

Darby Digest

www.usag.livorno.army.mil
August 7, 2009

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Camp  Darby's premier bi-monthly newsletter



Team Camp Darby-

We recently held our Community Action Council meeting July 30 at the Post Theater and it was an excellent opportunity for community members to learn about what's happening on the base and how upcoming events might impact you.

The fitness center expansion has been coming along on schedule and will be finished the end of Sept. In order to stay on track, the weight room will have to be closed for the next four Saturdays in August. Parents will be happy to learn that a special room will be added where you can exercise as your kids play.

Other quality of life improvements on the horizon include moving ACS to the old high school building in Oct/Nov time frame. A new playground will be located behind this building. The ACS move will allow us to expand our library into the current ACS area.

Force protection is always foremost at USAG Livorno. Antiterrorism and Force Protection training is available for family members 14 year of age and older through our S2 office. Additionally, we will have our annual full scale force protection exercise on Oct 8.

Another annual event, the 12 K Run to the Leaning Tower, will be held on Oct 16. There's plenty of time to start training for it.

I am always looking for feedback about our community. Please take advantage of our CAC located on the garrison web page at www.usag.livorno.army.mil

LTC STEVEN CADE
USAG Livorno Commander

Dental Clinic Closures and Dentist visits

Closed Aug 6-8 and Aug 16-20.
Closed on Training Holiday Aug 24-25.

Vicenza Dentist will be here Aug 10-14.
Please call DSN 633- 7328 to book appointments. Active duty has priority, all others will be space available.

Cover photo by Joyce Costello



Lt. Col. Steven Cade
U.S. Army Garrison Livorno
Commander

Vol. III, Issue 15

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839th TRANS Change of Command



By Martin Weteling
598th Trans Gp CAO

On Wednesday 22nd July 2009, under a clear blue sky on the parade field of Camp Darby, Livorno, Italy Lieutenant Colonel Douglas Vallejo took command from Lieutenant Colonel Robert King over the 839th Transportation Battalion.

During the ceremony, attended by dignitaries from Italy, Greece and Turkey the 598th Transportation Group Commander, Colonel Steve Farmen, officiated the Change of Command and the passing of the Colors between Lt.Col. Robert King and Lt.Col. Douglas Vallejo.

Col. Farmen then addressed all attending the ceremony and described the impressive accomplishments of the 839th Transportation Battalion. He said; *"executing Expeditionary Operations throughout the Med, and into North America and in support of ongoing contingency operations. Most notably the movement of five Combat Aviation Brigades out of Rota, Spain. The 839th Transportation Battalion was involved in African Missions in Monrovia, Sao Tome, Cameroon, Tunisia, and Morocco. In summary, during the past two years, this amazing battalion has loaded, unloaded, or documented over 1900 vessels, over 9400 containers, and over 14,000 pieces of military equipment to include ammunition operations."*

Farmen praised the 839th Transportation Battalion and Lt.Col. King when he said; *"During King's tenure, under pressure situations, moments of adversity and high OPTEMPO, his battalion always forged forward and banded together as a team, achieving a host of remarkable accomplishments providing strategic depth and advantage to Department of Defense forces in European Command, Africa Command and in support of contingency operations ongoing in Iraq and Afghanistan. You have effectively written a new chapter in 839th's lineage and history that will stand for the ages in your great organization"*. He addressed King personally by telling him that the achievements of the battalion under his command were pretty impressive for a Quartermaster officer who didn't know what SDDC was until he was selected to command one of its battalions. He continued by stating that without a doubt King is living proof of what it means to be an enterprise combat logistician in our Army today.

He welcomed Vallejo and his family and told the audience he is confident the 839th Transportation Battalion will step up to greater heights with this new commander. He said; *"Vallejo is no stranger to the EUCOM theater of easily adapt to the ongoing AFRICOM mission sets and operations."*

Vallejo comes from Balad, Iraq where he was the Chief, Distribution Management Center of the 3rd Sustainment Command (Expeditionary).

In his farewell speech, King talked about his great relationship with all within the battalion, praising the unit for all it does every day. King and his wife, Lori, will move on to Wiesbaden, Germany, where he will be stationed as the G4, 1st Armored Division.

Vallejo, in his acceptance speech, said; *"It is with great pride that I take over command of this great unit"*. He also mentioned that he realizes the 839th Transportation Battalion is an organization with a lineage of greatness and a reputation of mission excellence and performance. He hopes to continue and further expand the great reputation of the 839th Transportation Battalion within SDDC and to all they operate with.

The ceremony concluded with retiring the colors and a reception to introduce the new commander in the community building on Camp Darby. Vallejo, his wife Bethy, son Darius and daughter Lynett received a warm welcome by the 839th Transportation Battalion family and its stakeholders.



Above: Lt Col. Robert King passes the guidon to Lt Col Douglas Vallejo. (Photos by Joyce Costello, USAG Livorno Public Affairs)



Adrenaline rush at Camp Darby Paint ball course

Story and photos by Joyce Costello
USAG Livorno Public Affairs

CAMP DARBY, Italy- A siren blasts- breaking the peaceful chirping of birds and the forest comes alive with flashes of orange, yellow and red bursts. Soldiers from 14 Transportation Movement Control Battalion team up and rotate between dashing and laying suppressive fire as they move towards their goal -- a reflective vest hanging up in a tree.

The Soldiers from Vicenza came down to the Camp Darby for a day of action on the new paint ball course as part of the Warrior Adventure Quest series. According to Chris Wolff, Vicenza Outdoor Recreation Center director, the program's goal is to help soldiers make the transition from being downrange to being back in Garrison.

“Downrange soldiers operate under a much higher level of stress and adrenaline, kicking down doors and clearing buildings or getting into a fire fight; and after spending a year or more operating in this environment, soldiers become accustomed to taking risks and this behavior continues after the deployment,” said Wolff. “Without a positive outlet like the WAQ, these behaviors can manifest in dangerous ways and soldiers can get hurt or killed.”

For Sgt. Robert Mosley, 14 TRANS BN (MC), after a 15 month deployment to Afghanistan this was an ideal stress relief activity for him.

“This helps ease the transition from combat to recreation,” said Mosley. “I think it helps Non-commissioned officers help ease some of the accelerated aggression with their troops after a deployment.”

Continued on page 5

Paint ball

Continued from page 4

Spc. Justin Villareal, who also recently returned from Afghanistan, added that even after a long deployment together “you still need team building and team work to keep up morale and build team cohesion.”

“The Warrior Adventure Quest activities such as paint ball trip prove to be extremely helpful to Soldiers pre and post deployment: it’s an important team building exercise that can help mend rifts between Soldiers that may have been created during the deployment and for those Soldiers from 495th who are transferring to 14 Trans, it proved a great way to meet and get to know Soldiers they will be working with in the future”, said 2nd Lt. Benjamin Pusztai, HHD, 14 Trans BN (MC), who is new to the unit himself.

According to Wolff, in 2007 the U.S. Army lost 187 soldiers to accidents within 12 months of returning home. Many of these accidents involved alcohol and soldiers pushing the limits.

“The WAQ program has the potential to make a dramatic impact by bringing this issue to the soldiers and showing them how they can use adventure programs to get the rush that is not present after deployment,” said Wolff.

Vicenza ODR is running the Warrior Adventure Quest for all units returning from deployment in Vicenza and Livorno. This program is 100% free to the soldier.

Commanders who want to have their Soldiers take part in WAQ can contact ODR at 634-7453 or send an e-mail to odr@vicenzamwr.com.

Additional photos of this event can be found on www.flickr.com/photos/campdarby





Gates Calls for Increase of 22,000 Soldiers

By John J. Kruzel American
Forces Press Service

WASHINGTON, July 20, 2009 - Defense Secretary Robert M. Gates announced plans to add up to 22,000 soldiers to the U.S. Army's ranks.

The plus-up of active duty troops will take the Army from 547,000 to 569,000 forces in what Gates characterized as a temporary increase of the Army's "end strength" for three fiscal years.

"This is an important and necessary step to ensure that we continue to properly support the needs of our commanders in the field while providing relief for our current force and their families," the secretary told reporters during a Pentagon news conference.

Gates pointed to escalating violence in Afghanistan and an added U.S. presence there, political turmoil in Pakistan and elimination of the so-called "stop-loss" policy of involuntarily extending a soldier's length of service as reasons behind the decision.

"The cumulative effect of these factors is that the Army faces a period where its ability to continue to deploy combat units at acceptable 'fill rates' is at risk," he said. "Based on current deployment estimates, this is a temporary challenge which will peak in the coming year and abate over the course of the next three years."

Some 130,000 American forces are in Iraq and 58,000 are in Afghanistan, where an influx of deploying troops will bring the number to 68,000 by the end of this year, defense officials said.

"These additional forces will be used to ensure that our deploying units are properly manned, and not to create new combat formations," the defense secretary said, adding that the decision was made after consulting with the Army's top military and civilian leadership and with the backing of President Barack Obama.

Gates, who has described the defense budget as "zero sum," said the cost of the Army increase would be absorbed in funding already allocated in the budget for the next two fiscal years.

"We will take that money from someplace that isn't as high a priority as [adding] more soldiers and taking some additional steps to relieve the stress on the force," he said. "This is a very high priority."

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, appeared alongside Gates and also weighed in on the decision.

"I've grown increasingly concerned over the last year and a half about stress on the force and our ability to meet the demands out there," he said. "This temporary increase helps us address that concern. It will also help us get a better handle on [time at home between deployments] and boost the number of people we can deploy with the capabilities our commanders most need."



Stay Informed with AFN Livorno

In the car or at home, tune into AFN for the latest news, weather and events.

Radio: AFN The Eagle Mon -Fri, 6-10 a.m. and 2-6 p.m. on 106.0 FM

For Morning Newswatch & NPR listen to The Powernet on 107.0

Television: Vicenza-Livorno Atlantic Channel 14 on your decoder.

Website: www.livorno.afneurope.net

Motorcycle Rider Courses at Camp Darby



IMCOM-Europe will begin offering the Motorcycle Safety Foundation (MSF) Military Sportbike Rider Course (MSRC) starting in September 2009. Additionally, more Basic Rider's Courses (BRCs) will be offered to address riders who score high in other areas on a risk profile.

"Approximately 57% of USAREUR/SHAPE/SETAF licensed motorcycle riders ride what is considered a sport bike. Sportbikes, which are roughly defined as those possessing higher velocity/mass ratios, are involved in a greatly increased number of motorcycle accidents and fatalities in comparison with slower, heavier motorcycles," as per Installation Management Command Safety Office study.

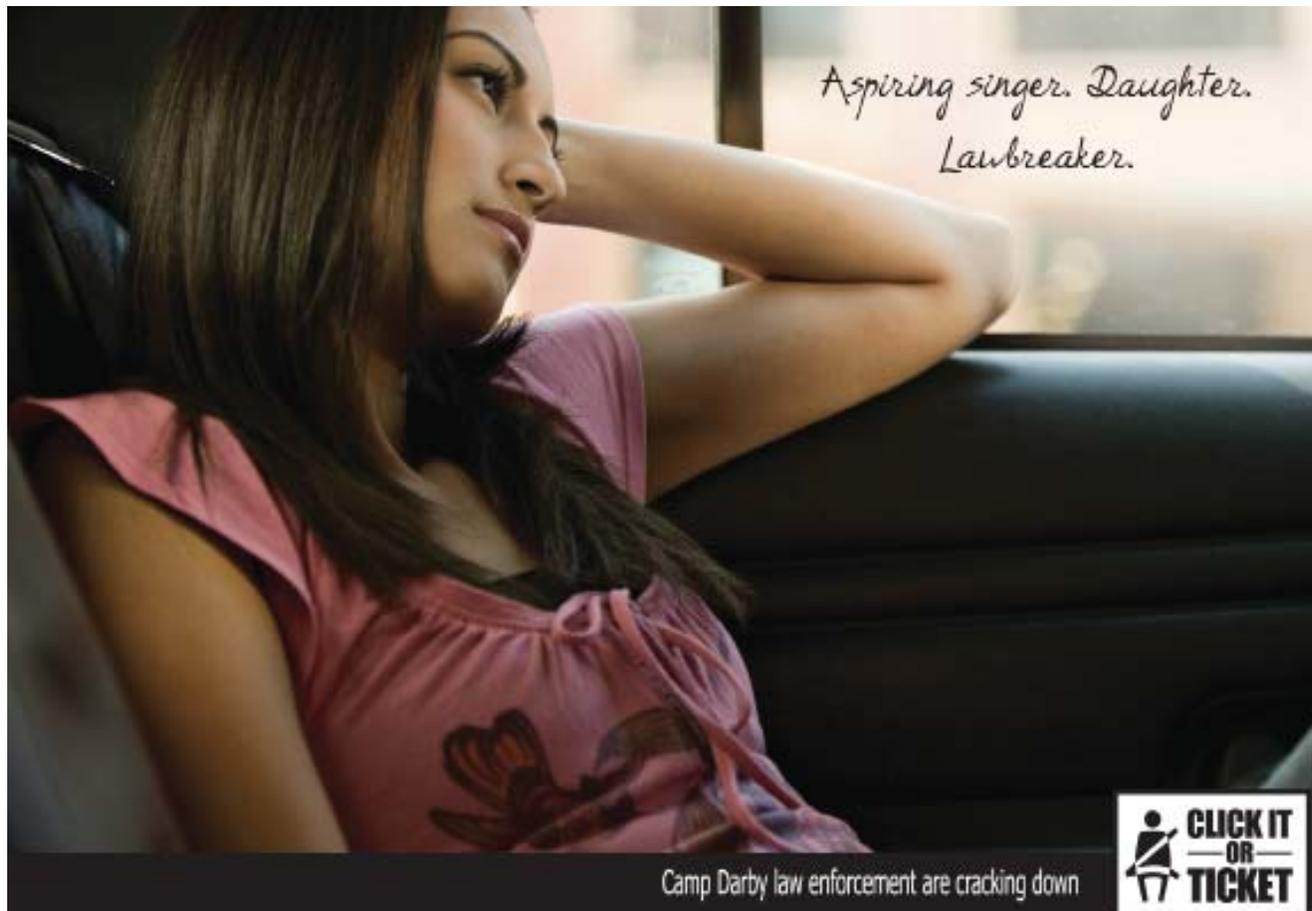
The MSRC is a new course which, in addition to the BRC and Experienced Rider's Course (ERC), can be used to fulfill US Army Europe motorcycle licensing requirements. Camp Darby Safety Officer, Chiara Chelossi said that MSRC is like an ERC for faster, lighter motorcycles and will focus attention on this higher-risk segment of the population.

A new MSF Course Recommendation Tool will be added to the Army Traffic Safety Training Program (ATSTP) web site (http://www.imcom-europe.army.mil/sites/management/so_atstp.asp) to assist customers in selecting a MSF course most suited to their experience and skills.

In order to attend a MSF course, registration is required; all the necessary information can be found on the above web-site.

Our MSF range at the Directorate of Logistics-Transportation Motor Pool will be modified to meet the specifications required. During the month of September the classes may be dismissed to allow the renovation process.

The US Army Garrison Livorno Safety Office will send out an email message to the Community when the range is available again.





Financial Advice from:
Elizabeth Speck, ACS Financial Manager



Back to School

It is already August and so the beginning of school is just ahead. As you gear up for the next school year, think about these cost-saving ideas.

Shop at Home First

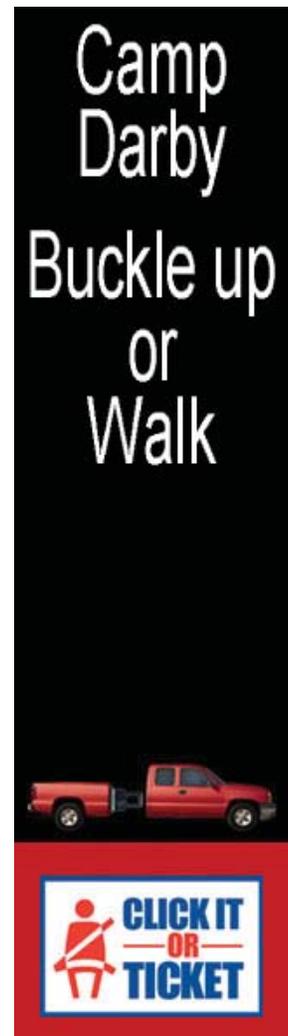
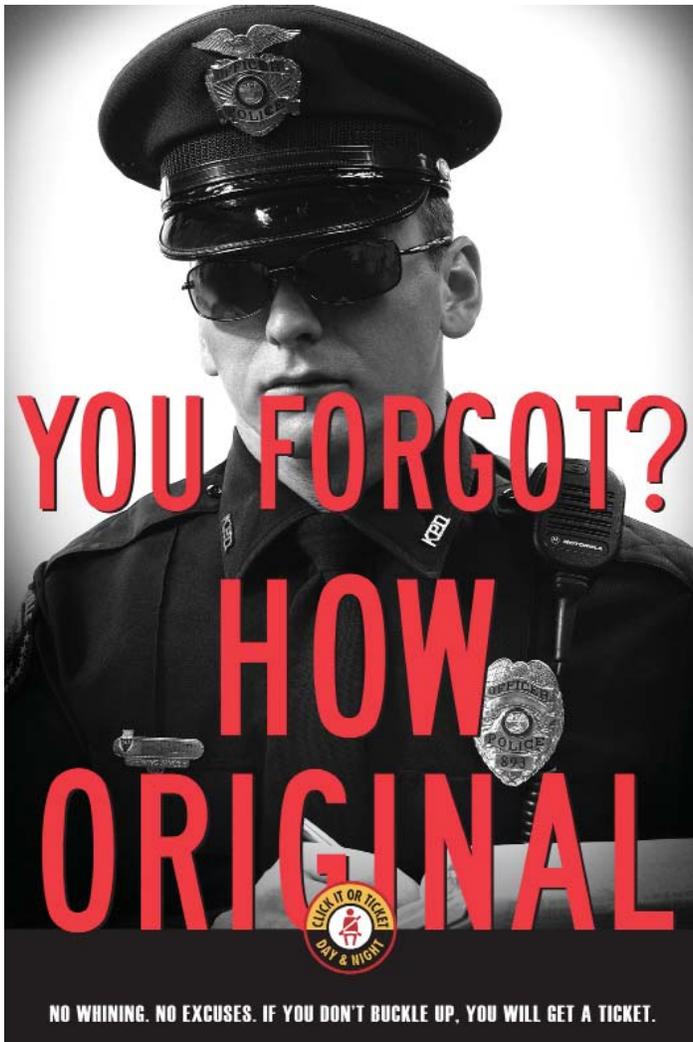
Before you head to the store, take a walk around your house to see if there are any items on your child's school supply list that you might already have. Things like rulers, pencil boxes, calculators and backpacks do not need to be replaced each year, so don't be afraid to reuse last year's if it's still in good shape. Dress up last year's non-consumables with paint or stickers or drawings – let your child do their own.

Only Buy What You Need

Once you're in the store, all those fun extras can be tempting – colored pens, locker accessories, self-stick notes, the list stretches on and on – but chances are, your back to school budget doesn't. To avoid overspending, determine how you'll handle your child's requests for non-essentials before you head out to shop.

Some Ways to Handle Your Child's Requests:

- Allow one extra purchase
- Have your child foot the bill for anything that's not on the list
- Have your child pay the difference between what you're willing to buy, and what they want to buy
- Refuse to give in to the request. It may not make you popular, but it is a chance to teach smart money management



Fun Runs and Marathons in Italy

🌀 Aug 13	Notturna del raviolo 9.8 K at 6:30 p.m. www.corrinellamaremma.it	Radicofani di Contignano
🌿 Aug 18	12° Trofeo Croce Verde 7.2K at 8 p.m. in Pietrasanta	Pietrasanta
🌿 Aug 29	5° Trofeo Cammina Seravezza 7.8K at 8 p.m. in town of Seravezza (Lucca)	Seravezza
🌿 Aug 30	Corsa di Casale Le Torri 20, 15, 10 and 5K runs at 8:15, call Mr. Vanni 0587.733713 for info	Ponsacco
🌀 Sept 06	33rd Dall'Arno ai colli di S. Miniato 22, 16, 12 & 6K at 8 a.m. at Piazza Turati 1, 56020 Isola San Miniato (PI)	Isola S. Miniato
🌿 Sept 11	4th Monticchiello di corsa 7.5K at 8 p.m. www.girovaldorcia.it	Monticchiello
🌿 Sept 19	36th Maratona del Mugello 42K at 3 p.m. www.maratonamugello.it	Borgo San Lorenzo
🌿 Sept 19	Gazzetta Run 2009 10, 5 & 2K at 7 p.m. www.gazzettarun.it - www.activeeurope.com	Pisa
🕒 Oct 4	15th Maratonina il Campanone 21K at 9 a.m. gidelsa@interfree.it	Limmari
🌿 Oct 16	Annual Run to Tower 12K at 9 a.m. www.usag.livorno.army.mil	Camp Darby
🌀 Oct 18	3rd Ecomaratonina del Chianti 42 & 10K at 9 a.m. www.ecomaratonadelchianti.it	Castelnuovo Berardenga
🌿 Oct 25	1st Lucca Marathon 42K at 9 a.m. www.luccamarathon.it	Lucca
🌿 Oct 25	11th Maratonina Città di Arezzo 21 & 10K at 10 a.m. www.unionepolisportivapoliciano.it	Arezzo
🌀 Nov 8	Maratona città di Livorno 42 & 21K at 9 a.m. www.livornomaratonina.it	Livorno
🌿 Nov 29	Firenze Marathon 42K at 9 a.m. www.firenzemarathon.it	Firenze





The Labor Day Softball Tournament will be held right here at Camp Darby on September 4-6, 2009. If you're interested in signing up a team for this tournament, the deadline to submit team roster to the Fitness Center is August 21.

Attention all soccer players! Sports & Fitness is soliciting a Soccer Coach and players to participate in the All Forces European Soccer Championships being hosted this year right here at Camp Darby Oct 22-25, 2009. For more information, call Todd at 633-7438.

Spinning is offered on Tuesdays and Thursdays from noon to 1:00 p.m. Ticket cost is \$3 per class.

Zumba is the new fitness sensation sweeping the entire globe! Ditch the workout and join the fun. Classes are held every Monday, Wednesday and Friday from noon to 1:00 p.m. Ticket cost is \$3 per class.

Shaolin Kung Fu classes are here! Classes are held on Mondays and Wednesdays from 5:30 to 7:00 p.m. Call 633-7440 for more info.

Belly Dancing Classes are suspended until September.

Buy tickets at the fitness center for Swedish massage, Deep tissue massage, Soft tissue massage, Sport massage, Hot stone massage and more! Buy 5 and get a free 30-minute massage FREE! Call 633-7440 for more info.

Visit the Wellness Center in Bldg 841 for massages, facials, manicures, pedicures and much, much more! Looking to get rid of stretch marks and cellulite, tighten your skin or drop a few dress sizes? Try the new Body Wrap Treatment, the Anti-Cellulite Package, Body Scrub, Body Mask and Body Sugaring. For more information about the new treatments, call 633-7642.

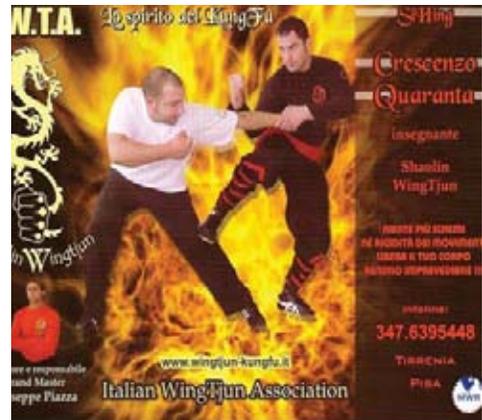
Stay Fit Darby



ZUMBA®
FITNESS

Ditch the workout and join the fun!

Mon, Wed, Fri
noon to 1:00 p.m.



Spinning
Tues & Thurs
noon to 1:00 p.m.
Tickets cost \$3

Help, I need a larger home just for my magazines

By Joyce Costello
USAG Livorno Public Affairs

I have a confession to make. I have been PCS'ing around the world with at least 100 pounds of magazines stashed in my household good baggage for the last 15 years. I'm not really sure why I can't throw the magazines away after I read them. They are filled with too many bent over pages with articles I enjoyed or a recipe that I felt I just had to try out.

When I moved to a smaller home this last year, I was committed to getting rid of at least one box. I dutifully pulled out the home decorating and recycling pages I thought I would want in the future. Put them in a hard bound spiral and then promptly shoved hundreds of magazines in smaller boxes under my bed until I could figure out what to do with the remnants.

Each month, the magazines keep piling up. After reading an ad in O magazine urging me to "recycle this magazine" I finally decided to commit myself to recycling these blasted little bits of knowledge and colorful advertising.

I stopped my subscriptions to all but the necessary top 10 magazines and would instead supplement with the magazines in the Library. I started to keep a notebook where I could jot information from ads about web sites like www.earth911.com that I wanted to visit. And then I did the unthinkable. Like a crazed Robin hood knockoff in flip flops and sunglasses I stealthy left a couple of magazines at the Health Clinic, the Gym, outside the Library and even on my neighbors outside chair.

I giggled as I let my daughter practice her scissor cutting skills with catalogs I never wanted. I stuffed the remnants into a box full of late birthday and Fathers day gifts. This was so much more fun then dropping them off in the recycling bin knowing they might one day come back to me in the form of recycled toilet paper.

There are still many boxes left to distribute and find creative ways to re-use or re-purpose, but I'm feeling confident that the next time I move, maybe only 10 pounds of magazines will be packed.

Tips for recycling paper products From www.earth911.com

Phone books-

- Shred and use as substitute for packing materials
- Shred and add to your compost pile
- Make Booster seat out of large phone books

Catalogs-

- Get off their mailing address by contacting:
www.dmaconsumers.org
<http://www.catalogchoice.org>



Junk Mail-

You may refuse any or all mail, except third class and bulk rate mail that is not postmarked. Before opening a piece of junk mail, check to see how much postage was paid. If the item was sent by first class mail or pre-sorted first class mail, cross out your address and bar code, circle the first class postage stamp and write "refused: return to sender." Drop it in any mailbox. Most organizations quickly eliminate a refused address from their mailing lists.



Download your very own copy of the 6-month (April thru September 2009) trip calendar today for your trip planning purposes! Log onto:
www.livornomwr.com

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August 8, 15, 22, 29, Florence Trip, Spend a day in Florence at your leisure! Visit the Uffizi Museum, the Accademia Gallery, shop at the all-day market, buy gold on Ponte Vecchio or just sit at an outdoor café and enjoy the scenery of this magnificent city! You decide.

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August 15, Acqua Village, The Acqua Village in Cecina Mare features three water slides, wave pool, children’s pool, soaped soccer, play room & more!

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August 4, 11, Cinque Terre Trip, Cinque Terre is a remote piece of the Italian Riviera consisting of 5 vil-lages connected by trails that hug the coastline. Enjoy the views over a bottle of local wine. An unfor-gettable experience!

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August 5, 12, Volterra Trip, Like many Etruscan cities; Volterra is situated on a high plateau, offering fine views over the surrounding hills. In many places, the ancient Etruscan walls still survive. The city is famous for its craftsmen who have been carving elaborate statues fro locally mined alabaster for 2,500 years.

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August 6, 13, Rome Trip, At your own pace, visit some of Rome’s most important sites! You’ll be dropped off near the Vatican Museum. Don’t forget to check out St. Peter’s Square, the Vatican, the Vatican Museum (where you’ll find the Sistine Chapel), Castel Sant’Angelo and whatever else you care to squeeze in!

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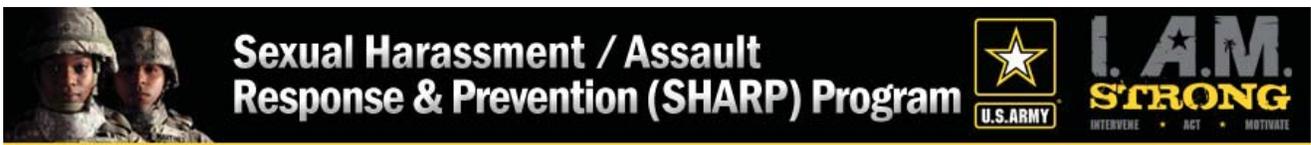
August 7, 14, Elba Trip, Elba is one of the three major islands off the Italian coast and is considered to be the most beautiful. A paradise for nature lovers surrounded by an unpolluted sea. Shop, swim, scuba, snorkel, go trekking or rent a scooter.

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August 3, 10, Venice Trip, Built on 117 small islands, it has over 150 canals and more than 400 bridges! You won’t see them all on this day trip, but you can have fun trying.

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Discount Tickets available at ITR for City Sightseeing Hop-on, Hop-off buses! Discover the lovely cit-ies of Pisa, Florence and Rome. Call ITR at 633-7589 for more information.



Sexual Harassment / Assault Response & Prevention (SHARP) Program

I.A.M. STRONG
INTERVENE • ACT • MOTIVATE

INTERVENE	ACT	MOTIVATE
<p>When I recognize a threat to my fellow Soldiers, I will have the personal courage to INTERVENE and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior. I am a Warrior and a member of a team. I will INTERVENE.</p>	<p>You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take ACTION. I will do what’s right. I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior. I will ACT.</p>	<p>We are American Soldiers, MOTIVATED to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all MOTIVATED to take action. We are strongest...together.</p>





American Red Cross Planning head for H1N1 Influenza

Courtesy of redcross.org

During a flu pandemic, government officials may be required to limit community movement or impose travel restrictions to help prevent the flu virus from spreading. Things to keep in mind:

You may be asked to stay home for an extended period of time even if you are not sick. Schools, workplaces and public gatherings such as sporting events or worship services may close temporarily. Mass transportation such as subways, buses, trains and air travel may be limited. You, your family and friends may need to rely on each other when you cannot depend on the services you normally use. Think about how you handle stress and know your strengths. Take steps to plan for, get through and recover from a flu pandemic...

➤ Planning at Home

Store a two-week supply of food. Select foods that do not require refrigeration, preparation or cooking. Ensure that formula for infants and any child's or older person's special nutritional needs are a part of your planning. Plan for your pets as well.

Store a two-week supply of water, 1 gallon of water per person per day, in clean plastic containers. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. Store a supply of nonprescription drugs, such as pain relievers, cough and cold medicines, stomach remedies and anti-diarrheal medication, as well as vitamins and fluids with electrolytes (such as sports drinks). Store health and cleaning supplies, such as bleach, tissues, a thermometer, disposable gloves, soap and alcohol-based hand sanitizers.

Ask your health care provider and health insurance company if you can get an extra supply of your regular prescription drugs and medical supplies, such as glucose monitoring supplies. Talk with family members and loved ones about how they would be cared for if they got sick.

➤ Planning in Your Community

Ask about plans to enable you to stay home if you are or a family member is sick. Find out your employer's plans to keep the business open if key staff can't come to work. Find out now about your child's school or daycare provider's plans for handling a flu pandemic. Ask if there are plans to encourage sick children to stay home to reduce the spread of the disease. Ask if there are plans to close during a pandemic that would require all the children to remain at home.

Finding out the answers ahead of time will have a significant impact on your plans and decisions during a flu pandemic.

Fight Germs and Stay Healthy

If you have a cold or flu:

Avoid close contact when possible

- ▶ Germs are transmitted by sneezing, coughing and even while speaking

Cover your cough or sneeze

- ▶ Use a tissue or your sleeve to cover your mouth and nose while coughing or sneezing
- ▶ Throw used tissue in the trash

Wash your hands often

- ▶ Always wash your hands before eating and after using the latrine
- ▶ Wash hands for at least 15-20 seconds with warm, soapy water or alcohol-based gel

Avoid touching your eyes, nose or mouth

- ▶ Germs are often spread when people touch something contaminated with germs (for example, other people's hands or smooth surfaces) and then touch their own eyes, nose or mouth



TA-033-0806



If you suspect you have been exposed to H1N1 flu, contact the U.S. Army Livorno Health Clinic at DSN 633-7357

Army warns troops to avoid ‘diploma mills’

By Fort Leavenworth Lamp

FORT LEAVENWORTH, Kan. (July 16, 2009) - The Army is warning Soldiers to avoid unaccredited colleges and universities that offer instant degrees supposedly based on military experience or training.

“The Army Human Resources Command is initiating an all-out campaign to warn Soldiers about these educational establishments and to work with Army educators and personnelists to ensure Soldiers are not enticed by unscrupulous vendors to purchase these fraudulent documents,” said a message sent to all Army activities earlier this month.

“Soldiers who knowingly purchase one of these documents from a ‘diploma mill’ and attempt to have it placed in their official military personnel file for purposes of promotion (or) assignment consideration or other military reasons are perpetrating a crime, which may be punishable under the (Uniform Code of Military Justice),” the ALARACT message said.

“Diploma mills” are schools that offer certificates, degrees and diplomas for a fee. They are not accredited or recognized by the Department of Education, the message said. Army tuition assistance is not approved for these schools, promotion points are not authorized and the credential will not be posted to official military records, the message added.

The message also listed resources educators, personnel specialists and Soldiers can check to see if a school is accredited. The Web site www.goarmyed.com lists all accredited institutions used by Soldiers to obtain degrees. The Council for Higher Education Accreditation Web site, www.chea.org, lists all colleges and universities that are nationally and regionally accredited. The American Council on Education also publishes a book and CD, “Accredited Institutions of Postsecondary Education.”

The Department of Education maintains a database of accredited postsecondary education institutions and programs at <http://ope.ed.gov/accreditation/>



Army family Covenant Survey available on the web

Soldiers, Family Members, and Civilians are encouraged to visit the website <http://www.armymwr.com/fmwrc/AFC/survey.htm> and provide feedback about the Army Family Covenant. The survey is available from Aug. 15 to Sep 15.

For family members, and those that do not have a computer availability, at the Camp Darby Yellow Ribbon room and at the Post library computers are available to use to take the survey.

CAMP DARBY - KEEPING THE COVENANT

Registering your child in CDC, SAS and YS is now free thanks to the Army Family Covenant

FMWR provided free Fourth of July and Fireworks as part of the commitment to our military members and covenant.



ARMY FAMILY COVENANT: KEEPING THE PROMISE
ARMYOneSource.com

Video games available at Camp Darby or through Inter-library loan

Gamers, instead of shelling out a large chunk of change to buy a game and find out you don't like it, check it out from the library first. Europe Libraries have a wide array of platforms and games and upcoming releases like Batman Arkham Asylum.

Plus, if you're into anime, manga and graphic novels you can find a large collection in the European library system. Browse what's available online at www.library.eur.army.mil and then reserve it at the Camp Darby Library.



Playstation Highlights:

*Wanted
Prince of Persia
Motorstorm Pacific Rift*

Xbox Highlights:

*Guitar Hero Metallica
X-Men Origins
Halo Wars*

Wii Highlights:

*Castlevania Judgement
House of the Dead Overkill
MarioKart*

PSP Highlights:

****Batman Arkham Asylum coming soon****

*God of War: Chains of Olympus
Prinny
Resistance: Retribution*

Nintendo DS Highlights:

*Spectrobes
Jumble Madness
Legend of Spyro*



Camp Darby Library

Open Mon- Fri 10-6, Sat 11-4, Closed Sun and Holidays
DSN 633-7623

Not just book...

*19 COMPUTERS are available with Internet capability. Customers must have a Library Card to use a computer

*LIBRARY website (including on-line card catalog) <http://www.library.eur.army.mil>

*ALL LIBRARY MATERIALS are available to check out with your USAREUR LIBRARY CARD

*INTER LIBRARY LOAN PROGRAM with Army and Air Force Libraries in Europe

*CHILDREN'S STORY HOUR every Wednesday at 10:00 a.m. at your Post Library for kids ages 3 to 5 years

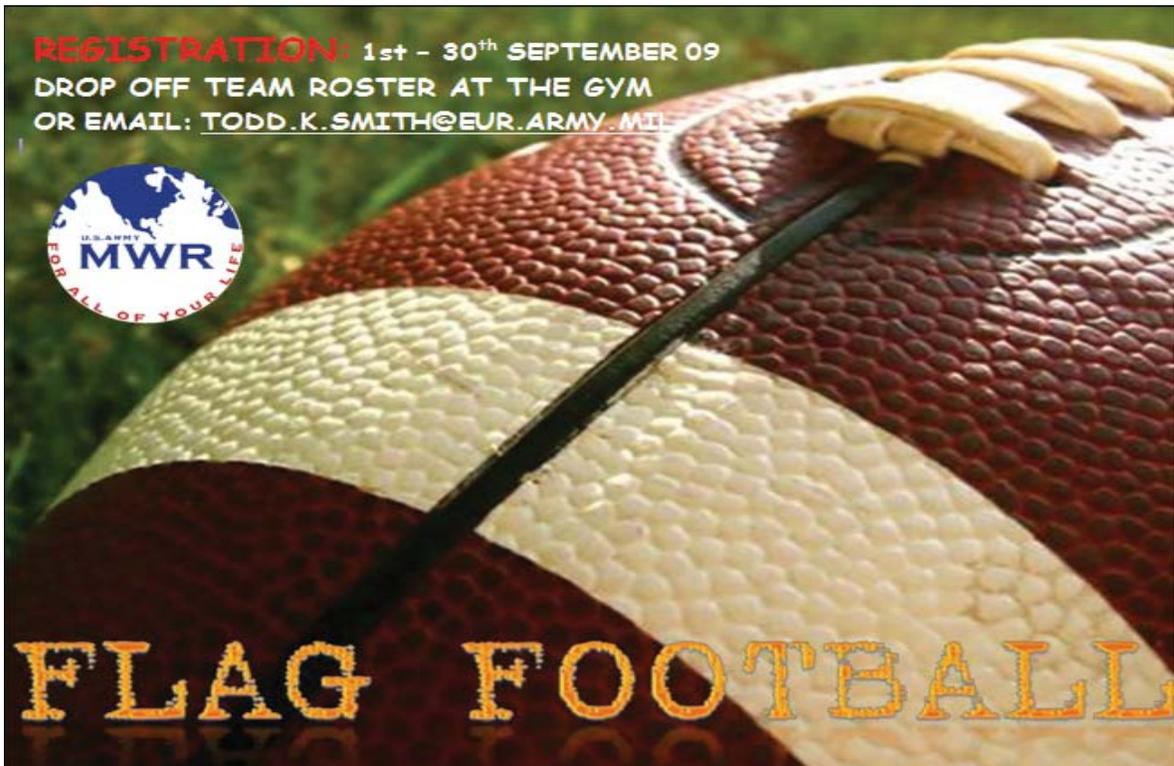
*COPY MACHINE available for public use (free copies)



A poster for a volleyball league. The background shows several hands reaching up towards a volleyball net. The text is overlaid on the image.

**Unit/Rec
Volleyball League**

REGISTRATION: 10 August - 10 September 09
PLAYERS: 8 players max
DROP OFF TEAM ROSTER AT THE FITNESS CENTER
OR EMAIL: TODD.K.SMITH@EUR.ARMY.MIL

A circular logo for the U.S. Army Military and Welfare Representative (MWR). It features a globe in the background with the text "U.S. ARMY" at the top, "MWR" in large letters in the center, and "FOR ALL OF YOUR LIFE" around the bottom edge.A poster for flag football. The background is a close-up of a football with a hand on it. The text is overlaid on the image.

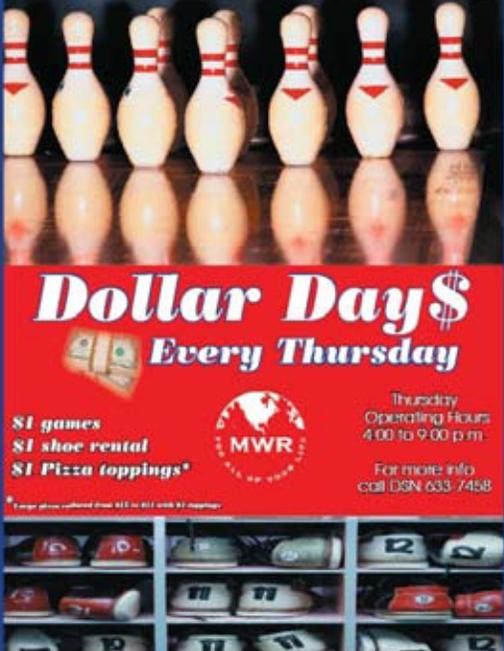
REGISTRATION: 1st - 30th SEPTEMBER 09
DROP OFF TEAM ROSTER AT THE GYM
OR EMAIL: TODD.K.SMITH@EUR.ARMY.MIL

A circular logo for the U.S. Army Military and Welfare Representative (MWR). It features a globe in the background with the text "U.S. ARMY" at the top, "MWR" in large letters in the center, and "FOR ALL OF YOUR LIFE" around the bottom edge.

FLAG FOOTBALL

FMWR

**CAMP
DARBY**



Dollar Day\$
Every Thursday

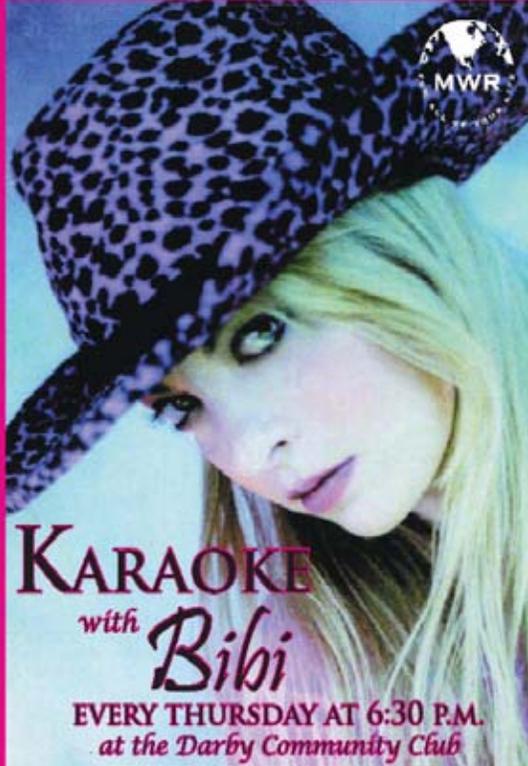
SI games
SI shoe rental
SI Pizza toppings*

MWR

Thursday
Operating Hours
4:00 to 9:00 p.m.

For more info
call DSN 633-7458

*Large price reduction from \$15 to \$11 with SI member



MWR

KARAOKE
with *Bibi*

EVERY THURSDAY AT 6:30 P.M.
at the Darby Community Club

22 New Adventure Trips



- Aug 8 Paintball
- Aug 22 Visit the San Romano Adventure Park
- Aug 28 Deep Sea Fishing Trip
- Sept 12 Chianti Bicycle Trip
- Sept 19 White Water Rafting Trip

For more information
call ODR at 633-7775

Movies Begin at 6:00 p.m.

Matinees Begin at 1:00 p.m.



- 2 July 17 Again PG13
 - 3 July The Taking of Pelham 123 R
 - 4 July Coraline PG
 - 5 July Hannah Montana: The Movie PG
- MATINEE**

- 9 July Dragonball: Evolution PG
 - 10 July The Proposal PG13
 - 11 July Obsessed PG13
 - 12 July Earth G
- MATINEE**

- 16 July Ghost of Girlfriends Past PG13
 - 17 July Transformers: Revenge of the Fallen PG13
 - 18 July Angels and Demons PG13
 - 19 July Transformers: Revenge of the Fallen PG13
- MATINEE**

- 23 July Ice Age: Dawn of The Dinosaurs PG
 - 24 July X-Men: Wolverine PG13
 - 25 July Star Trek PG13
 - 26 July Ice Age: Dawn of The Dinosaurs PG
- MATINEE**

- 30 July The Soloist PG13
- 31 July I Love You Beth Cooper PG13
- 1 Aug Angels and Demons PG13

Bldg. 304 633-7417



Explore your world

CAMP
DARBY

SAFE
Summer
NO ONE TRAVELS ALONE

Have fun and look out for each other this summer.
Do your part to protect our Band of Brothers and Sisters.

Before you hit the road, do a
TRIP Report and discuss your travels with your supervisor.

TRAVEL RISK
TRIPS
PLANNING SYSTEM
أداة تخطيط الرحلات
التي تقيم المخاطر

ARE YOU AT RISK?
Find out before you hit the road. Use the only online TRIP tool. Log on today!

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Beauty & Spa
Conny Angermeier & Lucia de Marco Zompit

- ~ Massages
- ~ Manicures
- ~ Artificial Nails
- ~ Pedicures
- ~ Facials for Women, Men and Teens
- ~ Body Sugaring
- ~ Body Wraps
- ~ Body Scrubs
- ~ Body Masks
- ~ Ear Candles and more...

Come In And Relax...

For Information and Appointments call us

DSN	633 - 7642
EXT	050 54 76 42
Conny	349 0 63 58 65
Lucia	340 00 16 929

While Army Chaplain Corps celebrated its 234th birthday on July 29, Chaplain Paul Weberg a National Guard reservist, came to Camp Darby for a three weeks period to bring God to Soldiers and soldiers to God.

"I joined the National guard because there was a true need for chaplains in the army," said Weberg. "I really wanted to stretch my gift and share it with persons in need" continued.

Chaplain Weber will officiate a catholic mess daily at 11.40 a.m. at the Darby Chapel.

"We are here to serve the community and especially to be available for soldiers, particularly those young men facing or returning from deployment," Weberg said.





Green Park Jazz

Tirrenia (Pisa)

At five minutes drive from Camp Darby the Green Park Resort theater will host the last concert of the Toscana Jazz festival on Aug. 18.

The Triki Trak Band will play a tribute to the Italian swing by playing in concert in the 500 seats auditorium at the Resort.

The band originally born as a trio composed by a guitar, piano and drums, after a few years in various occasions became a quartet including in the group a counter bass.

The Triki Trak Band is now a quartet.

Their repertory offers a variety of the best Italian songs of the 1950s.

Among the signers who mostly influenced the group are Renato Carosone, Fred Buscaglione and Lelio Luttazzi.

The concert begins at 10 p.m. and the cost of the ticket is 10 Euros.

Navigator information will be: Green Park Resort, Via delle Magnolie 4, 56128 Tirrenia, Pisa

For further information:

www.toscanajazzfestival.it

Premio Rotonda 2009

Paint show and contest in Livorno Aug. 8 to 23

In the pine wood in Ardenza, Livorno, 200 of the most famous painters and sculptors of the area will compete for the prestigious "Premio Rotonda" by exposing their masterpieces.

At the Livorno paint show and contest paintings can also be bought on the spot at a good value price.

For the entire duration of the show, which became part of the Livorno summer tradition since 1953, a series of collateral initiatives are taken to entertain the public.

While clowns and street artists entertain the public, debates on art, poems reading, live music and art laboratories for children are just an addition to the program.

The entrance to the show is free and the stands will remain open from 9 a.m. to 11 p.m. daily.

A free parking lot is available at about 200 meters south of the show area.

Navigator information will be Viale Italia Rotonda di Ardenza.

For further information:

www.comune.livorno.it

Val Di Cornia Mines

Rocca di San Silvestro and "Temperino" mines

The Archeological Mine Park of San Silvestro near the town of Campiglia Marittima; the Val di Cornia mines offers a variety of itineraries to better understand the minerals extraction process at the Etruscan time.

Children are welcome, but the paths are not for strollers.

The first itinerary is a 40 minutes guided tour inside the mines, visitors will be provided with helmets and raincoats.

The visitors will continue their visit taking a little train that will drive them to the path used in the past for transportation of minerals.

The last itinerary is a 30 minutes walk in the woods to the beautiful Rocca, a little medieval miner's village.

The mine is open daily from 10 a.m. to 7 p.m. It is closed on Mondays from Sep to June.

While partial tours are available, the complete tour will last two hours (trainers and walking boots recommended).

For further information:

www.parchivaldicornia.it