and more. Visit www.fierasanluca.it for more information.

Sagra del Tordo Festival of the Thrush
Oct. 27-28, Montalcino. A medieval festival with historical reenactments, traditional food and Brunello wine. The four quarters of Montalcino — Borghetto, Pianello, Ruga and Travaglio — challenge each other in an archery competition, and visitors are able to experience the spectacular contest, as well as falconry displays and medieval banquets. For more information, www.montalcino.net.

CONCERTS/SPORTS

Europe – Oct. 2 Bologna
Amadou and Mariam – Oct. 6 Torino
U2 – Oct. 11-12; Oct. 15-16 Assago (Milan)
America – Oct. 13 Rome; 12; Oct. 14 Bologna; Oct. 15 Milan (Teatro Dal Verme)
David Garrett and his band – Oct. 17 Rome; Oct. 19 Florence; Oct. 20 Assago (Milan)
Ben Harper – Oct. 26 Padova (Gran Teatro Geox)
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
Maneskin – Nov. 14 Florence
Liam Gallagher – Nov. 15 Conegliano; Nov. 16 Rome
Dire Straits Legacy – Nov. 20 Assago (Milan); Nov. 21 Padova; Nov. 23 Brescia; Nov. 24 Florence
Bryan Adams – Nov. 23 Padova (Gran Teatro Geox); Nov. 24 Montichiari PalaGeorge (Brescia)
Bunbury – Dec. 2 Milan
Elton John – May 29-30, 2019, Verona
ITALIAN ARTISTS
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
Angelo Branduardi – Nov. 10 Florence
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.it and www.getticket.it.



Munich's annual Oktoberfest kicked off Sept. 22 and runs through Oct. 7. (Courtesy photo)

Oktoberfest 2018 in full swing, get tips from State Department

WASHINGTON — The annual Oktoberfest celebration began Sept. 22 in Munich. With numbers expected in the tens of thousands, and the close proximity of Italy to where the event is, there will be an opportunity for Vicenza and Darby community members to attend.

The U.S. Department of State offers the following advice for visitors to Oktoberfest:

- Keep passports in a safe place. Make a good, clear copy to bring to the festival. This makes it less likely that the actual passport will be lost or stolen.
- While at Oktoberfest, keep passport copy, cell phone, money and hotel address on your person, preferably in a secure pouch or pocket.
- Taking beer mugs from the Oktoberfest tents is considered a criminal offense. Purchase official mugs that are approved to leave the grounds from vendors. Police can tell the difference.
- Don't forget that Bavarian beer is stronger than American beer. Drinking a "Maß" (one liter of beer) has the same alcohol content as a six-pack of American beer.

What to do if ...
You lose your passport
Apply for a replacement at the Consulate. Bring at least \$135 (or Euro equivalent), a passport photo, and whatever picture ID you have.

You lose your credit card
Call your credit card company to report it lost or stolen. The numbers are below.
Visa: 0800-811-8440
Mastercard: 0800-819-1040
AMEX: +1-336-393-1111 (USA)
*Note: Cash is the most accepted currency at Oktoberfest and the only currency in beer tents. Have plenty on hand.

Lost & Found
Lost & Found is located at the Service Center basement; the entrance is in the *Festleitung*. It is open daily. They cannot be contacted by telephone, only in person or by e-mail at Fundbuero.kvr@muenchen.de.
Anything lost in beer tents (wallets, passports, keys, cell phones, purses) will be turned in to that office, but expect a delay between loss and items showing up for claim.

Security point
Anyone who feels threatened or harassed or needs information, help or

advice should visit the *Sichere Wiesn* security point located below the Bavaria statue in the Service Center.
It is open daily from 6 p.m. to 1 a.m., and every Saturday from 3 p.m.-1 a.m. Call at 89-502-22366.

Tips for a fun visit
Wearing Tracht (traditional Bavarian dress) at Oktoberfest is encouraged, and fun, but not required.
Note: Many *Dirndls* have a hidden pocket, a great place to keep money, identification and emergency contact information.

Keep a close eye on personal belongings, especially on mass transit. Munich may be one of the safest cities in the world, but where there are crowds, there are pickpockets, and Oktoberfest brings out the pros.
Do not bring luggage, packs or large purses to Oktoberfest. They won't be allowed inside the grounds due to security precautions. The rules are similar to U.S. professional sports stadium security rules. Expect to be searched at the outer perimeter.

Emergency phones are located on the light poles of the Oktoberfest grounds. Pick one up; there will be a police officer on the other end.
Join in the singing. In beer tents, guests are allowed to stand on benches and sing. However, dancing on the tables is not allowed.

Do not smoke inside tents. Each tent has an outside smoking area for smokers.

Avoid disputes with other attendees. Guests who get into fights will be arrested. Hitting someone with a beer mug is an "assault with a deadly weapon," and usually results in prison time.

Police may ask for ID at any time. Some police are not dressed in uniform, but in plain clothes.
Make sure to always have a copy of passport. Patrons may also ask to see police IDs, which are laminated cards, not badges.
When talking to police, patrons are always allowed to request an English-speaking police officer. However, expect to be escorted to where the English-speaking police officer is located, usually the police station.

ENTERTAINMENT & TRIPS

Fall Bazaar
Sept. 28, 4-8 p.m.; Sept. 29, 10 a.m.-6 p.m.; and Sept. 30, 10 a.m.-4 p.m.
Golden Lion, Caserma Ederle
It's that time of year again. At this community favorite, vendors from different parts of Europe will be available to sell their products. Whether you're looking for a unique purchase or that perfect gift, you are sure to find it at the Fall Bazaar. Shopping opportunities include wine, cheese, olive oil, ceramics, art and more.

Sunday Night Football
Sept. 30 and Oct. 7, 14, 21 & 28, 7-10 p.m.
Warrior Zone, Caserma Del Din
Head to the Warrior Zone on Sunday nights and root for your favorite team. Kick back in the lounge area while enjoying hot food and cool drinks. Takes place every Sunday until the Super Bowl (Feb. 3, 2019). Watch your favorite teams go the distance on the big screens.

Fight Night: McGregor vs. Khabib
Oct. 6, 4 a.m.
Warrior Zone, Caserma Del Din
Nearly two years after he last stepped foot inside the Octagon, Conor McGregor will make his UFC return to reclaim the title he never lost, though it will likely be his toughest test to date. Dagestani champion and undefeated Sambo master Khabib Nurmagomedov looks to cement his status as the greatest lightweight fighter of all time. Enjoy food, drinks and the fight on a big screen.

Mount Pasubio 52 Tunnels Hike
Oct. 6, 6:30 a.m.-5 p.m., \$50
ODR, Caserma Ederle
Join Outdoor Recreation to hike the road called 52 *Gallerie* (tunnels). The route is more than 10 miles long, with many scenic views to enjoy along the way. The group will stop for lunch at a mountain *rifugio*. Built in 1917, the road was used to provide lateral lines of communications and supplies to the Italian V Corps in the Pasubio area. The *Gallerie* were needed to quickly move troops and equipment along a line out of sight and artillery fire of Austrian and Hungarian enemy forces.

Paragliding
Oct. 13, \$140
7:30 a.m., ODR, Caserma Ederle
8 a.m., Del Din Shoppette
Experience the unique thrill of soaring through the air catching thermals with feet dangling during a tandem paraglide jump. Paragliding is a seated parachute activity, and each participant will be paired with an instructor. The amount of time spent in the air may vary based on the temperature and weather conditions. Expect the time from takeoff to landing to be about 15-25 minutes.

Music Café
Oct. 19, 7:30-11 p.m.
Soldiers' Theatre, Caserma Ederle
Music Café nights are casual improv jam nights for music lovers by music lovers. Great music and amazing community talent await. Entry is free and refreshments will be available for purchase.

Paintball
Oct. 20, 9 a.m.-3 p.m., \$65
ODR, Caserma Ederle
Get the adrenaline pumping and eliminate your opponents with this fast-paced and extreme sport. Join Outdoor Recreation as they visit a favorite local field to play Speedball, a variation of paintball where the playing field is composed of a maze of bunkers mirrored on both sides. Use your own gear or borrow from Outdoor Recreation.

Darby Laser Kick Back Night
Oct. 26, \$5 registration fee
€25 for laser tag
6-10 p.m., Youth Center
Camp Darby
Head into the Youth Center immediately after school to enjoy some delicious pizza followed by two hours of laser tag. Participants will enjoy pizza at the Youth Center and open time to relax and chill with friends for the rest of the night.

Darby Trip: Rome Express
Oct. 27, 5 a.m.-11 p.m., \$75
**Register by Oct. 19*
Pay at snack bar, Bldg. 305
Camp Darby
Enjoy this day trip to the beautiful and historical city of Rome. Participants will enjoy ample free time to walk the streets, view the sights, and take in the attractions.

Warrior Zone Halloween Party
Oct. 31, 7 p.m.
Warrior Zone, Caserma Del Din
The Warrior Zone invites one and all (including local nationals) for a Halloween party with some country western twisted in. Ages 18 and older will be able to enjoy a night of fun. Enjoy country music, dancing, a costume party and competition. The winner of the competition will receive a 50 percent discount on any sandwich purchase.

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.

CLASSES & WORKSHOPS

Creative Coffee Art
Sept. 29, 11:30 a.m.-1 p.m., \$15
Arts & Crafts Center, Caserma Ederle
Coffee gives a rich brown hue that can produce beautiful paintings. During this special event on International Coffee Day, participants will become familiar with how to craft coffee into a piece of artwork. In this class, participants will learn how to prepare their coffee "paints" and the basic properties of coffee painting to create a simple, yet gorgeous, illustration. Price includes materials and a personal 5"x7" coffee art on textured watercolor paper. Register by Sept. 27 to reserve your spot, 0444-61-7846.

GROW! Parenting Class Begins
Oct. 2, 8:30-10 a.m.
ACS, Bldg. 108, Caserma Ederle
Do you have a child ages 5 to 10 years old? Learn strategies that will impact

your child for a lifetime with the GROW! Program. Parents will learn simple ways to show love; strategies to encourage positive behaviors; how to help children eat healthy and be active; tips for teaching coping skills to children; and how to discipline calmly. Please note: childcare will be provided. Must register ahead of time; call 0444-71-7500.

Anger Management Class
Oct. 2, 10:30-11:30 a.m.
ACS, Bldg. 108, Caserma Ederle
All community members are eligible to participate in anger management classes. This class will help participants understand what anger can do to the body; how to recognize anger warning signs; and what to do when you get angry. No registration required.

Volunteer Organization Point of Contact Training
Oct. 2 & 16, 1:30-2:30 p.m.
ACS, Bldg. 108, Caserma Ederle
Need to track volunteer hours for your organization? Register to be an Organizational Point of Contact. Training will highlight use of the VMIS system; managing volunteer opportunities; and certifying volunteer hours. Training takes place the first and third Tuesday of each month.

Resume Development Training: Federal Resumes
Oct. 3, 9:30-10:30 a.m.
ACS, Bldg. 108, Caserma Ederle
Learn to write an effective federal resume that will highlight your transferable skills and accomplishments. Workshop leaders will also provide participants with other useful tips to make your resume stand out. This will be a classroom setting; takes place the first Wednesday of each month. Sign up no later than two days before the class.

English as a 2nd Language
Oct. 3, 10, 17, 24 & 31, 2-4 p.m.
Oct. 5, 11, 19 & 26, 9 a.m.-noon
ACS, Bldg. 108, Caserma Ederle
English as a Second Language introduces clients to the fundamentals of the English language. Participants can enjoy learning and speaking basic English together.

Breastfeeding Basics
Oct. 9, 9:30-11:30 a.m.
ACS, Bldg. 108, Caserma Ederle
Planning to breastfeed? A lactation consultant will walk moms-to-be and new moms through the basics.

Infant Massage Class
Oct. 12, 10:30-11:30 a.m.
ACS, Bldg. 108, Caserma Ederle
Join the New Parent Support Program at ACS for this exciting chance to bond with your infant. Instruction is available to parents of children 5 weeks old to crawling.

Interviewing Skills
Oct. 16, 9:30-10:30 a.m.
ACS, Bldg. 108, Caserma Ederle
Learn effective strategies so that you will be prepared to make a great first impression, answer questions effectively and land your next position. This class takes place every third Tuesday of the month. Sign up no later than two days before the class. Call DSN 634-6884/7500, comm. 0444-71-6884/7500, for more information.

Creative Journaling
Oct. 16, 1:30-3 p.m., \$8
Arts & Crafts Center Caserma Ederle
Develop a deeper connection with your creative self through journaling. Let loose and explore with colors, shapes, lines, and your words all at once. Price includes materials and mixed media journals.

College Fair
Oct. 17, 5:30-7 p.m.
Vicenza High School gym Caserma Ederle
This exciting event will provide local high school students the opportunity to explore higher education options as they plan for the future. The fair is open to middle and high school students, their families and the civilian community.

Smooth Move PCS Brief
Oct. 25, 1:30-2:30 p.m.
ACS, Bldg. 108, Caserma Ederle
Make your next move a smooth one. Participants will become familiar with the "Plan My Move" site and its offerings: customized calendar; financial information and relocation budget planner; documents to hand carry; EFMP procedures; travel tips (e.g. traveling with small children and/or pets); information on the new duty station; and more. Register with ACS Relocation Readiness, DSN 634-8525.

FITNESS & SPORTS

Prenatal Yoga Workshop
Oct. 2, 5:30-6:45 p.m., \$70
Fitness Center, Caserma Ederle
Join the fitness center in either a morning or evening prenatal workshop series (or both!). Take some time to learn about prenatal yoga and to also practice yoga during pregnancy. Workshops (six classes) will take place every Tuesday through Nov. 6, 5:30-6:45 p.m.; and every Wednesday through Nov. 7, 9-10:15 a.m. Each class is designed to educate participants on yoga, introduce different breathing techniques, cover prenatal yoga poses and practice techniques. No previous yoga experience required. Cost includes six 75-minute classes. Register at the front desk.

BOSS Midnight Games: Soccer Tournament
Oct. 5, 6:30 p.m.
Track & Field, Caserma Del Din
BOSS is teaming up with the fitness center for a soccer tournament as part of BOSS Midnight Games. There will be a maximum of eight teams with seven players per team. All games will be refereed, and two games are guaranteed. Shin guards are required; no slide tackling; and pinnies will be provided to teams. Sign up your team at the fitness center. For more information, contact DSN 637-2712, comm. 0444-66-2712.

Group Fitness Class Schedule
Fitness centers
\$5 per class/\$35 for 10 classes
The Ederle and Del Din fitness centers have plenty of great classes to help everyone get in shape. Open to all skill levels. Classes include Zumba, cycling, taekwondo, yoga, power pump and many more. Self-defense classes are \$12 per class/\$70 for monthly pass.

For more events, see the monthly calendar at www.italy.armymwr.mil.