

Darby Digest



www.usag.livorno.army.mil

Sept. 1, 2011

Welcome back to school

Page 3

Community events

Page 4

Out & About in Tuscany

Page 6

Th 29th Run to the Tower

Page 8

731 MUNS welcomes new commander



Maj. Stephen Clark assumed command of the 731 Munitions Squadron in a ceremony on the Camp Darby parade field Aug. 24. Read about it on www.usag.livorno.army.mil/news310.html

September 11: Remembrance and Hope



Join the Camp Darby community at the chapel Sept. 9 in lighting candles symbolizing remembrance of the past, comfort in the present and hope for the future at 10 a.m.



Click to show your support and attend

Darby Digest: Your source for News, Information and Culture



Sept. 1, 2011
Vol. IV, Issue 34

Lt. Col. Kevin Bigelman
U.S. Army Garrison Livorno
Commander

Contributors:
Joyce Costello
Chiara Mattiolo

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Front Cover Photo By
Chiara mattiolo

Mackenzie Gjere and Marina Vasli, Livorno Unit School students, started the new school year Aug. 29.

www.usag.livorno.army.mil

Welcome students and parents

Mackenzie Gjere (left) and Marina Vasli, Livorno Unit School students, started the new school year Aug. 29. Principal Dan Serfass says that in partnership with the community, our school will provide a learning environment which is nurturing, safe, and respectful, enabling each child to reach their fullest potential. Learn more at www.livo-ems.eu.dodea.edu



Photo by Chiara Mattiolo

Livorno School empowers students to be life-long learners in a global society through an exemplary standards-based education.

The faculty and I welcome you as together we begin another extraordinary school year at our wonderful Livorno Elementary and Middle School.

As the returning Principal, I am particularly excited and look forward to another successful year for each student.

The faculty and I want you to know that our enduring mission is to provide every student a challenging and rewarding educational experience and for each of them to achieve to their fullest potential.

Our desire is to accomplish this in a collaborative manner which embraces parent and community involvement. We want your children to flourish.

The faculty at Livorno Unit School is a dynamic family of professionals. We will be fully staffed with an outstanding team of teachers who possess multiple areas of certifications, experience, expertise, and passion, to meet the needs of all of our children.

We welcome three new faculty members this year and can say without hesitation that we are very fortunate to have them join us. They possess the experience, skills, and background necessary to excel here as they have done in their previous schools. Our returning professionals are extremely talented and equally excited to begin another year of serving your children.

Near the conclusion of last school year, our faculty devoted much time and effort into redesigning our programming for the 2011/2012 school year.

The enhancements include separate classrooms and

teachers for Kindergarten, first and second grades and common planning times for teachers. Middle School students will now be provided block schedules to maximize their instructional time.

Further, seventh and eighth grade students will have a co-taught study skills class for academic enrichment and support. These and other decisions regarding teaching and classroom improvements were made with the best interests of our students in mind.

This year we will also under go our accreditation. The Quality Assurance Review is anticipated to occur April 2012. We invite each of you to be involved with preparations for our visit and in improving your child's education.

There are many opportunities to support our efforts including volunteering in the classroom, mentoring students, joining the Parent Teachers Association, the School Advisory Committee, and the Continuous School Improvement Team. Education works best when we all work together and collaborate on behalf of our students. Again, together we can provide the best learning environment for your children.

Please attend our Open House and Community Partnership Day to meet your children's teachers, visit classrooms, and join in on the school-community partnership festivities on Friday, Sept. 9 at from 1 p.m. to 4 p.m.

DAN SERFASS
Livorno Unit Schools,
Principal

Community events

PTSO Partnership Day

Sept. 9, 1 p.m. to 4 p.m. come meet the new teachers and staff, take a tour of the school and learn about the School Improvement programs.

Remembrance and Hope

Join the Chapel in a special 9/11 ceremony on Sept. 9 at 10 a.m.

After School Clubs at LUS

633-7573

Drama Club, Art Club, Music: choral and instrumental, math counts club, homework club and test prep club.

CYSS

633-7629

- YS kickback night get to know everyone Sept. 9
- Keystone club, Torch club, Power hour homework club, Photo & video club, sports and fitness are some of the many clubs available at YC.
- Register your child for Tennis at Parent Central Services now through Sept. 16. Clinic and games begin Sept. 20.

Health Awareness Month Barbecue

The Health clinic display and barbecue Sept. 12, 11:30 a.m.- 1:30 p.m. in front of the commissary.

College Scholarships

The Council of College and Military Educators, is offering \$1000 scholarships to Service members and spouses of Service members. The deadline for scholarship applications is Sept. 1. For more info visit www.ccmeonline.org/scholarships.aspx Or call the Darby Education Center at DSN 633-7073

Army Community Services

633-7084

- New Parent support and playgroup, Sept. 7
- Attention Deficit Disorder (ADD) Workshop, Sept. 20 at the Library.
- New informal mom's and women's group meets Mondays at 9:15 a.m. in the Yellow Ribbon Room, across from ACS. Feel free to bring a craft project (knit, crochet etc.) or just come by and hang out. Babies and small children welcome---and non-moms as well! Play room with toys available, kitchen as well if you want to cook. MFLC (Military and Family Life Consultant) will be there

Bowling Alley

633-7458

- Dollar Day every Sunday 11 a.m.- 7 p.m.
- Have your birthday party here



Adult / Children's Duathlon



Children's Duathlon:

Ages 6-9
.5k run - 50 meter swim - .5k run

Ages 10-12
.5k run - 50 meter swim - .5k run

Ages 13-15
.5k run - 50 meter swim - .5k run

Adult Duathlon:

Ages 16+
2 mile run - 200 meter swim - 1 mile run



September 17, 2011
10 a.m.
Camp Darby Pool

* Pre-registration required by September 10
* NO RACE DAY REGISTRATION
* Each event must have minimum 10 pre-registered athletes to avoid cancellation
* For more info, contact Sports & Fitness 633-7438

Scan this QR code with your mobile phone for more information!



www.livornoMWR.com www.livornoMWR.com www.livornoMWR.com www.livornoMWR.com

RACE ACROSS AMERICA

Are You Ready?

Run, Walk, Bike, Elliptical, Group Exercise
4,540 Miles

From New York City, NY to San Francisco, CA
*Not Really—Workout Miles Take Place at USAG Livorno
"Miles for Minutes"*

1 minute = 5 miles

\$10 Registration Fee

Register September 6-16
You **MUST** be registered to be tracked!
Registration limited to first 75 people!

Program Runs Sept 19 - Nov 5

All FINISHERS receive a custom designed t-shirt!

More Info Contact: MWR Fitness Center
633-7438
USAG Livorno



s & happenings

Outdoor Recreation

633-7775

- ♦ Community Paintball tourney, Sept. 10

Darby Community Club

633-7855

- ♦ Community flea market and craft sale, Sept. 17. Reserve your table now at the DCC

Hispanic Heritage Month

If you'd like to help plan events for Hispanic Heritage Month Sept. 15- Oct. 15 then make sure to join the planning committee at the DCC, Thursday, Aug. 18 at 3 p.m. So far cake cutting will be on Sept. 15 and the food tasting on Oct. 14. EEO SSG Evely 633-8664.

Fitness Center

633-7438

- ♦ Race across America exercise challenge registration begins Sept. 6-16.
- ♦ Register now for Children and Adults Duathlon on Sept. 17.

Health Center Closures

633-7357

The Health Clinic will be closed Sept. 2 and 5. Medical appointments can be made 24/7 via www.tricareonline.com.

Religious Activities

633-7267

- 9:40 a.m. Catholic reconciliation
- 10 a.m. Catholic Mass
- 11:15 a.m. Protestant worship
- 11:15 a.m. Catholic CCD

AAFES Movies

- Sept. 2- 6 p.m. Bad Teacher (R)
- Sept. 3- 6 p.m. Final Destination 5 (R) 1st Run
- Aug. 28- 1 p.m. Cars 2 (G)

Non-Appropriated Jobs

- EUNAF11108OC-LIFEGUARD, NF-0189-02
- EUNAF11107OC- LABORER, NA-3502-01
- EUNAF11106OC- RECREATION AID, NF-0189-01
- EUNAF111001OC- HOTEL DESK CLERK, NF-0303-01
- EUNAF111002OC- CHILD & YOUTH PROGRAM ASSISTANT, CY-1702-01/02
- EUNAF111003OC- CUSTODIAL WORKER, NA-3566-02
- EUNAF11104OC- BARTENDER/BAR ASSISTANT, NA-7405-01/03
- EUNAF11105OC- ANIMAL CARETAKER, NA-0548-03

Come visit our website at <http://www.armycivilianservice.com> or call 633-7032 or e-mail Livorno.NAF@eur.army.mil.



ARMED FORCES ENTERTAINMENT PRESENTS

THE ZINGHOPPERS

HAVE YOU HUGGED A PERFORMING POSSUM TODAY?

Join Conductor Jack and his cast of lovable characters as they take your youngsters on a musical/variety journey that entertains, educates and promotes kindness.

Camp Darby Elementary School Gymnasium

Sunday, Sept 11

2:00 p.m.

Scan this QR code with your mobile phone for more information!



COMING TO A THEATER NEAR YOU. For more information, visit armedforcesentertainment.com.

Camp Darby Community Olympics

September 16
7 a.m. to 4 p.m.

| | | |
|--------------------|------------|------------|
| Distance Relay Run | Volleyball | Shot Put |
| Swim Relay Race | Tug of War | Basketball |
| | Tire Relay | Soccer |



Scan this QR code with your mobile phone for more information!



Come out and cheer on your team!

To participate, contact the Fitness Center at DSN 633-7438 NLT 1 September.

Photo: MWR/James Smith & MWR/John Kelly 2011 Camp Darby Community Olympics

Out & About in Tuscany

SAGRA & FESTIVALS

EcoSagra dei Sapori Pisani in Pisa

Aug. 26- Sept. 4

Enjoy local dishes served on biodegradable material. Learn how to eat well while respecting the environment.

—www.ecosagra.it

Address: il piazzale dell Pubblica Assistenza di Pisa in Via Italo Bargagna 3

Sagra del Carretto in Cascina (PI)

Sept. 2-4

Enjoy local food. On Sept. 4 there will be a Palio at 7 p.m.

—www.saimicadove.it/tempolibero/evento.asp?id=34979

End of summer fest in Florence

Sept. 3-10, 8 p.m.- 11 p.m.

Held at the ASD Atletica Castello

— www.saimicadove.it/tempolibero/evento.asp?id=34956

Festa della Rificolona (FI)

Sept. 7 at 8 p.m.

Children carry paper lanterns from procession from Piazza Santa Croce to Piazza SS. Annunziata celebrating the birth of Mary. Free event

—www.visitflorence.com/florence-events/rificolona-festival.html

Luminara di Santa Croce (LU)

Sept. 13 at 8 p.m.

If you missed the Pisa Luminara, now is your chance to catch on in Lucca in the historic center. Millions of candles will adore



Linderhof Palace, Germany

" i have enjoyed seeing my favorite places again!..." www.schlosslinderhof.de

-Recommended and photo by Jeanne Harford

the Cathedral and buildings along with a procession through the center

—www.comune.lucca.it

Wine Festival in Terricciola (PI)

Sept. 16-18

Wine, food, music and entertainment for children

— www.comune.terricciola.pi.it

Waiting for Christmas in Marina di Pietrasanta (LU)

Sept. 16-18, 10 a.m.- 8 p.m.

A country and garden show with an early

Christmas Market. Entrance is free and is held in the PARCH and Villa La Versiliana

Siege of the Villa in Poggio a Caiano (PO)

Sept. 16-18

Three day celebration of Princess Joan of Austria on her way to marry Grand Duke Francesco de' Medici in 1565. Wine, food, music and entertainment for children. There will be a dinner at the villa, with a Renaissance show and a free wine tasting (Near Prato)

— www.assedioallavilla.it Address:

Piazza dei Medici, 14, 59016 Poggio a Caiano (PO)

MUSIC & CONCERTS

Planet Funk in Florence

Sept. 16, Stazione Leopolda

Dream Theater and Negramaro in Florence

Oct. 30, Mandela Forum

Bob Dylan & Mark Knopfler in Florence

Nov. 11, Mandela Forum

Incubus in Milan



Parco Gallorose

Wander along paths filled with plants and animals & enjoy good food and children's play area 50 minutes from Camp Darby

www.parcogallorose.it

Nov. 15, Mediolanum Forum

Red Hot Chili Peppers in Milan

Dec. 11, Mediolanum Forum

Rhianna in Milan

Dec. 12, Mediolanum Forum

CULTURAL EVENTS

Opening of Giacomo Puccini's Birthplace Museum (LU)

Sept. 13, noon

After years of restoration of the rooms where the composer was born on December 22nd, 1858 opens once again with his music, his records, his paintings, the original furnishings, his relics, his letters, his photos, his words.

—www.fondazionegiacomopuccini.it

Crystals - world's most dazzling exhibition in Florence

Now at La Specola Museum

Over 500 varieties of crystals in the Giazotto collection can be seen in Florence (except on Mondays)

—www.mostracristallifirenze.it

French artists in Pisa

Now at Museo della Grafica at Palazzo Lanfranchi

The exhibition includes works by Renoir, Toulouse-Lautrec, Delacroix, Corot, Daubigny, Manet and of many other protagonists of french art between romanticism and post impressionism (except on Mondays)

—www.museodellagrafica.unipi.it

SPORTS & OUTDOORS

Trekking from Bocca di Serchio to Torre del Lago

Pucchini

Sept. 11, 10:30 a.m. (six hour medium-easy hike)

Booking in advance is mandatory. Recommended for children over 6 years old. Email: dune_forte@yahoo.it ,Tel 050573225

—www.comune.pisa.it/wwfpisa/

EcoMarathon, 18K and 10K

Oct. 16

These races will take you through the vineyards of Chianti around Castelnuovo Berardenga (15 km from Siena),

—www.ecomaratonadelchianti.it/website/index.php/welcome

Lucca Marathon

Oct. 23

—www.luccamarathon.net/

Livorno Marathon

Nov. 13

—www.livornomaratonita.it/sito/

Florence Marathon

Nov. 27

This year the starting line will be in the center of Florence at Lungarno Pecori Giraldi and will finish in Piazza Santa Croce. The road will be on flat roads.

—www.firenzemarathon.it/index.php?lang=en

Formula 1 Italian Grand Prix

Sept. 9-11 in Monza

—www.italy-grand-prix.com/378-italy/

SX Series European Supercross Champs

Oct. 1-3 in Torino

29th run to the tower

A hamsters tale of training



Download your runners packet on www.usag.livorno.army.mil

It is day one of my training for the Run to the Tower on Oct. 21. Despite the lack of decent air conditioning or the women's showers being finished yet, the lunchtime gym crowd had swelled exponentially. There were hot, sweaty bodies everywhere- all chugging along to their own little tunes in their music machines.

I got lucky and grabbed the one empty treadmill nestled between a Soldier who was running so fast you might have thought the devil was chasing him and a gal who was jogging sideways on the hamsters machine, otherwise referred to as a treadmill.

It is funny how you can sometimes catch people glancing at your pace number on the machine and they slowly increase their machine so they can go the extra 10 seconds faster than you.

Today was my fartlek run- warm up and then increase each minutes by a 30 second factor until I hit the one mile mark and back off to a slow jog and then do it again for the next two miles.

I don't actually like craning my neck to watch the

TV's so I usually spend the time watching my form and amazed that I haven't fallen off the moving platform. Eventually, I zone out and just struggle to make it to the end.

I tell myself that today's three miles are the tail end of the 12K. That when I am feeling tired and

keep going that I am building up the mental resiliency for then. I admit- I don't even want to think about the first 5 miles.

I hope that with each week I will be able to increase my distance. Eventually there will be a balance and I can work on improving the speed. After the 12K I'll worry about how I am going to do the full 26.2 miles.

Until then, or when the weather gets better- I will plot out my revenge on the hamsters machine and keep enjoying the runs!

Waddle on friends...

