

# Darby Digest

[www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)  
July 7, 2011

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Camp  Darby's premier weekly newsletter



## Take 5- Before the Swim

By Joyce Costello  
*USAG Livorno Public Affairs*

For the thousands of service members and families enjoying Camp Darby's American Beach in Tirrenia and the vast coastline of the Italian Riviera, keeping safe while enjoying the summer by the sea is important. According to Ernest Beezley, Camp Darby Outdoor Recreation director, the Army loses seven Soldiers to off-duty water-related accidents every year.

"If you are operating a boat, it is the operators responsibility to ensure the boat is in top operating condition, that safety equipment required by law is on board and you know how to properly use these devices and that you keep an eye out for changing weather conditions and act accordingly," said Beezley.

According to John Eaton, USAG Livorno Safety manager, in Italy the water within 200 meters from the sand or 100 meters from rocks is reserved for swimming.

"This swimming boundary is identified with red and white balloons at 50 meters of each other or with a sign "Attention swimming limit (200 meters from coast); in those 200 meters from 8:30 a.m. to 7:30 p.m. boating, windsurf and kite surfing are not permitted," explained Eaton.

Additionally from 9 a.m. to 7 p.m., if a life guard is not present every 80 meters of coast then a red flag and the yellow flag should be present, which signifies either no swimming is allowed or no beach assistance and rescue assured.

"It is equally important that when swimming in the sea, that swimmers know how to break the grip of a rip current," added Robert Collodi, Outdoor Recreation Program manager. "We definitely have strong currents or rip tides and the way we mitigate and ensure a safer environment is the red flag no swimming policy at the American Beach in Tirrenia."

Collodi explained that if you get caught in one you don't want to fight it, but rather try to time catching a wave going back to shore.

Another thing to be aware of during the warm summer months is to be aware of jellyfish floating around your area. If you get stung, rinse off fresh water and find a life guard in order to get an ammonia and warm water solution.

"During normal hours of operation, there are two life guards on duty at the American Beach which is actually a requirement by Italian Law," added Collodi.

Other Italian laws include no swimming or bathing in: ports, within 100 meters from the port, within 100 meters from industries on the coast, at the rivers mouth or near boat parking, according to Eaton.



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

*Front Cover Photo*  
*By Joyce Costello*

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# 46 years old and only getting better

By Marisa Gaona  
AFN Livorno

Nothing beats having a birthday in the summer, especially at Camp Darby with all of its outdoor activity possibilities. On June 23, Camp Darby's Army Community Services celebrated its 46th birthday pulling out all the stops, with beach balls for the youngsters and a barbecue lunch for the non-swimmers. But according to ACD director Ricky Gibbons, it was much more than party favors and food.

"It's gratifying to see everyone come out, because not only do they care about ACS and what we're doing; but, just to have everyone come out and be together in the community," said Gibbons.

ACS also used this gathering to showcase its Exceptional Family Member Program, which works in partnership with the U.S. Army Health Clinic Livorno. Major Kenneth Davis, the clinic's EFMP liaison officer said the program offers a wide array of services.

"We try to identify family members who have special needs; either educational needs, medical needs, mental health needs, any type of special equipment," said Davis.

Gibbons added that the program is also in place for those unexpected events.

"Say for example you're suddenly in a wheel chair for two weeks- you need to know how the community can react, so they can support you and that's the other part of EFMP," explained Gibbons.

According to a survey done by participants at the birthday celebration and another on the Camp Darby Facebook page, community member's top three favorite ACS programs are: Benvenuti Welcome to Italy Italian language classes, family advocacy classes such as Marriage and Parenting and financial readiness.

"We like to consider ourselves as the 'Answer People'- if you have a question, call us and we'll help you find an answer," said Gibbons.

To learn about more great services that ACS offers call DSN 633-7084. More event photos can be seen on [www.flickr.com](http://www.flickr.com)



Photos by Joyce Costello

## Celebrating with friends and family

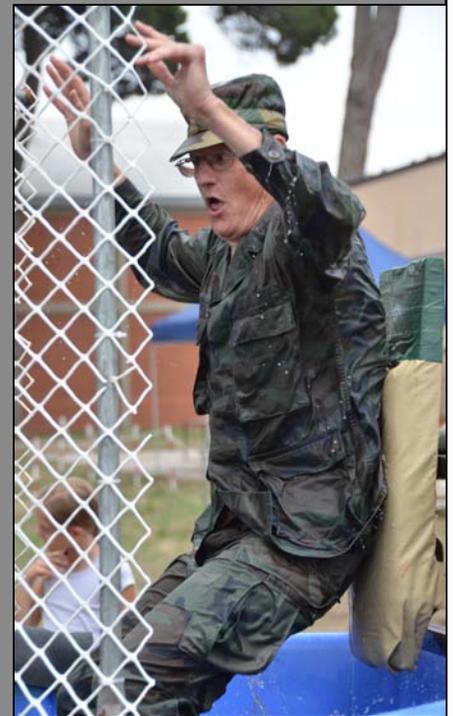


Photo by Joyce Costello

Fred Wittmer volunteers to sit in the dunking booth during the Army Field Support Battalion- Italy organizational day at Leghorn Army Depot on June 30. Employees and families enjoyed a fun filled day of games, contests, karaoke and more. To see more photos from the event visit [www.flickr.com/photos/campdarby/sets/72157626965972773/](http://www.flickr.com/photos/campdarby/sets/72157626965972773/)

## Fourth of July at American Beach



Children enjoy playing games at the annual Independence Day celebration at the American Beach in Tirrenia. [Click here for more event photos.](#)



ARMED FORCES ENTERTAINMENT PRESENTS

# MATTHEW JC AND THE ALLSTARS

## HARD ROCK MEETS HIGH FASHION

It will be a night of sensory excess as Matthew JC and the AllStars shred a mixture of hard rock originals and covers while stunning fashion models strut their stuff on the runway.

**Enjoy a mixture of Rock  
and Fashion show!**  
**Concert begins 7:00 p.m.**  
**in the Fest Tent**  
**Friday, July 8**



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# COMMUNITY EVENTS & HAPPENINGS

## 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.

## Summer Reading Program

633-7000

- ♦ Kids sign up for "A Midsummer Knight's Read" program at the library to win prizes.
- ♦ Story hour is now every Tuesday at 10 a.m.

## Army Community Services

633-7084

- ♦ Anger management, July 12
- ♦ Sponsorship Training July 12
- ♦ Smooth move July 13
- ♦ Play group July 20
- ♦ Card making July 20
- ♦ EFMP roundtable, July 21
- ♦ Women's self defense July 27

## ITR trips

633-7589

Daily trips June- August

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

## Outdoor Recreation

633-7775

- ♦ Acqua Village in Cecina, July 16
- ♦ Capraia Island Boat trip, July 30
- ♦ Aqua Fitness Class at the pool at noon, Mon and Wed in July

## Fitness Center

633-7438

- ♦ Free Spin with Nicole Tues. and Fri. at 11:30 a.m.
- ♦ Pilates class on Tue. and Thurs. at noon on the second floor of current post office location.
- ♦ Fee TRX strap class with Ken every wed. at noon
- ♦ Aqua Fitness Class at the pool at noon, Mon. and Wed. in July. Tickets available at gym
- ♦ Coaches and Officials Soccer Clinic July 11-15 at 5 p.m.

## Darby Community Club

633-7855

- ♦ Texas Hold 'em July 15
- ♦ Torre di Cenaia wine tasting event July 16
- ♦ Right Arm/ Wing man night July 22

## 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

- ♦ July 10 the Jubilation Choir will perform at the American Beach from 5 p.m.- 6:30 p.m.
- ♦ Women's Bible Study every Tuesday in July at noon in the Chapel

## AAFES Movies

July 8 - 6 p.m. Hoodwinked Too! Hood Vs Evil (PG)

July 9- 6 p.m. Green Lantern (PG-13) 1st Run

July 10- 1 p.m. 1300 African Cats (G)

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 (G) 1st Run

## 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:

a. You can visit [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil) and click on AFN upgrade which will take you directly to the AFN Europe Help site and you can program your decoder yourself and CFMO at DSN 633-7882 if your landlord will agree to move the dish or if you will have to reposition the satellite dish on your own. Please do not attempt to move the dish without approval from the Landlord first and remember walking on clay tile roofs can be very dangerous.

b. 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. The cost of a professional satellite technician will begin at €115. Additional costs are possible if you require another dish or replacement satellite dish parts.

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.

Serving American's Best, thank you for supporting AFN Livorno.

# OUT & ABOUT - EXPLORING THE WORLD

## FAMILY

**July 8-10, 15-17 [Medieval Festival in Monteriggioni](#) - Siena**, 2 1/2 hours from Camp Darby. The first episode (July 8-10) will have a tough 13th century siege, amid clashing swords and shrewd diplomatic jousting of Guelphs and Ghibellines. The second episode (July 15-17) will be full of plots and dark conspiracies unfolding behind the smell of gunpowder and the advancing imperial armies.

**Summer Sailing with Andrea** - Enjoy a free boat trip along the Arno River from Pontedera to La Rotta on Friday, Saturday and Sunday evenings. [www.boccade-ra.com](http://www.boccade-ra.com)

## SPORTS

**Saturday, July 9 [Staffetta Rock](#) 5 K** at 7 p.m. at the Villa Corridi in Livorno

**Friday, July 15 [18th Nocturnal Empoli](#)** 10 K, register at 7:30 p.m. & run at 9 p.m.

**Sunday, July 17-** (Extreme running in mountains) [6th Annual Skyrace](#) at 9:30 a.m. at Fornovolasco in Garfagnana.

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

**Monday, July 18-** (Volksmarch) 18, 6, 3K [Trofeo Monte Corchia](#) in Levigliani at 8:15 a.m.

## 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 9,10, 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 9 [Terriciola Wine Night](#)** 35 minutes from Camp Darby. An evening dedicated to good wine and good food along with Jazz, Blues and Rock music and “travelling” performances beginning at 7 p.m. Bus service is available from Pisa.

## MUSIC

**Lucca’s Summer Music Festival** runs from June 26- July 21. 30 minutes from Camp Darby. [www.summer-festival.com](http://www.summer-festival.com)

**Tuscnay International Festival** host the 9th Battle of the Bands runs July 6-9 in Piombino, Italy, 45 minutes from Camp Darby. it’s your chance to check out Italy’s emerging bands competing for top honors. [www.festival-estivo.it](http://www.festival-estivo.it)

**The 32nd Annual Pistoia Blues Festival** runs July 8-10 in Pistoia, Italy, 45 minutes from Camp Darby. [www.pistoiaiblues.com](http://www.pistoiaiblues.com)

## MARKETS

**July 7- [Ricette e Sapori](#) market** in Caacina from 5:30- 11 p.m.

Shopping under the stars Thursday evenings in historic center of Lucca July 1-Aug 31 [www.comune.lucca.it](http://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.

**July 9 [Art and Antique market](#)** in Montepulciano

**July 9-10 [Antique Market](#)** in Forte dei Marmi

Click here for Local [Pisa Markets](#)

## CULTURE

**[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.

**57th Puccini Festival-** July 15-August 27 in Torre del Lago Puccini [www.puccinifestival.it/](http://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](http://www.festivalopera.it)

# The \_\_\_\_\_ did it again!!!

By Nicole "The Pet Lady" Marquez

Ugh, how utterly frustrating it is to try to communicate with someone who doesn't speak our language. We here at Darby can relate to this. "I said without, not with. "I said right, not write". Yet we expect our companion animals to understand our language on a minute by minute basis; after all we are the superior being.



Nicole and Hiero and Tasha relaxing together.

Meow, me-eow, me-aoy-gola, Woof, barraff, what exactly does that mean anyway? Sometimes it's pet me, feed me, play with me, throw the ball, and sometimes it means; "Hey my bathroom has been dirty for three day's and since I don't have posable thumbs could you help me out?"

Cats and dogs are amazingly adaptive creatures, and each and everyone, just like all animals (us included), have quirks, peeves, and preferences. Certainly you have heard friends say my cat or dog that drinks water by dipping his left paw in the bowl. My cat or dog that can only drink from the running faucet; I would love to see that bill. My pet prefers an immaculate bathroom or there is the pet who doesn't care if the bathroom is filled with others waste for a month. So many different personalities, and all within aspecies, that just madness isn't it?

When behavior issues begin to surface understand that more than likely your favorite friend has been trying to tell you in the only language they can communicate in for sometime and more than likely you haven't heard or haven't been listening. Sometimes they drop hints, maybe attempt to walk you to the issue, and when that fails, man...Don't we get upset?

So how is that fair? Just like us, they have been trying to get the point across only us, as stupid non animal speaking humans just are not understanding the message. In the animal world, other species communicate with a simplified, kill or be killed, basic mutlispecies body language. It's mother natures language dictionary.

While we many not understand subtle complexities, we can desern the basics. If we goa step further, are quiet, and attentive we can understand the meaning of the nonverbal just by the way a person, or a pet cocks their head. We read body language within our own species each and everyday.

Rarely do we think to apply it to our companion animals. This is exactly how our companion animals understand us, and learned to understand us; they watch. They certainly don't speak English.

So the next time you are having issues with your pet, try to be attentive and realize it wasn't their fault completely, after all they did warn you ahead of time.

## Taking care of your animal family members

The Vicenza Vet is taking appointments for vaccinations and health certificates during his upcoming visits to Camp Darby: July 21 and Aug 25.

Call DSN 635-4841 or civilian 0444-71-4841 to make an appointment for your cat or dog.

