

Darby Digest

www.usag.livorno.army.mil

July 14, 2011



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Camp  Darby's premier weekly newsletter



Vol. IV, Issue 28

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

Culture College to replace Headstart program

Installation Management Command Europe will transition Headstart into Culture College in all U.S. Army in Europe garrisons beginning August 1.

The command is “amending the curriculum of the cultural adaptation program as part of its ongoing effort to eliminate redundant programs and improve efficiencies in all aspects of Army installation operations,” said Jane Helfrich, Army Community Service chief for IMCOM Europe.

Headstart has been a staple of in-processing in overseas theaters for the past 40 years. Traditionally Soldiers would spend up to two weeks studying the language and learning about the customs and traditions of their new host country.

Newcomer orientation has been part of the Army Community Service Relocation Readiness Program and will continue to operate under the umbrella of Culture College. Relocation Readiness Program managers in each of the garrisons are developing garrison specific programs that take advantage of the existing cultural adaptation programs for spouses and family members, said Helfrich.

Helfrich said the program is very important for Soldiers, civilian employees and family members especially for those who have a very limited experience with a different language and culture.

The new program will focus more on cultural adaptation and less on language skills. Helfrich said the programs will offer elementary language skills that will be very limited in scope, but will include language skills necessary for shopping, eating in a restaurant and using public transportation.

Soldiers, civilians and family members interested in learning additional language skills can take advantage of numerous programs such as Rosetta Stone on Army Knowledge Online or friendship clubs where members can practice their language skills.

Length of programs will vary from garrison to garrison based on size of classes, potential field trips and the complexity of the community, but a typical program is expected to last from one to four days, said Helfrich.

Even though IMCOM Europe has issued specific guidance on how to implement Culture College to the Europe-based U.S. garrisons, the garrisons will have the latitude to develop programs that will best fit their customers and the region where they live, said Helfrich.

The next Benvenuti will begin Aug. 2 at Darby Community Club at 8: 15 a.m.. For more information about Culture College or to register for Benvenuti, contact Camp Darby Army Community Service Relocation Readiness Program manager at DSN 633-7084.

Front Cover Photo
By Joyce Costello

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Soldier saves life at 35,000 feet in the air

By Joyce Costello

USAG Livorno Public Affairs

Spc. Shane Hoopingarner was heading to Oklahoma on emergency leave when an hour into his transatlantic flight a voice came over the planes intercom system asking if a doctor was onboard. When no one stepped forward, Hoopingarner, a six year Army Veteran, went to see if he could assist.

An older lady had passed out in the aisle while walking towards the rest room. Hoopingarner immediately assessed the situation and ensured her head was laid flat and her airway not impeded. He told the stewardess to get an oxygen tank and the first aid kit with a blood pressure monitor and then with the help of a volunteer translator- asked which medicines the lady was taking.

“She had taken two pills for nausea in quick succession along with anti-diarrhea medicine,” said Hoopingarner. “The side effects made her light headed and dizzy along with being dehydrated.”

Hoopingarner manually took her blood pressure and vitals, which he said he learned to do during Sergeants Training time at Camp Darby. Other passengers and the stewardess asked him how he knew what to do because he looked so young.

“Because of my job as a Pharmacy technician at the U.S. Army Health Clinic Livorno, I know a lot of drug interactions and my training at Camp Darby made it easier to be able to react quickly and focus on the situation at hand,” said Hoopingarner.

For the remainder of the 10 hour flight, Hoopingarner monitored the patient and ensured she re hydrated until they landed. The stewardess gave him a 5,000 mile Delta voucher and thanked him for helping. Hoopingarner was modest about the whole event saying “it wasn’t a big deal- I was just doing what the Army trained me to do.”

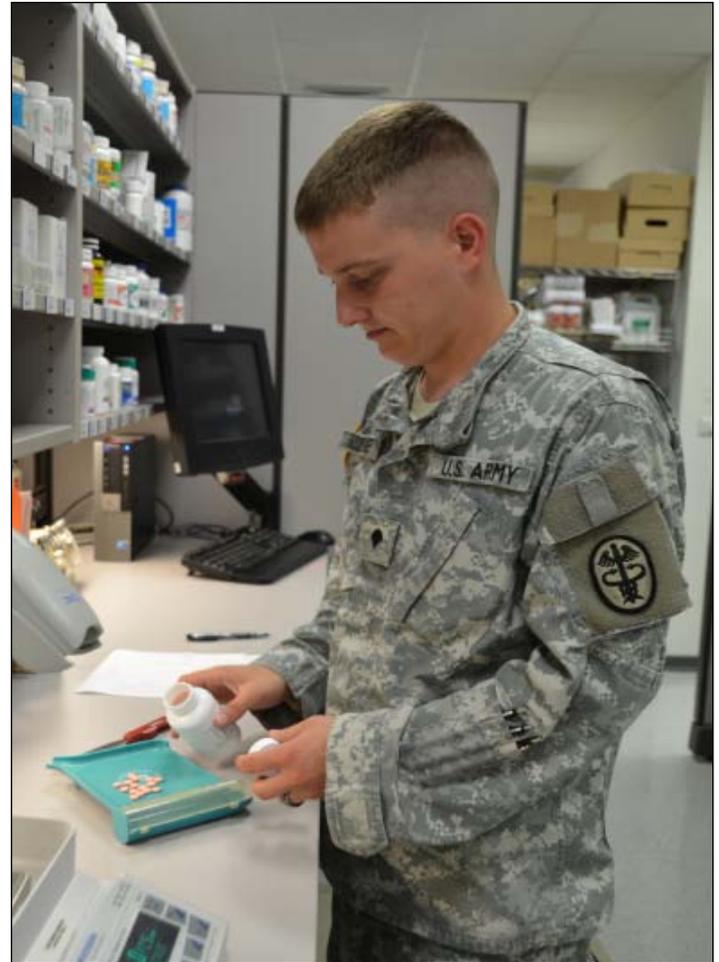


Photo by Joyce Costello

Spc. Shane Hoopingarner, a Pharmacy technician at the U.S. Army Health Clinic Livorno, fills a prescription. He recently saved a life while flying back to Oklahoma on emergency leave.

Jubilation Gospel Choir performs at American Beach



The Jubilation Gospel Choir from Livorno performed at the American Beach in Tirrenia July 10. You can see them in their next concert on July 18 at 9:30 p.m. in Piazza dei Priori, Volterra .

Visit Camp Darby's flickr site to see more photos from the event <http://www.flickr.com/photos/camp-darby/sets/72157627042941713/>

(Photo by Joyce Costello, USAG Livorno Public Affairs)



The Sesame Street/USO Experience for Military Families



Sesame Street and the USO are bringing the furry, fuzzy and friendly muppets to military families around the world.

PROGRAM HIGHLIGHTS:

- » Introducing Katie, a military kid on Sesame Street who is moving to a new place
- » Free admission for military families and their children
- » Mini-show and giveaways
- » For tour information visit www.sesamestreet.org/TLC and www.uso.org

Production services by
VEE CORPORATION
A WORLD OF ENTERTAINMENT
Creating It Now

DATE:

TIME:

PLACE:

July 24

2:00 p.m.

**Camp Darby
Fitness Center**

USO Worldwide Strategic Partners



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Designate 11381 through the CFC

COMMUNITY EVENTS & HAPPENINGS

Sesame Street coming to Camp Darby

Sesame Street and the USO are bringing furry, fuzzy and friendly muppets to Camp Darby for a free show on July 24 at 2 p.m. at the Fitness Center.

Vet visiting Camp Darby

635-4841

The Vet will be on Camp Darby for appointments on Thursday July 21, Aug. 25, Sept. 22 and Oct. 27. Call DSN 635-4841 to make your appointment.

Child, Youth and School Services

Parent's night out July 30

Army Community Services

633-7084

- Play group July 20
- Card making July 20
- EFMP roundtable, July 21
- Women's self defense July 27

Outdoor Recreation

633-7775

- Aqua Fitness Class at the pool at noon, Mon and Wed in July
- Capraia Island trip, July 30

Darby Community Club

633-7855

- Darts Night July 20, 6 p.m.
- Right Arm Night July 22, 4 p.m.
- Pool Tournament July 25
- Texas Hold 'em July 29
- Live Music July 30, 9 p.m.

Fitness Center

633-7438

- Free Spin class with Nicole Tues at 10:30 a.m. and Fri at 11:30 a.m.
- Pilates Class at noon on Tues and Thurs
- Free TRX strap class with Ken at noon on Wed

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

- Women's Bible Study every Tuesday in July at noon in the Chapel
- Singles Strong Bonds spots still available for Garmish in Aug.

ITR trips

633-7589

Daily trips July- August

- Cinque Terre, Mondays
- Venice, Tuesdays
- San Gimignano and Siena, Wednesdays
- Rome, Thursdays
- Elba, Fridays
- Florence, Saturdays
-

AAFES Movies

July 15- 6 p.m. Fast Five (PG 13)

July 16- 6 p.m. Bad Teacher (R) 1st Run

July 17- 1 p.m. Cars 2(G) 1st Run

July 22- 6 p.m. Transformers (PG 13) 1st Run

July 23- 6 p.m. Priest (PG 13)

July 24- 1 p.m. Transformers (PG 13) 1st Run

Be our Friend

Get quick updates and share your tips for making life more enjoyable at Camp Darby by becoming our friend on Face book.

Visa Waiver Program

International travelers who are seeking to travel to the United States under the Visa Waiver Program (VWP) are now subject to enhanced security requirements and will be required to pay an administrative fee. All eligible travelers who wish to travel to the U.S. under the Visa Waiver Program must apply for authorization and then pay the fee.

Information and application procedures for the Electronic System for Travel Authorization (ESTA) can be found at the following website <https://esta.cbp.dhs.gov/esta/>. The application process is quick and easy.

AFN Decoder and Satellite upgrade

AFN is moving to a new satellite so this means you will need to program your decoder to a new frequency and realign your satellite to a new position, Eurobird 9A (EB9A) at 9 degrees East, by July 31, 2011 or you will no longer be able to view AFN.

If you are in private rental, some options can include doing it yourself or, you can elect to pay a satellite electrician to do the reprogramming and repositioning for you. If you elect to take this option you can contact CFMO at DSN 633-7882.

Those living in government rental that have decoders in their homes should contact CFMO at DSN 633-7882 about when their dishes will be moved and how to schedule an appointment to have the decoder reprogrammed.

OUT & ABOUT - EXPLORING TUSCANY

FAMILY

July 15-17 [Medieval Festival in Monteriggioni](#) - Siena , 2 1/2 hours from Camp Darby. Enjoy plots and dark conspiracies unfolding behind the smell of gunpowder and the advancing imperial armies.

July 17 [Palio di San Valentino](#): traditional horse racing in the town of Bientina at 6 p.m. in Piazza V. Emanuele

July 15-25 [Medioevo alla Corte degli Ubaldini](#)- in Palazzuolo sul Senio (FI). Visitors will have the possibility to try their luck with the Sword in the Stone and to meet Merlin, enjoying extra shows, gastronomy and more.

SPORTS

Sunday, July 17- [5th Fun Run in the greens of Balconevisi](#) 17, 10 and 5K by San Miniato at 8:30 a.m.

Saturday, July 23 [Camminando](#) (Walk) to Molino. 10, 6 and 2K at 6 p.m. at Molino D'Egola.

Saturday, July 30 [4th Coppa del Crostino](#) 9K run in Rosignano Marittimo at 8 p.m.

Monday, Aug. 1 [163K relay race](#) from Liveto (by Pisa) to Bologna!

Sunday, Aug. 7, [Trekking](#) along the Roman Flaminia Military road for 12 K beginning at 9 a.m. in Firenzuola (by Florence).

SAGRA/FESTS

July 1-10 [Pine Nut Festival](#) in San Piero a Grado, 5 minutes from Camp Darby. Enjoy live music, karaoke, and stands with pine nut based dishes.

July 16-17 Tortello Festival in Nodica, 15 minutes from Camp Darby. The typical homemade tortelli are filled pasta with meat and served with a rich meat sauce. Address: Via del Serchio, 2 Nodica - Pisa

July 16-17 [Medieval Festival in Suvereto](#) , 75 minutes south of Camp Darby. Enjoy gastronomic specialties, medieval menus, flag flyers, fire eaters, storytellers and comedians to enliven the historical center with a faithful reconstruction of medieval setting. Runs 7 p.m. to Midnight

MUSIC

Lucca's Summer Music Festival runs from June 26- July 21. 30 minutes from Camp Darby. www.summer-festival.com

[Livorno Rock Village](#) until July 17 in the [Villa Corridi](#). Sunday July 17 is Woodstock day!

[Nashville Rebels](#) in Memory of Johnny Cash at Piombino July 16 at 9:30p.m. at Rivellino, Piazza Verdi. Free Concert

[McKinley Moore](#) tribute concert to Otis Redding in the Piazza della Chiesa in San Casciano in Cascina. July 17 at 9:30 p.m.

MARKETS

Shopping under the stars Thursday evenings in historic center of Lucca July 1-Aug 31 www.comune.lucca.it

[Antique Market](#) with over 230 vendors within the old city walls of Lucca, July 16-17.

[Antiques of Pontremoli](#) (Massa Carrara) on Sunday, July 17 in the Piazza Repubblica e via Vaour.

Wednesdays in Livorno in the zone pedonale by corso Italia, a local craft market is open 4 p.m. to midnight.

Click here for Local [Pisa Markets](#)

CULTURE

Bravo China at the Teatro del Silenzio in Lajatico, 15 minutes from Camp Darby. Show cases artist of Chinese international. Maestro Andrea Bocelli and Lang Lang will also be present.

[Bolgheri Melody](#): the festival of music, theatre and ballet of Bolgheri - Livorno July 9- Aug. 7.

[International Festival of Street Theatre](#) in Florence July 13- 17 in Certaldo, Florence.

Opera Festival 2011 in Florence and Chiusdino - Siena opens July 12- Aug. 13. This season tributes Swan Lake and Don Quixote. www.festivalopera.it

Puglia- the heel of Italy



Story and photo by Chiara Mattiolo
USAG Livorno Public Affairs

After having been vacationing in Tuscany for years, it felt like it was time to visit area of Italy less overrun by tourist. My family and I felt like having an extraordinary vacation in a place where the total white of the buildings contrast with the bright fuchsia of the bougainvillea, and so we headed south to Puglia.

Puglia is a fairly long drive from Camp Darby at about nine hours, but the roads are excellent all the way thru the heel of the boot shape of Italy.

Puglia is just not comparable to any other region in Italy. The world there seems to have stopped about a 100 years ago when nobility had its dominant role in the society and where the noble families still live in castles.

We found ourselves traveling through this immense land with 700 years old olive trees plantations, fields of tomatoes, and all of a sudden, lost in the middle of nowhere a completely white square shape farm building called *masseria* is the typical Puglia landscape.

Masserias normally offer bed and breakfast service at a pretty convenient cost where you can live just like in the past. Our host was a farmer who knock on our door in the morning to deliver fresh milk .

Besides the main cities of Lecce, Brindisi, Taranto and Bari there are a myriad of minor towns that hide breathtaking baroque buildings and churches and towns completely build with *trulli*, the typical Puglia conic construction with prehistorical origins.

The town of Alberobello near Brindisi is completely built with trulli and offers a unique suggestive landscape; the ancient white village of Ostuni where the characteristic white houses, lanes, steps arches and little squares takes you back in the centuries. In the center of town is a fifteenth century Cathedral and the Dome.

Less popular little town like Cisternino, Locorotondo, Mesagne, San Vito dei Normanni, Martina Franca, Galatina, Galatona, Otranto, Nardo' are just as beautiful and ancient.

We also enjoyed relaxing on Puglia fantastic coastline with long white sand beaches. Gallipoli, Castro and the beautiful caves of the Zinzulusa, Porto Cesareo just to mention some of the most beautiful beach places.

The food in Puglia was all locally produced, rich in vegetables, tomatoes, eggplants, but also cheeses, mozzarella and cow, sheep and goat milk. The typical Pugliese meal includes the legendary orecchiette pasta shells prepared with tomato sauce and covered with cheese.

Discover more about Puglia on www.viaggiareinpuglia.it