



Darby Digest



Your source for local news, information and culture

VOL. III, Issue 13

July 3, 2009

www.usag.livorno.army.mil

Travel advisory for Vicenza during July 4th weekend.

Italian authorities have requested that due to planned demonstrations in the Vicenza area, July 3-5 we avoid the Vicenza main train station and train travel to and from Italian cities on routes that end, originate or pass through Vicenza. On July 4, we should avoid the area around the Dal Molin installation, especially the main roads. See page 4 for map.

ACS is conducting its three year needs survey

In order to better serve you we are asking that you complete the Army Community Service needs assessment it will only take you a couple of minutes none of the information provided will be associated with you individually. Your survey will be treated as confidential, and only group statistics will be reported. Thank you for your assistance. www.myarmylifetoo.com/survey_Livorno.

Happy Independence Day Weekend



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THE YEAR OF THE NCO

Next NCO and Soldier of the Quarter competition is in August. NCO's contact Sgt. Everett at HHD, HQ Building rear to recommend your high-speed troops for the competition.



Independence Day Safety Message

Lt. Col. Steven Cade
USAG Livorno Commander

On Saturday, July 4, we will celebrate Independence Day. This day commemorates the founding of our country and a time we celebrate our freedom and independence.

Prior to the start of celebrations, take time to reflect upon the freedom that we all enjoy and honor the sacrifices of those who have defended and those that continue to defend our freedom.

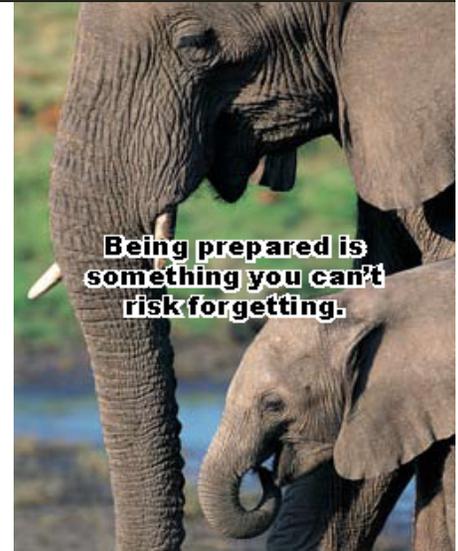
Throughout this holiday weekend, I ask that all leaders and individuals do his or her part to prevent accidents. Get involved, emphasize safety and lead by example. Conduct a pre-holiday safety briefing and talk about holiday plans, potential hazards and actions to mitigate those hazards.

In particular, address hazardous activities traditionally associate with the Independence Day holiday period such as driving, use of fireworks, water sport activities and activities in excessive heat.

Privately-owned vehicle accidents due to drinking, fatigue, excessive speed and failure to wear seatbelts continue to be our greatest threat. Make sure to utilize the Travel Risks Planning System (TRiPS) on <https://safety.army.mil>. Leaders should also encourage civilians to complete TRiPS if operating their POV for a long distance this weekend.

Please contact the USAG Livorno Safety Office at DSN 633-7318 for assistance in any safety endeavor.

This is a special holiday and you are valuable members of the Camp Darby and Livorno Military community. Each of you should enjoy your families, celebrate smartly and return to work safely.



Being prepared is something you can't risk forgetting.

Before an emergency occurs, remember to...

- Get an emergency kit with enough supplies for at least three days.
- Make an emergency plan with your family.
- Be informed about what might happen.

It's up to you. Prepare Strong.



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

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Pool opens in time for Independence Day weekend

By Joyce Costello
USAG Livorno Public Affairs

Nothing says summer more than spending the day at lounging next to the pool while the kids go down the waterslide or practice their cannonballs.

The Camp Darby pool, which underwent massive improvements and reconstruction, opened to the military community July 2. While the size of the pool remained the same, a new kiddie pool was added in the expanded deck area.

“We also added an exterior fence security system to make sure people didn’t try to sneak into the pool after hours,” said Lt. Col. Steven Cade, USAG Livorno garrison commander. “Most importantly, both of the pools have new safety features to prevent children and adults from drowning up getting sucked into the drain system.”

Cade added that this was a law that recently passed in America.

Along with new lights and a covered pavilion, there are future plans to expand with a picnic area adjacent to one side and a community recreation center on another side.

“This quality of life improvement is one more way that Camp Darby shows its commitment to the Army Family Covenant,” said Cade.



Top: Lt. Col. Steven Cade and Erin Laverenz cut the ribbon officially opening the pool. Bottom: The Laverenz family takes one last jump into the pool before the PCS’s later in the day. (Photos by Chiara Mattiolo, USAG Livorno Public Affairs)

Audio version of story available online www.usga.livorno.army.mil

4th of July at the AMERICAN Beach!

- *Beach Volley
- *Monster Mural
- *Sandy Candy
- KIDS GAMES**
- MUSIC**
- DANCING**
- *7 p.m. to midnight DJ/music under the pavilion
- *10 p.m. Fantastic Fireworks Display
- *Water drop relay
- *Water balloon beach blanket relay
- *Frozen t-shirt contest

Produced by USAG-Livorno, FMWR Message 2009, 4th of July.indd1

Don't Drink and Drive
Catch the shuttle bus at the Post of-
fice from 4pm-
midnight.

American Beach July 4 events

Children's Games Noon– 3 p.m.

- * Water drop relay
- * Water balloon beach blanket relay
- * Frozen t-shirt contest
- * Monster Mural (large mural posted on a wall at the American Beach for folks to color)
- * Sandy Candy (it's candy that looks like sand that can be mixed as the child pleases)

Beach Volley throughout the day
Music begins at 7 p.m. with DJ until midnight under the pavilion

Fantastic fireworks display at 10 p.m.

Travel Advisory for G-8 demonstration & July 4 in Vicenza

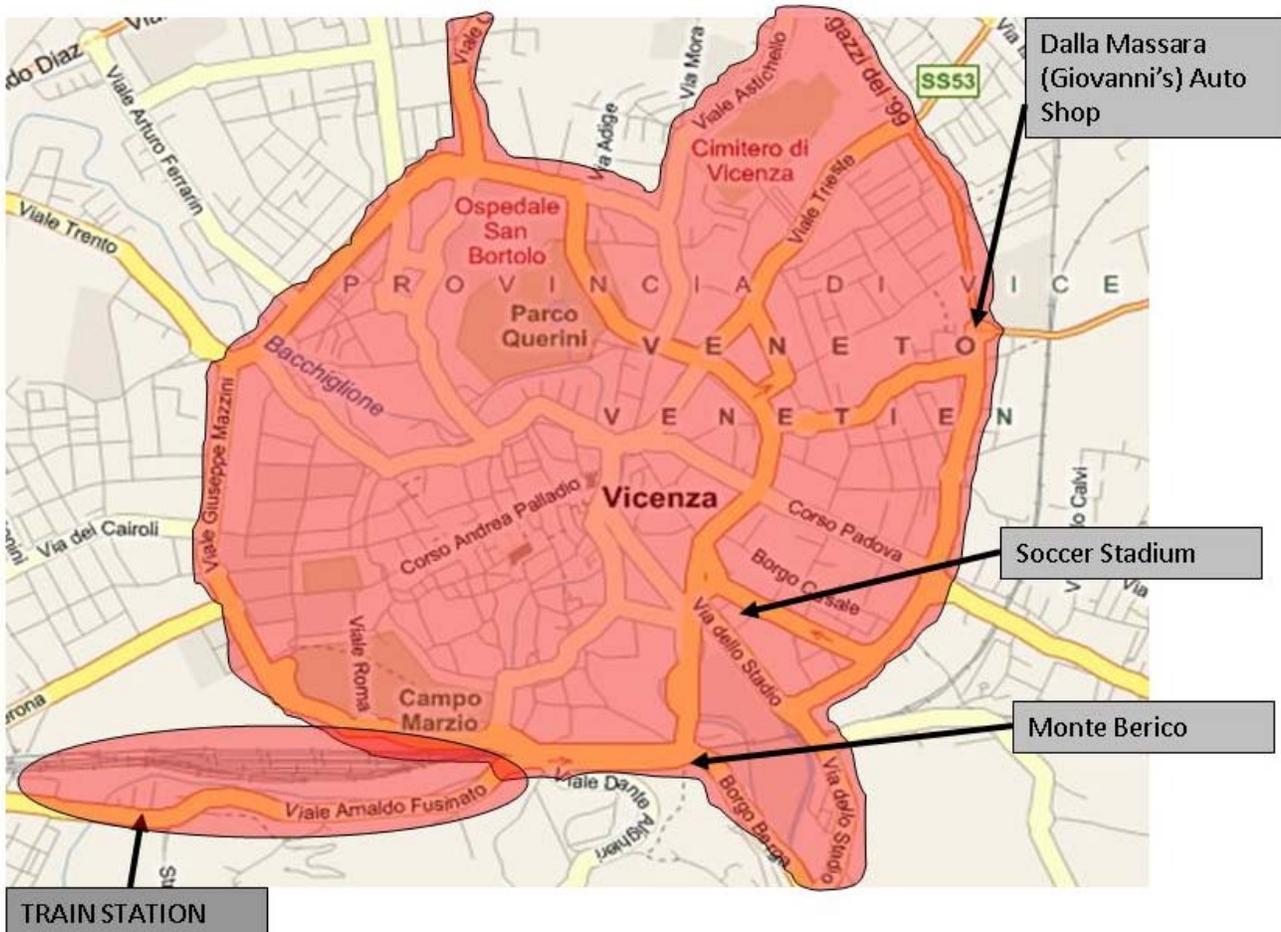
July 4 at 3 p.m. near Dal Molin, there will be a road march from via Madre Teresa, along via Sant' Antonio and via Jacopo dal Verme. Avoid the area; if you live nearby, use alternate routes to and from home.

Travel & safety info

- July 3-5 do not travel by trains that stop in Vicenza
- July 4 avoid downtown Vicenza
- July 4, do not park obvious American vehicles on the street. To park on post, visit or call the MPs for details at 634-7626
- Be aware of the following measures to take when traveling:
- If you happen to come upon a demonstration, avoid speaking loudly or making eye contact with the demonstrators while disengaging from the situation.
- Maintain a low profile.
- Travel in small groups and never alone, avoiding a routine.
- Always let someone know where you're going and when you'll return.
- Carry a cell phone, charged with Euros and battery life.
- Keep your gas tank as close to full as possible.
- Contact the authorities and your unit for any acts of violence you encounter or witness.
- Monitor AFN when possible for updates while travelling on 106.0 and 107.0 FM radio and Channel 14 on the AFN decoder.

Similar travel advisory is in effect for Garmish, Germany

Recommended Area to Avoid



Child Development Center opens after a year long renovation

Photos and story by Chiara Mattiolo
USAG Livorno Public Affairs

The doors of the Camp Darby Child Development Center opened to the community children on June 16 after a year-long renovation costing approx \$1million.

“This renovation was absolutely necessary,” said CDC Director, Linda Fornaciari. “The building had been the same since 1991, and there were many things that needed to be done in order to ensure a more functional environment.”

Besides the new flooring and lighting that contribute significantly to the appealing look of the environment, some structural changes were made to raise the standards and make children and teachers more comfortable.

“We can count on 3 bathrooms and 5 children sinks now,” said Grace Bertei, teacher. “We also have shades in the window for nap time and the children seem to be more comfortable.”

Fornaciari explained a few walls have been demolished, and she said that especially in the infant room, now there is a better observation for the staff supervision.

“This room now is open so that we have a better visibility of all the children in the room,” said Mariarosa Contadini, teacher in the infant room. “We are still experiencing the best layout, but everything is working fine.”

In the toddler’s room, the bathrooms have been moved closer to the playground door.

“It is extremely important for us, this is the age when the children start getting potty trained and having the toilet close to the door makes a difference when the children are playing outside and need to hurry to the bathroom,” said Mary Bertei, teacher.

Giorgia Fannelli, toddler, said she likes the new building and that what she likes the most are the new toys and the playground.

An open house was held on June 19 for the community to visit the renovated CDC.

“We had a very positive feedback from all the parents on this renovated facility” said Fornaciari. “It is much more comfortable, the children can take advantage of a nice shady playground. Bottom line, we are very glad to be back at home.”



Kids are excited to be at the newly renovated Camp Darby Child Development Center which opened June 16 after a year long renovation.

Prevention is the best way to avoid H1N1

By Joyce Costello

USAG Livorno Public Affairs

With the presence of H1N1 cases in Italy, it is important that community members take the appropriate health protection measures to defend themselves from this flu virus.

Livorno Army Health Clinic Commander Maj. Gregory Iverson said he would like to stress to community that "though this virus has spread globally (thus, it is a "pandemic"), it does not tend to be a serious infection except for with some people who are either already unhealthy or very young or very old. "

"Good infection control precautions are always appropriate," said Iverson. "I recommend people keep hand sanitizer with them and use it frequently when in public places. "

He added that if you are sick to stay home 24-48 hours until after the fever resolves.

"If you are concerned that you may have a serious illness, call to make an appointment at the clinic," said Iverson. "We can do an evaluation and testing to see if H1N1 is the culprit and help provide you with means to improve symptoms and, possibly help your body fight the virus."



Italian doctors meet with Livorno Army Health Clinic staff for a luncheon geared at fostering good relations and open communications July 3. (Photo by Chiara Mattiolo, USAG Livorno Public Affairs)

The World Health Organization is carefully monitoring the H1N1 and other strains of Influenza and it offers these preventive techniques against the illnesses:

- Keep at least arms length from others
- Cover coughs and sneezes
- Wash your hands and maintain household sanitation
- Get plenty of bed rest
- Drink sufficient fluids, take medication for fever and practice good nutrition.
- Cough or sneeze into disposable tissues and discard them in a plastic bag immediately after use.
- Wash your eating utensils in hot, soapy water after each use and don't share objects such as pens or tools.
- Disinfect door knobs, light switches and toilet handles with a store bought disinfectant or a solution with 1/2 cup of household bleach and a gallon of cold water.

If you do exhibit flu-like symptoms:

- Keep yourself separate from those who are feeling well.
- You may wear a mask to further reduce the likelihood of sharing your disease with others, but should still maintain your "isolation" from others.
- Soldiers, Family members and employees who develop symptoms of the flu (including dizziness, fatigue and fever), should stay at home until they are symptom free for at least 24 hours or 7 days from the onset of symptoms (Soldiers make sure you consult your chain of command first).
- Don't let your strong sense of duty cause a potential case to spread to others.
- If you have a chronic health condition or fever over 100 degrees F. in addition to flu-like symptoms, follow the normal sick call procedures or call the clinic for an appointment.

DSN 633-7357

Club Beyond brings students from all over Europe to Camp Darby

Story and photos by Chiara Mattiolo
USAG Livorno Public Affairs

The tents set at the Camp Darby camp grounds filled in with colors and happy sounds as high school students from all over Europe came for a week long vacation with Club Beyond.

Camp Director Phil Alfrey explained that Club Beyond is open to all students, regardless of religious background or affiliation and is aimed to help students better understand the Bible in a friendly, fun way.

“These camps are made to introduce kids to Jesus, and help them grow close to Him,” said Alfrey.

Chelsea Watkins, a staff member that came from Florida, believes her role of being a positive role model helps teens facing the challenges of adolescence.

“Club Beyond summer camps are a great growing experience for the staff too,” Watkins said. “We get a chance to meet new people, learn different habits and to see gorgeous locations while enforcing the Bible’s message.”

“This is my second time at Camp Darby with Club Beyond,” said Alexander Martinez, who is a student at Grafenwehr, Germany. “Participating to this camp I had a chance to meet new people and to have fun with them with the goal of spreading the message of gospels.”

Martinez added the camp is great because it is fairly organized and students are given time off to get to know each other better.

“The strongest point of Club Beyond summer camp for me is to meet new friends and to learn about different habits,” said Brienne Smith coming from Vilseck, Germany. “As far as trips, Cinque Terre is a magic, unforgettable site.”

Cinque Terre trip and Italian “gelato” were the favorite activities amongst the students.

“Eat a gelato on the beach, what more can you ask for?” said Watkins.

All the students appeared sad that they had to leave, but all great things come to an end.

“This first camp experience went awesome,” said Alfrey. “Camp Darby is a great community, very supportive, the best place for this type of experiences; it offers a variety of activities and cultural destinations.”



Club Beyond campers enjoy playing beach volleyball at the American beach in Tirrenia.



It is always sad when a vacation is over. Students participating in the Club Beyond summer camp at Camp Darby pack up to go home after a week long adventure.

Fun Runs in Tuscany

July 10 is 8th Mitica marcia night race in Montopoli

Distance: 10K and 6K

Begins at 7 p.m.

Telephone : 0571.466420 Sig. Maioli

July 24 run Buti at night race.

Distance: 10K and 5K

Begins at 8 p.m.

Organization : GS Il Porcino

Upcoming Long Distance Races

Sept 19– 36th Marathon of Mugello

www.maratonamugello.it

Oct TBD Run to the Tower (12K)

Oct 25- 1st Lucca Marathon www.luccamarathon.it

Oct 25- Arezzo Half Marathon

www.unioneapolisportivapoliciano.it

Nov 11- Livorno Marathon www.livornomaraton.it

Nov 29- Florence Marathon www.firenzemarathon.it

Jan 17- Puccini Half Marathon

www.puccinimarathon.com

Blogosphere

Adventures of a lost runner

Everyone has their own little quirks and habits when it comes to exercise. Mine is an insatiable curiosity about what is behind that next bend in the road and thinking that the mountains are closer than they really are.

Yesterday, I left work as soon as the last notes of retreat played and rushed home to put on my jogging cloths. I wanted to get a nice run in before my electrician came over so I could pay him. While changing cloths I found a pair of orthopedic insoles that the Army custom made for me four years ago. I figured what the heck- why not put them in my new shoes and feel like I'm floating on air.

With storm clouds in the distance and a nice cool gently caressing me, I waved to my neighbors and began my run up into the hills.

"Hello old church and cemetery full of dead folks who don't care about the flowers on their graves," I whispered as I mentally urged my legs to go up, up and up the hill. "Hello old men sitting outside of the café, the teenager taking out the trash, the dog barking at me from his yard."

"Bah, bah, bah you stupid sheep- I am free as a bird out on the road," I laugh knowing that running and laughing to yourself is probably not a good idea when being watched by the local Italian rural population.

An Ambulance passes me on the narrow road, seemingly lost. "Thanks for not hitting me," I mutter to myself. After 20 minutes I am in my groove, watching poprock pink bursts of orchids exploding across the hills. I thought orchids were indigenous to jungles or such, but then the ambulance passes me again going the other direction. By now my feet are beginning to hurt. Perhaps my feet have changed in the last few years and the orthopedic inserts are causing more damage than good.

I give up and yank the right insert out of my shoe. Five minutes later, I end up taking out the left insert. So now I have an insert in each of my hands, my face is deep purple, the mouth tube from my camelback is swinging all over the place, my sports sunglasses look like water laden slicks of wet and the batteries for my walkman are beginning to fade.

I turn left instead of right without realizing it and 15 minutes later I realize I am deep in uncharted hills. I see a poppy red castle in the distance that I think I recall seeing on a previous run. At this time I do not realize it is on a separate hill than my own town. I look at my watch.

"Heck, I've only been running for 50 minutes surely I can make it home before my appointment with the electrician.

A man from my village passes me in his truck, I try to raise my arm to stop him and beg that he takes me back to our village. He thinks I'm waving and honks back at me and drives off. I have officially admitted to myself that I am screwed. I descend the mountain and start across the plains back to my mountain. I only have 20 more minutes before I am late.

I waddle, I exhale loudly like an angry camel, I grimace at the burning pain in my feet from today's new blisters. I finally see the bottom of my mountain. Another neighbor passes me in his car and waves. Tears start to stream down my face.

"Why did I have to see what was around that bend...I'm fat and am going to have a cardiac arrest before I can fit into a casket," I think.

I put one foot in front of the other- struggling up the hill. I start to reach the crest and two neighbors cheer me on and wave their hands. I'm feeling delusional right about now. Another neighbor sticks her head out of the second story window and says "ecco l'americana". Wow, I begin to feel like I won a race.

A hot, young Italian man (Dario) with a goatee and fast motorcycle is waiting in front of my door step.

"I still have three minutes left," I say looking at my watch and gingerly walking towards him. I am exhausted and smell worse than the sheep I passed.

Dario, my electrician, asks me why I went running and how far. I'm thinking its pretty obvious why I went running, but realize the cure for cellulite in Italy is using a cream. It's all good though. I proclaim my exhaustion and need for a shower while secretly planning my next running route adventure.

Discussing Finances in the Home

By Elizabeth Speck

Financial Readiness Program

Since finances are the leading cause of arguments in the home, it is important to have a plan for how to address this possible area of stress. The following are tips to help you initiate financial discussions with your spouse and/or family members that are productive and may help prevent potential financial difficulties.

1. Plan ahead and make a list of financial matters to discuss. You want to make every moment of your conversations count. Collect any documents you may need (e.g., mortgage, loan, and other financial papers). Planning ahead helps you get a lot accomplished in a short time, keeps you on track, and shortens financial discussions so you can spend more time on other things.
2. Practice the discussion. If you're apprehensive about having it, consider sharing your list of discussion points with a trusted friend or confidant. Ask for guidance on how to conduct the discussion. Keep it focused and positive, and make it the most helpful for your spouse or children.
3. Give your spouse a heads up about your desire to discuss some financial matters. Your spouse may need time to locate financial documents before you talk.
4. Keep your emotions in check. An approaching deployment or life change is stressful enough for both of you, so try to keep emotions out of your financial discussions. You might consider having a trusted friend or confidant join your discussion to help moderate emotional issues.
5. Ask your spouse for his or her opinion on the family's financial situation. Then listen. Stay engaged in the financial life of your family.
6. Suggest ways your spouse can get financial help. Financial readiness resources are available through your Army Community Service, Financial Readiness Program.
7. Discuss ways to manage costs. Listen to ideas your spouse has for managing costs, then add your own.
8. Recap at the end of the discussion. Go over what you and your spouse are going to do after your conversation and express your encouragement.

Using this framework for financial discussions before deployment or any life changes also prepares you for financial discussions that take place while you are going through life changes.

Blogosphere

But I want new shoes, but I need a summer vacation

As I stare down at my 99 cent flip-flops I wistfully dream about walking down the beach without a care in the world and a decent pair of sandals. It is the sad, but inevitable truth that this year's summer vacation is going to be extremely slim to non-existence if I don't find a way to pay for it without going in debt.

I read an article encouraging me to swap homes or share vacation costs with another family, but that would mean I would have to actually clean my house or make friends with another family willing to survive on peanut butter and jelly sandwiches and stay in a tent. To say the least, planning a memorable vacation that won't cause foreclosure on my home seems impossible.

This weekend, as a sort of test project, I took the family to the beach. We parked in a free zone and walked forever to get to the beach. We had packed our lunch and sat on towels instead of the lovely lounge chairs. I didn't buy anything from the beach vendors despite family protesting for sliced coconuts and sunglasses. We ended up spending \$5.50 for popsicles as part of a bribe to get the kids in some shade before they turned lobster red. Overall the family gave the day a thumbs up and asked to do it again the following weekend.

It wasn't bad and was certainly cost effective, but I still wanted something more. So I surfed the web at the library looking for cheap or free things to do in Tuscany for kids. What kind of vacations could I possibly remember as child myself that weren't stuck in long car trips to visit the grandparents? I don't ever remember going to Disney World, but I remember the hours waiting in line at other theme parks whining and begging my parents for some souvenir that I just had to have.

Are TV promises of escaping to quiet islands and exotic locations just promotions to spend money. Finally it hit me— my idea of vacation was peace and quiet while my family all had their own ideas. Why was I worried about making 2 weeks a year memorable when I could make every weekend memorable in some small way. After all, we are stationed at Camp Darby, Italy of all places. It's the perfect springboard to Tuscany and really is "Europe's Southern Destination of Choice."

Recipes for a HEALTHY ENVIRONMENT

Have you ever thought about how many chemicals you use every day? Disinfectants, cleaners and air fresheners all contain chemicals that can damage your health and the environment. However, you can make several simple substitutions with natural ingredients that work as well or better than traditional cleaners.

These substitutions are made with readily available and natural ingredients. Don't feel you need to suddenly replace all the cleaners you have always used; change a few at a time. Each substitution goes a long way toward creating a chemical-free house, a safer environment and a healthier family.



Floor and Rug Cleaner

- Clean ceramic tile using a solution of ¼ cup baking soda, ½ cup white vinegar, 1 cup ammonia and 1 gallon warm water. This solution also works well as a general cleaner.

- Make floor polish for linoleum and vinyl by mixing 1 part thick boiled starch with 1 part soap-suds. Rub this mixture on the floor and polish with a clean, dry cloth. To strip commercial floor



wax, pour club soda on the surface, scrub, let soak for a few minutes and wipe clean.

- Clean wood floors by damp-mopping with mild vegetable-oil soap; dry immediately.
- Make rug and carpet cleaner by mixing ½ cup dishwashing detergent and 1 pint boiling water. Cool and whip into stiff foam with an electric mixer. With a damp sponge, apply the solution to 4-by-4-foot sections. Wipe off the suds and rinse with a solution of 1 cup vinegar in 1 gallon of warm water. Rinse the rug and wipe, changing the rinse water frequently. Clean your rug on a dry, warm day so you can open the windows to facilitate drying.

Spot Remover

Remove butter, coffee, gravy and chocolate stains by scraping off or sponging up as much of the spot as possible and dabbing it with a cloth dampened in a mixture of 1 teaspoon white vinegar and 1 quart cold water. Or, apply a solution made of equal parts ammonia and water. (Remove the residual ammonia stain with salt and water.)

To remove grease spots:

- Apply a paste of cornstarch and water.
- Cover with baking soda or cornmeal, let dry, and brush off.
- Scrub the spot with Toothpaste.
- For grease spots on rugs, sprinkle dry cornstarch on the spot and vacuum.

Furniture Polish

Use olive oil, lemon oil, beeswax, or a mixture of beeswax and olive oil. A combination of 2 teaspoons lemon oil and 1 pint mineral, vegetable, or olive oil in a spray bottle also works.



Metal Polish

- To polish silver, cover the bottom of an aluminum or enameled pan with aluminum foil. Place the silver in the pan. Fill with enough water to cover the silver. Add 1 teaspoon baking soda and 1 teaspoon salt. Boil for 3 minutes. Remove the silver, wash in soapy water, and polish. (Do not use this method for silver jewelry or flatware with hollow handles.)



- Scrub brass with Worcestershire sauce or toothpaste; or apply tomato ketchup, let sit, and remove when dry. Or, clean it with water in which onions have been boiled. For copper, apply white vinegar and salt, and rub. To polish either brass or copper, use a paste of lemon juice and salt.

Glass Cleaner

- Mix 3 tablespoons ammonia, 1 tablespoon white vinegar and ¾ cup water.
- Mix 2 tablespoons vinegar in 1 quart water.
- Mix 1 quart water with ½ cup vinegar and 1 to 2 tablespoons of lemon juice or rubbing alcohol.

Pour any of these mixtures into a spray bottle.

Oven Cleaner

Commercial oven cleaners usually contain lye, which is extremely toxic. Instead:

- Apply a paste of water and baking soda to the spot, and then scrub it with steel wool. (Be careful not to get any of the mixture on the heating elements.)
- Sprinkle salt on spills while they are warm and scrub them off.

Drain Cleaner

- Prevent drain clogs by covering drains with screens to keep out grease, hair and food scraps. If blockage does occur, pour 1 cup each of baking soda, salt and white vinegar down the drain. Wait 15 minutes and flush with boiling water. Use a plumber's snake or plunger on tough clogs.

- The less determined can toss a handful of baking soda and ½ cup vinegar down the drain and cover tightly for 1 minute. Rinse with hot water.



Toilet Bowl Cleaner

- Pour ½ cup chlorine bleach into the bowl. Let stand for 30 minutes and scrub clean.
- Scrub with a solution of ½ cup borax and 1 gallon water.

Disinfectant and Germicide

Soapy water works well in place of a disinfectant.

Air Freshener and Deodorizer

Air fresheners do not really freshen air. According to the Earth Works Group, they deaden your nasal passages or coat them with oil so you can no longer smell the offensive odor.

Instead, try vinegar or lemon juice in a spray bottle, or set small dishes of vinegar, lemon juice or baking soda around the house. A cotton ball soaked in pure vanilla will overpower odors in the car or refrigerator. Grinding lemons in the garbage disposal will give it a fresher smell.

Source: Global Environmental Outreach, February 1994.

Produced by the U.S. Army Environmental Command. For more information visit our Web site at aec.army.mil or call 1-800-USA-3845.

July 4th cookouts turns up heat for barbecue

Installation Management Command-Europe public affairs

HEIDELBERG, Germany – As July 4th looms closer, barbecue safety takes center stage as U.S. Army Garrisons throughout Europe keep a focus on the Summer Safety Campaign and Fire Safety Campaign.

While, cookouts are pretty much a year-around activity, July 4th festivities seem to turn up the heat on outdoor cooking, aka BBQs.

No matter when you fire up those charcoals or use the propane grill, safety is a must at all times, according to Gerald Adams, Installation Management Command-Europe fire protection specialist.

“The proper use and storage of barbeque grills is essential to safe outdoor cooking,” said Adams. “Data shows that there are hundreds of fires that occur each year related to outdoor cooking, and almost all of those are preventable.”

According to Adams, individuals in Europe have a “very good” safety record regarding the use of outdoor cooking grills. However, he added that people still need to be vigilant because all it takes is one mistake or one bad decision to cause an outdoor cooking-related fire incident.

Some fire incidents he has heard about, he said, are clearly bad decisions.

“People have placed charcoal in ovens. Others have used charcoal grills indoors. These are deadly ideas,” he said. “Remember the safety tips mentioned to the side and enjoy your outdoor meals and have a safe fun summer.”

BBQ Safety tips

Before Cooking

- Instruct children on the dangers of a lit grill.
- Choose a safe grilling location away from children’s play areas and areas of heavy traffic. The area should be well-ventilated to avoid danger from carbon monoxide and other combustion by-products.
- Never grill inside or even in a semi-enclosed area, such as a tent or camper. Always grill on a flat, non-combustible surface.
- Make sure you’re not wearing clothing that could contact the fire, such as hanging shirt-tails or dangling strings.
- Never leave a grill unattended.

Cooking With Propane (LP) Gas Grills

- Read the owner’s manual and operating instructions carefully.
- Use the exact type of tank and fuel specified. Do not attempt to connect European-type propane cylinders with U.S. LP grill supply lines.
- Check hoses and valve connections often. Do this by pouring soapy water on the connection points. If bubbles appear, retighten the connections and test again. Also, if repairs to gas lines are needed, ensure qualified repair personnel fix the lines.
- Transfer and store liquid propane cylinders in an upright position and never where temperatures can reach 125 degrees.
- Whether your grill lights by match or push button igniter, always follow the manufacturer’s instructions.

Cooking With Charcoal Grills

- Charcoal grills should be lit and supervised by adults only
- Never start a fire with gasoline.
- Use starter fluid only as recommended by the manufacturer. Never use starter fluid once the fire has been ignited.
- If using an electric fire starter, use an insulated indoor/outdoor cord plugged into an outlet protected by a ground fault circuit interrupter if equipped.
- Be sure the ground is dry and you’re not standing in water when plugging the starter into an outlet.
- Don’t use a charcoal grill underneath a combustible overhead.



EURO IFMS FLEET REMARKETING ANNOUNCES:

USED GOVERNMENT VEHICLE SALE

- ❖ Live Internet auction: June 30 – July 12
- ❖ Public Inspection Period: July 7, 9 a.m.- 3 p.m.
- ❖ Beginning June 30, follow the WEB link below to vehicle photos, descriptions, and minimum bid starting prices:
<http://www.vebeg.de/web/en/auktionen/index.htm>
- ❖ Vehicles located at: Camp Darby (Laghorn Army Depot), IFMS Consolidated Vehicle Processing Center Vehicle Sales Yard
- ❖ IFMS POC is: Michela Bortolini DSN 633-8274
❖ Comm +39-050-54-8274 Mobile +39-335-100-3680



VOICE

Community News for USAG Livorno

Army Community Services
 Bldg. 407
 USAG Livorno

Mon. Wed 8:00-5:00
Thurs 11:00-5:00
Fri 8:00-5:00
Closed Weekends

Telephone
DSN 633.7084
CIV 050.54.7084

Service Member and Family Readiness Center (SFRC)
 Bldg. 428
 USAG Livorno

Telephone
DSN 633-7946
CIV 050.54.7946

AER/AFAS
Telephone
335-741-5973
MFLC Telephone
329-876-2168
SARC Telephone
335-771-4989

ACS Celebrates Consumer Awareness Month in July

Written by Elizabeth Speck
 ACS Financial Readiness Program Manager

What would happen if every dollar you spent was spent on purpose? If that were true, you would be paying fewer fees and lower taxes. What can you do to make this happen?

A savvy consumer is one who is able to choose where they spend their money – not be told where to spend their money. What that means is that one needs to be out or getting out of debt to be a fully functioning consumer.

*Steve Rhode runs a website, www.GetOutOfDebt.org. It is quite good. He offers a free book for downloading: *Eliminate Your Debt Like a Pro*. In chapter 1, he lists seven stages of debt. They were discovered by Dr. Elisabeth Kubler-Ross.*

1. Denial
2. Anger
3. Depression
4. Bargaining
5. Acceptance
6. Resurrection
7. Rebirth

Where are you on this list? YOU can choose to get out of debt while you are on Camp Darby. Will you take the steps necessary to get out of debt, stop paying fees and penalties, lower your taxes and raise your consumer awareness?



Remember, in marketing, there are two primary motivational approaches: the appeal to a person's greed or their fear. What does it take to motivate you?

Classes available to help Service Members heighten their Consumer Awareness:

- Consumer Rights and Obligations:*
 July 7, 11:00 a.m. - 11:30 a.m. at the SFRC
- Identity Theft Protection:*
 July 8, 11:00 a.m. - 11:30 a.m. at the SFRC
- Debt Liquidation*
 July 9, 11:00 a.m. - 11:30 a.m. at the SFRC
- Credit Reports*
 July 14, 11:00 a.m. - 11:30 a.m. at the SFRC

These are only a few of the class offered by ACS this month helping to provide Service Members and their families confidence in lending practices. Please see the back of the voice for a detail listing of class description, date and time offered and location.

Visit Us Online at www.livornomwr.com



RELOCATION READINESS

Benvenuti at Camp Darby

July 7, 8:15 a.m. at SGM Shields Conference Room
New to Camp Darby and don't know where to go to get answers? Learn about Italian customs, culture, local shopping, paying Italian bills and more. Please sign up for the next Benvenuti session by calling ACS. Free childcare, but registration is required before the 15th of the June.

Sponsorship Training

July 7, 9:00 a.m. - 10:00 a.m. at the SFRC
This class will discuss military sponsorship and what it takes to introduce your new unit member not only the base but to Italy.

Smooth Move/Levy Briefing

July 8, 9:00 a.m. - 11:00 a.m. at the SFRC
Learn what it takes to have a stress-free move from Camp Darby.

Multicultural Spouse Meeting

July 15, 11:30 a.m. - 3:00 p.m. at the SFRC
Obtain valuable information on medical services, employment, immigration and naturalization services, driver's license, ESL and much more.

Scrapbooking

July 1 & 15, 11:30 a.m. - 1:00 p.m. at ACS
July 8 & 29, 5:00 p.m. - 6:30 p.m. at ACS
Bring your supplies and your photos and scrapbook with others who enjoy making the most of their memories.

ARMY VOLUNTEER CORPS

Volunteer Knowledge Training

July 22, 11:30 a.m. - 12:00 p.m. at the SFRC
Take this class to learn about the volunteer positions currently open and what steps have to be taken before working with the organization.

EMPLOYMENT READINESS

Resume Points Workgroup

Please call 633-7084 for the July time and location
PSCing or trying for a new job on post and don't know how to word your resume? Come to our peer resume review board and work with other members of your community to perfect your resume.

MOBILIZATION/DEPLOYMENT

Reintegration and Relationships Workshop

July 23, 10:30 a.m. at the SFRC
Tips on how to better manage family relationships following a deployment. Please RSVP at ACS.

Intervene! Act! Motivate!
24-Hour Sexual Assault Response
Phone number: 335-771-4989

Military One Source



Military One Source provides free private services and information:

- Counseling
 - Educational Materials
 - Interpretation/Translation
- Stateside: 1-800-342-9647
Overseas: 800-3429-6477
Overseas Colled: 484-530-5908
TTY/TDD: 1-866-607-6794
En Espanol: 1-877-888-0727

FINANCIAL READINESS

Consumer Rights and Obligations

July 7, 11:00 a.m. - 11:30 a.m. at the SFRC
Learn what you the consumer are entitled to and what your responsibilities are during this quickie class.

Identity Theft Protection

July 8, 11:00 a.m. - 11:30 a.m. at the SFRC
Learn how to protect yourself and your family from Identity Theft Crimes.

Debt Liquidation and Credit Management

July 9, 11:00 a.m. - 11:30 a.m. at the SFRC
Learn what it takes to get out of debt and how to report false claims on your credit report.

Credit Reports

July 14, 11:00 a.m. - 11:30 a.m.
Don't be surprised when you apply for a new loan. Learn how to request a free copy of your credit report and how to read it when it comes.

Consumer Rights and Obligations

July 15, 11:00 a.m. - 11:30 a.m. at the SFRC
Learn what you the consumer are entitled to and what your responsibilities are during this quickie class.

Thrift Savings Plan (TSP) Information

July 16, 11:00 a.m. - 11:30 a.m. at the SFRC
Learn the benefits of TSP in this quickie class.

FAMILY ADVOCACY

Anger Management (Adults)

July 2 & 16, 12:00 p.m. - 1:00 p.m. at the SFRC
Provides information designed to support wellness, self-resiliency and enhance coping skills of the Service Member or Family Member.

Introduction to Stress Management

July 6 & 20, 12:00 p.m. - 1:00 p.m. at the SFRC
Learn to identify personal signs of stress and build positive coping strategies.

Communication Miracles for Couples

July 10, 11:30 a.m. - 1:00 p.m. at the SFRC
Learn effective communication skills in order to build or maintain positive relationships.

Relaxation Techniques

July 13 & 27, 12:00 p.m. - 1:00 p.m. at the SFRC
Learn the benefits of utilizing proper relaxation techniques such as progressive muscle relaxation and visualization.

Breast-feeding Basics

July 14, 9:30 a.m. - 11:00 a.m. at the SFRC
Provides education on proper breast feeding techniques and the benefits for both mother and child.

New Parent Playgroup

Wednesdays, 11:00 a.m. - 12:00 p.m. in the SFRC
An interactive and educational playgroup for service members and their families with children from birth - 3 years.

AFAP Issue Submission

Any issues for the next Army Family Action Plan Conference can be submitted via the web at http://www.usag.livorno.army.mil/AFAP_Form.asp. USAG Livorno AFAP Issue forms can also be picked up at ACS. For questions on how or where to submit your AFAP Issues, please call DSN 633.7084.

Army Family Team Building (AFTB)

Level 1 is an introduction to the military for newcomers. All trainings are also available online at www.myarmyonesource.com

Remembering the Past But Not Living In It

By Chaplain Kelly Porter
USAG Livorno Chaplain

Psalm 126

V. 1-3 When the Lord brought back the captives to Zion, we were like men who dreamed. Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, "The Lord has done great things for them." The Lord has done great things for us, and we are filled with joy.

V. 4-6

Restore our fortunes, O Lord, like streams in the Negev. Those who sow in tears will reap with songs of joy. He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him.

Do you remember a time in your life when you walked closely with God, perhaps a little closer than a later time in your life? Do you remember what it was like to hear God's voice clearly, to experience abundant blessings, to wake up each morning with a smile and joyful anticipation of the day? What was it like when you came back? Did you enjoy life again? Did you enjoy being around people? Did you let out a loud yell?

The worshipper in Psalm 126 knew those days. Before the nation of Babylon blotted Israel off the map and carted their elite off into exile, the nation had experienced many blessings from God. Seventy years was a long time for the old generation to forget and unknown to the young generation, but the stories of greatness had been passed from father to son.

Their memories were about fortunes. For some fortune no doubt meant grandeur and political power, but after one has suffered it is amazing how priorities change. Upon return from exile many had longed for the simple things— peaceful assembly, worship as one desires, family reunions, freedom to grow.

They had imagined what the return would be like and when it came they were overwhelmed. It was all too much to handle. Finally attaining those simple pleasures brought laughter to the men of Zion. One of the greatest rewards was to meet again at the Lord's temple.

When they were restored it was so great even the surrounding nations heard about it. God's mighty works always give witness to His ability to deliver His people. That witness is visibly seen by others but it also needs to be heard.

It wasn't the same though. Life after being restored from sin is never the same as life before the sin. Israel and Judah were destroyed by Assyria and Babylon for their continued rebellion against the Lord. After ignoring repeated warnings the entire nation suffered God's judgment. In their raids, the enemy

stripped the fields, killed many, knocked down and burned buildings and houses, and looted the temple and palaces of their valuable objects. What the Jews experienced in exile and in their return was a stripped-down version of their faith system. That's not always bad.

When Jesus prepared his disciples for ministry after the death and resurrection he dealt with their heart issues— pride, arrogance, stubbornness, lack of faith. Peter was quick to tell Jesus was God's divine plan was. Jesus rebuked Peter, associating him with the work of the devil. The Jews had their own purging to experience.

Life in Canaan was harsh. They had to reconstruct cities, walls, the temple, houses, farmland. Others had moved in to fill the population void and most likely property disputes arose.

The Negev is the wilderness area just south of Jerusalem and stretches into Arabia and across to Egypt. The river beds are generally dry but when even the smallest amounts of rain fell in the winter the dry beds become gushing streams of life. They quench a dry, thirsty land and life springs up over night. Tiny, dormant seeds embedded and unseen burst forth with brilliant flowers and shrubs. In the same way God's people called on Him for a down-pour of blessing.

The answer came quickly. Though the work is difficult the Lord would be by their side.

The Psalm recognizes the reality of sin, punishment and restoration. It is not easy nor is it fun. In the end though it is worth the hard effort in order to find lasting joy in God.

The Psalm reminds us that no matter how far off we might stray God is more than capable of delivering us.

The Psalm instructs us that though we had good times in the past we must remember one truth— the past does not exist so we cannot live in it. Today make the most of your walk with God †



Army Reserve Chaplain and Chaplain's Assistant support local community

By Chaplain Kelley Porter
USAG Livorno Chaplain

July 17 to August 7 Chaplain (Captain) Paul Weberg and Specialist Denisse Ocasio-Torres will be mobilized for an Overseas Deployment for Training tour in support of the USAG Livorno Garrison Chaplain's Office.

The US Army Reserve Command manages the overseas deployment for training (ODT) program; allowing Army Reserve units to perform mission related training while providing mission- essential medical, transportation, maintenance and engineering capabilities to America's Army. Through the ODT program, Army Reserve soldiers and units have deployed to Southwest Asia and Central America to provide support to active army missions in Egypt, Saudi Arabia, Kuwait, Jordan, Honduras, Guatemala and Haiti.

Chaplain Weberg is ordained as a Roman Catholic Priest. His office will be located at the chapel where he will be available for counseling and sacramental ministry. Chaplain Weberg will perform the Sunday mass July 19,26 and Aug 7. Other ministrations during the week will be announced as scheduled. A potluck luncheon is on July 19.

Is 10% Giving Realistic in Today's Economy?

Recently, financial commentator Dave Ramsey asked a similar question. He stated, "the average church attendee is only giving 2.5% of his income".

When I pastored I researched our giving and discovered, on average, our attendees gave .5% of their income. That's 1/2 of 1%. Church culture has shifted to reflect the culture at large. Rather than consistent giving to a denomination, church or chapel Christians today are more likely to make one-time donations to causes, individuals or Para church organizations. Some of that is a response to poor stewardship by church leaders but much of it is a move away from an orthodox theology of stewardship.

In 2009 it is easy to hide behind the notion that we need to protect our money given the rapid decline of the economy. Fear drives that position. If it describes you ask yourself, "How many times have I seen God provide for my family in miraculous ways?" The problem with tithing is our definition of it. We state 10% is God's, 90% is mine.

The Bible breaks it down as 100% God's. Is it?

- *Chaplain P*

U.S. Bell Choir to perform at Camp Darby

The Calvin and Chapel High School Handbell Ringers, members of Tower Hill First Presbyterian Church at Red Bank, NJ will perform a concert at the chapel July 13 at 6 p.m.. They perform on a set of English handbells, comprised of 66 tuned, bronze bells, under the direction of Charles Harris, Director of Music. The group plays in concerts throughout the year, both in worship in their own church as well as a host of other locations—nursing homes, hospitals, various community service organizations and many others.

Over the last thirty years, the handbell choirs have also toured both nationally and internationally, performing at The White House, Disneyland, Tiffany's in NYC, and Epcot Center in Walt Disney World. They have performed at the United Nations in Vienna, the American Embassy in Norway, St. Paul's Cathedral in London and toured in Germany and Prague. To hear music samples of the choir or



Sights from the 2009 Vacation Bible School

Crafts and goods at
The Marketplace



Mario Entertaining
the Crowd at
The Closing Luncheon



Wow! Did you see that?!



Livorno Commissary will be open regular hours on July 3 and 4 from 10 a.m. to 6 p.m.

Li'l Heroes Baby Program launches July 6

FORT LEE, Va. – As part of an ongoing effort to emphasize that the commissary is a benefit for the whole military family, the Defense Commissary Agency is launching an exciting new initiative effective July 6: the Li'l Heroes Baby Program.

A new addition to the family brings not only more joy, but also more expenses. As household budgets tighten, the average savings of 30 percent or more customers realize by shopping at the commissary helps families make ends meet. In fact, a family of four can save an average of nearly \$3,400 per year by shopping at the commissary, based on October 2008 USDA figures for retail grocery store food purchases consumed at home.

"Customers have told us that the commissary is their most important nonpaid benefit, so we want to maintain that by supporting the whole military family as much as possible," DeCA Director and CEO Philip E. Sakowitz Jr. said. "We value the sacrifices these families have made for our country, and hope that the support this program will provide will make the commissary even more worth the trip for them."

The Li'l Heroes Baby Program will be featured on a special section of <http://www.commissaries.com> that will offer articles from the DeCA dietitian, Lt. Col. Karen Hawkins, and the agency's home economist, Kay Blakley, as well as links to other government sources providing tips and advice to new parents. The highlight of this new program will be DeCA's newest e-newsletter: the Li'l Heroes Benefit Bulletin. In addition to linking commissary customers to the articles mentioned above, this monthly e-newsletter will provide access to military-exclusive vendor Web pages offering special savings for readers. This information will help you learn how to make the commissary that much more worth the trip for the things your little ones need. Vendors will also be offering special thank-you gifts to subscribers.

For more information on the program, and to subscribe to the Li'l Heroes Benefit Bulletin, please visit <http://www.commissaries.com/baby> on July 6.



DISASTER PREPAREDNESS SEASON: MAY - SEPT

Are You Prepared?

Before the next disaster occurs, DeCA is asking its customers to prepare for emergencies by ensuring that their survival kit includes the following:

- Water (at least a gallon per person daily)
- High-energy foods: nuts, raisins, granola
- Canned meats, fruits, and vegetables
- Manual can opener
- Infant/baby food and supplies
- Cereal, crackers, and cookies
- Matches (in waterproof container)
- Paper cups/plates, and utensils
- Toilet paper and moist wipes
- Pet food and supplies
- Over-the-counter medications
- First aid kit, hand sanitizer
- Plastic storage containers
- Soap/detergent, disinfectant/bleach
- Batteries
- Garbage bags
- Flashlight and batteries
- Candles



Find out more about what should be in your emergency closet by going to <http://www.commissaries.com> and clicking on DeCA's disaster preparedness page.

For more information on disaster preparedness, visit these sites: www.fema.gov; www.dhs.gov; www.redcross.org.

Chicken Ranch Wrap

*Sliced Chicken
Breast*

White Cheddar

Lettuce

Tomatoes

Now available on Thursdays at your commissary



STUDY PICASSO AND EXPATRIATE WRITERS IN PARIS WITH UMUC EUROPE

HEIDELBERG, Germany--University of Maryland University College Europe (UMUC Europe) announces two 3-credit undergraduate field study courses, Picasso in Paris and Expatriate Writers in Paris: 1920s, offered this August in the "City of Lights". The registration deadlines are 10 July and 17 July respectively, with classes starting in early August.

In Picasso in Paris, students will study major developments in modern art, beginning with cubism and including expressionism and surrealism, in the famous collections of the Pompidou Center Museum and Picasso Museum. Students will also explore the works of other artists, such as Matisse, Braque, Kandinsky, Magritte, and major painters of today. The faculty member will give lectures and facilitate discussions based on paintings and sculptures in the various museums and galleries visited during the course.

In Expatriate Writers in Paris: 1920s, students will follow in the literary footsteps of renowned writers through the streets of Paris. Visits include Gertrude Stein's salon; Shakespeare & Co., the bookstore founded by young American Sylvia Beach who helped publish James Joyce's radical novel Ulysses; and Hemingway's favorite café. Through walks, lectures, discussions, and readings, students will identify the relationship of the city to its "expatriate" artists by reconstructing the 1920s in Paris.

For more information, please visit www.ed.umuc.edu/fieldstudy, contact a local UMUC field representative, or contact UMUC Europe at DSN 314-370-6762, CIV +49-(0)6221-3780, or e-mail edfieldsty@ed.umuc.edu.



Financial Aid available for Camp Darby Military Spouses

If you are a military spouse of a Soldeir or Airman, you can request up to \$6000 for financial assistance to pay for courses of study or related licensing and credentialing services provided by other agencies.

The two onsite schools, Central Texas College and University of Maryland University College, which are located in the Darby Ed Center, are approved schools for this TA.

You want to be ready for the next term which starts on August 24!

To get a copy of the tuition assistance form or for further information, call the Darby Ed Center at 633-7073 or contact the respective onsite schools.

CENTRAL TEXAS COLLEGE

Education for the Individual

What We Offer

Central Texas College Europe is contracted to offer members of the military community in Europe an Associate in Applied Science degree and certificates in a variety of career and technical programs, and a certificate of completion in Microsoft Certification preparation. The program is geared to the military professional, taking into account occupations that are unique to military specialties. Courses are also available to spouses and dependents.

Students choose from one of the following programs:

Applied Management and Military Science, Automotive Mechanic/Technician, Criminal Justice, Early Childhood Professions, Emergency medical Technology, Fire Prevention Technology, Hospitality Management, Legal Assistant, Microsoft Certified System Administrator Training

Financial Aid

Students may receive financial assistance from a variety of sources. For more information on financial aid email financial.aid@europe.ctcd.edu. Selected courses are offered face-to-face and others are offered online. Scheduling is flexible.

The next term begins August 17, 2009.

For more information contact the Camp Darby Field Representative at: DSN 633-7492; Email: Darby@europe.ctcd.edu. Office Hours: Tuesday and Thursday 9 a.m.-1 p.m.; Wednesdays 10 a.m.– noon

DEPARTMENT OF THE ARMY

Vacancy Announcement Number: EUJN09574067

Opening Date: July 02, 2009 Closing Date: July 09, 2009

Position: Human Resources Technician (Military), YB-0203-01

Salary: \$17,174 - \$35,135 Annual

Place of Work: US Army Installation Management CMD, USAG Livorno,

Directorate of Human Resources, Military Personnel Division, Livorno, Ita

Position Status: This is a Permanent position. -- Full Time

Number of Vacancy: 1

NSPS Position: This position is covered by the National Security Personnel System. For more information on NSPS, please visit the website at <http://www.cpms.osd.mil/nsps/index.html>.

NON-APPROPRIATED FUND JOB ACCEPTANCE LIST

(Vacancies as of 18 June 2009)

Applications are presently being accepted by the Livorno Human Resources Office for the following positions. Applicants should apply at the NAF Human Resources Office, HQ Front 1st Floor, Room 11, Camp Darby, 633-7032, fax 633-7049. The hours of operation are 0900-1600, Monday-Friday. For further information, please review the specific job announcements located at NAF HR Office.

<u>ANN. NO.</u>	<u>POSITION TITLE, SERIES, & GRADE</u>	<u>OPEN/CLOSING DATES</u>
EUNAFLI090009	OPERATIONS ASSISTANT, NF-1101-02	Open: 18 June 2009 1 ST Close: 23 June 2009 Closing: 29 June 2009
EUNAFLI09010C	HOTEL DESK CLERK, NF-0303-01	OPEN CONTINUOUS
EUNAFLI09020C	CHILD & YOUTH PROGRAM ASSISTANT CC-1702-01/02	OPEN CONTINUOUS
EUNAFLI09030C	CUSTODIAL WORKER, NA-3566-02	OPEN CONTINUOUS
EUNAFLI09040C	BARTENDER/BAR ASSISTANT, NA-7405-01/03	OPEN CONTINUOUS
EUNAFLI09050C	ANIMAL CARETAKER, NA-0548-03	OPEN CONTINUOUS
EUNAFLI09060C	RECREATION ASSISTANT (BOWLING CENTER), NF-0189-01	OPEN CONTINUOUS
*EUNAFLI09130C	LABORER, NA-3502-02	OPEN CONTINUOUS
*EUNAFLI09070C	RECREATION AID, NF-0189-01	OPEN CONTINUOUS
*EUNAFLI09080C	RECREATION AID (LIFEGUARD), NF-0189-01	OPEN CONTINUOUS
*EUNAFLI09090C	RECREATION ASSISTANT, NF-0189-02	OPEN CONTINUOUS
*EUNAFLI09100C	LIFEGUARD (POOL OPERATOR), NF-0189-02	OPEN CONTINUOUS

* POSITION FOR SEASONAL EMPLOYMENT ONLY (MAY-SEPTEMBER)

Come visit our website at <http://cpolrhp.belvoir.army.mil/eur/index.htm>

Or visit the Camp Darby website www.usag.livorno.army.mil.

For further information contact our office at 633-7032 or

Livorno.NAF@eur.army.mil.

Your opinion is important

Got an issue that you believe can be solved/ Or maybe your looking for an explanation? Log onto www.usag.livorno.army.mil and click on CAC to submit your issues. Answers will be printed in the Darby Digest.

Don't miss the July 4th events at the American Beach! Beach opens at 10:00 a.m. and will offer children's games, DJ/music under the pavilion from 7:00 p.m. until midnight and then, we'll top off the day with a spectacular fireworks display right on the beach!

Adventure Trips are new this season at Outdoor Recreation! July trips include a Hanging Garden trip, and hiking in the Apuane Alps. August trips include Deep Sea Fishing, Paintball and more! Find the entire schedule on-line: www.livornomwr.com

Become an Armed Forces Vacation Club member for free and start saving! Vacation at World Class Condominium Resorts for 7 nights at only \$329. Price is subject to change without notice. Eligible DoD personnel have space-available access to more than 3,500 resorts in over 80 countries. Reservations can be made on-line at www.afvclub.com or by calling 800-724-9988. Refer to Livorno AFVC Installation Code #269 when making your reservations.

In order to better serve the Camp Darby Community, you are kindly invited to complete the Army Community Service Needs Assessment which will only take a couple of minutes to complete. None of the information you provide will be associated with you individually. Your survey will be treated as confidential and only group statistics will be reported. ACS Staff thanks you in advance for your assistance. Follow this link to complete the survey: www.myarmylifetoo.com/survey_livorno

ITR

Concerts! Operas! Pistoia Blues! Go with a group of your friends and let ITR do the driving. The Lucca Summer Festival begins in July with names such as Lenny Kravitz and James Taylor just to mention a few. Upcoming concerts include Spandau Ballet, Laura Pausini, the Disney Live show and lots more! Minimum 10 persons for ITR transportation. Call ITR for transportation details at 633-7589.

July 4, 11, 18, 25, 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.

July 5, 19, Acqua Village, The Acqua Village in Cecina Mare features three water slides, wave pool, children's pool, soaped soccer, play room & more!

July 7, 14, 21, 28, Cinque Terre Trip, Cinque Terre is a remote piece of the Italian Riviera consisting of 5 villages connected by trails that hug the coastline. Enjoy the views over a bottle of local wine. An unforgettable experience!

July 1, 8, 15, 22, 29, 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.

July 2, 9, 16, 23, 30, 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!

July 3, 10, 17, 24, 31, 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.

July 6, 13, 20, 27, 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.

July 12, Cavallino Matto Trip, Central Italy's biggest amusement park.

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

Looking for hotel accommodations? No matter where in the world you're planning to go, you're sure to find the hotel right for you! Log onto our website and get a FREE price quote today! Log onto: www.livornomwr.com, click on "ITR". Click on the word "HOTELS".

Outdoor Recreation / American Beach / Darby Pool

Pool hours are Monday thru Friday from noon to 7:00 p.m. Saturday and Sunday hours are from 11:00 a.m. to 7:00 p.m. Lap swimming is scheduled for Monday thru Friday from 11:00 a.m. to noon.

The Outdoor Recreation (Bldg 690) is now open 7 days a week from 10:00 a.m. to 6:00 p.m.

Beginning in July, Outdoor Recreation offers Adventure trips! Visit the Riparbella 'Hanging Garden' Adventure Park on July 11 and hike in the Apuane Alps on July 25. For more information, call 633-7775.

Darby Community Club

Texas Hold'em will be held on July 10, 24 beginning at 6:30 p.m. Free pasta for all of the players!

Need to say thanks? Bring your right arm / wing man to the Community Club on July 17, 31. Make it a monthly habit!

Every Thursday is Karaoke Night with Bibi at the Club. Stop singing in the shower and impress your friends too! Fun starts at 6:30 p.m.

The Gazebo Grill is temporarily closed. At this moment, they are currently recruiting for new contractors/operators. For more information, call NAF Contracting Office at DSN 633-7726.

Sports and Fitness

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 offered every Thursday from 12:00 to 1:00 p.m. Too busy during lunchtime for this neat class? Try it out on Mondays from 5:15 to 6:15 p.m. Call 633-7440 for more info.

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.

Sign up for the US Army 2009 European Golf Open at the Rheinblick Golf Course in Wiesbaden on August 1 and 2. Practice Rounds begin 28-31 July. For more information, click: <http://www.armygermany.com/>

Tennis anyone? Sign up for the 2009 US Forces Europe Tennis Championships at the Heidelberg Tennis Center July 17-19. Those wishing to participate must register NLT July 15 by calling DSN 388-9037.

Darby Lanes

Darby Lanes and snack bar is now open on Sundays for the entire summer season! Operating hours are 5:00 p.m. to 9:00 p.m.

Brrr Brrr Chill out this summer at Darby Lanes! Darby Lanes invites you to be cool this summer and receive FREE shoe rental (a \$2 value) with the 'cube'pon. We'll also give you a discount coupon for Kostas' Restaurant good for .50 off on any beverage. Offer valid 15 July thru 15 August 2009. Find your 'cube'pon in the Darby Horizon at www.livornomwr.com

It's Dollar Day\$ at the Darby Lanes! Every Thursday, you'll find \$1 games, \$1 shoe rental and \$1 pizza toppings (large pizzas are reduced from \$15 to \$11 with \$1 toppings).

Kid's birthdays? No problem! Darby Lanes offers party packages to take the hassle out of children's birthday party planning.



Green Park Jazz

Tirrenia (Pisa)

Toscana Jazz festival will this summer will bring 25 music events throughout Tuscany within the months of July and August.

At five minutes drive from Camp Darby the Green Park Resort will be home of a series of jazz concerts.

On July 9 Riccardo Arrighini known for his ability to adapt the classical music to the more modern jazz music will play the world famous Italian composer Antonio Vivaldi's masterpiece "The four seasons" is a new modern form.

The Trio Lanzoni (piano)/Evangelista(contrabass)/Guerra (drums) will be in concert on July 12, while July 13 will be the turn of the Rojensemble Rojo Portefino paying homage to Tango with this particular concert.

For the month of July the last concert at the Tirrenia resort will be on July 23 with a concert of the Trio Gaddi(piano)/Desideri (sax)/Dalla Porta(contrabass).

All concerts at the Green Park resort will cost 10 Euros and will begin at 10 p.m.

For further information:

www.toscanajazzfestival.it



Mediating Cultural Exchange

In Bagno A Ripoli (Florence) on July 6

Facing issues of adaptation and integration working in Florence and Tuscany is the subject of the briefing that will be held on July 6 at 7 p.m. at the Together Florence Inn in via de Gasperi, 6 at Bagno a Ripoli (FI).

The Business Club FlorenceIN and the free magazine "The Florentine" will host four Anglo-Florentine speakers talking about their personal and work experiences in relation to the theme of cultural exchange.

Following the briefing the participants are invited to participate to a wine-tasting event and buffet.

The cost fee for this event is 10 Euros and can be paid the evening of the event at the Hotel.

Please send an e-mail to info@theflorentine.net to confirm your participation.

Detailed information on this Anglo-Florentine evening can be found on "The Florentine" web page.

For further information:

www.theflorentine.net



AcquaVillage Cecina

The water amusement park open until mid September

At only 30 minutes drive from Camp Darby is water amusement park Acqua Village in Cecina (Livorno) open from mid June to mid Sep from 10 a.m. to 6 p.m.

At Acqua Village you can enjoy and have high adrenaline type of amusement by sliding along the eight breathtaking slides.

Acqua Village also offers a magic lagoon with Jacuzzi for relaxation, a children pool, and a wave pool, as well as a children playground, a snack bar and a restaurant.

A big free parking lot is available right next to the park entrance.

Umbrellas, or small gazebos with chairs are available, there is also a little bazaar for last minute emergencies.

The entrance fee is 20 Euros on holiday and 18 on workdays for adults, children from 3 to 11 are charged 14 Euros.

Camp Darby Installation Tours and Recreation offers trips to Acqua Village on July 5 and 19, and Aug. 2 and 15.

For further information:

www.acquavillage.it

Warrior Adventure Quest Comes to Camp Darby

Story by Chiara Mattiolo
USAG Livorno Public Affairs

High adventure outdoor recreation trips designed to push your agility and capabilities are now available through U.S. Army Garrison Livorno Outdoor Recreation as part of Warrior Adventure Quest.

The Warrior Adventure Quest is a combination of high adventure outdoor recreation activities.

“High adrenaline adventure trips are scheduled for the summer, from hiking in the Apuane Alps to deep sea fishing, Adventure parks and white water rafting to mention some,” said Robert Collodi, Outdoor Recreation Program Manager.

On July 11 ODR has its first special, wild and adventurous trip happening in just about an hour drive from Camp Darby at the Riparbella (Pisa) Hanging garden Park.

The Park offers acrobatic courses including fixed and suspended platforms linked by crossings of varying length and difficulty degrees thru the tree tops.

Before being allowed to attempt the courses, everyone has to go thru a briefing and a little test provided by the park instructors, according to Collodi.

Users are supplied with all the necessary equipment to perform in complete safety.

Another great trip is scheduled on Aug 22 in the wonderful mountains of Garfagnana (Lucca), near the natural park of “Orecchiella”, with a beautiful view of the Apuane Alps, is the “Selva del Bufardello” Adventure Park.

Participants can test their ability with suspension bridges, swinging beams, vertical nets, ropes and obstacles.

The acrobatic courses in this adventure park are offered at four levels of difficulty green, blue, red and black, to adjust to everyone’s level of ability.

“This is a great opportunity to enjoy the fun with ODR and to take advantage of the innumerable outdoors activities that the natural configuration of this Tuscan area offers.” Collodi said.

ODR has an intense schedule of high adrenaline events throughout the summer, if you are interested in experiencing your ability to deal with nature and test your strength, check out the detailed program by calling DSN 633-7229 or visit us on the web at www.usag.livorno.army.mil.



New Adventure Trips 2009





July 11 Visit the Riparbella Hanging Garden Adventure Park

July 25 Hike in the Apuane Alps

Aug 1 Deep Sea Fishing Trip

Aug 8 Paintball

Aug 22 Visit the San Romano Adventure Park in Garfagnana

Aug 28 Deep Sea Fishing Trip

Sept 5 White Water Rafting

Sept 12 Chianti Bicycle Trip




For more information,
call ODR at 633-7775.

Produced by USAG Livorno, PWAF Marketing 2009. ODR Ad website: www.usag.livorno.army.mil