

Darby Digest

www.usag.livorno.army.mil

Feb. 2, 2012

**Livorno team saves
thousands**

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Camp  Darby's premier weekly newsletter

See new photos everyday on our web site or share yours with us on the Camp Darby facebook page



Another gorgeous Tuscan Sunset
Camp Darby community member, Mindy Bowman, captures a beautiful Tuscan sunset descending on an olive grove.



Soldier and his car featured in Lowrider Spc. Shawn Hoopingarner was recently featured with his car in the Lowrider magazine. [Click here](#) to learn more.



Time to hit the slopes Camp Darby community member Ameer King shares his favorite snow boarding photo. Outdoor Recreation has ski trips every Saturday while the snow lasts. Call ODR at 633-7775 to sign up.

Darby Digest: Your source for News, Information and Culture



Feb. 2, 2012
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Lt. Col. Kevin Bigelman
U.S. Army Garrison Livorno
Commander

Command Sgt. Maj. Felix Rodriguez
Command Sgt. Maj.

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**Front Cover Photo by
Emel Peterson**

Leyla and Kaya Peterson have fun making a snowman Wednesday, Feb. 1, when a snow storm hit Tuscany

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Livorno team saves unit thousands



Photo by Joyce Costello

The Camp Darby 509th Signal Battalion, Dial Central Office Outside Cable Plant technicians work on manholes. They've saved the U.S. Government over \$100K by pumping water out of Camp Darby, Camp Darby Leghorn, Ammunition Area, and Training Area's manhole's in order to keep the telephone cable splice cases dry from water damage.

By Frank Maloney
NEC Livorno Chief, 509th Signal Battalion

US Army Garrison Livorno is home to many units, including the 509th Signal Battalion. Civilians from the 509th Signal Battalion at Livorno have a long history of saving units' money through numerous projects and initiatives. The battalion's recent project to support the 839th Transportation Battalion is just an example of this type partnership that supports the customer while saving the command valuable resources.

The 839th Transportation Battalion is headquartered at Leghorn Army Depot, part of USAG-Livorno. The 839th Trans. Bn. serves as the single port manager for military operations in more than 180

seaports in 22 countries surrounding the Mediterranean Sea, Black Sea and North Africa. The headquarters building for the 839th Trans. Bn. was unable to be serviced with normal DSN phones based on a faulty 100 pair cable. In order to work around this problem, the 839th Trans. Bn. contracted for commercial long distance service at a cost of \$40,000 a year. Given the 839th Trans. Bn.'s wide area of responsibility the number of long distance calls and the associated cost is significant. With increasing concerns on resources, the 839th Trans. Bn. was looking for help.

The 509th Sig. Bn.'s NEC Chief Frank Maloney, approached the 839th Trans. Bn. with a solution to their problem. With help from 6981st Civilian Support Group, from the Germany based 2nd

Signal Brigade, the faulty 100 pair cable was repaired. With the repair done, Maloney's outside and inside plant cable installers went to work. Through long hours, Maloney's teams were able to provide DSN service to the 839th Trans. Bn. headquarters. This initiative has already begun to save the 839th money and over the course of a year will result in a savings of more than \$40,000.

The 839th Trans. Bn. Commander Lt. Col. Marcilyn Patterson, presented coins of excellence to those that made this effort possible. Those present coins include Gary Khan, Augusto Ferretti, Daniele Crews and Mario Poropat.

Learn more about how 509th Signal makes a difference behind the scenes. [Click Here.](#)

Community events & happenings

African American Heritage Month

The EO committee is looking for volunteers for events throughout the month, such as the food tasting on Feb. 24. If you are interested in learning more, please join them at the DCC every Thursday at 3 p.m. or call SSG Keathley at 633-8667 for more information.

Job opening

♦ Contract Opportunity - Health Clinic Livorno (Camp Darby) – Positions open for Doctor of Optometry for Optometrist Exam Services and Licensed Clinical Social Worker for Mental Health, AFAP & EDIS Services. Contractor position - Start date: On or about 1 April 2012. For more information please contact Europe Regional Contracting Office - Landstuhl, Germany, POC: Domenico Maddaloni at 0049-6371-86-7043 or DSN: 486-7043 or via email at domenico.maddaloni@amedd.army.mil

♦ Test examiner substitute position at the Camp Darby Education center is now open immediately until filled. Salary is \$10 per hour. If you have a Bachelor's degree from a regionally accredited college or university, we will train you. Apply at Central Texas College. Call DSN 634-8923 for detail on how to apply.

♦ The USA Girl Scouts Overseas is accepting applications for Resident Camp Health Care Manager for the camp is held at Camp Lachenwald in Germany July 1-31 in Germany and August 3-5 at Camp Darby. BSN, RN, LPN, EMT, Medic or equivalent preferred. Interested parties need to contact amiller@usagso-na.org for an application prior to Feb. 15.

♦ CACI is currently seeking a Part-Time-On-Call (PTOC) IACS Registrar to support the Camp Darby office. Interested applicants please send your resume to psun@caci.com

Red Roses for Valentines 633-7438

Camp Darby's Better Opportunities for Single Service members are selling a dozen long-stemmed roses for Valentine's Day. The flowers will be delivered on Darby or the depot. Contact a BOSS representative to place your order.

ITR
633-7589

♦ Bus transportation to Viareggio Carnival Feb. 5, 12, 19, 26

Dental Clinic Closure 633-7461

The Dental clinic will be closed Feb. 9-10. In/out-processing can still be completed during this time. The clinic will reopen on Feb. 13. Community members are reminded to please arrive on time to their appointments. If need be, we will institute a suspension of elective dental treatment to dependents with multiple failed appointments/late notifications.

Parent's Night Out / Game Day 633-7681

♦ School Age Center Game Day Feb. 25 from 2-5:30 p.m.
♦ Parent's Night Out for CDC & SAC, Feb. 25 from 5:45-11 p.m.
♦ Youth Center Game Day / Kick Back Night Feb. 25 from 2-5:30 p.m. free of charge with plenty of fun games planned for indoor and outdoor play. After 5:45 p.m. the Kick Back night starts with even more fun.

Darby Community Club 633-7855

♦ Taco Tuesday Feb. 7
♦ Texas Hold 'em Feb. 10

Outdoor Recreation 633-7775

- Ski trips to Abetone and Monte Cimone are offered every Saturday in February.
- Need a ride to the airport? ODR has an Airport Shuttle service provided 7 days a week. Reservation and payment must be made at least 72 hours in advance.

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

Feb. 3- 6 p.m. The Twilight Saga : Breaking Dawn Part 1 (PG-13)
Feb. 4- 6 p.m. Contraband (R) 1st Run
Feb. 5- 1 p.m. The Muppets (PG)
Feb. 10- 6 p.m. Red Tails (PG-13) 1st Run
Feb. 11- 6 p.m. Extremely Loud & Incredibly Close (PG-13) 1st Run
Feb. 12- 1 p.m. Arthur Christmas (PG)



The DHR is Hosting the Second Annual **Sweet Competition**

On February 14 @1600

All entries must be delivered to DHR NLT 1500 on 14 February

Judging will take place promptly at 1600

Tasting will immediately follow the judging

All entries must be home prepared (no store bought entries will be accepted for judging)

Prize - Bragging Rights

Judging will be based on the following criteria

1. Taste - Maximum 10 points
2. Presentation - Maximum 5 points
3. Theme Related Decoration (Valentine's Day) - Maximum 5 points



Order **Red Roses** for your **Sweetheart** on **Valentine's Day**

Order one dozen long-stemmed roses to be delivered to you or your sweetheart on Darby or Depot for \$55

Deliveries made on Tuesday, February 14 11 a.m. - 4 p.m.

For more information, contact a BOSS representative or the MWR BOSS Liaison at 633-7438.



CARNIVAL

Sunday, February 12

- ♦ Depart Camp Darby at 11:00am, arriving in Viareggio at approximately 12:30pm.
- ♦ Parade begins at 3:00pm. Admission is €15 and NOT included in the transportation cost.
- ♦ Depart Viareggio at 6:00pm, arriving back to Camp Darby at approximately 7:30pm.

Transportation Cost: €30

Payable to Taryn Rimland or Nicole Talley no later than 4:30pm on 6 February.




School of Arts, Recreation & Leisure

SKIES Unlimited

Theater Arts Program



Class details

Do you know how to tell stories? What transforms an event into a story? Why do we tell stories? Why do we listen to them?

Knowing how to tell stories is more than a pastime, it's a form of art. Together, we will explore this world through the listening theater, a cross between story and theater, page and stage, past and present!

Sessions & Fees

Classes are held:
- Every Tuesday 3:30-5:30 p.m. for children 5-8 years of age
- Every Wednesday 3:30-5:30 p.m. for children years 9 and up

Classes will be held in CYSS SKIES room 206B, Bldg 501 upstairs. Cost is \$70 per month

Registration

Enroll at CYS Services Parent Central Services, located in Bldg. 730, or online at <https://webtrac.mwr.army.mil/webtrac/Livornocymys.html>
Online enrollment is also available for single month participation.

SKIES Unlimited
Schools of Knowledge, Inspiration, Exploration & Skills



OUT & ABOUT- EXPLORE YOUR WORLD

Compiled by Barbara Ranieri
USAG Livorno Community Affairs Advisor

SAGRA & FESTIVALS

The Carnival of Viareggio

Carnival of Viareggio celebrating 139 years of life and activity under the sign of a vivid tradition such as the long – established European tradition of Carnival festivals is no doubt one of the best known events in Italy.

In 2012, the usual five carnival masked parades are planned for February 5th, 12th 19th 21st 26th and March, 3th, on the extraordinary Liberty style staging along the seaside avenues of Viareggio. Every evening, there are carnival celebrations in all of the city's different quarters.

Real travelling theatres - the allegorical papier-maché floats are the product of the unequalled creativity, of the extraordinary sculpture and painting skill of Viareggio 'magicians', and are the highest example of this popular art whose language has spread all over the world.

The parades take place in a ring-like circuit 2 km. long, on the seaside avenues of Viareggio, best known as La Passeggiata.

Here the floats move among the spectators, who can attend the show with no barriers, becoming in turn the protagonists of the parade.

During the Carnival period, Viareggio and his Passeggiata change into a true open air Museum where people coming from all over the world meet to enjoy together.

The parades also include folkloristic bands and performers with the most original masks, offering excitement, culture and tradition in a wide program of entertainment and fun for children and adults.

Parade Program - Masked Parade

5th February at 3 pm

12th February at 3 pm

19th February at 3 pm

21th February at 3 pm

26th February at 3 pm



Venice carnevale

ITR and Friends of Camp Darby have trips going to this colorful street parade. See page 5 for more information .Photo by Edward Johnson.

3th March the parade begins at 7 pm

Ticket prices

Daily ticket € 15,00

Military and Children age 11 – 13 –€ 10,00

Children till 10 years old – free entrance

www.viareggio.ilcarnevale.com

The Children Carnival

Feb. 5

Enjoy the 17th edition of Children Carnival at Vitolini, Vinci – Firenze. The parade will start at 2:30 p.m.. Free entrance

Info: www.lacompagniadegliortacci.com

57th Edition of the Children Carnival of Orentano

Now until Feb. 25

On Jan. 29 the Orentano Carnival at Castelfranco di Sotto will begin every Sunday until Feb. 26 at 3 p.m. in the town square. The parade has many Walt Disney characters and floats. Children will be able to play the organized games.

Info: www.orentanocarnevale.it

Il Carnevale della Piana di Lucca

Now until Feb. 26

The parade begins at 2:30 each Sunday. Children under 12 get in free, adults cost 5 Euro.

Info: <http://www.carnevalmarlia.it/>



Viareggio Carnevale

ITR and Friends of Camp Darby have trips going to this colorful street parade. See page 5 for more information .

The Carnival of Venezia

The Carnival of Venice this year renews the city's ancient 'liaison' with its spectacular performances- the staging of the Commedia- which had its own unique historical relationship to the famous masks of the Carnival.

From the 11th to 21st of February, and with a colorful preview on February 4th and 5th, we are going to celebrate and remember Venice as the ancient capital of modern theater - with over 25 active theaters throughout the seventeenth and eighteenth century. Furthermore we are going to recall the sense of disguising: the discovery of a new "character" of our personality through the wearing of a costume.

We want the festival to turn into a major event of performing arts, in which each visitor of the city becomes a protagonist of this famous Festival that is a fundamental part of our country's cultural heritage.

The city of Venice will be the host of different scenic shows and events in main Campos and on the Grand Canal featuring concerts, live performances by international artists and mask parades. The Carnival offers a daily and diverse artistic program in the Grand Theatre of St. Mark's Square and in dozens of other public art spaces from early in the morning until late at night.

Info: www.carnevale.venezia.it

Carnival in Pisa Province

Floats, masks and streamers: Carnival is here! In every part of Pisa province spectacular processions come to life while each town puts in its own initiative to Carnival time. The traditional processions of allegorical floats and the mask parades are sometimes accompanied by rites and traditions linked to local history and culture. The floats are the result of painstaking work carried out over a period of many months by craftsmen and masters of colour. On Sunday 29th Carnival will make its debut at Orentano (Castelfranco di Sotto), Pontedera, San Miniato Basso (San Miniato), Terricciola, Vecchiano and Vicopisano.

Info: infoturismo@provincia.pisa.it

This is a collection of events. Dates and times could

Take care of your heart, and it will take care of you

By Carrie Shult

U.S. Army Public Health Command

Heart disease is the leading cause of death in the United States in men and women. Heart disease affects millions of Americans. The American Heart Association estimates that about every 34 seconds someone will have a heart attack. Let's repeat that—every 34 seconds. So if you are a slow reader, that means several people had heart attacks while you were reading this article.

Research about heart disease risk factors suggests that making even small lifestyle changes can reduce the risk of coronary artery disease, heart attack, stroke and other serious cardiovascular conditions. What does that really mean, and more importantly what does it mean for you? Let me break it down:

Get moving! If you sit a lot, try to sit less. If you have a job where you are at your computer a lot, add a reminder to your electronic calendar every hour to stand up and walk away, do 15 push-ups, get some fresh air. Take the stairs instead of the elevator. Avoid being the parking lot shark—lurking around waiting for an open spot in front—and park away from your destination so you can get some extra steps in. Step, march or jog in place for at least 15 minutes while watching television. Exercise at least 30 minutes a day for five days a week or more. Walk. Get a step counter and set a goal to walk at least 10,000 steps daily. Just get moving.

Maintain ideal weight. Being overweight increases the risk of heart disease and stroke. To achieve long term weight loss, don't skip meals but eat 200-300 calories less each day. This amounts to one slice of bread, one pat of butter or one-half cup of regular soda. Eat smaller portions and eat breakfast every day.

Make a yearly date with the doctor. Get your blood pressure, cholesterol and blood sugar checked as recommended. Put the date on the calendar as a special date just like birthdays or anniversaries or the Super Bowl.

Control high blood pressure. Blood pressure that is higher than 120/80 is known to increase the risk of heart disease. Lifestyle modifications such as staying physically active and eating a diet high in fruits, vegetables, whole-grain and high-fiber foods and lean protein

can help control blood pressure. If you are an on-the-go person, arm yourself with information by checking out the nutrition guidelines on the Internet before going to restaurants.

If you have high blood pressure, follow your health-care provider's recommendations carefully, even if it means taking medication every day for the rest of your life. By managing your blood pressure you are lowering your risk of heart attack.

Quit tobacco use. Smoking reduces the amount of oxygen in the blood and raises blood pressure. Smoking harms nearly every organ in the body, including the heart, blood vessels, lungs, eyes, mouth, reproductive organs, bones and digestive organs. Not to mention it also stains your teeth, clothing and hands. To quit smoking, make a personal quit plan. Pick a quit day and tell everyone about it. You will find out who supports your goal. Get rid of tobacco in the house, car, workplace and your secret stash.

Cut down on alcohol. Too much alcohol can raise blood pressure, cause heart failure and lead to a stroke. If you drink alcohol, drink a moderate amount, which equates to an average of one drink for women and two drinks for men per day. One drink is a 12-ounce can of beer or 4 ounces of wine, or 1-1/2 ounces of liquor.

Manage your stress. People can have a healthier heart when they reduce stress. Stress raises blood pressure and can damage the arteries. Learn how to manage your stress by using relaxation methods such as deep breathing exercises, counting to 10, and meditation.

Do your part. Care for your heart by eating a better diet, exercising, quit using tobacco and managing stress to reduce the risk of heart disease. Heart disease is preventable. Take charge of your health by making positive lifestyle changes to reduce your risk of heart disease. Small steps count, so start today.

What are your techniques, tactics and procedures for staying healthy? Check out our facebook page for what works for me, and share yours. <http://www.facebook.com/USAPHC>. For more information about taking care of your heart, visit: American Heart Association, www.americanheart.org