

# Darby Digest

[www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)  
September 19, 2009

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Camp  Darby's premier bi-monthly newsletter



Vol. III, Issue 18

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

**CSM FELIX RODRIGUEZ**  
USAG Livorno Command Sgt. Maj.

## Hola Team Camp Darby-

Sept. 15 to Oct. 15 is Hispanic Heritage month. It is a time where we celebrate and recognize the contributions Hispanics have made in our military, our nation and our community. Along with the many events (see page 7) , I invite you to take part in the Hispanic History Month Trivia contest that happens every Thursday.

### Rules:

- All Camp Darby and Depot Personnel may participate; that includes the local national workforce.
- Trivia questions will be e-mailed to all and read on AFN.
- Two questions will be asked and in order to win, both questions must be answered correctly.
- Personnel may participate only once per day.
- Past winners may continue to participate.
- Bring written answers to the Community Mail Room and place it in the designated cardboard box NLT 1700 (Don't forget to add your name, e-mail address and telephone number).
- Answers will be collected the same day the questions are asked at 1700.
- Answer sheets will be pulled at random; the first person with the correct answers is the winner and will be announced the next day.
- The winner needs to see me or Signora Graziella Tognotti for the prize 633-8332/7505.
- Do not e-mail me your answers.
- Do not call AFN with your answers.

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*Cover photo by Joyce Costello*

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Photo courtesy of U.S. Army

## 9/11 National Day of Service and Remembrance

By Joyce Costello  
USAG Livorno Public Affairs

The Camp Darby community gathered together at the base chapel for a special time to remember the sacrifices of those in service made on Sept. 11, 2001 and the continuing service since then. After a moment of silence at 8:46 when the first plane hit the World Trade Tower, four chimes range symbolizing the four planes that were downed by terrorist, and one candle was lit in memory for all of those who died.

"9/11 has left us with a lot of memories- you know what you were doing that fateful day when you heard the news of the attack," said Lt. Col. Steven Cade, USAG Livorno commander. "We united as a nation and the fight goes on...I pray daily for our nation and those who are serving"

Chaplain Kelly Porter added that "in remembering we learn two things: what evil is and what good is."

"The Army is teaching resiliency now to troops in order to help them get through trauma," said Porter. "We acknowledge the evil, grief, death and ugliness and unite---that is how we overcome and become more resilient."

"What are you going to do to build hope, trust and community?" asked Porter. "That is the challenge today."



## Athletes test their skills at local Armed Forces Olympics



Story and photos by Joyce Costello  
USAG Livorno Public Affairs

CAMP DARBY, Italy- Soldiers and Airmen from the U.S. and Italian military gathered to test their athletic abilities during the first Annual Camp Darby Armed Forces Olympics Sept. 10.

After being welcomed by the Italian Base Commander Col. Raffaele Iubini and the U.S. Army Garrison Livorno Commander Lt. Col. Steven Cade, the three running teams did a two kilometer relay race. The Italian Army and Carabinieri team finished first, followed by the U.S. Army and then the U.S. Air Force.

“Even when your team in last place, you can’t give up in trying to catch up,” said Air Force Staff Sgt. Rick Sepulveda, who was part of the Air Force team in the 4X2.2 kilometer relay.

The second Olympic event was volleyball. The Air Force defeated the Army, but then lost to the Italian team. The Italian team went on to trounce the Army securing first place.

During the tug of war competition, Team Army dug in their heels to defeat Team Air Force who then had to face Team Italy.

“When I saw the Italian team quickly pull the Air Force over their line it was surprising,” said Sgt. 1st Class Mark Lindsey. “But we are ‘Army Strong’ and were able to take first, the Italian team took second, leaving the Air Force in Third.”

Continued on page 5

## Olympics *Continued from page 4*

During the Basketball event, the Italians were unable to secure a team and the Air Force pummeled the Army and took first place.

“I really liked taking part in this and think we should do it more often,” said Pfc. Matthew Greene, a Soldier with the 511th Military Police Platoon, who played basketball and soccer during the Olympic competition. “This was a good chance for us to interact with the Air Force and the Italians outside

The final event had the U.S. Army and Air Force teamed up to take on the Camp Darby Italian military and Carabinieri team in a friendly game of soccer. Team USA played hard, but was unable to defeat Team Italy whose members grew up playing this national pastime. After a nail biting game, the Italian team clinching their win in the final few minutes 4-2.

“I think this was a fantastic day for our community and was a good idea for confirming friendship amongst the services,” said Italian Army Maj. Paolo Biachesi.

After a long day of sports, good competition and camaraderie, the Olympics concluded with an award ceremony with commanders from each of the services presented bronze, silver and gold medals to their respective winning teams. The Camp Darby Italian military and Carabinieri team won the Olympics overall with two first places and one second place. The Army finished with one first place, two second and one third. The Air Force finished with one first, one second and two third.

*Photos of all the events are available on [www.flickr.com/photos/campdarby](http://www.flickr.com/photos/campdarby).*



**NATIONAL HISPANIC HERITAGE MONTH, 2009**

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**BY THE PRESIDENT OF THE UNITED STATES OF AMERICA**

**A PROCLAMATION**

The story of Hispanics in America is the story of America itself. The Hispanic community's values -- love of family, a deep and abiding faith, and a strong work ethic -- are America's values. Hispanics bring together the rich traditions of communities with centuries-old roots in America and the energy and drive of recent immigrants. Many have taken great risks to begin a new life in the hopes of achieving a better future for themselves and their families.

Hispanics have played a vital role in the moments and movements that have shaped our country. They have enriched our culture and brought creativity and innovation to everything from sports to the sciences and from the arts to our economy.

Hispanics have served with honor and distinction in every conflict since the Revolutionary War, and they have made invaluable contributions through their service to our country. They lead corporations and not-for-profits, and social movements and places of learning. They serve in government at every level from school boards to statehouses, and from city councils to Congress. And for the first time in our Nation's history, a Latina is seated among the nine Justices of the Supreme Court of the United States.

As Hispanics continue to enrich our Nation's character and shape our common future, they strengthen America's promise and affirm the narrative of American unity and progress. To honor the achievements of Hispanics in America, the Congress, by Public Law 100-402, as amended, has authorized and requested the President to issue annually a proclamation designating September 15 through October 15 as "National Hispanic Heritage Month."

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, do hereby proclaim September 15 through October 15, 2009, as National Hispanic Heritage Month. I call upon public officials, educators, librarians, and all the people of the United States to observe this month with appropriate ceremonies, activities, and programs.

IN WITNESS WHEREOF, I have hereunto set my hand this fifteenth day of September, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA



## Camp Darby kicks off Hispanic Heritage Month celebrations

Story and photos by Joyce Costello  
USAG Livorno Public Affairs

Camp Darby community gathered together Sept. 15 at the Darby Community Club to kick off Hispanic Heritage Month with a cake cutting ceremony. USAG Livorno Commander, Lt. Col. Steven Cade said this was a time to reflect and share values.

"We are better for sharing our family values, dreams and aspirations," said Cade. "When in a small community like ours, every action that an individual does makes a difference to many and these EO months highlight the many contributions Americans have made while serving their country."

This years Hispanic Heritage month committee was planned by a newly formed EO committee consisting of unit representatives from the various units on Camp Darby.

"We have all of these NCO's with EO experience and desire to make a difference in their community, so I saw this as a great opportunity to hone in on their skills and create a formal committee that can plan each of these highlights with the help of volunteers," said Command Sgt. Maj. Felix Rodriguez.

EO committee president, Staff Sgt. Robert Everly, added the committee is looking for volunteers to help cook for the Oct. 23 food tasting event.

"Those wishing to volunteer during Hispanic heritage month are encouraged to come to the meetings every Wednesday at 3:30 p.m. at ACS," said Everly.

### *Events*

*Sept. 26, Oct. 3, 10, 17 Salsa Night at the DCC beginning at 6 p.m.*

*Oct. 23 Food Tasting event and celebration*

*Volunteer meetings every Wed. at 3:30 p.m. at ACS*

*\*\*\*photos of events posted on [www.flickr.com/photos/camp-darby](http://www.flickr.com/photos/camp-darby)\*\*\**



# Pimp My PC



By Vincenzo Leto, USAG Livorno Public Affairs Office

## SURFING THE INTERNET IN THE TUSCAN REGION

1.6 billions of people are using the Internet today over an estimated population of 6.8 billion. Usage is evenly disturbed across the globe, but rather diversified with North America (73.9%), Oceania/Australia (60.1%) and Europe (50.1%) leading the way.

Italy is in line with the European trend scoring 50% of the population currently using the Internet for a total of more than 29 millions of people. In the Toscana region, where Camp Darby is located, broadband (high-speed Internet connectivity) is available for the 94% of the population. The main urban areas have a 100% coverage. In addition, if you live in a major city such Pisa, Livorno, Lucca, Florence, etc., it is quite possible that there are fiber optics within your complex that enables you to join the fast-growing network of ultra-fast broadband.

Such a vast market has produced a high diversification of offers to cover the needs for Internet connectivity through broadband carriers. If you are a gamer, if you a “twitter” or a “facebooker”, if you like to watch your TV through you PC, use your notebook, surf the Internet with your latest Zune and more, there is a company that will offer exactly what you need.

Broadband connectivity is cheap in Italy. In fact, according to the Wired technology magazine, Italy is the country in Europe where high-speed Internet costs less. The broadband main technology employed in Italy is ADSL which is comparable to cable modem largely employed in USA, but never truly adopted in Europe. ADSL makes use of regular telephone line (copper). The ADSL signal (data) travels across regular telephone lines in conjunction with the voice. Special filters are utilized with homes to separate the data portion from the voice portion.

It might be quite difficult to identify the best deal for you Internet requirements. Many contracts, website tuned only for the Italian customers, daily deals to attract more customers, etc. We'll try here to provide you few hints to help you out “pimp” your Internet.

*Stay tuned for the next article where we'll be covering Wi-Fi.*

### Internet for occasional user

TELE2 offers ADSL for as low as 5.37 euro a month (three hours of traffic included, 1.79 euro additional hours) [www.tele2.it](http://www.tele2.it)

### ADSL only

Need Internet connection to place voice calls on Skype, MagicJack, Messenger, etc? Tiscali offers 8 megabits connection for 19.95 euro month (9.95 euro for the first two months) and 20 megabits connection for 24.95 euro month. [www.tiscali.it](http://www.tiscali.it)

### Nights and weekends only

Every night from 9 p.m. to 8 a.m. Alice (Telecom Italia) is offering a flat Internet at 0.64 megabits for 9.95 euro a month. [www.alice.it](http://www.alice.it)

### Bundles

If you need a bundle including voice and ADSL, Alice is offering for 45 euro a month (35 euro for the first 4 months) a 7 megabits connection plus unlimited phone calls to fixed phones in Italy (with additional 10 euro a month you can activate an option that will give unlimited phone calls to the USA and major countries in the world). [www.alice.it](http://www.alice.it)

### Ultra-fast

If you are a high-demanding customer for connectivity and you live in a main city, Fastweb might be the company for you: cable SKY TV, high-speed Internet up to 20 megabits, video-conferencing capabilities, and voice all grouped in one bundle through fiber optics that gives you the best in terms of services, speed and reliability. [www.fastweb.it](http://www.fastweb.it)

### Gamers

If you a gamer and you are interested in the lowest “ping” (fast response time for hardcore gaming), the NGI provider is great choice. [www.ngi.it](http://www.ngi.it)

Check company websites for the latest and the newest offers!

Unit Highlight:



## 511th Military Police Platoon



Story and photos By Joyce Costello  
USAG Livorno Public Affairs

The dedicated, high-speed warriors of the 511th Military Police Platoon have had a busy week at Camp Darby. Five Soldiers received Army Achievement Medals for their meritorious service in support of the Army Birthday Ball, and one received a Certificate of Appreciation for his role as the bugler.

Additionally, the unit had a large participation rate in the first annual Camp Darby Armed Forces Olympics, helping Team Army take second place overall.

Young MP's living in the newly renovated 1+1 single Soldier barracks got to pick up two bar stools for their kitchenettes. According to Housing Director, Jay Kelker, "these stools will allow the Soldiers to sit down while eating instead of having to stand."

**\*\*\*Check out 511th MP's in action on [www.flickr.com/photos/campdarby](http://www.flickr.com/photos/campdarby)\*\*\***



*New stools means being able to sit and eat in the barracks now.*

## 839th Discharges Tracked Vehicles in Livorno



Photos by Leonard Baird-Boyd

By Sgt. 1st Class Juanita Maximin  
839th DDST

On Aug. 9, a team from the 839th Transportation Battalion HQ and the Italy Detachment discharged 70 tracked vehicles in the Port of Livorno. In this seemingly routine operation, challenges presented themselves which required personnel to adjust the plan in order to safely and successfully accomplish the mission.

Equipment types on this discharge varied from M109A6 Howitzers to M88 Recovery Vehicles and M1A1 Tanks. Equipment of this size required some quick thinking on the discharge when it became clear in conversations with the Chief Mate of the ARC PATRIOT that the weight limit on the ramp of the vessel would be exceeded discharging non-operational M1A1s with an M88.

In the planning process leading up to this discharge at the Port of Livorno, an executive summary provided by the unit who loaded the vessel neglected to mention the method by which the deadlined M1s were loaded. Fortunately, the Chief Mate personally observed the loading in Kuwait and was able to

839th Terminal Manager Francesco Infante discusses operations with Sintemar Terminal Representatives at the Port of Livorno during the discharge of an M1A1 Tank from the Vessel ARC Patriot.

provide Italy Detachment Terminal Manager, Francesco Infante, and 3/405th AFSB drivers and mechanics a description of how the process was carried out.

Thanks to detailed mission planning earlier in the week, the 839th coordinated with Angelo Borelli, SPO 3/405th AFSB, to have a second M88, in addition to the one already on the vessel, available to assist in the discharge. This proved to be a critical asset during the operation. Although listed as “operational”, the M88 on board lacked a crucial piece of equipment – a steering wheel. Mechanics quickly solved the problem by installing a new wheel, and were able to utilize both recovery vehicles for the duration of the mission.

Had the 3/405th not brought their M88 along, it would have been impossible to discharge the vessel. The two M88s, working together, utilized their winches in order to lower and pull the deadlined M1s down the ramp and avoid exceeding its weight limit. The impromptu plan was executed without incident, and the remaining tracked vehicles were able to discharge.

“Watching an M88 lower an inoperable M1 rolling off the Patriot was like watching Joe’s tow truck pulling a Lincoln Town Car onto the back of his truck”, said Infante. “It’s an old system that still works”.

The 839th Trans Battalion Italy Detachment, with the expertise of the drivers and mechanics from 3/405th, along with onward movement support from the 497th MCT, once again achieved mission success in support of the AMC 172nd Reset Mission and Operation Iraqi Freedom.



**At work...**

Now that Fall has arrived at Camp Darby, so has rainy season. Whether you work on Camp Darby or live here, it's important to project your building from flood damage.

Outside of many buildings and barracks are sand bags. If you notice that it is raining heavily, please take the time to make sure the sand bags are laid out in a u-format to prevent the water from entering into the building. However, be careful not to block the entrance in case of emergency.

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



**At home- you can make a difference**



# Army expects H1N1 vaccine in October

WASHINGTON (Army News Service, Sept. 2, 2009) -- Soldiers and families can expect to get two flu shots this year. In addition to the conventional flu shot administered each fall, the H1N1 or "Swine Flu" vaccine should be available by mid-October, said Col. Deborah Knickerbocker, chief of Emergency Preparedness and Response, the Office of the Surgeon General and Army Medical Command.

Knickerbocker spoke during the Army Emergency Management Conference, Sept. 1, at the Pentagon. The conference coincided with the start of National Preparedness Month.

Getting flu shots, in addition to taking measures to prevent exposure to the virus or spreading the virus is part of preparedness, Knickerbocker said. And it is important to maintaining mission readiness.

"When Soldiers and family members take care of themselves and prepare, they not only help the Army be more resilient, they help the local communities they are in be more resilient," she said.

"There's going to be vaccine, and there's going to be enough to go around," Knickerbocker said. "Everybody is going to get their shots."

Knickerbocker said the H1N1 vaccine will be distributed to Soldiers, families and other beneficiaries mostly through primary care providers.

"They'll get their seasonal shots, and the H1N1 shot, as soon as they become available," Knickerbocker said.

Along with the vaccinations, Knickerbocker recommends a number of common-sense measures to prevent the spread of H1N1.

"Just teaching people about how easy it is to prevent disease by washing our hands, and cough- and sneeze-hygiene and etiquette, it's pretty simple," she said. "Part of what we need to do is instill in the culture of the military -- which does not really usually think this way -- to stay home when you are sick. If you go to work sick, you'll make office mates sick, or squad mates."

The H1N1 virus has made headlines because it's a "novel" virus, Knickerbocker said.

"We haven't seen the virus before. And when we have a virus that people have not been exposed to before, we have no immunity to it," Knickerbocker said.

Many of the deaths from H1N1 occurred in Mexico, and in those already immuno-compromised, so the virus gained notoriety, Knickerbocker said. But the effects of the virus have not been what was expected -- not even as bad as seasonal flu.

"The message has been sent out there that this particular virus is not as virulent as we had been planning for with the H5N1, not as virulent as the seasonal flu," she said. "And seasonal influenza kills about 36,000 in this country each year."

Knickerbocker said that while Soldiers can expect to get vaccinated for both the seasonal flu and the H1N1 flu virus, the Army does not expect the H1N1 to have damaging effects on the Army.

**Flu mist is now available for those 2-49, vaccinations between 8 a.m.-11 a.m. and 1 p.m.-3 p.m. (Closed Friday afternoon for training) Contact the U.S. Army Livorno Health Clinic at DSN 633-7357**

# Don't let the germs win



Story and photo by Joyce Costello  
USAG Livorno Public Affairs

I was wandering around the Camp Darby Health and Wellness Fair Sept. 19, trying to decide between the sliced fresh tropical fruit or having the physical therapist watch my gait and recommend a better running shoe, when a normally silent Soldier loudly tells me to give him my hand, he's going to check out how many germs I have.

"Ughh, great- how do I get out of this," I think to myself as he quickly swabs my hand.

"The safe limit of germs is under 3,000," proclaims Sgt. Thai Bui, USAG Livorno Food inspector. "You've got 104,771 germs."

Unprintable words roll through my head. Quickly I grab an unsuspecting passing Soldier and demand his hand gets swabbed for germs too.

"He's got 553,576 germs," replies Bui. "Wow, that's over half a million."

We now have a small group of Soldiers quickly surrounding us. No one wants to be the one with the most germs. No one wants to be known as "the dirty one".

A Soldier who just finished working out in the weight room clocks in with 988,626 germs, while the environmental science officer has the lowest at 69,000.

"Wash your hands people," commands Spc. Andre Lathrom, 511th Military Police Platoon. "We'll re-test and see how many germs there are after washing our hands."

While they wash their hands, I ask a new unsuspecting Soldier how many germs he thinks his hands have.

"I've been picking up trash and cigarette butts around post- probably 900," he says.

Laughing wickedly, I retort that 3,000 are considered safe. He re-works his figures and spits out "5,000...okay 15 million?"

He passes with a mere 197,000 germs. When the other Soldiers finish washing their hands



***Sgt. Thai Bui conducts a charm adenosine triphosphate sanitation test during the Camp Darby Health and Wellness Fair Sept. 18.***

with hot water and soap, their new stats are far better.

"'Million germ boy' is down to 18,000 and 'half a million germ boy' is down to 13,000 little buggers," confirmed Bui.

Cpt. John Kendzie, environmental science officer from Vicenza, added "people don't realize how many germs they come in contact with on a daily basis."

"Particularly when working out at the gym, people should wash wipe down the weight machines before and after they use them," said Kendzie. "Washing your hands frequently and not putting them in your mouth can go a long way in not spreading germs and the flu which is really important with seasonal flu and H1N1."



# Health and Wellness Fair 2009

Story and photos by Joyce Costello  
USAG Livorno Public Affairs

The Camp Darby bi-annual Health and Wellness Fair was a chance for community members to register with a bone marrow transplant program, get the flu mist vaccination, find out what their resting metabolic rate (RMR) was, enroll in the civilian fitness program, get their gait checked by the physical therapist and more.

"With an average of 61% of Americans being obese, its imperative to learn how to make wise health choices," said Lacy Wolff, Vicenza Army Wellness Center. "We were able to bring down an oxygen testing device that is accurate within 13 calories of a person RMR."

For Cpt. Nate Paschal, this was a chance to help him adjust to aging and his metabolism slowing down.

"Knowing my RMR and body composition is a good way for me to adjust my calorie intake so I continue meeting height and weight requirements," said Paschal.



# Understanding how you can use the new Post 9/11 GI Bill

Story By Joyce Costello  
USAG Livorno Public Affairs

The Veterans Affairs representative from Aviano visited Camp Darby Sept. 10 to brief service members and veterans about the new Post 9/11 GI bill.

According to the representative, service members and veterans who have served at least 90 days after 9/11 (30 if they left for medical reasons) and were honorably discharged may be eligible for a certain percentage of educational benefits.

Unlike the Montgomery GI Bill, Post 9/11 has to be used in 15 years instead of 10. If a troop has the Montgomery GI bill, they have the opportunity to make an irrevocable election to receive the Post 9/11 GI bill instead.

With the Post 9/11 bill, service members serving on Aug. 1, 2009 can also transfer all or part of their education benefits to their spouse or dependents if they meet certain criteria. It also comes along with a \$1,000 annual book stipend and monthly housing allowance equal to BAQ for an E-5 with dependents in the zip code where your school is located.

"As a father of two young boys, I think this is a great way for me to supplement the full cost of them going to college," said Sgt. 1st Class Jimmy Gomez. "By electing to transfer my educational benefits to my dependents, I will owe another four years of service; but I still owe four years on my current contract anyways."

The Post 9/11 GI Bill is for 36 months and is based on the cost of tuitions and fees not exceeding the most expensive in-state undergraduate tuition of a public university where you are attending.

For example, if you decided to move to the great state of Texas in order to go Texas State University, the most expensive in-state tuition would be Texas Uni-

versity- Austin- so you could still afford the out-of-state tuition difference at Texas State.

Whereas, if you decided to go to University of Houston, you would have to pay the difference between in-state and out of state (unless you joined the Military in Texas and you would be covered by the Hazelwood act which covers 75% of your tuition at Texas state universities).

However, if you decided you wanted to go to private school- Rice University, you would have to check with the school VA representative to see if they are part of the Yellow Ribbon program. In some cases, private schools have agreed to waive some of the funds.

In order to receive the housing allowance, you must be taking a full course load and at least one of them must be physically at the University. You can take distance learning, but if your only taking distance learning then you are not eligible for the housing allowance.

The representative emphasized that it is important that your dependents are in deers. If you get out of the military and then have a child, that child will not be enrolled in deers and hence not eligible for the education benefits transfer.

"It's important to know what the benefits are and use those that are out there," said Lt. Col. Steven Cade, USAG Livorno commander.

For concise information about the Post 9/11 GI Bill and other VA benefits, visit:

**[www.gibill.va.gov](http://www.gibill.va.gov)**

27<sup>th</sup> 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](http://www.livornomwr.com)**





# 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**

**Telephones**

**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**

## October is Army Domestic Violence Prevention Month

*Domestic abuse occurs when one person in an intimate relationship or marriage tries to dominate and control the other person. Abusers don't "play fair". They use fear, guilt, shame and intimidation to wear you down and gain complete power over you. They may threaten you, hurt you or hurt those around you.*

*Domestic abuse that includes physical violence is called domestic violence. Victims of domestic abuse or domestic violence may be men or women, although women are more commonly victimized. Except for the gender difference, domestic abuse doesn't discriminate. It happens within all age ranges, ethnic background and financial levels. The abuse may occur during a relationship, while the couple is breaking up or after the relationship has ended.*

*Types of domestic abuse include emotional, physical, sexual and economic. Many abusers behave in ways that include more than one type of domestic abuse, and the boundaries between some of these behaviors may overlap.*

*For more information, contact Army Community Service, Family Advocacy Program Manager at DSN 633-7486.*

## ACS Accreditation

*Camp Darby's Army Community Service (ACS) Center completed the accreditation visit in August 2009 and is recommended to receive the full accreditation with commendation.*

*The ACS accreditation process is to ensure that service members, DA civilians and their families can depend on the same level of community service and support and receive the same high standards, no matter where they are stationed.*

*The ACS accreditation standards address 13 areas: structure, oversight, management, deployment or mobilization and stability and support operations readiness, FAP, EFMP, AFAP, AFTB, relocation, employment, financial and volunteers.*

*In order to receive the rating "full accreditation with commendation", all category 1 (151) standards must be met and 95 percent of the total points for category 2 (74) standards as well as 95 percent of the total points for every individual area.*

*The ACS Center, Health Clinic, Military Personnel Division, Civilian Personnel Advisory Center, Directorate of Public Works, Child, Youth & School Services and Community Recreation contributed jointly to make this accreditation happen.*

*Thanks to all for a job well done!*

## THE DATING GAME

How well do you know your spouse or intimate partner? Join us for a night of laughs, socialization, food and fun at the Darby Community Club on October 30 from 7:30 p.m. to 10:30 p.m.

Contact Elaine Miles at DSN 633-7486 to be a contestant. Prizes awarded to all contestants and large prizes awarded to all winners! Childcare provided in conjunction with "CDC, monthly Parent's Night Out"

Visit Us Online at [www.livornomwr.com](http://www.livornomwr.com)



## October 2009

### RELOCATION READINESS

#### Benvenuti at Camp Darby

October 5, 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

October 6, 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

October 7, 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

October 21, 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.

### 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.

#### What is Domestic Violence?

October 5, 1:00 p.m. - 2:00 p.m. at the SFRC

#### Cycles of Abuse

October 20, 1:00 p.m. - 2:00 p.m. at the SFRC

#### Conflict Resolution Class

October 9, 10:00 a.m. - 11:00 a.m. at the SFRC

#### Stress Management

October 13, 10:00 a.m. - 11:00 a.m. at the SFRC

#### Asking for What I Need/Want

October 15, 1:00 p.m. - 2:00 p.m. at the SFRC

#### Healthy Relationships

October 19, 10:00 a.m. - 1:00 p.m. at the SFRC

#### Reporting/Non-Reporting of Abuse

October 21, 10:00 a.m. - 11:00 a.m. at the SFRC

#### Active Listening and Reflecting

October 23, 10:00 a.m. - 11:00 a.m. at the SFRC

#### Positive Self-Image

October 26, 10:00 a.m. - 1:00 p.m. at the SFRC

#### Unconditional Love

October 28, 10:00 a.m. - 1:00 p.m. at the SFRC

## Classes & Seminars

### FINANCIAL READINESS

#### Checkbook / ATM Management

October 6, 11:30 a.m. - 12:00 p.m. at the SFRC

Get tips on ways to keep track of your ATM & debit purchases and keep on top of all your financial necessities.

#### Credit Management

October 7, 11:30 a.m. - 12:00 p.m. at the SFRC

Today, millions of people are experiencing the same problems and frustrations. BUT YOU CAN get out of debt - and - increase your ability to save.

#### Identity Theft

October 13, 11:30 a.m. - 12:00 p.m. at the SFRC

The FTC estimates that as many as 9 million Americans have their identities stolen each year. Learn ways to protect yourself and/or your family.

#### Investment Club

October 13, 27, 11:30 a.m. - 12:00 p.m. at the SFRC

Learn what it takes to get the most out of your investing.

#### Consumer Rights and Obligations

October 14, 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.

#### Debt Liquidation

October 20, 11:30 a.m. - 12:00 p.m. at the SFRC

Getting out of debt is like losing weight - it takes time, discipline and encouragement from others. Come in and we will help you!

#### Financial Recordkeeping

October 21, 11:30 a.m. - 12:00 p.m. at the SFRC

Bills, credit-card receipts, ATM slips, investment records, bank statements - they pile up and multiply faster than dirty dishes after a holiday meal. Let us help.

#### Budgeting Basics

October 27, 11:30 a.m. - 12:00 p.m. at the SFRC

Strengthen your marriage and your finances with this class.

### EMPLOYMENT READINESS

#### Resume Writing

October 23, 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.

#### Interview Skills

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

Learn what it takes to put your best foot forward.

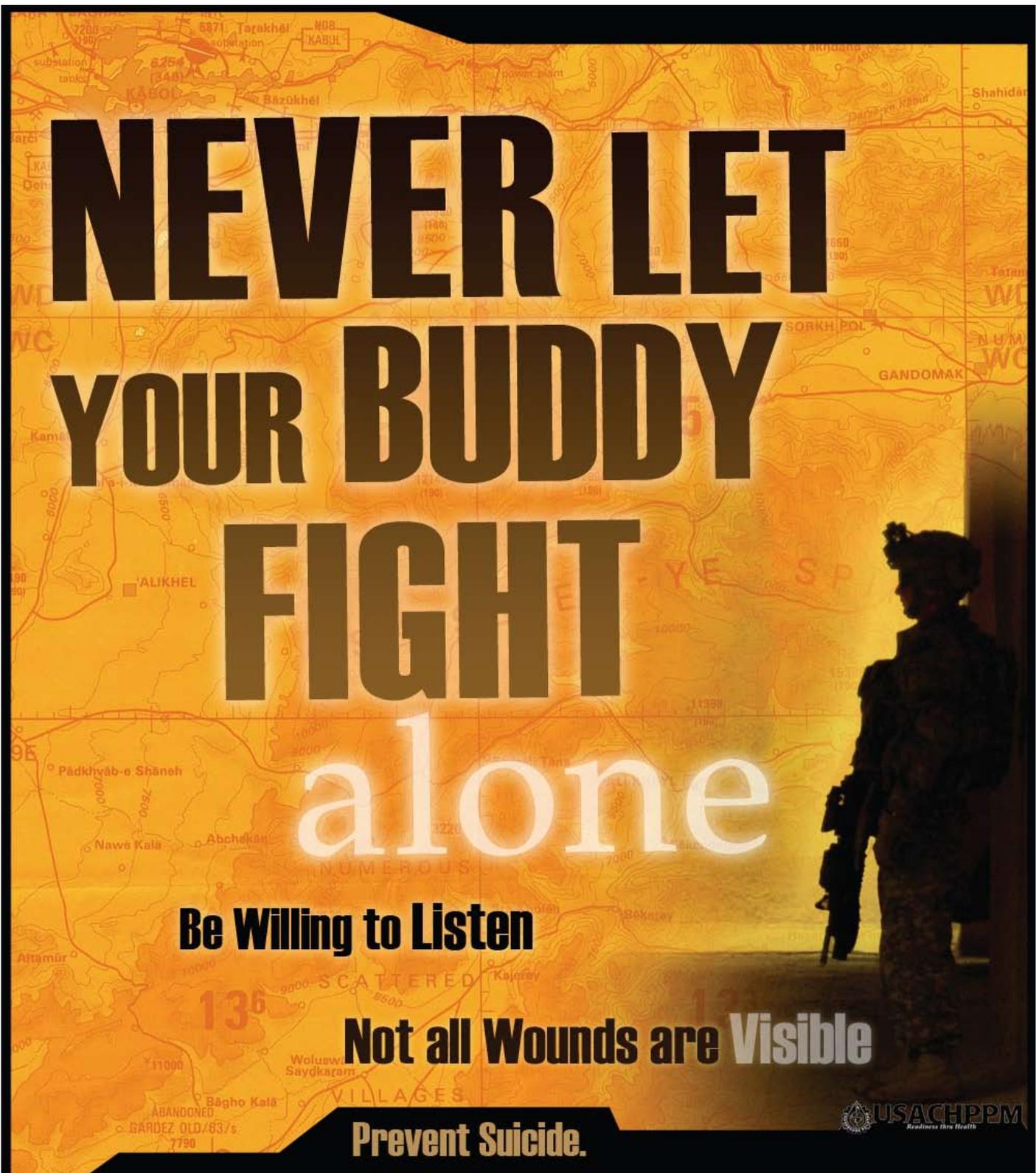
### Military One Source

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



**Intervene! Act! Motivate!**  
**24-Hour Sexual Assault Response**  
**Phone number: 335-771-4969**



# NEVER LET YOUR BUDDY FIGHT alone

**Be Willing to Listen**

**Not all Wounds are Visible**

**Prevent Suicide.**

**It is your responsibility to get help for a fellow Soldier**

Talk to your Chaplain or a Behavioral Health Professional or Call Military OneSource **1-800-342-9647**  
[www.militaryonesource.com](http://www.militaryonesource.com)

TA-064-0107



**U.S. ARMY HEALTH CLINIC LIVORNO OR CHAPLAINS OFFICE  
CAN HELP YOU.**

IMCOM EUROPE  
PRESENTS THE

# “Lift Up Your Spirit” TOUR featuring



TRIN-I-TEE 5:7 DEITRICK 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](http://WWW.MWR-EUROPE.COM)  
PRODUCED BY U.S. ARMY ENTERTAINMENT

# Camp Darby Events Calendar



By Margaret Robbins  
FMWR Marketing

.....  
The "Lift up your Spirits" tour is coming to Camp Darby Sept 27. Trini-I-Tee 5:7, Deitrick and Damita Haddon, Spensha and Army 2008 Operation Rising Star Joyce Dodson will perform this free inspirational concert in the Camp Darby theater. Doors open at 6 p.m. with the performance lasting from 7-9.  
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Due to Personal Identifiable Information (PII) in RecTrac, IMCOM-E FMWR Automation Departments will be working to update the system in every garrison over the next few weeks. Social Security Numbers (PII) will be removed from the RecTrac and Child and Youth Management System, CYMS databases.

In order to do that, FMWR will overhaul the system. Once complete, the bar codes on the back of the ID cards will no longer work and will have to be manually re-scanned back into the computer system; however, the other pertinent personal information will remain.

Within the next few months, key fobs will also be available for patron use as an alternate, yet more convenient scanning method than their military, dependant, or CAC ID card for facility usage.

When this occurs in your local garrison, facilities will experience higher traffic volume at the front doors. Please be patient with the longer lines and the front desk staff while they work through this endeavor to ensure your personal information is secure.

.....  
Are you ready for the challenge? The 27th Annual Run to the Tower is scheduled for Friday, October 16. Where else can you find a finish line in front of one of the Seven Greatest Wonders of the Medieval World? Find information and registration forms online at [www.livornomwr.com](http://www.livornomwr.com).  
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The USO Sesame Street Show is coming to Camp Darby on Saturday, October 17. More info to come.  
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ITR

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Download your very own copy of the 6-month (October thru March 2010) trip calendar today for your trip planning purposes! Log onto: [www.livornomwr.com](http://www.livornomwr.com)  
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September 19, IKEA Shopping Trip, Spend an entire day at the superstore IKEA and shop until you drop!  
.....

September 27, Outlet Shopping, Over 95 stores of the finest designer names at reduced prices from 30% to 70% off. Shop until you drop!  
.....

October 10-11, Adults Only Trip to Sanremo & Montecarlo, Looking to escape everyday life and relax for a couple of days? There's no better place! Visit Sanremo's lovely Casino and the next day, enjoy a guided tour of Montecarlo. Call ITR for more information at 633-7589  
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November 27-29, Pompeii/Naples Weekend, Spend your long weekend visiting Pompeii (visiting the world's most famous volcano disaster), Naples (a city noted for its rich history art, culture & gastronomy) and the lovely Royal Palace of Caserta. Call ITR for more information at 633-7589  
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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.

September 19, 2009

[www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)



# Camp Darby Events Calendar Con't

By Margaret Robbins  
FMWR Marketing

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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](http://www.livornomwr.com), click on "ITR". Click on the word "HOTELS".  
.....

ODR new operating hours are: Monday, Wednesday, Friday 1:00 - 6:00 p.m.  
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Darby Community Club- Wanna get lucky? Come to the DCC on September 25 for Texas Hold'em. Free pasta for all of the players.  
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Need to say thanks to someone special? Bring your right arm / wing man / other half to the Community Club on September 18. Make it a monthly habit!  
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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.  
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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.  
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## Sports and Fitness-

Attention all soccer players! Sports & Fitness is soliciting a Soccer Coach and players to participate in the All Forces European Soccer Championships being hosted this year right here at Camp Darby Oct 22-25, 2009. For more information, call Todd at 633-7438.  
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Unit/Rec Flag Football open registration 1-30 September. Play begins 5 October. Drop off team roster at the Fitness Center.  
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Shaolin Kung Fu classes are held on Mondays and Wednesdays from 5:30 to 7:00 p.m. Prices are reduced from \$10 to \$8. Call 633-7440 for info.  
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Belly Dancing Classes are currently being held in Bldg 305 on Mondays at noon.  
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Darby Lanes- Kid's birthdays? No problem! Darby Lanes offers party packages to take the hassle out of children's birthday party planning.  
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GET INVOLVED TODAY! CYS Sports & Fitness is looking for volunteer sport coaches for: Gymnastics, Tennis, Martial Arts, Golf, In-line skating, Bowling, Racquetball, Track, Table Tennis, Skiing, Swimming, Ice Skating, Wrestling and Archery. Can you help? Call 633-7681 for details.  
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Italian Conversation & Grammar and English as a Second Language classes are available for FREE at the Library. To sign up for either one of these great classes, please call 633-7084.  
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Displays of books, videos and compact discs are found in the foyer of the Library to celebrate Hispanic Heritage Month. Drop by and have a look!  
.....

Is your car a mess? Check out the new service at the Auto Skills Center! You can have your car professionally cleaned inside and out right here on post!



# Don't let YARD WASTE go to Waste

In the fall, children love to make piles of leaves and jump into the fluffy mounds of yellow, orange and brown. Although they don't realize it, they have taken the first step toward developing a valuable resource – compost.

Composting is a biological process during which naturally occurring microorganisms convert organic waste, such as yard trimmings, into a product suitable for mulching, fertilizing or conditioning soil. Adding compost to soil helps it to retain moisture and makes soil easier to till. Plants grow better because the soil has more nutrients, and there is less need for chemical fertilizers.

While starting a compost pile is a bit more involved than raking leaves, the whole project is not much more complex.



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.

## Getting Started

The most lowtech compost pile can be a simple pile of organic material, but that can be messy and unattractive. You can make a simple compost bin from wooden stakes and chicken wire, or buy an inexpensive plastic collapsible compost bin at most garden stores. These kinds of bins are good for families who move every few years and don't need a permanent structure.

However, if you want to make a lot of compost, the best way to manage the material is in a sturdy wooden box with a large side opening. You will need to reach in that opening to stir the compost and to transplant it to your garden.

When you have selected your compost container, choose a level spot of about 3 square feet near a water source and preferably out of direct sunlight. Clear the area of sod and grass. The compost bin should not be placed directly on the ground because it will need ventilation from the bottom. A good base for the bin would be a wooden palette, or logs covered by chicken wire.

The three most important components in any compost pile are moisture, oxygen and temperature. An ideal diet for the microorganisms consists of a carbon source (dry brown yard debris such as leaves and dead weeds) and about one-half to one-third as much of a nitrogen source (wet green material like grass clippings and plants). Add successive layers of this organic

material if possible, but during seasons when dry, brown material is not available, compost may still be made with only wet, green plant material.

Sprinkle water on the pile after adding each layer of organic material so that the pile maintains the consistency of a squeezed-out sponge, but is not soggy. Also, regularly aerate the pile by turning it and mixing the old layers with the new layers; by poking holes in the pile; or by burying a perforated pipe in the pile to supply a constant stream of fresh air.

Yard debris such as tree branches should be chipped before being added to a compost bin so that it will decompose faster. If a large quantity of chipped wood is added to the compost, it is a good idea to add a small amount of fertilizer to increase the level of nitrogen.

You can speed up the composting process by chopping large material into smaller pieces, keeping the pile moist, and frequently turning the pile. When composting is completed, the resulting soil will appear as a dark, crumbly material uniform in texture. The compost pile should begin cooking once it is established and should feel warm to the touch. A carefully maintained compost pile can turn waste into compost in as little as six weeks.

## What Can and Can't Be Composted?

Most organic materials are acceptable for use as compost, including grass clippings, leaves, coffee grounds and filters,

shredded woody yard waste and sawdust, wool and cotton rags, and manure from herbivorous animals, such as cows, horses, sheep and chickens). Many foods can be composted as well, but meats, grease and dairy products should be omitted because they cause odors and attract pests.

Nonorganic materials cannot be composted. They include Styrofoam, metal, plastic and charcoal or coal ashes. Other materials that should not be composted are diseased plants, food waste that may attract pests, noxious weeds and pet wastes, which may contain disease.

## The Only Option for Yard Waste

According to a 1999 report by the U.S. Composting Council, the United States generates 180 million tons of solid waste each year, a figure that has more than doubled in the past 30 years. This waste is rapidly taking over the nation's landfills, and newsites are difficult to create because of environmental requirements and community objections. In fact, two-thirds of America's landfills have closed since 1970, and one-third of the remaining landfills will close in five years.

Composting is not only an excellent way to increase crop production and promote healthier flower gardens, it reduces the strain on our nation's landfills.

## COMPOSTING TROUBLESHOOTING GUIDE

SYMPTOM	PROBLEM	SOLUTION
Bad odor	Not enough air	Turn the pile
Dry center	Not enough water	Add water while turning the pile
Damp and warm	Pile is too small	Add more material to center of pile
Damp, sweet-smelling but not warm	Lack of nitrogen	Mix in a nitrogen source (wet green plant material)

Source: Global Environmental Outreach, March 1 2004



# CAMP DARBY

## DESTINATION: WINE HARVESTING IN TUSCANY

Story by Joyce Costello  
USAG Livorno Public Affairs

During the hot summer months lounging on the beach, I admit that I read too many romantic travel books about people moving to Tuscany, buying vineyards and restoring old farm homes.

I would read about Francis Mayes going down to Montepulciano and buying her years supply of Brunello and then I would go down to the store and get my own bottle. All the while, smirking at the idea of tourist spending thousands of dollars to come to Italy to enjoy this full bodied red.

Now that fall is here and grape harvesting season or vendemmia is in progress, I'm awakened at dawn to the sound of tractors going down the road out to the vineyards. The air smells sweet from the grapes being burst and I'm looking forward to the slew of wine and harvest festivals that will spread across Tuscany.

One of the best things about being stationed overseas, specifically in Italy, is that it's easy and relatively inexpensive to experience life

like a chapter from a travel book or movie.

Going to a local wine festival is not just about tasting the local grapes, it's a chance to explore classic Tuscan cooking of cucina povera with a simple meal of soup made for generations, meat off the grill, a bit of something sweet to finish the meal.

It's too easy to get caught up in the clogs of everyday life and forget to step back for a moment and enjoy the "Dolce Vita" life that comes from enjoying it like an Italian.

So whether you visit a wine festival in the Aviano region or make a weekend trip to Camp Darby, there is always some festival or sagra that your friends and loved one back home would love to go to...if only they were lucky enough to get stationed in Italy.

### Where to stay

For an economical, convenient place to stay think of Sea Pines Lodge on Camp Darby. Reduce winter rates for the lodge and the log cabins begin Oct. 1. Lodging reservations can be made by calling DSN 633-7225 or e-mail [lodging@eur.army.mil](mailto:lodging@eur.army.mil).

### Upcoming Wine Festivals and Trips

#### Pontedera - Sept. 19

"White night", with concerts and other kind of entertainment. [www.festadelcommercio-pontedera.it/](http://www.festadelcommercio-pontedera.it/)

#### Cenaia - Sept. 18-20

"16th Wine show" will take place in Piazza Vittoria a Cenaia. It is possible to taste local products like wines, oil and etc. The Fair will be open according to the following schedule: Sept. 19 4-midnight and Sept. 20, 9 a.m.-midnight.

#### Pistoia - Sept. 20

Within the "Centro Fiere" there will be a show and market of records. Where will be possible to sell or buy old records and CDs. from 10 a.m.-7 p.m.

Sept. 24-28 Grape Fest at Vagliagli (Siena), [www.festadelluvavagliagli.it/](http://www.festadelluvavagliagli.it/)

Sept. 24-27 Bier Fest, Pratovecchio (Arezzo), [www.bierfest.us/](http://www.bierfest.us/)

Sept. 26-27 White truffle and "porcino mushroom Fest, San Miniato (Pisa)