

Darby Digest

www.usag.livorno.army.mil
March 29, 2012



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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



Seether plays at Camp Darby Heavy metal band Seether entertained Camp Darby community members March 25 at the Darby Community Club. (Left) Harmony Hull decided to start her musical career early in life when she helped lead singer Shaun Morgan play guitar during the concert.

"Allowing the kids to jam out with them and including them with the music and not just cater to the adults was nice," said Beth Futrell.

"I had a great time (tonight) at the Seether concert, its nice to rock out some times," said Michelle O'Neal.

Photo courtesy of Susan Noga



Folgore Commander visits Camp Darby (Right) Mr. Duncan, Army Field Support Battalion-Italy, explains the AFSB mission to Italian Folgore Brigade Commander, Col. Massimo Mingiardi (right), and his staff during their visit to Camp Darby, March 14.

"This was a very positive visit," said Mingiardi. "I learned more about this installation and I am sure we will continue to improve our collaboration and training opportunities together".

Photo by Chiara Mattiolo, USAG Livorno Public Affairs

Darby Digest: Your source for News, Information and Culture



March 29, 2012

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**Front Cover Photo by
Susan Noga**

Left) Harmony Hull decided to start her musical career early in life when she helped lead singer of Seether, Shaun Morgan, play guitar during a USO concert at Camp Darby March 25.

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Camp Darby's new one-stop postal shop

Camp Darby community members enjoy the convenience of the newly renovated postal building.

Photos by Chiara Mattiolo



By Chiara Mattiolo
USAG Livorno Public Affairs

To become a one stop shop is the goal of the newly renovated Camp Darby Postal Center, where customers can pick up mail or packages, ship mail or packages and also get their official mail.

"The building renovation helped give the community a better service and making the Postal Center a more user friendly place," said Cindy Newton, Livorno Post Office Manager. "The plan is to move the official mail room into this building and consolidate all mail services."

Camp Darby postal center customers are enthusiast about the new building.

"The lock's combinations are much easier to open," said customer Ted Cieslak.

Some are a little nostalgic.

"I miss the old traditional mail boxes," said Melissa Mechur. "I have to say these are much more functional, but still miss the old dear boxes."

The pick up-drop off mail is now simpler, the post office and the mail room are now connected.

"This renovated building is much more functional," said Vicki Long. "I love the sliding doors and the fact that the post office and the mail room are connected, this is very convenient."

According to Newton, the renovation project resulted in a significant improvement of the service.

"The postal personnel have more room to get organized and work even better to provide a first quality service" said Newton.



The recently renovated Camp Darby Postal Center offers better service to community members. "The locks combinations are much easier to open," said customer Ted Cieslak.

Save a Chicken, Eat Cow



Army Birthday "Burger Burn" Fundraiser
Every Monday 11-1:30 in front of Shoppette
Burger basket \$5
Hot dog basket \$4

Cluck, cluck

SUMMER HIRE 2012
 18 June to 27 July



Applications Accepted Online
 26 March to 20 May
<https://cpolrhp.cpol.army.mil/eur/employment/>

Type of Work
 Labor, Clerical, Child Care

Eligibility
 Family Members (FM) between the ages of 14 to 22 years old, with valid FM ID Cards. This includes spouses under 18 years of age who are still in High School.

1. APPLY ONLINE
 2. COMPLETE INPROCESSING PACKET
 3. SUBMIT INPROCESSING PACKET TO YOUR LOCAL CPAC WITHIN 5 DAYS AFTER APPLYING ONLINE

For more information contact your local CPAC office

Community events & happenings

Army Emergency Relief

You can help make Soldiers and their families Army Strong. Talk with your units AER rep about donating today.

Job Openings

- The Girl Scouts is hiring a temporary full-time Finance Manager. The Job will run from April 23-July 6 and pays \$12-16 an hour. Call 050 548696 or DSN: 633-8696 for more info.
- NAF has positions open for Recreational Aid and Lifeguard (pool). Call 050 54 7032 or DSN 633-7032.

Navigating USAJOBS

Employment Readiness Seminar

Jane Spencer will hold a USAJOBS seminar for up to 4 participants on April 3 at 5 p.m at the library. Sign up by calling DSN 633-7000.

Save a chicken

Every Monday from 11 a.m. to 1:30 p.m. in front of the Exchange (PX) the Army team is selling hamburgers and hotdogs. Proceeds will go towards the Army Birthday celebration.

Vet visiting Camp Darby

633-7438

Vicenza Veterinarian will be at Camp Darby for appointments on April 26 from 8:30 a.m.-4 p.m. Make an appointment for your beloved pet today by contacting DSN 635-4841.

Easter Spring Fest

633-7681

Come & celebrate the Spring Fest Eggstravaganza on Saturday, April 7 at the DCC. Fun begins at 11 a.m. with egg hunts, a visit from the Easter Bunny and a barbecue at noon. Volunteers are needed.

Beach Splash

633-7775

- April 19, for US personnel only 2 umbrellas & 1 cabana can be rented. You can also purchase beach and pool season passes. There will be door prizes, music & Free refreshments
- April 20, local national personnel can rent umbrellas and cabana for the summer season.

Child, Youth & School Services (CYSS)

633-7681

Sign up for Start Smart, Teeball, Coach Pitch and Baseball ends March 31. Contact Parent Central Services at 633-7681.

Sports & Fitness

633-7438

- Whether you want to coach or you're just playing for fun, register for this season's Recreation Volleyball League from March 5 thru April 5. Games begin on April 11.
- Get in shape for summer with one of many fitness classes offered at the gym. See the complete schedule for April on the [community calendar](#).

ITR

633-7589

- Rome March 31
- Ceramic shopping April 6

ODR

633-7775

Paint ball tournament on April 7. Cost includes equipment and transportation.

Religious Activities

633-7267

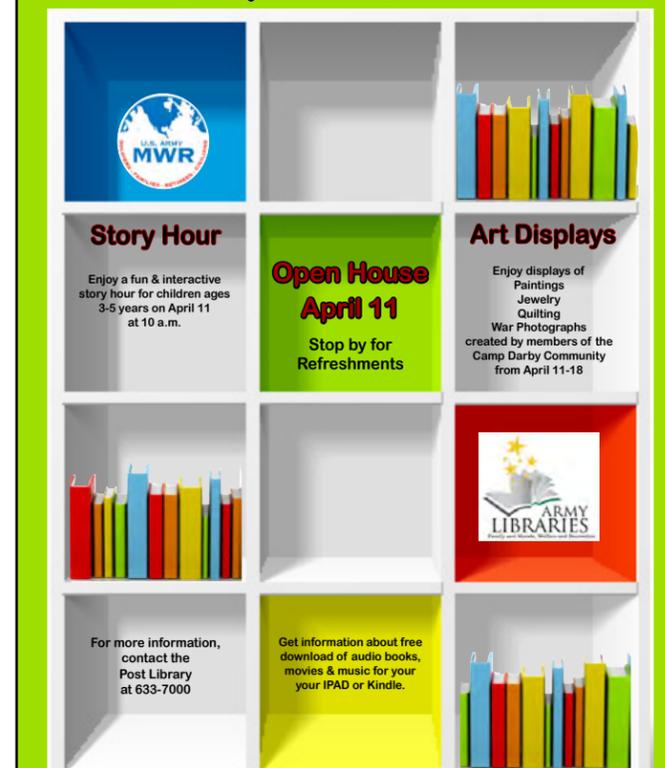
- April 1- Palm Sunday Protestant Service at 11:15 a.m. Catholic Mass at 5 p.m.
- April 5 - Holy Thursday Catholic Mass at 5 p.m.
- April 6 - Good Friday Catholic Service at 5 p.m.
- April 7 - Holy Saturday Catholic Mass at 5 p.m.
- April 8 - Easter Sunday Community Sunrise Service at 7:30 a.m. in pavilion just west of the chapel Protestant Service at 11:15 a.m. Catholic Mass at 5 p.m.

AAFES Movies

- March. 30- 6 p.m. Red Tails (PG-13)
- March. 31- 6 p.m. Underworld : Awakening (R)
- April 1- 1 p.m. John Carter (PG-13) 1st Run
- April 6- 6 p.m. Man On A Ledge (PG-13)
- April 7- 6 p.m. 21 Jump Street (R) 1st Run
- April 8- 1 p.m. Big Miracle (PG)

National Library Week

April 8 - 14, 2012



Story Hour
 Enjoy a fun & interactive story hour for children ages 3-5 years on April 11 at 10 a.m.

Open House April 11
 Stop by for Refreshments

Art Displays
 Enjoy displays of Paintings Jewelry Quilting War Photographs created by members of the Camp Darby Community from April 11-18

ARMY LIBRARIES

For more information, contact the Post Library at 633-7000

Get information about free download of audio books, movies & music for your iPad or Kindle.

Come & Celebrate the Spring Fest

Eggstravaganza

Saturday, April 7
 11 a.m. - 3 p.m.
 Darby Community Club

Enjoy a visit from the **Easter Bunny**.

Easter Egg Hunts 11 a.m. - noon
 BBQ noon - 2 p.m.
 Games noon - 3 p.m.
 Face painting, egg dyeing, cupcake decorating, fish pond, bottle toss, belly bumpers & more!



Hosted by Child, Youth & School Services
 Call 633-7629 or visit www.vicenzaMWR.com/livorno.html for more information.

OUT & ABOUT- EXPLORE YOUR WORLD

Compiled by Barbara Ranieri
USAG Livorno Community Affairs Advisor

SAGRA & FESTIVALS

Comics and Disks market-exhibition

March 31- April 1

Experience the 3rd Comics and markets- exhibition at Palazzetto dello Sport of Scandicci – Firenze. It would be possible to find old disks of the Pink Floyd, Hendrix, Beatles, Rolling Stones, Genesis et cetera. There are going to be also different types of comics books: Zagor, Diabolik, Dylan Dog, Uomo Ragno, Tex Willer et cetera. The entrance is free.

Info: www.fumettiedintorni.it

Via Crucis

On March 31 there will be a reenactment of the Via Crucis at Fucecchio – Firenze.

Info: www.fratresfucecchio.it

Easter cake Fair

March 31- April 1

Enjoy the 6th edition of the Easter cake fair at San Miniato.

Info: www.laruga.it

Marzuolo truffles exhibition market

March 31- April 1

Try the Truffles and Oil fair for a unique taste.

Info: www.volterragusto.com

Frites Motor bike rally

March 30- April 1

There will be the 24th Frites Motor Bike rally at Castel del Piano - Grosseto. There are going to be touristic tours also by bike, concerts, parade and frites.

Info: www.motoclubcasteldelpiano.it

The James Taylor Quartet concert

On March 31, the James Taylor Quartet will play at the Music Park of Bientina 11:15 p.m.

Info: www.musicastrada.it or

www.jamestaylorquartet.co.uk

Spring Fair

April 2-4

Enjoy three days packed with events for all tastes: the children can have fun with the Little Farm, while the older ones will be able to take part in the Art and culture section, enjoying entertainment and cultural events. Everything will take place around the Civic Tower of the town. And do not forget the promotion of typical local products: food for all tastes. As always, the fair is preceded by the events of Waiting for the Fair, scheduled for Friday, April 1st. All events are free of charge.

Info: www.comunevecchiano.pi.it

Firenze Tango Festival 2012 in Florence

April 25- May 1

Florence will be hosting the 10th edition of Firenze Tango Festival. The 10th anniversary will be a special event for tango dancers from all over the world, with a big staff of first class teachers, long milonga nights in a great location with two dance floors, tango orchestras and live cortinas, tango shows, classes with registration limit, search partner service for workshops, transfer to lessons, large Festival Team helping for any need and making you feel welcome – a really great and international tango party is waiting for you during wonderful spring days in Florence.

The event will take place at the Obihall Theatre and at the Affratellamento Theatre.

For further information: www.firenzetangofestival.com

Tommy Emmanuel in concert

April 2

If you love jazz, then don't miss this concert on April 2 at 9 p.m. in the Palazzo dei Congressi in Pisa. Door open 8 p.m.

Info: <http://www.palazzodeicongressi.pisa.it/cms/SchedaCongresso.aspx?idc=1907>

Verdemura and Murabilia

March 28-30

Verdemura: Market-exhibition of outdoor living and gardening will take place on the Lucca City walls. Murabilia: Market-exhibition with conferences, seminars on flowers and plants.

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

DanzaLand in Lucca

April 27-29

Lucca will host a very special event for the International Dance Day 2012: DanzaLand. Three days of



Spring time in Tuscany

Why not go for a ride in the countryside this weekend and enjoy all the flowers in bloom?

Photo by Barbara Ranieri

dancing shows and performances ranging from classic to hip hop, but also lessons, workshops, master classes and contests featuring some of the most brilliant pro dancers, teachers and choreographers in the whole world.

Info: www.danzaland.it

Stories from the Other World: The Universe inside and outside ourselves

Now until July 1, the exhibition will recount how man learnt to approach, explore and understand our universe, a world very distant from our daily experience.

The visitor will see how, over time, our deeply human, ancestral curiosity, springing from our wonder as we contemplate the marvels of Nature, developed, became structured, and divided into separate disciplines, culminating, after a process lasting many centuries, in what we now refer to as the modern sciences of physics, astrophysics, and cosmology.

Info: www.storiedallaltromondo.it

Excursion among the castles and towers of Riprafatta and Monte Maggiore

March 31

There will be a hike within San Giuliano Terme comune. Meeting point: Rail station of Riprafatta – San Giuliano Terme (PI) at 9 a.m. The event lasts all day and costs 12 euro. It is necessary to book in advance.

Info: www.vadoevedo.it

Carrara Run

On April 1 the 4th edition of the Carrara run will take place.

Info: www.stracarrara.org

Dates and times could be changed at the last minute; it is advisable to double check the information.

The mammogram bus

By Marisa Gaona
AFN Livorno

Its one thing that many women do not look forward to every year, and some will try to avoid it all together. So, the medical community at Camp Darby decided to take a different approach.

At o-dark-30 on a weekday morning in front of the U.S. Army Health Clinic-Livorno I and eleven other women from the Camp Darby community are getting on a bus that will take us to the Vicenza health clinic for our annual mammography screening.

During the four hour journey, I ponder “I don’t know people seem to have a real tough time with the word mammogram... yeah, I know it’s not a fun thing, but it’s a necessary thing.”

Chief nurse Maj. Kenneth Davis, explained the recommended age for mammograms for women over the age of 40.

“What we recommend right now is every one to two years,” said Davis. “So, if you’ve had a negative mammogram, you can sometimes go two years, but right now the current recommendation is one to two years.”

Once we arrived, things moved rather quickly, but there are things that still weigh on your mind. We all talk about the discomfort of having to have one done. But, right now I think more-or-less, the discomfort level, again, is after it’s done and waiting for the result. It’s not the actual mammogram.

And because of this, Davis says both patients and providers need to deal with

this head-on.

“The key to beating any type of malignancy is early diagnosis,” said Davis. “And so when we do that, I’d rather be a little uncomfortable by talking about it now, than giving someone the terrible news that they’ve been diagnosed with a terminal cancer.”

Rather than fear, Davis says more military clinics are trying to promote a culture of wellness amongst its community members. And it worked, because knowing that I wasn’t alone somehow made this year’s mammogram much easier, even as I await the results.

Davis added that the Livorno health clinic leadership says based on the success of this first mammogram bus, they hope to offer it again later in the spring.



(Above) a doctor talks with a patient about her mammogram results. Photo by Staff Sgt. Veronica Azera. (Left) Corita Thomas, the lead mammogram technician at Carl R. Darnall Army Medical Center, pulls up a mammogram image, using a new digital mammogram machine. Photo by Christie Vanover (IMCOM)

Learn how you can schedule your mammogram by calling the US Army Health Clinic Livorno at DSN 633-7357 or civilian 050 54 7357