

Darby Digest

Renewing Wedding vows

Page 3

www.usag.livorno.army.mil

July 21, 2011



**Sesame Street is
Coming**

Page 4

Community Events

Page 5

Out & About in Tuscany

Page 6

It's time to get medieval

Page 7

Camp  Darby's premier weekly newsletter



Keeping Camp Darby Safe

I am committed to promoting a culture of safety at USAG Livorno through effective leadership, accountability, safety training, composite risk management (CRM), enforcement of standards, and empowering service members, civilians and families to make safe and healthy decisions.

Excellence in safety starts with individual responsibility. Everyone is safety officer; report unsafe conditions and intervene when you see an unsafe act in progress. Be aware that complacency, excessive motivation, overconfidence, and disregard or lack of established procedures are contributing factors in most accidents.

CRM is a powerful accident prevention tool and a continuous process by which we assess hazards, take steps to mitigate or reduce those hazards, ensure proper controls and supervision are provided, and comply with all applicable US, Italian, DoD and Army standards. Employed in a disciplined and coordinated manner, the CRM process insures we perform our mission and off-duty activities with minimum risk to personnel, equipment, and property.

Leaders and supervisors will apply CRM to identify risks inherent in all operations and implement appropriate countermeasures to mitigate those risks, ensure subordinates understand and observe appropriate safety and occupational health regulations, hold subordinates accountable for mishap prevention, ensure all required safety training is completed in a timely manner, and ensure correct use of all required personal protective equipment (PPE).

All accidents, including those experienced by tenant activities and guests, must be reported on the same day of occurrence to the USAG Livorno Safety Office, DSN 633-73181 7841. The Safety Office stands ready to provide assistance on all safety matters, and provides updated local safety information at <http://www.usag.livorno.army.mil/Safety.html>. I urge you to utilize this resource.



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

KEVIN A. BIGELMAN
LTC, FA
Commanding

*Front Cover Photo
By Joyce Costello*

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Strengthening bonds on the sea at sunset

By Joyce Costello
USAG Livorno Public Affairs

Seven years ago on July 18, 2004, Pfc. Michelle Muth and Spc. Preston O'Neal were military police stationed Ft. Bragg, North Carolina exchanging their wedding vows at the court house in Fayetteville. They had no idea of the challenges and joys that marriage would bring.

After three tours to Iraq, a one year hardship tour to Korea and two precocious young sons, the O'Neal's were stationed at Camp Darby. With their seven year anniversary approaching, Preston was looking to do something special for their anniversary and was speaking with Chaplain Fritts when he decided doing a wedding renewal vows at sunset on the American Beach in Tirrenia would be surprise.

Fortunately, according to his wife, Michelle, he let her in on his plans as the event grew larger than he imagined. And so the couple found themselves with their two young boys, surrounded by friends and coworkers on the seaside surrounded by the warm orange beauty of the sun setting in a perfect romantic setting renewing their vows seven years later in Italy.

"My husband had bought a brand new wedding set and when he put it on my hand I was so surprised I thought 'OMG- Amazing' ...it is the only way I can sum it up," said Michelle.

According to Chaplain Paul Fritts who conducted the wedding vow renewal ceremony, renewing one's wedding vows is a deeply personal decision that will be different for every couple.

"For many couples, it signifies a public declaration of a deep, abiding love between a husband and wife that strengthens over time; and for others, it is an opportunity to have a religious ceremony that, for some reason, was not done the first time," said Fritts. "I think that events such as this help increase the spiritual resiliency and growth of a couple by giving them the opportunity to think about



Photo by Joyce Costello

their marriage and their wedding vows through the eyes of experience. A renewal of vows 10 or 20 years into the marriage provides wisdom, perspective, and depth that young, star-crossed lovers don't normally possess."

Michelle attests that the Strong Bonds retreat they went on with the Camp Darby Chapel in spring 2011, really made a difference in strengthening their relationship.

"It was very informative in explaining how couples learn to work together and to appreciate and show your spouse how you care for them," said Michelle.

"Strong Bonds has specialized programs for single Soldiers, couples and Families and participants not only bond with their loved ones they bond with other Army families, chaplains and the Army community as a whole," said Fritts.

After the sun dipped below the horizon and the ceremony was finished Michelle told Preston "Seven years ago today I married my soul mate and we have been to Hell and back together, had hard times and great times, I wouldn't change it for the World! Thanks so much for all you do for our two boys and I and can't say thanks enough for putting up with my crazy, psychoses sometimes. Here is to another great year and I can't wait to spend another 50 years with you! I love you Petey!"



U.S. Army Health Clinic-Livorno changes command

Maj. Bryan Walrath transferred his duties as commander of the U.S. Army Health Clinic-Livorno to Maj. James Phillips in a ceremony July 14 on Camp Darby's Parade Field.

Read the full story on www.usag.livorno.army.mil



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 member of the VEE GROUP

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.

Child, Youth and School Services

Parent's night out and Youth Center Kick back night
July 30

Army Community Services

633-7084

- ♦ Women's self defense July 27
- ♦ Play group, Aug. 3
- ♦ Anger Management, Aug. 10
- ♦ Marriage & Parenting, Aug. 18

ITR trips

633-7589

Daily trips July- August

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

Outdoor Recreation

633-7775

- ♦ Aqua Fitness Class at the pool at noon, Mon and Wed in July
- ♦ Elba Island trip, July 25
- ♦ Capraia Island trip, July 30
- ♦ Adventure Park, Aug. 6

Darby Community Club

633-7855

- ♦ 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

Travel and travel warnings

USAG Livorno employees also need to be aware of travel warnings. If you have travel planned either official or leisure travel to any other country outside of Italy you are required to contact your unit security manager and AT representative.

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

The Appropriated Fund Personal Services contracts listed below are open for FY12 at Camp Darby Chapel. Contract terms are for Oct. 1, 2011 through Sept. 30, 2012. The application deadline is Sept. 23. Anyone interested in applying or desiring more information may call DSN 633-7267 or email

DLUSAGLivornoPostChapel@eur.army.mil

*Catholic Priest

*Catholic Religious Education Coordinator

*Protestant Religious Education Coordinator

AAFES Movies

- 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
- July 29- 6 p.m. Bridesmaids (R)
- July 30- 6 p.m. Thor (PG-13)
- July 31- 1 p.m. Horrible Bosses (R) 1st Run

Army Career Tracker coming soon

"Army Career Tracker (ACT) is a leadership development tool that integrates training and education into one personalized, easy-to-use website. Users can search multiple Army education and training resources, monitor their career development and receive personalized advice from their leadership. As part of Army Learning Concept 2015 (ALC 2015), ACT will allow Soldiers, Officers, and Civilians to manage their lifelong career objectives and monitor progress toward career requirements and goals. On 1 August 2011, the Enlisted Active, Army Reserve, and Army National Guard forces for CMF 42A will be given access to ACT." Visit the following link for more information. [Click here for ACT info.](#)

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.

Out & About - Exploring Tuscany

FAMILY

[The Unicorn Festival](#) will take place July 23-24 in Vinci. Enjoy two amusing days of duels, concerts, banquets, street exhibitions, role-playing games, fancy creatures and costume contests.

[Montepiano Country Fair](#) will take place July 23-24 at Villa Sperling park in Montepiano - Prato. Equestrian shows, gastronomic and traditional markets and exhibitions dedicated to horses.

["Tenzon di Palla"](#) will take place on July 24 in Vinci at 7 p.m. in Piazza Leonardo da Vinci. Enjoy a traditional duel between two factions to claim the right of "moking" their opponents throughout the year.

SPORTS

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 Uliveto (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).

[Florence Marathon](#) is Nov. 27, but you need to register now!

SAGRA/FESTS

[Sombbrero Pasta Festival](#) in Cascine di Buti - Pisa July 22-24, 8 p.m. midnight. The Festival will take place in the Spazio Sagre a Cascine di Buti where there is the possibility to park in a large car parking. Music every night.

Aquilea Soup Festival will take place on July 23- 24, 30-31 and August 6-7 Lucca. Enjoy typical vegetables soup, Tuscan oil, wine, special cakes and traditional pasta of Lucca like gnocchi and maccheroni. Address: Via di Aquilea, 55100 Aquilea - Lucca (LU)

[Sheep and Pig Meat Festival](#) will take place July 22- 31 (excepted on Mondays) at Pista ai Castagni in Monterotondo Marittimo - Grosseto

MUSIC

[Jamiroquai](#) in concert in Lucca the last day of the summer festival July 24.

[Stephen Marley](#) will on stage at the Fest Ambiente on Aug. 10 in Rispesica. The son of Bob Marley continues on the tradition of reggae music and hip hop.

Its [Zappa Day](#) in Sarteano on Aug 12. Napoleon Murphy Brock and his sax will be celebrating the loved Frank Zappa.

Moby will be in Rome July 24 at 9:45 pm at the Ippodromo Le Capannelle

MARKETS

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

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](#)

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.

CULTURE

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

57th Puccini Festival- July 15-August 27 in Torre del Lago Puccini
www.puccinifestival.it/

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

[Montecatini Opera Festival 2011](#) will be directed by Maria Giulia Grazzini. Aug 17 enjoy Gala Pucciniano and Aug 23 Recondite Armonie.

EXPERIENCE LIFE IN THE MEDIEVAL AGES

By Chiara Mattiolo
USAG Livorno Public Affairs

Volterra is a beautiful medieval town at about one and half hour drive from Camp Darby; it is also renowned around the world for alabaster handicrafts. Every summer on the 3rd and 4th Sunday in August, Volterra celebrates its origins by recreating the atmosphere of the middle ages, more precisely, year 1398.

Everyone will be dressed in medieval costumes; knights and beautiful dames, nobleman and peasants, merchants, artists and musicians will just walk with you down the cobblestones roads of Volterra.

In the ancient town handicraft stalls of typical “mestieri” like leather goods, wooden carvings, silk stringing, cloth making, and of course alabaster handicrafts are everywhere.

The “Grosso”, the currency of the middle ages will be the only currency in circulation on Aug. 21 and 28 during “the Day of the 1398 festival”.

Crafts, food and wine may only be purchased with this currency which will be available at “The old Exchange office”. Excess money may be converted back into Euro at the Tourist Information.

The festival takes place from 10.30 a.m. to midnight and the entrance is free.

Food booths are open all day with grilled meats and local pecorino cheese.

Historical crossbow shooting tournament, flag throwers and knight duels are among the main attractions.

This is a unique opportunity to experience the enchanting atmosphere of the middle ages in one of the most beautiful cities of Tuscany.

Learn more on the official site: www.volterra1398.it
Or, if blocked visit [Volterra 1398 on Facebook](#)

