

Darby Digest

www.usag.livorno.army.mil
September 4, 2009

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Camp  Darby's premier bi-monthly newsletter



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

Vol. III, Issue 17



Team Camp Darby-

Labor Day is a special day to honor the dedicated hard work and sacrifices of our workforce. In keeping with tradition, many of us will take this opportunity to celebrate the occasion with family and friends over a well-deserved long weekend. Unfortunately, holidays pose increased risk of accidents to each of us. Therefore, it is extremely important for all of us to focus on safety and current force protection levels.

This year alone, the US Army has had 92 off duty personally owned vehicle (POV) fatalities and 28 personally owned motorcycle (POM) fatalities compared to 44 for the same time frame in FY08. Most of these accidents were preventable. I urge everyone to stay alert and get pro actively involved in the composite risk management and accident prevention process. It is exceedingly important, now more than ever, to maintain situational awareness while driving or riding in a POV or POM.

Our goal is to prevent on and off-duty accidents, so “play it safe” in all activities during this weekend. Use good judgment in and around water, take time to plan ahead for holiday trips, adjust auto speeds for changing road and weather conditions, buckle your seat belt and use child restraints! Utilize the Travel Risks Planning System (TRiPS) (<https://safety.army.mil>). Finally, we cannot allow our friends or ourselves to drink and drive; have a plan, use a designated driver. Always remember the ultimate objective: “Arrive Alive!”

This is a special holiday and you are valuable members of the Camp Darby/Livorno military community. I want each of you to enjoy your Families, celebrate smartly, and return to work safely.

LTC STEVEN CADE
USAG Livorno Commander

Cover photo by Joyce Costello

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Camp Darby BOSS takes second at Army wide forum



Story and Photo by Joyce Costello
USAG Livorno Public Affairs

CAMP DARBY, Italy- Camp Darby's Better Opportunities for Single Soldiers (BOSS) program was recognized as having one of the best events in the Army during the FWMR BOSS Forum in Landsdowne, Virginia.

"We took second place for extra small garrison category for 'Best Event' for the work our Soldiers, Airmen and Sailors did during the garrison Easter Spring Fling event," said U.S. Army Garrison Livorno Command Sgt. Maj. Felix Rodriguez.

Camp Darby BOSS President, Staff Sgt. Brett Patterson had to decide between all of the fun recreational trips BOSS made over the year and various volunteer programs that BOSS did to help out within the community.

"In the end we decided to submit the work we did volunteering at the community wide spring fling and Easter egg hunt," said Patterson. "Not only did we fill over 2,000 eggs and cooked over 400 hot dogs for American military members, their families, our local national workforce and Italian guests, but this was also a chance for our single service members to really feel part of the community and connect during the holidays."

Command Sgt. Maj. Rodriguez added that receiving this Department of Army level award impacts Camp Darby's BOSS program in a positive way by recognizing the hard work and dedication of the single service members and helping to motivate them to continue to support our military community.

"Additionally, Camp Darby's BOSS program is a good platform for single service members to voice their issues and recommend improvements," said Rodriguez. "We encourage single service members to learn about recreational events, quality of life improvements and community service opportunities that the Camp Darby BOSS program offers."

To learn more about the Camp Darby BOSS program, visit their web page on www.usag.livorno.army.mil.

Camp Darby names NCO and Soldier of the Quarter

AMERICA'S ARMY: THE STRENGTH OF THE NATION™



U.S. Army Garrison Livorno
NCO of the Quarter

"Being in the military is much more than physical strength, what you really needed to succeed is mental strength. While serving, I've acquired strong self confidence and discipline and learned how to overcome adversities."

SGT Jennifer Livingston
AFN Livorno



"Army NCO- No One is More Professional than I..."



By Chiara Mattiolo
USAG Livorno Public Affairs

Army Sgt. Jennifer Livingston was selected as the Non-commissioned Officer of the quarter at the Camp Darby Installation competition Aug. 27.

Livingston, a Worthington, Minn. native, has been serving in the U.S. Army for six years and is currently assigned as television and radio repairman for American Forces Network Livorno. Livingston said winning the NCO of the quarter was a complete surprise.

"This is the first time I compete for the NCO of the quarter," said Livingston "I did good- better than I thought I would have- and this really boosted my confidence."

Her supervisor, Marisa Gaona, always had faith in her troop's ability to shine at the installation wide event.

"As an NCO she is thoughtful and cares about doing the right thing for the Soldiers," said Gaona, AFN Livorno station manager. "She's the type of Soldier that volunteers her time and is an integral part of her community with her involvement in Better Opportunities for Single Soldiers, Combined Federal Campaign and intramural sports."

Livingston joined the Army after attending Minnesota State University with a concentration in graphic design. The military experience, she said, led her to growth as an individual.

"Being in the military is much more than physical strength, what you really needed to succeed is mental strength," Livingston said. "While serving, I've acquired strong self confidence and discipline and learned how to overcome adversities."

According to Livingston her main reason in participating in this competition was to represent her unit proudly.

"I really strived for the best, more for my unit than for me; I want to be an example for the other Soldiers and a matter of pride to my unit" said Livingston. "To me, understanding, respect and loyalty are very important."

Livingston will now be eligible to compete for Camp Darby's NCO of the year.

Spc. Holly Arnold, native of Elma, Wash., was selected as Soldier of the quarter for Camp Darby Military Installation Aug. 27.

Arnold enrolled in the U.S. Army after finishing high school and is assigned to the Livorno Health Clinic with the duties of Health Care. Arnold arrived to Camp Darby in June after a 15 month deployment to Iraq and is very happy of being in a small community where, she said, she feels at home.

For Arnold, the competition for the Soldier of the quarter was pretty hard, but she was never left alone.

"My Non-Commissioned Officer at the Clinic helped me so much in the preparation for the competition," Arnold said "One of the hardest duties was to put together my uniform and awards, a critical extra eye from my NCO really helped a lot."

Her NCO, Staff Sgt. Class Rennick Beneby added that in this day and age it is more important than ever than Soldiers are mentored in both a Garrison and Combat environment as this serves to hone their skills for combat thru intense training under combat like i.e. stressful situations in a garrison environment.

"Competition boards such as the SOQ board involve sacrifice both on the part of the leader as well as the Soldier and places immense stress on the Soldier who is called upon to face a panel of senior ranking individuals and face scrutiny as well as a barrage of questions," said Beneby. "Arnold eagerly volunteered to attend the SOQ and thru her own initiative and hard work ensured that she won it; she has been commended by both staff and patients for her hard work ethic, humility and dedication to both clinic and self improvement."

Arnold said that she learned from the challenges of the soldier of the quarter competition that hard job always pays off.

"I want to tell the other soldiers that even if they do not win, participating in the competition is still a great learning experience," Arnold said.

In her spare time Arnold likes to spend times with her friends, to travel around and to play saxophone and is pursuing her degree in mathematics.

AMERICA'S ARMY: THE STRENGTH OF THE NATION™



U.S. Army Garrison Livorno Soldier of the Quarter

"By studying for the board you learn a lot of things that you wouldn't normally know. After having been to a board you are more mentally tough because it can be nerve raking and stressful when you are being quizzed. This prepares me to be an NCO because I am now more knowledgeable about the Army and future boards will now seem easier after having done one already."

SPC Holly Arnold
U.S. Army Health Clinic Livorno



U.S. ARMY

"Army NCO- No One is More Professional than I..."



U.S. Army Health Clinic- Livorno changes command

Story and photos by Joyce Costello
USAG Livorno Public Affairs

8/28/2009 CAMP DARBY, Italy- Maj. Greg Iverson transferred his duties as commander of the U.S. Army Health Clinic- Livorno to Maj. Bryan Walrath in a ceremony Aug. 28 in front of the Camp Darby health clinic.

Col. Kimberly Armstrong, commander of the U.S. Army Health Center Vicenza said “this event was filled with emotions that range from the sadness of farewells to the excitement and fears of new and unknown challenges.”

“During Maj. Iverson’s time at Camp Darby, the clinic was recognized as having the highest patient satisfaction scores in the European Regional Medical command,” said Armstrong. “His emphasis on a holistic approach to health care has improved the lives of hundreds of patients and his dedication to patient safety resulted in kudos for the clinic’s performance during the most recent Joint Commission accreditation survey.”

Iverson also successfully lobbied and obtained over \$2 million in funds to upgrade equipment and appearance of the clinic.

He said he was really blessed to be the commander of clinic and to have an opportunity to serve the community.

Maj. Walrath comes to Camp Darby from his previous assignment as chief, Health Facility Planning for Europe in Heidelberg, Germany.

“I’m truly honored and humbled to take this command and I look forward to working with the staff and our host nation network to ensure a ready force and to provide accessible, quality care to our beneficiaries,” said Walrath.

The US Army Health Clinic, Livorno has been on Camp Darby as field hospital and then a clinic since 1951 when Camp Darby was founded.



New program coming to help parents save time



By Joyce Costello
USAG Livorno Public Affairs

09/02/2009 CAMP DARBY, Italy- At the end of September, Camp Darby family members will be able to renew and start the registration process for their family members needing Child, Youth and School Services online as part of a test pilot site.

According to the Camp Darby acting CYSS Coordinator, Vicki Long, Livorno and Vicenza are the IM-COM pilot sites for WEBTRAC, which is a program designed by Vermont Systems, which will allow parents to perform certain operations online.

“By pre-registering for CYS Services program on WEBTRAC, service members will be able to reduce the amount of time they spend in updating household information input and such,” said Long. “Plus, parents will be able to register for programs such as Parent's Night Out, Sports Seasons, SKIES Instructional Classes as well as pay for their program fees from the comfort of their home.”

Long added that parents will still need to make an appointment to bring in shot records, physical forms and the special needs forms. In order to get started, parents must have a valid e-mail address and provide it to CYSS. Parents will then receive a user ID and password that they can use to access the program.

“The benefits vary, but the main being a reduction in face time for registering a new family, which we estimate that with pre-registration the interview with the clerk will take only 15-20 minutes, rather than 1 hour,” explained Long. “We’re positive that this is just one more service being offered as part of the Army Family Covenant that is helping our Camp Darby families.”

According to Long, by February 2010, all Army CYSS services programs world wide will have this service.

Camp Darby
Provide your feedback about the Army Family Covenant at
<http://www.armymwr.com/fmwrc/AFC/survey.htm>.



ARMY FAMILY COVENANT: KEEPING THE PROMISE
ARMYOneSource.com



Know the Score: How Your Credit Score Impacts Your Financial Future

Are you thinking about making a major purchase such as buying a home? Purchasing a home and securing credit to buy that home tend to go hand in hand. Did you know that your credit score is one of the key factors that determines the rate of interest that you will pay for a home loan — and whether you get that loan or not?

Credit Score Basics

Many people do not know about the credit scoring system — much less their credit score — until they attempt to buy a home, take out a loan to start a business, or make a major purchase. A credit score is usually a three-digit number that lenders use to help them decide whether you get a mortgage, a credit card, or some other line of credit, and the interest rate you are charged for this credit. The score is a picture of you as a credit risk to the lender at the time of your application. Note: each individual has his or her own credit score. If you're married, both you and your spouse will have an individual score, and if you are co-signers on a loan, both scores will be scrutinized. The riskier you appear to the lender, the less likely you will be to get credit or, if you are approved, the more that credit will cost you. In other words, you will pay more to borrow money.

Now, you probably are wondering "Where do I stand?" To answer this question, you can request your credit score (for which there is a charge) or free credit report from (877) 322-8228 or www.annualcreditreport.com `<javascript:outsideLink('http://www.annualcreditreport.com/');>` . Scores range from approximately 300 to 850. When it comes to locking in an interest rate, the higher your score, the better the terms of credit you are likely to receive.

--Brought to you by www.saveandinvest.org

Camp Darby Investment Club

Meets Sept. 8 and 22 at 11:45-12:45 at the Yellow Ribbon Room, bldg. 428. Call ACS 633-7084 for more information. This club is open to everyone in the community that is interested in learning how to be more informed and smarter investor.

Up coming topics include:

- *Types of investing (land / stocks / bonds / children's education
- *Getting ahead of the power curve / catch-up investing
- *Tangible assets
- *Mutual funds / different kinds / charts about..
- *The affect of taxes / tax shelters

Mystery Shopping Scam

Fraudsters lure victims by posting ads for mystery shoppers in job classifieds, such as on the popular Web site Craigslist www.craigslist.org . When victims respond to the ads, they are led to believe that they have been hired as mystery shoppers to evaluate the services of money transfer companies, such as MoneyGram. Victims are then sent checks that appear to be from legitimate companies-including FINRA-and instructed to deposit the checks in their bank accounts, then withdraw most of the money and wire it to someone else-often a purported fellow mystery shopper. Victims are told to keep several hundred dollars of the money as payment. When the checks are later discovered to be phony, the banks reverse the deposit and the victims are left liable for the money withdrawn, usually several thousand dollars.

-Brought to you by www.saveandinvest.org

Stay Fit Darby



Fun Runs and Marathons in Italy

- Sept 06 33rd Dall'Arno ai colli di S. Miniato Isola S. Miniato
22, 16, 12 & 6K at 8 a.m. at Piazza Turati 1, 56020 Isola San Miniato (PI)
- Sept 11 4th Monticchiello di corsa Monticchiello
7.5K at 8 p.m. www.girovaldorcia.it
- Sept 13 **USAG Garmisch 5k run at Keans lodge**
- Sept 19 36th Maratona del Mugello Borgo San Lorenzo
42K at 3 p.m. www.maratonamugello.it
- Sept 19 Gazzetta Run 2009 Pisa
10, 5 & 2K at 7 p.m. www.gazzettarun.it - www.activeeurope.com
- Sept 19 **USAG Grafenwoehr 5 & 10Km Fun Run**
Rose Barracks (Vilseck)
- Sept 26 **USAG Wiesbaden September 1/2 Marathon**
- Oct 4 15th Maratonina il Campanone Limmari
21K at 9 a.m. gidelsa@interfree.it
- Oct 3 **USAG Baumholder run, walk, run in support of Breast Cancer awareness month**
- Oct 8 - **U.S. Forces Europe Combat Cross Country Championship, USAG Hohenfels**
- Oct 16 **Annual Run to Tower** Camp Darby
12K at 9 a.m. www.usag.livorno.army.mil
- Oct 18 3rd Ecomaratonina del Chianti Castelnuovo Berardenga
42 & 10K at 9 a.m. www.ecomaratonadelchianti.it
- Oct 24 24 **USAG Stuttgart 10K and 5K Great Pumpkin Run**
Patch Barracks
- Oct 25 1st Lucca Marathon Lucca
42K at 9 a.m. www.luccamarathon.it
- Oct 25 11th Maratonina Città di Arezzo Arezzo
21 & 10K at 10 a.m. www.unioneapolisportivapoliciano.it
- Nov 8 Maratona città di Livorno Livorno
42 & 21K at 9 a.m. www.livornomaratona.it
- Nov 14 **USAG Mannheim 5K Turkey Trot**
- Nov 21 **USAG Grafenwoehr - 5 & 10Km Turkey Trot**
Grafenwoehr
USAG Hohenfels 5K Turkey Trot
- Nov 29 Firenze Marathon Firenze
42K at 9 a.m. www.firenzemarathon.it
- Dec 12 **USAG Mannheim Annual Jingle bell Jog**

Races in Red are sponsored by U.S. Army Garrisons across Europe. For more information about the individual races visit the respective garrisons web sites.

27th Annual

Run To The Tower 2009

...there's no other run like it!

Friday, October 16, 2009

12-km (7.3 mile)

Route: Camp Darby to the Leaning Tower of Pisa

Entry Fee*:

2-9 October: \$15 or Euro 10

10-14 October: \$20 or Euro 14

First 300 entrants receive a free "Run to the Tower" 2009 t-shirt

Call Camp Darby Outdoor Recreation for more info:
DSN 633-7775 or civilian +39-050-547775



***NO registration on race day or day prior to race. No refunds. Registration open to all interested runners. Race limited to 500 registered runners.**

**Download registration information at
www.livornomwr.com**



Suicide prevention only one aspect of improving health



Chaplain (Lt. Col.) Scott Weichl
U.S. Army Center for Health Promotion and Preventive Medicine

September is designated Army Suicide Prevention Month with the intent of improving the health of the Army's most precious assets—Soldiers, families and Department of Army civilians. Suicide is only one aspect of this health improvement. Healthy living also addresses high risk behaviors, which often mask underlying challenges in a person's life. The Army is committed to improving the physical, spiritual and behavioral health of all who serve. This is being done through a variety of ways and opportunities for personal wellness.

The U.S. Army Center for Health Promotion and Preventive Medicine maintains a Web site linking users to many different resources. These resources are provided to promote personal growth, leading toward more healthy behaviors. Just as each of us has a role in reducing the suicide rate, we also have a responsibility to assume healthy personal growth strategies. Resources, encouragement and ease of access are there for each person to take advantage of these opportunities. If you do not find what you are looking for, talk to your chaplain, a behavioral health provider or other trusted source to get you started in the right direction.

Several resources being reviewed for release in the fall include Suicide Prevention Awareness Training for Army leaders, Soldiers, Army families and Army civilians. The new videos and presentations also include closed-captioning for families and civilians. The technical guides help make presentations easier and address many of the questions that arise during the group discussions. The ACE and tip cards provide easy ways to remind ourselves of the signs and responses for intervening in crisis situations, or at times when we are concerned about a friend, family member or peer.

So, as we focus for 30 days on health and wellness, each of us has an important role in supporting health promotion, risk reduction and suicide prevention efforts. If you are not involved, then who will be?

**NEVER
ACCEPT
DEFEAT**

USACHPPM

Getting Help is a Sign of Strength

Suicide Can be Prevented. Get Help.

Talk to your Chaplain or a Behavioral Health Professional or Call Military OneSource **1-800-342-9647**
www.militaryonesource.com TA-061-0107



Camp Darby

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

Respite Care Offers Valuable Rest

Webster's Dictionary defines Respite Care as a "short time of rest, relief or temporary time away" for the caregivers who are usually the parents. The Army Family Action Plan (AFAP) has requested funding for the Exceptional Family Member Program (EFMP) to pay for Respite Care for our military Families.

In June 2007 the Department of the Army EFMP Respite Care Program was implemented, providing funding for the caregiver to step away, letting someone else care for their Family Member with special needs while they do something good for them selves.

Eligibility for the EFMP Respite Care will be based on enrollment in EFMP and qualifying medical and/or educational conditions. Qualified Family Members are eligible to receive up to 40 hours of EFMP Respite Care per child and/or adult with special needs per month at no cost to the Family. Family Members are required to meet eligibility criteria before being approved for the program.

The process begins by stopping by ACS to complete the EFMP Respite Care application. For more information contact Elaine Miles, EFMP Manager at 633-7084 or elaine.miles@eur.army.mil



Back to School

This time of year can be stressful for all members of the Family. Stop by ACS to learn some stress-relieving techniques or different ways of shopping with and for your children.

Become a COMMUNITY VOLUNTEER!

Learn how to apply and find opportunities. You can meet new people, receive recognition, build experiences and your resume for future employment.

Your volunteering hours stay with you at any installation. Visit www.mymilitarysource.com or visit ACS for more information.

ENGLISH AS A SECOND LANGUAGE

English as a Second Language classes are offered to active duty military, civilians and spouses who want to increase their reading comprehension, vocabulary, and pronunciation.

Classes are appropriate for beginning, intermediate and advanced levels with individualized group instruction. Classes will begin on 8 Sept 2009.

Visit Us Online at www.livornomwr.com





September 2009

RELOCATION READINESS

Benvenuti at Camp Darby

September 8, 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.

Sponsorship Training

September 8, 9:00 a.m. - 10:00 a.m. at the SFRC

Learn what it takes to ensure you provide a smooth transition to Camp Darby. Please call 633-7084 to sign up.

Smooth Move/Levy Briefing

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

Learn what it takes to have a stress-free move from Camp Darby.

Scrapbooking

September 12, 9:30 a.m. - 1:30 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!

Multicultural Spouse Meeting

September 16, 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.

ARMY VOLUNTEER CORPS

Volunteer Knowledge Training

September 10, 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

Resume Pointers

September 22, 11:00 a.m. - 11:30 a.m. at the SFRC

PSCing or trying for a new job on post and don't know how to word your resume? Come to the resume review board and work with other members of our community to perfect your resume.

Intervene! Act! Motivate!
24-Hour Sexual Assault Response
Phone number: 335-771-4889

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: 1-866-807-6794

En Espanol: 1-877-888-0727



Classes & Seminars

FINANCIAL READINESS

Budgeting 101

September 8, 11:30 a.m. - 12:00 p.m. at the SFRC
Strengthen your marriage and your finances with this class.

Insurance Basics

September 10, 11:30 a.m. - 12:00 p.m. at the SFRC

Come in and ask questions, learn about the different types of insurance and check to see if you are properly covered.

Consumer Rights and Obligations

September 17, 11:30 a.m. - 12:00 p.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

September 22, 11:30 a.m. - 12:00 p.m. at the SFRC

Learn the benefits of TSP in this quickie class.

Banking & Credit Union Services

September 24, 11:30 a.m. - 12:00 p.m. at the SFRC

Learn the differences between banks & Credit Unions.

FAMILY ADVOCACY

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 yrs.

Anger Management (Adults)

September 3 & 17, 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.

Breastfeeding Basics

September 8, 9:30 a.m. - 11:00 a.m. at the SFRC

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

Communication Miracles for Couples

September 11, 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

September 14 & 28, 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.

Introduction to Stress Management

September 21, 12:00 p.m. - 1:00 p.m. at the SFRC

Learn to identify personal signs of stress and build positive coping strategies.

AFAP Issue Submission

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.

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.



Defense Department to Start H1N1 Flu Vaccinations

By Jim Garamone
American Forces Press Service

WASHINGTON, Sept. 1, 2009 – All military personnel will be vaccinated against the H1N1 flu virus, and the vaccine will be available to all military family members who want it, a Defense Department health affairs official said today.

The H1N1 vaccination program will begin in early October, said Army Lt. Col. (Dr.) Wayne Hachey, director of preventive medicine for Defense Department health affairs.

The vaccine, which has been licensed by the Food and Drug Administration, will be mandatory for uniformed personnel, the colonel said. “What we want to do is target those people who are at highest risk for transmission,” he said.

Health-care workers, deploying troops, those serving on ships and submarines, and new accessions are at the top of the list. “Any place where we take a lot of people, squash them all together and get them nice and close and put them under stressful conditions will get the vaccine first,” he said.

The department will use the usual seasonal flu vaccine distribution chain for the H1N1, Hachey said, noting that while the mass H1N1 vaccinations are new to the general population, the process for vaccinating against seasonal flu is old hat for the Defense Department. “We’ve been doing this for decades,” the colonel said. “The system is tried and true.”

The department initially will receive 1 million doses of the H1N1 vaccine, and another 1.7 million doses later in October. Officials don’t know yet whether people will need one dose or two, Hachey said. “The assumption right now is that people will need two doses, 21 days apart,” he said. “That may change.”

FDA officials still are studying H1N1 and the vaccine, and the results should be known by the end of the month.

Seasonal flu vaccine already is available, and the Defense Department will begin giving those shots shortly, Hachey said. “That has been our message to immunizers: to try and get as many people as they can immunized against the seasonal flu early,” he said.

Guidelines for giving priority to family members will follow those for the general population, Hachey said. The Department of Health and Human Services is buying millions of doses of the vaccine.

“Installations are going to register with each state as an immunizer,” Hachey said. “They will tell how many people they care for. This includes dependents, retirees and so on.”

The Centers for Disease Control will place the order and will ship the vaccine where needed. Family members will have multiple opportunities to get the vaccine, whether at Defense Department medical facilities or off post, Hachey said.

The CDC has established target groups for those at greatest risk for transmitting or being affected by the H1N1. They include pregnant women, health-care workers, those younger than 25 or older than 65, and those with pre-existing health conditions.

Hachey said previous plans are serving the Defense Department well. “We have been preparing for pandemic flu because of its potential impact on the mission,” he said.

The symptoms of the H1N1 flu are almost the same as the seasonal flu: fever, sore throat, runny nose, nausea, muscle aches and feeling rundown. The 2009 H1N1 virus – formerly known as swine flu – is a pandemic virus, according to the World Health Organization. U.S. officials call the virus “troubling” and urge communities across the United States to take actions to mitigate the effects of it. The federal government is urging states and municipalities to begin preparing now for the fall flu season.

President Barack Obama addressed the H1N1 pandemic following a White House meeting today.

“As I said when we saw the first cases of this virus back in the spring, I don’t want anybody to be alarmed, but I do want everybody to be prepared,” he said. “We know that we usually get a second, larger wave of these flu viruses in the fall, and so response plans have been put in place across all levels of government.”

But government cannot do it all, and the American people have a responsibility to stop the spread of the disease, Obama said. “We need families and businesses to ensure that they have plans in place if a family member, a child or a co-worker contracts the flu and needs to stay home,” he said.

“And most importantly, we need everyone to get informed about individual risk factors, and we need everyone to take the common-sense steps that we know can make a difference,” the president said. “Stay home if you’re sick. Wash your hands frequently. Cover your sneezes with your sleeve, not your hands. And take all the necessary precautions to stay healthy. I know it sounds simple, but it’s important and it works.”

The H1N1 is a never-before-seen combination of human, swine and avian flu viruses, officials said. First detected in Mexico in February, it quickly spread around the world. According to July WHO statistics, there have been 94,512 H1N1 cases worldwide, and 429 people have died from it. In the United States, 33,902 contracted H1N1, and 170 have died.

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

Education



UMUC EUROPE GUARANTEES GEM COURSES FOR AIR FORCE STUDENTS TO COMPLETE CCAF DEGREES

HEIDELBERG, Germany--University of Maryland University College Europe (UMUC Europe) announces that it is a full participant in the Air Force General Education Mobile (GEM) program and is offering guaranteed GEM blocks of instruction every session -- on-site or online -- to ensure airmen can earn their Community College of the Air Force (CCAF) associate's degree at any time.

The GEM program enables airmen pursuing an associate's degree to sign up for their general education requirements in a single block of courses from the same university, providing greater educational continuity and faster completion of an associate's degree.

As part of the requirements for CCAF associate's degrees, students must take one three-credit course in each of the five general education categories: oral communication, written communication, mathematics, social sciences, and humanities. These 15 credits, which account for nearly a quarter of the 64 needed for the associate's degree, are not offered by CCAF but are guaranteed to be offered by UMUC.

For more information about the program, please contact a local UMUC Europe field representative, call DSN 314-370-6762, CIV +49-(0)6221-3780, or visit www.ed.umuc.edu.

No One Hikes Alone

Protection from the sun:

- Cover up, use an umbrella.
- Apply sunscreen to all uncovered skin.
- Wear hats and sunglasses to shield your eyes.
- Don't forget the bug spray.

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

SAFE Summer

ARMY STRONG <https://safety.army.mil> ARMY SAFE IS ARMY STRONG BAND OF BROTHERS & SISTERS

The poster features a background image of a hiker's legs and feet on a trail. It includes a yellow silhouette of a hiker, a list of sun protection tips, and a yellow banner at the bottom with the text "SAFE Summer" and various icons representing outdoor activities like hiking, biking, and picnicking. Logos for Army Strong and the Band of Brothers & Sisters are also present.

IMCOM EUROPE
PRESENTS THE

“Lift Up Your Spirit” TOUR

featuring



TRIN-I-TEE 5:7 DETRICK HADDON DAMITA HADDON SPENSHA
Also Appearing: ARMY's 2008 Operation Rising Star Winner Joyce Dodson

Free concert Sept. 27 at Camp Darby Theater
Show is 7 p.m. to 9 p.m.



FOR ADDITIONAL INFORMATION LOG ON TO WWW.MWR-EUROPE.COM

PRODUCED BY U.S. ARMY ENTERTAINMENT

Camp Darby Events Calendar



VA Briefing

Sept. 9 at Post Theater, 1000 - 1130, a Veterans Administration representative will brief the new Post 9/11 GI Bill and updated benefits. Individual appointments are available Sept. 8- 9. U.S. active duty and military retirees are highly encouraged to attend this briefing. Call ACS, 633-7084 for an individual appointment or additional information.

Camp Darby 1st Annual Armed Forces Olympics

Sept. 10, 8:45 a.m.- 4:15 p.m.

Health Benefits Awareness Fair

Sept. 18, 8-2, Post Gymnasium

ACS initiatives

Sponsorship training

Learn what it takes to ensure you provide a smooth transition to Camp Darby on September 8. Contact the ACS at 633-7084 to RSVP for the class.

Breast feeding basics

This Sept. 8 class provides education on proper breast feeding and the benefits for mother and child. Contact the ACS at 633-7084 to RSVP for the class.

Budgeting 101

Strengthen your marriage and your finances on Sept. 8. Contact the ACS at 633-7084 to RSVP for the class.

Smooth move

This Sept. 9 class will teach you what you need to know in order to have a stress-free move from Camp Darby.

Contact the ACS at 633-7084 to RSVP for the class.

Volunteer knowledge training

Wanting to give a bit of your time to the Camp Darby Community but do not know where to start? Take this Sept. 10 class to learn about the volunteer positions currently open and what steps must be taken before working with the organization. Contact the ACS at 633-7084 to RSVP for the class.

Insurance basics

Come in, ask questions on Sept. 10, learn about the

different types of insurance and check to see if you are properly covered. Contact the ACS at 633-7084 to RSVP for the class.

Communication miracles for couples

Learn effective communication skills in order to build or maintain positive relationships on Sept. 11. Contact the ACS at 633-7084 to RSVP for the class.

Post library initiatives

Sept. 9 Story hour for children 3-5 years of age. Contact the Post Library at 633-7623 for details.

Darby community club

Karaoke night

Sing along with Bibi at Karaoke Night every Thursday at the Community Club.

Contact the DCC at 633-7855 for details.

ITR trips

Vendemmia wine-making trip

Ever wondered how the grapes get from the vine to the bottle? Witness the entire process of vendemmia from start to finish on Sept. 12. Tour the wine cellars and enjoy a light Tuscan lunch with wine tasting included.

Call ITR for more information at 633-7589.

ODR adventure trips

Chianti bike trip

Spend the entire day on Sept. 12 biking through lovely Chianti country.

Call ODR for more information at 633-7775.

Hispanic Heritage Month

Sept. 15 Cake cutting at noon in front of the commissary.

Sept. 16 Special Children's Story Hour, 10:00 AM, Post Library and meeting with SAS, 16:15, Post Library.

Sept. 19- Oct. 10, Latin Night every Saturday at DCC

Every Thursday look for the Trivia question contest via e-mail.



US Army Garrison Livorno Force Protection Advisory

Updated Advisory for travel to/via Germany

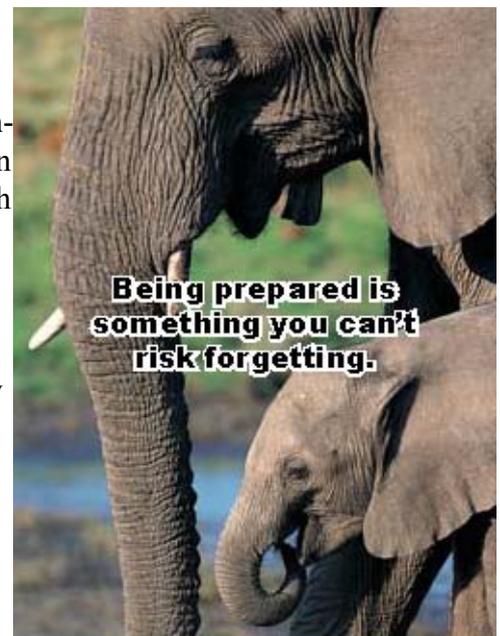
Late September is a festive time in Germany – Oktoberfest! Many of us travel there to enjoy a cold beverage and friendship with the locals. It's a fun time for everyone. But we have to keep in mind that there are those who have other plans. German authorities have expressed concern that Islamic extremist terrorist groups may attempt to carry out attacks in Germany or against German interests abroad in an effort to influence the outcome of German federal elections scheduled for 27 Sept. 09. The goal of the terrorist organizations is to sway voters to choose candidates who advocate withdrawing German troops from Afghanistan. Al-Qa'ida successfully used such a tactic in 2004 by attacking the train station in Madrid, Spain; within 38 days Spain withdrew its forces from Iraq. The 8th anniversary of the 11 September attack on the homeland is approaching as well. Al-Qa'ida typically attacks when they're ready, not based on a date, but we should all be especially aware of our surroundings during this period.

Camp Darby Military Community personnel who plan to travel in and through Germany between now and the end of September should maintain an elevated situational awareness, either while enjoying leave or in travel status. Many flights back to the U.S., for example, route through Munich and Frankfurt.

Should you observe suspicious activity while traveling in Germany, report it immediately to Host Nation or military law enforcement personnel immediately. You can reach German emergency services by dialing 110 for police or 112 for fire/ambulance.

Following are good self-protective measures:

- If you observe something that looks like a suspicious package or has been left, report it immediately. If you're in doubt, report it.
 - 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 and avoid actions or clothing which clearly marks you as an American or U.S. Service member.
 - 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.
-
- For additional information contact your chain of command or the USAG Livorno Antiterrorism (AT) Office. The AT Office is ready to assist at 633-8984. MP's DSN: 633-7575, Comm: 050-54-7575. Vicenza Military Detachment: DSN 634-8029/7688



**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.



Explore your world- local cultural events

CAMP
DARBY

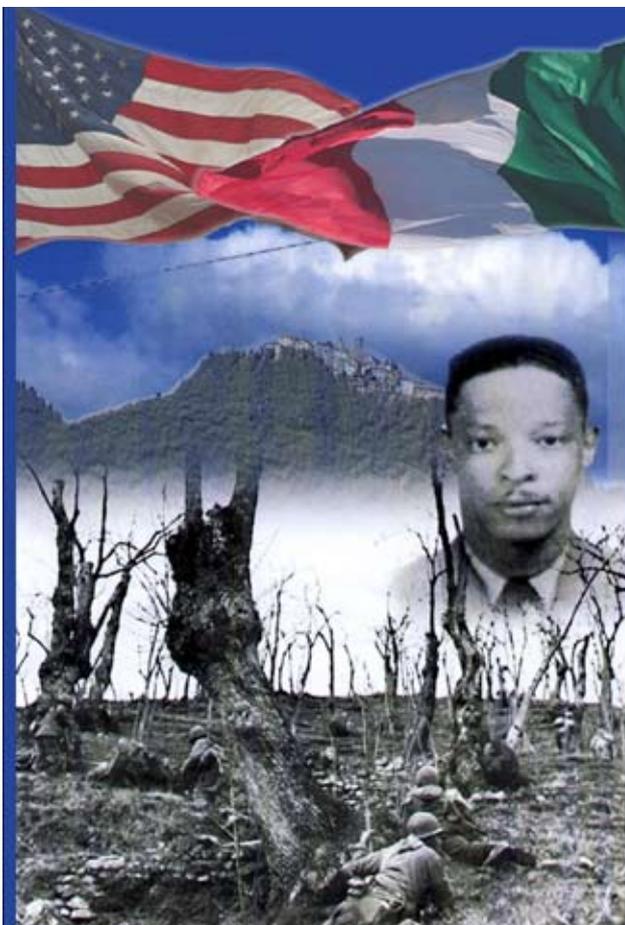


On Sunday, Sept. 6, three bands from Montopoli Valdarno, Reggio Emilia and Prato, will play while they run through Pisa streets. The event will begin in piazza Vittorio Emanuele (near the bar "La Borsa") at 10 a.m. and will continue in corso Italia and end in piazza XX Settembre. Afterwards, the bands will play in front of bar "L'Uszero" (Pisa's oldest establishment) in Lungarno Pacinotti. Then the parade will move on through piazza Garibaldi, Borgo Stretto, via Dini, piazza dei Cavalieri (where there will be a concert), via dei Mille, Via Santa Maria, piazza del Duomo, piazza Mannin.



The ninth edition of the International Festival of Church Music Anima Mundi will take place, from Sept. 15th to Oct. 9, in the magnificent setting of the Cathedral and the Monumental Cemetery of Pisa, This year it has introduced a major change: all concerts will be free, any how you have to book in advance.

For more information: <http://www.opapisa.it/en/activities/musical-events/anima-mundi/the-2009-festival.html>



COMUNE DI BARGA



Barga - Sommocolonia 5 Settembre 2009

Dalle ore 9,00 Barga - Piazzale del Fosso

Esposizione di mezzi militari della II Guerra Mondiale

Ore 9,30 Barga - Sala Consiliare di Palazzo Pancrazi

Ricevimento ufficiale di Joseph H. Hairston veterano della 92^a Divisione Buffalo

Ricostruzione storica a cura del Ten. Col. Vittorio Lino Biondi

Ore 11,30 Sommocolonia

Deposizione corona di alloro al Monumento Monticino ed alla Rocca della Pace

Ore 12,00 Sommocolonia

Intitolazione via "92^a Divisione Buffalo"

In collaborazione con "Linea Gotica della Lucchesia"
Associazione Storico Culturale



September 4,, 2009

www.usag.livorno.army.mil