

# Darby Digest

[www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)  
July 17, 2009

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Camp  Darby's premier bi-monthly newsletter



## Speeding will leave you walking on Camp Darby

From the desk of  
Command Sgt. Maj. Felix Rodriguez  
USAG Livorno Command Sgt. Maj.

Team Camp Darby,

Speeding and lack of seat belts can be a deadly combination. Speeding is one of the most prevalent factors contributing to traffic crashes. Speeding reduces a driver's ability to respond to changing conditions or steer safely through curves or around objects like children on the roadway. Speeding also increases stopping distances and reduces your reaction time.

Seat belts are mandatory for everyone in the vehicle. So the next time you get behind the wheel and drive on Camp Darby, remember buckle up and that speeding on Camp Darby is not only dangerous, but you could lose your driving privileges.

Drive smart, drive safe.



*Spc. Bridget Austin conducts a routine drivers licence inspection.*

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*Cover photo by Joyce Costello*

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

Vol. III, Issue 14

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## Safety Day

# Summer Safety Day keeps cool under pressure

Learning more about how to keep yourself and your loved ones safe during the summer doesn't have to be "death by powerpoint".

By Joyce Costello

U.S. Army Garrison Livorno Safety office held a day full of interactive safety demonstrations and education as part of the Annual Summer Safety Day July 14.

"We had the Pisa Red Cross come and speak to our Italian and American employees to explain local emergency procedures and demonstrate life saving first aid techniques," said Chiara Chelossi, USAG Livorno safety office.

"Safety day stand downs and training puts safety foremost in everybody's mind," added David Henry, USAG Livorno safety office.

Besides a briefing from the safety office and the Italian Red Cross, Camp Darby community members tested their riding skills out the Honda SMART motorcycle trainer, the Camp Darby Fire Department used the "jaws of life" to take apart a car during a demonstration, community members tested out their fire reaction skills by putting out a controlled fire and impaired by drunk driving simulation goggles, Camp Darby community members got to see first hand how a few drinks can seriously affect their driving skills.

For the latest in safety information and education visit the safety page on [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)



### Top tips to remember when calling Italian emergency number 118:

- Your telephone number
- Where is the problem? [details]
- Who are you? [name and qualification if you happen to be medic, MP or such]
- What happened?
- When did it happen?
- How many people are injured
- Useful informations of the scene

Remember to not hang up and wait for the "ok" from the 118 operator

**Emergency on-post call DSN 633-7575**

Check out event photos on [www.flickr.com/photos/campdarby](http://www.flickr.com/photos/campdarby)

## New on Darby

# Paintball comes to Camp Darby

Story and photo by Chiara Mattiolo  
*USAG Livorno Public Affairs*

A new and exciting program is starting at Camp Darby this August. As part of Warrior Adventure Quest, Camp Darby Outdoor Recreation has a new paintball course and equipment.

According to ODR Program Manager, Robert Collodi, players are divided in two groups to simulate a battle against each other using compressed air pistols commonly referred to as “markers” and bio-safe paintballs.

“Once your hit, you must leave the battle field,” explained Collodi. “The last player remaining unmarked is the winner.”

He added that safety measures require players to wear protective gear, especially a face shield in order to prevent possible eye injuries.

“As an additional safety measure, players are not allowed to shoot at opponents if they are 10 feet or less apart,” said Collodi.

Club Beyond students who spent their summer camp at USAG Livorno were the first groups to test the new paintball program.

“I am proud to say that they were very happy with the organization and the natural battle field the Buffer Zone offers,” said Collodi.

Collodi added that the upcoming paintball course Aug 8 will only be for adults over 16 years of age, but there are plans in the future to organize games for younger groups.

If you’re interested in participating in this challenging fun game, you can sign up by calling ODR at DSN 633-7775



**Camp Darby's  
Outdoor Recreation**

*presents*

# Paintball

Cost \$30 marker rental (includes air tank & refills)  
\$15 for 500 paintballs (1 bag)  
\$60 for 2,000 paintballs (1 case)

**For more information**  
Contact the Outdoor Recreation Office in Bldg 690 at 633-7775



Produced by USG-Livorno, FMWR Marketing 2009, ODR Paintball.indd

## Stay Fit Darby

### Fitness center construction update

By Joyce Costello  
USAG Livorno Public Affairs

The Fitness Center is due to receive ‘selectorized’ equipment as part of an Army bulk buy. According to Harry Kronley, USAG Livorno Directorate of Public Works director, the building addition was necessary, because there was not sufficient space in the existing facility for the new equipment.

“Construction for the Fitness Center addition will increase workout space by 253 square meters or just under 3,000 square feet,” said Kronley.

The gym addition project is part Sustainment, Restoration and Modernization funds that are enabling wave of facilities maintenance, repair projects across Europe Army garrisons this year, according to an IMCOM-E press release.

“FY08 and FY09 SRM funding has been significantly above historical norms” noted Al Rasper, chief of IMCOM-Europe Public Works Division. “Over the next year to year-and-a-half we will see a number of improvements at garrisons that will enhance the quality of life for our people, increase mission capability, deliver cost savings and provide energy improvements.”

According to Kronley, the gym is on schedule for completion in late Sept and will house strength and “selectorized” exercise equipment.



The Fitness Center will have a new weight room addition completed at the end of Sept for Camp Darby patrons to enjoy. The building addition cost over \$400 thousand and is part of the SRM funds improving Europe Army garrisons. (Photo by Chiara Mattiolo, USAG Livorno Public Affairs)

#### *Blogosphere*

#### *From the Woggle Blog*

### **Training for Oct 16, 2009 Run to the Tower**

It’s hot here today, over 33C, so I trudge over to my car to get my work out cloths to go to the gym. I pass the lunch time crowd and begrudgingly pretend I’m glad I’m off to do my impression of a hamster on a treadmill while they enjoy their fast food.

The air is stuffy in the gym and most of the treadmills are packed with Carabinieri’s, Italian employees and civilians. Everyone is huffing and puffing; getting a glazed over look in their eyes as they strain to watch the TVs and not fall off the treadmill. I step on the machine and mentally psyche myself up for a boring 40 minutes.

It takes a while, but eventually I fall in pace with the techno music on my walkman. Breathing steadily, my eyes glaze over and I begin to fantasize about the upcoming 12K Run to the Leaning Tower Oct 16. In my mind, I’m tearing down the final stretch of cobble stone, grunting at Japanese tourist to get out of my way... determined to pass the other “heavy, slow” female in my age category.

In my mind, I pass her at the last minute- her own ipod on too loud to hear me plodding down the path. “Oh yeah- taking third place,” I mutter under my breathe smiling to myself.

Ok- it’s a strange kind of fantasy, but it definitely helps me get some fartlek/speed sessions in if you can call a 12 minute mile a speed session! Ultimately, at the end of the work out, I’m feeling pretty good about myself.

I shower and head back to work, waving to the folks still eating their lunches. They don’t even know the fun they missed.

*\*\*\*Camp Darby’s Annual Run to the Tower will be Oct 16. Contact Fitness Center to register\*\*\**

# Summer Water Conservation

From Environmental Protection Agency



Water efficiency is the long-term ethic of conserving water resources through the employment of water-saving technologies. Using water efficiently will conserve supplies for future generations. Between increasing demand and shrinking supply, our water resources are strained across the country. However, by using water more efficiently we can preserve water resources for the future.

Did you know that less than 1% of all the water on Earth can be used by people? The rest is salt water (the kind you find in the ocean) or is permanently frozen and we can't drink it, wash with it, or use it to water plants. As our population grows, more and more people are using up this limited resource. Therefore, it is important that we use our water wisely and not waste it. Americans use large quantities of water inside and outside of their homes. A family of four uses 400 gallons of water every day. This amount can increase depending on location; for example, the arid West has some of the highest per capita residential water use because of landscape irrigation.

WaterSense helps conserve water for future generations by providing information on products and programs that save water without sacrificing performance. In fact, the average home, retrofitted with WaterSense labeled toilets and bathroom faucets or faucet accessories, can save more than 11,000 gallons per year. If one out of every 10 homes in the United States upgraded to WaterSense labeled fixtures, we could save more than 120 billion gallons and more than \$800 million annually.

When purchasing products and services that use water, think WaterSense. When purchasing products that use electricity, think ENERGY STAR®. Using WaterSense labeled products will save you about 20 percent of the water that average products would use. Take this conservation ethic one step further by purchasing products with the ENERGY STAR mark, which can save you about one-third on your energy bill. By looking for the WaterSense label and the ENERGY STAR mark when making purchasing decisions, you can reduce your water and electricity bills and conserve resources for future generations.

Track your home water usage and consumption and then use the calculator on [www.epa.gov](http://www.epa.gov) to see how you can become more water-efficient.

## WATER USE TABLE

Today is: \_\_\_\_\_

Note: If you need more rows (more than 6 uses), add them to the back of this sheet, but don't forget to include them in your calculations!

Family Members →																					
Fixture →		Faucet	Shower	Bath	Toilet	Faucet	Shower	Bath	Toilet	Faucet	Shower	Bath	Toilet	Faucet	Shower	Bath	Toilet	Faucet	Shower	Bath	Toilet
		Number of minutes/uses per fixture																			
USES	1 <sup>ST</sup>																				
	2 <sup>ND</sup>																				
	3 <sup>RD</sup>																				
	4 <sup>TH</sup>																				
	5 <sup>TH</sup>																				
	6 <sup>TH</sup>																				
A I-4	Total # of minutes or uses person, per fixture, per day	A1	A2	A3	A4	A1	A2	A3	A4	A1	A2	A3	A4	A1	A2	A3	A4	A1	A2	A3	A4
B I-4	Total # of gallons per person, per fixture, per day	B1	B2	B3	B4	B1	B2	B3	B4	B1	B2	B3	B4	B1	B2	B3	B4	B1	B2	B3	B4
C	Total # of gallons per person, per day																				
D	Total # gallons per person, per week																				
E	Average # gallons per person, per day																				
BONUS																					
Average # gallons per family, per day																					



### Barbacue

#### Entertain without going broke

Want to have a large barbecue to show off your grilling talents to your Italian and American friends, but don't want to blow your entire grocery budget for the month on one meal? Don't buy all the food yourself. Instead propose an organized pot-luck where the host provides the meat and everyone else brings the side dishes. Make sure to coordinate before hand in order to avoid having ten desserts and 7 potatoe salads.

Save money on condiments and paper and plastic picnic ware by using coupons from ACS or downloaded from the internet to cut costs.

#### Have a budget for your trip

Plan what you'll spend each day with the idea of not having the trip budget be a straight jacket. In order to develop your budget, keep all of your receipts for a month or two. That way you can get a realistic sense of where you are in your current spending.

An Easy Start to a low-cost vacation:

- \*Save money by "re-discovering" fun places close to home.
- \*Plan ahead! Airfare and hotels are cheaper when booked in advance. (Check out kayak.com)

Diving Into Fun:

- \*If possible, plan vacations during off-seasons.
- \*Once you get to your destination, make your own breakfast and lunches so you only have to eat dinner out.
- \*Get deeper discounts on car rentals by "naming your price" on sites that allow you to bid for lower rates.

Super Saver Trips:

- \*Stay in accommodations with kitchens. Cook dinner most nights, saving dining out for a few special evenings.
- \*Explore house swapping with friends who live in different states or countries.
- \*If you can be flexible with your travel dates, there are some deep airfare discounts out there.
- \*Talk to the folks about that timeshare they never use.



### Allowance

#### Summer job vs. automatic allowance

Got kids - forget the allowance over the summer- go for a commission. What they want, they have to earn before it is purchased.

"But I want...." Can be followed by, "well, car wash is \$ \_\_, lawn, laundry,..... is \$ \_\_ - how are you going to earn the money?"

# New Jersey hand bell choir rings around Italy

The Calvin and Chapel High School Hand bell Ringers performed a concert at the Camp Darby chapel July 13.

By **Joyce Costello**

The two groups of high school teens, members of Tower Hill First Presbyterian Church in Red Bank, New Jersey, performed on a set of English hand bells comprised of 66 tuned, bronze bells under the direction of Charles Harris, Director of Music.

“This is our first time to perform in Italy and our first time to

play on a military installation,” said Harris. “We were glad for the opportunity to show our support for our American Armed Forces.”

Chapel hand bell ringer Emily Graf, a sophomore at Rumson-Fairhaven High School in New Jersey, was surprised at what she saw during her first visit to a military installation.

“I thought there would be tanks and HUMVEE’s driving all around and that the people would be very strict,” said Graf. “But, everyone here is very nice and its quiet and the Italian buildings are very pretty.”

Calvin hand bell ringer, David George, who recently graduated from Middletown High School South, Middletown, New Jersey, said he enjoyed being able to travel to far off places during his summer break to perform.

“We youth do a lot of fund raising in order to go on these tours and its nice to be able to perform all over the world and meet people who are interested in music and hand bells,” said George whose younger brother also plays

July 17, 2009



in the church choir.

The hand bell choir will continue touring Italy with concerts in Florence and Venice. The choir has been going on national and international summer tours since 1967 to places like The White House, Disneyland, Tiffany’s in NYC, Epcot Center in Walt Disney World, the United Nations in Vienna, the American Embassy in Norway, St. Paul’s Cathedral in London, Germany and Prague, according to Harris.

Chaplains who are interested in the choir performing at their chapel can contact them through their web page [www.towerhillchurch.org](http://www.towerhillchurch.org).

*\*\*\*additional photos on [www.flickr.com/photos/campdarby](http://www.flickr.com/photos/campdarby)\*\*\**



## **ARMY FAMILY COVENANT: KEEPING THE PROMISE** **ARMYOneSource.com**

### **Assesment to grade Army Family Covenant success**

HEIDELBERG, Germany - From mid-July through September, The United States Army in Europe and Installation Management Command Europe Region will join forces to evaluate just how well the Army Family Covenant is meeting the needs and expectations of Soldiers and families in Europe.

The Army Family Covenant Assessment (TAFCA) in Europe is the first initiative of its size and scope in the Army. It is a holistic approach designed to study and evaluate the effectiveness of the full range of AFC programs and services. The goal is to maximize the positive impacts for Army Families in Europe.

The assessment begins in July with pre-defined focus groups drawn from the seven garrisons across Europe that have been most impacted by recurring, extended deployments: United States Army Garrison Weisbaden, Stuttgart, Ansbach, Schweinfurt, Bamberg, Grafenwoehr, and Vicenza. On-site facility visits and interviews will be conducted spanning a wide range of uniformed and civilian individuals represented in Family Readiness Groups, Better Opportunities for Single Soldiers programs, and commanders and command sergeants major.

The focus group assessment will be followed up in August with an online survey that anyone in Europe will be encouraged to complete. The survey will focus on gauging community satisfaction with all aspects of Covenant-related programs and services, from health care, housing, and youth services, to single Soldier programs and other Morale, Welfare and Recreation and quality of life programs.

Stay tuned for more information at your garrison that will direct you where and how to access the survey to ensure your voice is heard to improve future programs and service

### **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.**

## NON-APPROPRIATED FUND JOB ACCEPTANCE LIST

(Vacancies as of 17 July 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.

ANN. NO.	POSITION TITLE, SERIES, & GRADE	OPEN/CLOSING DATES
EUNAFI090014	CASH COLLECTOR, NF-0530-03	Open: 17 July 2009 1st Close: 24 July 2009 Closing: 31 July 2009
EUNAFI090013	OPERATIONS ASSISTANT, NF-1101-02	Open: 08 July 2009 1st Close: 15 July 2009 Closing: 22 July 2009
EUNAFI09010C	HOTEL DESK CLERK, NF-0303-01	OPEN CONTINUOUS
EUNAFI09020C	CHILD & YOUTH PROGRAM ASSISTANT CC-1702-01/02	OPEN CONTINUOUS
EUNAFI09030C	CUSTODIAL WORKER, NA-3566-02	OPEN CONTINUOUS
EUNAFI09040C	BARTENDER/BAR ASSISTANT, NA-7405-01/03	OPEN CONTINUOUS
EUNAFI09050C	ANIMAL CARETAKER, NA-0548-03	OPEN CONTINUOUS
*EUNAFI09130C	LABORER, NA-3502-02	OPEN CONTINUOUS
*EUNAFI09070C	RECREATION AID, NF-0189-01	OPEN CONTINUOUS
*EUNAFI09080C	RECREATION AID (LIFEGUARD), NF-0189-01	OPEN CONTINUOUS
*EUNAFI09090C	RECREATION ASSISTANT, NF-0189-02	OPEN CONTINUOUS
*EUNAFI09100C	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](http://www.usag.livorno.army.mil).

For further information contact our office at 633-7032 or [Livorno.NAF@eur.army.mil](mailto:Livorno.NAF@eur.army.mil).

**SAFE SUMMER**  
**NO ONE GRILLS ALONE**

- Use grills in well-ventilated areas.
- Never leave a grill unattended once lit.
- Keep fire under control.
- Wear safe clothing.

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






<https://safety.army.mil>

# Strong Bonds Married Couples Program

Empower your relationship-building skills and connect in a holistic, preventative program committed to the restoration and preservation of Army Families. The Camp Darby Strong Bonds conference is free and open to all military service members.



August 6-8  
Garmish, Germany  
Transportation, lodging, child  
care and some meals provided.  
Deadline to sign up is July 30  
DSN 633-7267

# CENTRAL TEXAS COLLEGE

Education for the Individual

## Vocational/Technical Courses

Earn an  
Associate degree and certificates in  
Applied Management/Military Science - Criminal Justice  
Child Development - Automotive Mechanic  
Food Services - Emergency Medical Technology  
Microsoft Certification - Paralegal  
Fire Science

Classroom setting, individual attention, flexible scheduling  
Selected Vocational/Technical courses also offered online  
Tuition Assistance and Financial Aid available

Camp Darby Education Center  
Term I, 2009/2010  
Registration July 27-August 7  
Term Dates August 17-October 9

Course Title	Course Name	Dates	Times	Instructor	Credit Hours
CDEC234 1	The School Age Child	Tu-Th 18 Aug – 8 Oct	1730-1930	Forniciari	3
CJSA1174	Terrorism as a Strategy Seminar	Saturday 22-Aug 12-Sep 26-Sep 17 Oct	0900-1300	Rhan	1

## 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](mailto: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](mailto:Darby@europe.ctcd.edu). Office Hours: Tuesday and Thursday 9 a.m.-1 p.m.; Wednesdays 10 a.m.– noon



## University of Maryland University College *Europe*

Earn your Associates, Bachelors, or Masters Degree!

We work with the Community College of the Air Force to turn your management training into an Associates Degree with 5 additional classes (Math, Writing, Speech, History, Italian). Call or stop by for more information!

### FALL TERM 1

Face to Face Classes 24 August – 18 October  
Registration 10 August – 23 August

Distance Education Classes 31 August – 8 November  
Registration 29 June – 30 August

### Face to Face at Darby – Fall Term 1

- MATH 103 College Mathematics T/Th 1730-2030
- HIST 142 Western Civilization II M/W 1730-2030
- IFSM 201 Introduction to Computer-Based Systems

Hybrid 29/30 August, 19/20 September

The hybrid class has in classroom sessions and on-line course work. This is a great opportunity to try an on-line class with the support of a classroom teacher.

Contact the UMUC Field Representative at DSN 633-7386, [livo@ed.umuc.edu](mailto:livo@ed.umuc.edu), [www.ed.umuc.edu](http://www.ed.umuc.edu)

### Financial Aid available for Camp Darby Military Spouses

If you are a military spouse of a Soldier 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.

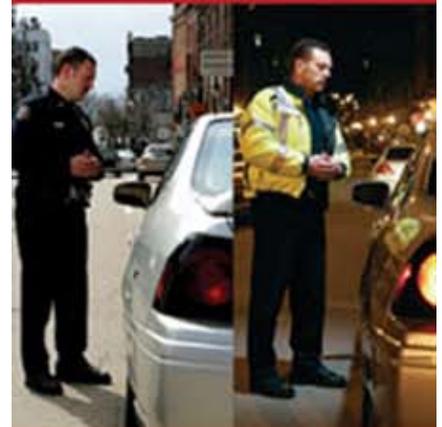
The two onsite schools, Central Texas College and University of Maryland University College, which are located in the Darby Ed Center, are approved schools for this TA.

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.

# CAMP DARBY

# DAY & NITE.



# BUCKEL UP OR WALK





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 Kickoff its Investment Club

ACS is excited to announce the beginning of an investment club. Because of a need to educate members before jumping into the stock market, Elizabeth Speck, the organizer for Camp Darby's Investment Club will start the meetings with some foundational education.

Utilizing "It's Your Move" an investment program focusing on financial concepts and understanding the investment world, savings, scams, stocks, bonds and mutual funds the group will learn about investing before risking anything. Elizabeth Speck says, "The program is innovative, engaging, comprehensive, and delivered through a game design approach and guest speakers. Then, we'll take off where the group wants to go – fun money and real."

As an extra benefit, Active Duty Army Service Members are eligible for promotion points based on their involvement with this new organization!

All the fun starts on August 18 at 11:45 a.m. in the Service Member and Family Readiness Center building 428. Don't forget to bring a brown-bag lunch.

## ARMY FAMILY TEAM BUILDING

Are you a spouse new to the military community? Having trouble understanding military customs and traditions? The Army Family Team Building class at ACS can help!

Army Family Team Building is an interactive class taught by community volunteers created to help familiarize the family members with Army living.



Our latest group of newcomers enjoyed the Livorno orientation trip during the June Benvenuti class.

## Benefits of Benvenuti

Moving to a new community can be a stressful experience for not only the Service Member but also their families. Army Community Service understands the difficulties that our newcomers face. During in-processing, new community members register for Benvenuti. For two weeks, Service Members and their spouse are introduced to the different tenant units on Camp Darby, a headstart Language class and trips to the surrounding area.

As a Service member, registering and attending Benvenuti is a part of your military in-processing checklist. As a spouse, Benvenuti is a great way to be introduced to Camp Darby and newcomers just like you!

Make sure to sign up today if you haven't already!

As an extra incentive, Active Duty Army Members can earn promotion points by taking this class.

Please call 633-7084 for the August training dates. Course available online at:

[www.myarmyonesource.com](http://www.myarmyonesource.com)



## RELOCATION READINESS

### Benvenuti at Camp Darby

August 3, 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 July.

### Multicultural Spouse Meeting

August 5, 11:30 a.m. - TBD at the SFRC

Obtain valuable information on medical services, employment, immigration and naturalization services, driver's license, ESL and much more.

### Scrapbooking

August 19, 11:00 a.m. - 1:00 p.m. at ACS

August 26, 5:00 p.m. - 7:00 p.m. at ACS

Bring your supplies, your photos and scrapbook with others who enjoy making the most of their memories. Come to as many sessions as you like!

## ARMY VOLUNTEER CORPS

### Volunteer Knowledge Training

August 25, 11:00 a.m. - 11:30 a.m. at the SFRC

Wanting to give a bit of your time to the Camp Darby Community but do not know where to start? 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

### Interview Skills

August 27, 11:00 a.m. - 11:30 a.m. at the SFRC

Learn what it takes to put your best foot forward.

### Military One Source

Military Onesource provides free private services and information:

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

## FINANCIAL READINESS

### Investment Club Kickoff Meeting

August 18, 11:30 a.m. - 12:00 p.m. at the SFRC

Attend the first meeting of the ACS Sponsored Camp Darby Investment Club. Learn what it takes to get the most out of your investing.

### Thrift Savings Plan (TSP) Information

August 20, 11:00 a.m. - 11:30 a.m. at the SFRC

Learn the benefits of TSP in this quickie class.

### Consumer Rights and Obligations

August 27, 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.

## FAMILY ADVOCACY

### Anger Management (Adults)

August 6 & 20, 11:30 a.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

August 3 & 17, 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

August 14, 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

August 10 & 24, 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.

### Breastfeeding Basics

August 11, 9:30 a.m. - 11:00 a.m. at the SFRC

Provides education on proper breast feeding and the benefits for mother and child.

### New Parent Playgroup

Wednesdays, 11:00 a.m.- 12:00 p.m. in the SRFC

An interactive and educational playgroup for service members and their families with children from birth-3 yrs.

All 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](http://www.usag.livorno.army.mil/AFAP_Form.asp). USAG Livorno AFAP Issue forms can also be picked up at ACS and dropped off to one of the black AFAP Boxes around Post. For questions on how or where to submit your AFAP Issues, please call DSN 633.7084.

## ACS Staff Spotlight: Elaine Miles!

### Family Advocacy Program Manager

ACS is excited to announce that Elaine Miles has taken over the role as the Family Advocacy Program Manager at USAG Livorno's ACS. Elaine Miles hopes to enhance the Family Advocacy Program, to reach out to Camp Darby's underserved population of Service Members, Family Members and Civilians through classes and events.

Coming from Stuttgart Germany, Elaine has not wasted any time when it comes to her role at Camp Darby. She has been carefully creating new necessary yet unique classes such as "Communication Miracles for Couples" and "Relaxation Techniques". Check out the ACS Publication, "The Voice" for classes and times.



## Making reading fun for children

By Debora Lomi  
USAG Livorno Library technician

As Librarian, I know value of reading and it's an essential part of my job to help children discover that reading can be fun as well as useful. But, parents are truly the key: without parents, teachers and librarians can do very little.

Reading is very important not only to success at school but also in life. Reading is an essential skill that helps your child's learning and growing. It can lead your child from Elementary School to the College Degree. Reading will help your grown-up child finding a job and keeping it. Without reading you can't even fill out a job application and every job involves reading. Reading is also a way to spend your free time: having fun, learning and day-dreaming. Imagination, happiness and knowledge are the perfect instruments to help your child growing and becoming part of the world. For all of these reasons, please, help your child become a good reader!

There are concrete solutions to help you in this important mission of making reading a fun and enjoyable part of your child's life. You can create a home library in a place in your house with good light and comfortable seats where the family often gathers. Then you'll want to choose good books suited for your child's interests and reading level.

Reading out loud to your child is one of the best ways to get kids interested in reading. Make this, part of your daily routine. Or, you can have your child read to you making sure to praise the child and don't focus on mistakes. He'll be proud of himself and encouraged to read again.

Create a quiet reading hour or establish time for the whole family to read together. It's a relaxing way to encourage reading and to improve family relationships. You can also do this at your Library after work time.

Every time you can, please, ask your child to find written information such as finding towns on a map while you are on a trip, watching for important highway signs or reading recipes to you while you're cooking

The important this is to have fun with reading together. Reading can be a fun, normal part of your child's life making it easier for them when they are older.

For a full list of ways to incorporate reading into your child's day visit the Camp Darby Library web page on [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil) and make sure you take advantage of all of the resources the Camp Darby has to offer.

## Darby Library

Open Mon- Fri 10-6, Sat 11-4

Not just book...

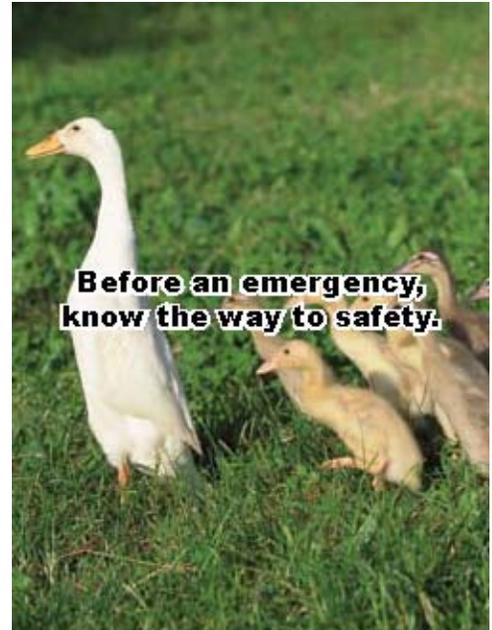
Internet Access

DVD movies

Music CD

Magazines and newspapers

Travel guides



**Every minute counts in an emergency. Plan your evacuation.**

- Have a portable emergency kit.
- Follow your emergency plan.
- Listen to the radio or TV for instructions.

**It's up to you. Prepare Strong.**



# Saturday Night Dinner at American Beach

July 18 at 8 P.M.

Tagliatelle with Mushroom

or Bolognese meat sauce

Grilled steak and sausage

Roasted potatoes

Salad

Dessert

Cost is \$/Euro 22

Children's menu is \$/Euro 6

RSVP 050-547800

## Darby Community Club

- \* Texas Hold'em will be held on July 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.

## 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.
- \* 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 July 15 - Aug 15, 2009. Find your 'cube'pon in the Darby Horizon at [www.livornomwr.com](http://www.livornomwr.com)
- \* It's Dollar Day\$ at the Darby Lanes thru the end of July! 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.

## 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. Classes are held every Mon, Wedns and Fri from noon to 1:00 p.m. Cost is \$3 per class.
- \* Shaolin Kung Fu classes are here Mon and Wedns from 5:30 to 7:00 p.m.
- \* Belly Dancing Classes will resume in Sept.
- \* 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.
- \* July Wellness Center Special- Buy a normal manicure and get a free upgrade to spa style. They offer massages, facials, manicures, pedicures and 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.

## Outdoor Recreation Center

- \* Try the new adventure trips! Hike in the Apuane Alps on July 25 or go Deep Sea Fishing on July 31. For more information, call 633-7775.
- \* Paintball is coming on Aug 8.

# ITR Trips

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.

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July 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.

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July 19, 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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July 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!

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July 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.

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July 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!

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July 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.

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July 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.

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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](http://www.livornomwr.com)

**FORCE PROTECTION**

Traveling through Europe

- Ensure you have all necessary emergency phone numbers (medical insurance, security personnel, etc.)
- Avoid wearing items which draw attention to you or identify you as American.
- Use baggage tags with the name and address covered to prevent observation if somebody is looking for a target of opportunity
- Review travel warnings: <http://travel.state.gov/> and [www.hqsareur.army.mil](http://www.hqsareur.army.mil)

**USAG Livorno  
Antiterrorism  
Office  
DSN 633-8984**



Friday, July 17 Placebo  
 7 p. m. on Main Stage

Saturday, July 18 Kraftwerk  
 & Aphex Twin  
 7 p. m. on Main Stage

Sunday, July 19 Badabardo  
 & Ska-P  
 7 p. m. on Main Stage

Complete listing of all concerts and events can be found on [www.italiawave.com](http://www.italiawave.com)

## The Events:

July 18- Lari celebrates their Liberation with a re enactment and ceremony starting at 9:30 A.M.

July 26- Cutigliano memorial ceremony and mass

Sept 5- Lucca 65th Liberation anniversary has a parade of World War II vehicles and Buffalo Soldier actors recreating the liberation of the town center.



# Towns across Tuscany celebrate liberation

Learning more about our military heritage where we serve makes for a more interesting experience living overseas. By Joyce Costello

This year marks the 65th Liberation Anniversary for many towns and villages across Tuscany. It's a chance for military members and their families to see first hand the difference that those who served before them made during World War II.

Every time I've been lucky enough to attend a liberation ceremony, I am touched seeing elderly men wearing colorful partisan scarves around their necks, clutching worn and weathered newspaper clippings and militia identification cards from years long past, squinting their eyes searching to see if there are men they once remembered fighting along side of. It's hard not to let lose a torrent of tears when an old man shakes the hand of a young American Soldier and tells them about how their village was hiding in the hills and the partisans would act as guides.

Some ceremonies will have long speeches or mass, while others might feature children reciting poetry by one of the partisans or reading off the names of the villagers who died in the conflict.

Invariably, we always end up at a local treasure of a restaurant we would have never discovered on our own. As the wine flows, so do the stories of heroism, bravery and sacrifice keeping our military heritage alive in our hearts and minds.

Learn more about these events at [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)

*Above: On Sept 5, a historic re-enactment of vintage vehicles and tanks enter at noon Lucca's historic center square just as Col. Sherman had ordered. Below: Re enactors dressed as Col. Sherman and his driver drive a vintage World War II jeep during the 64th Anniversary of the liberation of Lucca.*

