

USARAF IG supports Hospitality House for holidays

Story and photo by Sgt. Terysa King
U.S. Army Africa PAO

Soldiers and civilians working at the U.S. Army Africa Inspector General's office started off their holiday season by volunteering their time to support the Vicenza Hospitality House with a much needed makeover by painting rooms Nov. 20.

Capt. James Watson, an inspector general officer, said the USARAF IG office was looking to sponsor a community outreach event around the holiday season, and they chose to support the Hospitality House because it was an organization already affiliated with supporting Soldiers. After their first outreach event last year, the IG office decided to make supporting the Hospitality House a holiday tradition.

"Last year, we did have the opportunity go to an off post organization and invest our time and effort, (instead of) a money donation, so we could go help out. Last year when we did it, it was a success, so this year we decided to make it yearly for the holidays," Watson said.

Cindy Aldrich, a house director with the Hospitality House, said she was thankful for the volunteers who came out and helped paint part of the house because that will help the people who use the Hospitality House facilities, which include Bible studies, free meals, internet and phone calls.

"What would have taken us weeks to accomplish, because of our busy schedule hosting the house, was done in a few hours. It was absolutely wonderful to have (the volunteers) here, to work together as force multipliers to serve our military and country. We are excited to freshen this place up so it is a place our troops and families love to come," Aldrich said.

Watson said this type of community service builds relationships within the IG staff and creates a positive representation of USARAF in the local community.

"I believe that as we go outside of the gate and offer a



A volunteer with the U.S. Army Africa Inspector General's office, left, helps Tad and Cindy Aldrich, house directors, set up the rooms that need to be painted. The USARAF IG staff started off their holiday season by volunteering their time to support the Vicenza Hospitality House with a much needed makeover by painting rooms Nov. 20. [Click here for more photos.](#)

helping hand to an off post, unaffiliated organization that supports our Soldiers, it builds camaraderie with other organizations that are pro military but are embedded in the Italian economy," Watson said.

Aldrich said she appreciates the efforts of the IG staff as their service comes right on time with the holiday season, as it is a busy time of the year for the Hospitality House.

"The hospitality house is a place for any of our

military, their families, civilian workers and contractors to come and enjoy a home cooked meal. It's a place for anyone who wants to just come and hang out after work or use the internet or call their families at home. So really it's just a home away from home," Aldrich said.

The Vicenza Hospitality House is a Christian organization that serves the needs of the military community. For more information contact call 340-329-9695, or e-mail tad.aldrich@cadence.org.

Secure messaging offers patients online options

U.S. Army Medical Command

Think of Secure Messaging Service as a house call from your family doctor, but without having to worry about tidying up the house before he arrives.

Ironically, technology is bringing back a version of patient friendly old-world medicine through the simple use of secure emails with your Army health care team.

Certain types of medical care that require a visit to your primary care manager can now be accomplished by email for TRICARE enrollees with a PCM at the Health Center who are registered with Secure Messaging, to include:

- ◆ Consulting with your medical team about non-urgent health matters
- ◆ Requesting appointments and referrals
- ◆ Requesting prescription renewals
- ◆ Receiving test and laboratory results
- ◆ Receiving guidance from your medical team by email

Secure Messaging is being introduced in the Primary Care and Pediatric Clinics first. To sign up for Secure Messaging, beneficiaries can provide their personal email at either of these locations and they will receive an email invitation to join the service within 24 hours.

Although new to Army medicine in Europe, Secure Messaging is currently in use

by more than 2,000 medical providers from more than 50 sites in the United States, accounting for more than 210,000 patient messages during the past six months.

Beneficiaries receive a personal email letting them know they have information awaiting them on Secure Messaging; they use their personal password to log into the Secure Messaging site. The secure site, contracted through Relay Health, is in compliance with the Federal Health Insurance Portability and Accountability Act and stringently protects your personal information through encryption technology. Your information is only accessible by you and your health care team.

Secure Messaging is popular with both beneficiaries and medical professionals because of its usefulness and efficiency. It is a valuable tool for the clinics and doctors to communicate with the patients and remind them of preventive services. Clinics can easily send reminders about immunizations, screening such as Well Baby Visits, medication recalls and flu vaccine availability. An example of a typical patient message through Secure Messaging would be a mother concerned about her child who wakes up with a rash on her stomach. Instead of taking her child to the Emergency Room or trying to schedule a medical appointment, the mother can communicate through Secure Messaging with a nurse or doctor for advice on treating her child at home and/or bringing him/her in for a medical appointment.

Come by the health center and fill out your request to join today.

I
n
s
i
d
e

Community news page 4

Caserma Ederle preps for holidays with celebration;
Second part of 173rd deployment history



Sports page 8

Vicenza High School wrestlers travel to Naples;
Wellness Center holds meditation class



36/30 Friday	37/23 Saturday	34/25 Sunday
Friday will be half day at Vicenza schools at 11:05 a.m. Buses will depart at 11:15 a.m.		

173rd CSM Coston explains why he serves

Story and photo by Sgt. Michael Sword
173rd ABCT PAO

AFGHANISTAN — With two uncles who served in Vietnam and one who served in World War II, you could say that Command Sgt. Maj. Samuel Coston, the top senior enlisted Soldier for the 173rd Airborne Brigade Combat Team, was destined to serve in the military. While it wasn't right after he graduated high school, shortly thereafter Coston joined the U.S. Army and began a career that is approaching 30 years built on taking care of the Army and its Soldiers.

"After doing one year of college and not doing very well, I said, 'let me join the Army,'" said Coston. "I'm getting to do what my Family wants me to do, be a member of the armed forces and I'm going to get free college when I come out."

So, in January 1984, Coston joined the Army. Having grown up in Teachey, N.C., there was only one place he wanted to go: Fort Bragg, N.C.

"Being from North Carolina, the 82nd Airborne Division was the greatest place to serve," he said. "Who would not want to be a paratrooper, so I immediately came in and went to jump school."

Unfortunately, that was not in the Army's plan for Coston. After graduating as an infantryman from infantry one station unit training and the U.S. Army Airborne School, he was assigned to Fort Campbell, Ky. But he wouldn't stay there for long, as he soon graduated from Air Assault School and volunteered for the 75th Ranger Regiment.

"I figured if I can't go to Fort Bragg, I can take the next unit down," Coston said, recalling the logic of his decision with a laugh. "But I didn't know it was the next unit up."

So, in May 1985 he joined the 1st Ranger Battalion. By December, they had sent him to Ranger School. During Ranger School, he was promoted to specialist, and when he returned to his unit he was promoted to team leader. Years later, he found himself a squad leader and deciding on his future, with or without the Army.

"I had passed the state patrol test in North Carolina, but you have to be 5'8"," he said. "Even though the Army says I'm 5'8", I'm actually 5'7.8 or .9, so I could only work administration."

"I want to be with the troops.



Command Sgt. Maj. Samuel Coston is the 51-year-old senior enlisted advisor for the 173rd Airborne Brigade Combat Team, serving with the 173rd's Headquarters and Headquarters Company in eastern Afghanistan. After serving with the 101st and 82nd Airborne Divisions, and the 1st Ranger Battalion, he was finally able to make his way to the 173rd in Vicenza.

I want to be where the danger is and they said 'No, you can be an administrator in the North Carolina State Patrol,' so I stayed in the Army," he said.

That decision to stay in the Army would be the last time he ever questioned his desire to remain a Soldier. As his career continued and he became a noncommissioned officer, he found himself growing into the role of an NCO and concerning himself with the welfare of his Soldiers. It was a lesson he learned growing up on his father's farm in North Carolina.

"I wish I could say I picked it up in the Army, but I didn't," he said. "My father has a 200 acre farm and you have to take care of the people, you have to make sure they have water, you have to make sure they have some lunch."

"So, going into the Army, when I became a sergeant, instead of a plow or a mule, it was an M4 and a vehicle that we had to pull maintenance on to ensure we could accomplish the mission," he said. "I learned that early as a child living on the farm and the Army just fine tuned it."

With a career that has taken him to some of the most storied units in the U.S. Army, there was one that has eluded him his whole career until recently.

"While I was in the Ranger Regiment as a staff sergeant and the 82nd Airborne Division, they kept talking about this unit in Italy," he said. "I just heard so much about it and the Italian people and their alpine soldiers, I had to see it."

"Every time I put in for Vicenza, which was seven times, I was seven times denied, no slots available," he continued. "The Department of the Army called me during my

last deployment, in Kandahar city, April of 2011 and they said 'We have three available assignments for you.'"

"The answer is the 173rd, I've been wanting that unit since I was a staff sergeant in 1989," he answered.

After taking the position as the 173rd's senior enlisted advisor in January 2012, he quickly got to work preparing his Soldiers and himself for their deployment to Afghanistan. As he approaches his 29th year in the Army, taking care of his troops is a responsibility that Coston takes seriously and it is a responsibility that has kept him going, despite his ability to retire after 20 years.

"What kept me going past 20 was Soldiers," he said. "Sometimes I call them Joe and when I say Joe, Joe can be a second lieutenant to a lieutenant colonel or a private to another sergeant major."

"Just mentoring and talking to young Soldiers, about the way the world really is and the way the Army really is," he continued.

"Convincing some that your best bet is to not to serve in this organization and convincing some it is best for you and your family because you have the right attributes, leadership and attitude to be a good Soldier and as a sergeant major with 20-plus years in, I'm able to do that."

If taking care of troops has kept him in the Army, it is his loyalty to them that helped him return to Afghanistan after an injury earlier this year. During a patrol in August of this year, the unit Coston was with was attacked and he was hit by shrapnel from an enemy 203 round that hit his left foot and cut one of his toes in half.

He was taken to Landstuhl

Regional Medical Center in Germany, where he was told that they wanted to put pins in his right leg.

"Can you wait until we return from deployment?" he asked. The doctors, shocked at his request, simply replied and reminded him that they could relocate him to another duty station where he could heal and continue his career.

"I said no," he said. "I joined 'The Herd,' the 173rd, the Sky Soldiers, to finish a combat tour.

"Three operations later and 65 days later I'm back in Afghanistan," he added. "There's a little bleeding in my foot still, but it's OK, I can walk so I'm back with the team."

While the possibility to not return to a war zone would be tempting to some, Coston never wanted to be anywhere else but back with his troops.

"I was offered a couple of jobs while I was recovering," he said. "But, you've got to remember your loyalty to your unit, whether your unit is the 173rd, the 82nd Airborne Division, the 1st Ranger Battalion; your loyalty to the unit is loyalty to the Soldiers.

"If you don't want to set the example, you don't have the leadership attributes and attitude to be a good leader in the Army," he said.

"The thing about the legacy of the NCO's in the 173rd is that they have never quit and even while wounded they continued the mission. So as sergeant major, your legacy is 'how did you perform in combat?'"

Speak Out

What song puts you in the holiday spirit?



Senior Airman Andrew Kitsmiller

603rd ACS (Aviano Air Base)
"Run Run Rudolph": It's very energetic and upbeat."



Rebecca Thorpe

Family member

"Jolly Old St. Nickolas.' I really like the sound of the music and the words."



Sgt. Maj. Carl Phillip

U.S. Army Africa

"Someday at Christmas' by the Jackson 5. It reminds me that no matter what may be happening in the world, we can always stop and acknowledge the birth of Christ."

By Laura Kreider

509th Signal Brigade transitions to paperless



Photo courtesy of USAHC Vicenza
509th Signal Battalion recently made the decision to go paperless, which will save the Army money.

By Taleh Aliyev
509th Signal Battalion

In response to financial and environmental challenges in Department of Defense, the [509th Signal Battalion](#) has opted to optimize its operational processes and achieve significant savings through reduced printing and increased usage of digital workflow. The survey conducted by the battalion logistics and business and plans sections identified processes to be digitized and equipment to be turned in to SSA or retained for use. As result of this initiative, the battalion was able to replace majority of paper processes with digitized workflow, reduce number and models of printers' inventory for 50 percent, and expect to save substantial resources from allocated budget.

There are a lot of processes evolve around printing paper that we sometimes don't realize. Just paper filing itself cost estimated \$20 per copy, when you add up cost of printers, shredders, cartridges, binders, document protectors, bookshelves; the list of supplies to be used with paper can go on and on. Moreover,

with growing piles of paper and need to store, travel for approval, or copying for more review that adds up to a major expense very quickly. All these can be easily replaced with e-sign and maximum digitized workflow. Their Soldiers are smart, technologically savvy, and up to this change.

When they started this initiative, all the processes were 100 percent paper processes. Currently, they have several sections, including administration, already moved to paperless processes, while others are working on transition. Their goal is to replace 90 percent of processes with digitized workflow and retain only absolutely necessary paper processes.

In addition to the substantial cost-savings, there is a clear environmental need for less paper or paperless offices. According to Environmental Protection Agency reports, there are 900 million trees felled annually. Paper is the number one material thrown away, comprising 40 percent of our waste stream.

"We just got to do something about it on every level and that is what the 509th Signal Battalion focused on," said Lt. Col. Kevin Romano, 509th Bn. commander.

USAG firefighters join with Italians in recognition

By Laura Kreider
USAG Vicenza PAO

On Oct. 13, representatives from [U.S. Army Garrison Vicenza Fire Department](#) were invited to the official opening of the Volunteer Fire Department Center of Bondeno, a town near Ferrara, about 75 miles south of Vicenza.

During the event, Giancarlo Casarotto Fattori, USAG Vicenza fire chief presented a plaque of the American Firefighters prayer to the Comandante Provinciale Vigili del Fuoco di Ferrara Dott. Ing. Cristiano Cusin, and Capo Distaccamento Vigili del Fuoco di Bondeno Michele Marchetti, respectively province commander and detachment chief of the local fire department.

The ribbon cutting ceremony for the official opening took place in the presence of the mayor of Bondeno Alan Fabbri, the Prefect of Ferrara Raimondo Provvidenza and civil, military and religious authorities.

"Many firefighters from different Italian fire departments gathered for the ceremony," said Fattori, who participated in the event along with Christopher Bender and John McDonald, USAG Vicenza assistant chiefs.

"The Bondeno Firefighter's Detachment operates in conjunction with the local civil protection department and a control center was already used as the headquarters of emergency operations during the earthquake, which occurred in the area this past May," he said.

Mayor Alan Fabbri thanked all the participating groups that joined the event that included the American colleagues from Caserma Ederle, several detachments from the Trentino region, three Byelorussian firefighters from Orsha and some representatives from Dillingen, Germany.

As part of the ceremony speech, the Italian National Fire Department Chief Prefect Francesco Paolo Tronca highlighted the importance of the firefighters as "an example of solidarity, especially in case of disasters and emergencies."



Courtesy photo

U.S. Army Garrison Vicenza Fire Chief Giancarlo Casarotto Fattori, presents a plaque of the American Firefighters prayer to the Comandante Provinciale Vigili del Fuoco di Ferrara Dott. Ing. Cristiano Cusin, and Capo Distaccamento Vigili del Fuoco di Bondeno Michele Marchetti, respectively province commander and detachment chief of the local fire department in Bodeno Oct. 13.

509th receives first alcohol free streamer

By Capt. Donyelle Burney
509th Signal Battalion

We are a nation at war. For more than 10 years our Soldiers, Families and civilians have endured tremendous pains, heartaches, accomplishments and an overall sense of pride. As a whole we have suffered and we have conquered. But at the same time, the rise in suicides along with alcohol and substance abuse during the years is a direct testament to our being a "nation at war."

The Soldiers of the 2nd Signal Brigade, 509th Signal Battalion, have achieved a rare accomplishment and are the caliber of Soldiers we all strive to emulate. They have succeeded in having no alcohol related incidents for a period of 12 months. This organization was awarded the "FIRST" Army Substance Abuse Prevention streamer in U.S. Army Garrison Vicenza. An awesome accomplishment and a true proof to the pride those Soldiers have for our nation, our armed services, and themselves.

The Outlook December 6, 2012, Vol. 45, Issue 47

U.S. Army Africa Commander
Maj. Gen. Patrick J. Donahue II

USAG Vicenza Commander
and Publisher
Col. David Buckingham

USAG Vicenza
Public Affairs Officer
Grant Sattler

Editor
Julie M. Lucas

Photojournalist
Laura Kreider

Staff writer
David Ruderman

edited and approved by the U.S. Army Garrison Vicenza Public Affairs Office in Bldg. 109 on Caserma Ederle in Vicenza, Italy. The office's DSN number is 634-7581, off post at 0444-71-7581 or e-mail: editor@eur.army.mil.

The Outlook is published weekly by the USAG Vicenza PAO, Unit 31401, Box 10, APO AE 09630. It is printed by Artigiana Grafica, Montegalda (VI), 0444-636-427.

Editorial publication is an authorized section for members of the U.S. Army overseas. Contents of *The Outlook* are not necessarily the official views of, or endorsed by, the U.S. government, Dept. of Defense, Dept. of the Army, Installation Management Command-Europe, U.S. Army Garrison Vicenza or U.S. Army Africa.

Submissions: Send all submissions for publication to editor@eur.army.mil. Submissions should be made via e-mail and must be received by Monday at noon for that week's publication.

The editor reserves the right to edit all submissions for style, brevity and clarity. Circulation is 2,000 per

The Outlook is an unofficial publication authorized and provided by AR 360-1. All editorial content of *The Outlook* is prepared,

Community news

173rd ABCT continues fight in Afghanistan in fifth deployment

By Gaia Ferran
Special to the Outlook

Editor's note: This is part two of the story.

Throughout the second tour in Afghanistan, various units were engaged in countless fights and on several battles to regain power of specific valleys and passing routes controlled by the insurgents. From Operation Rock Avalanche to the Battle of Wanat, Soldiers of the [173rd Airborne Brigade Combat Team](#) demonstrated their outstanding skills and courage in fighting an enemy that massively attacked and outnumbered them. These young men fought with great valor to defend their positions and their comrades and to defeat a very well trained and equipped enemy. One of these Soldiers, Spc. Salvatore Giunta, became the first living person since the Vietnam era to receive the Medal of Honor for his selfless actions during an ambush carried by insurgent forces. Throughout all these missions, all Sky Soldiers performed actions at the risk of their lives above and behind the call of duty.

When the brigade left Afghanistan during summer 2008, the ISAF troop's counterinsurgency campaign had reached its peak moment. During the following year there was a consistent decrease on the number of insurgents' attacks against the coalition forces. Although the overall security issue in the country was far away from being solved, a major improvement was made with the new counterinsurgency approach. A more stable environment allowed the troops

to focus on training the Afghan National Army to be an independent and efficient armed force. The 173rd was again deployed to Afghanistan at the end of 2009 and throughout 2010 to accomplish a new mission.

The brigade was assigned to conduct security operations in Wardak and Logar provinces and was also tasked to conduct joint patrols and cordons with the ANA, tasked to train the Afghan NCO Corp and to completely defeat the insurgents in the Logar province with the support of the Afghan soldiers. Once again Sky Soldiers had to adapt a new set of skills while still implementing old ones, to successfully accomplish new assignments. It was only thanks to the Soldiers' experience and ability to constantly face diverse and challenging situations that the whole deployment in support of OEF X was very successful.

Within the past nine years the 173rd has deployed four times and it is currently engaged in its fifth deployment. The brigade has had the unique ability to transform through the years to effectively perform several diverse duties. 173rd Soldiers are currently in Afghanistan to support the initial phase of the U.S. military withdrawal from the country. During the next months they will continue to provide security while handing over major responsibilities to the Afghan soldiers. It may appear to some as an easier assignment compared to other deployments, yet in reality, it is not. It is actually a very crucial deployment that in only two months has already shown the dangerousness of the mission with 173rd Soldiers paying the ultimate sacrifice.



Photo by Sgt. Russell Gilcrest

Soldiers from 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team and Afghan National Army soldiers walk with local Afghans into the village of Syahchob, Wardak province, Afghanistan, Aug. 1, 2010. [Click here to see more photos.](#)

Since 2003, the brigade went from fighting in Iraq as a rapid assault unit to conducting a nation building reconstruction in Afghanistan. It was then trained to fight a counterinsurgency and found itself engaged in some of the major battles of our times. Additionally, 173rd was then assigned to educate and train soldiers who will be charged with protecting Afghanistan from any

insurgents' movement.

It is very hard to find the right words to address the great job performed by the 173rd Sky Soldiers throughout these past years. Their incomparable ability to adapt to any assigned duty and the continuous courage and valor demonstrated have made them eligible to be considered some of the finest Soldiers of our Army.



Photos by Laura Kreider

Buon Natale: Above, a Vicenza Military Community member visits the Buon Natale Bazaar and participates in the VCC Tree Auction at the Golden Lion Saturday. At left, The Vicenza Military Community kicks off the holiday season with the traditional Tree Lighting Ceremony Friday by U.S. Army Africa commander Maj. Gen. Patrick Donahue and Santa Claus. The event started with the Vicenza High School Band and Chorus, holiday music from the Soldiers' Theatre holiday show, children's activities and rides, and Santa's arrival. [Click here for more photos.](#)

Darby Military Community

Vet clinic provides vaccinations with ease monthly

Story and photo by Chiara Mattiolo
USAG Livorno Public Affairs

Darby Military Community health clinic hosts a monthly visit from [Vicenza Veterinarian](#) to provide required micro-chipping or vaccinations to local pets.

“During our monthly visit we respond to all the annual vaccination needs, but also minor sick calls,” said Sgt. Jessica Kendall, senior animal technician.

At the local Vet clinic, the personnel provide information on the Italian law and regulations, and makes sure all the required documents are kept up to date.

“We also do micro-chip implanting, health certificates and pet’s registration for passports,” said Kendall.

For emergencies pets are normally referred to a local veterinarian.

“The service provided is great,” said Staff Sgt. Treven Winters, 731st Munitions. “I would love to have a veterinarian available at Darby always, but the clinic is very good in helping us getting in contact with local vets if there is an emergency.”

According to Veterinarian Maj. Tesselane Ware, animals can easily be taken care of by scheduling appointments even for puppies which need monthly vaccinations.

“Coming to Darby Military Community on a monthly basis allows us to plan and schedule needed vaccinations in a timely manner,” said Ware. “We are here to provide a first class service and we can be here more often if there is a need.”

Family member Kasey Massie said, “I am very grateful for such a small base to



Veterinarian Maj. Tesselane Ware, left, gives an annual vaccination to “James” a young Yorkshire Terrier while his owner, Staff Sgt. Treven Winters, holds him.

have this service.”

The next veterinarian visits to Darby Military Community will be Jan. 24 and

Feb. 21. Schedule your appointment by calling 634-4835 or 0444-71-4835. Walk in visits are also accepted.

Darby ates

Visit the community calendar for upcoming events and details at www.usag.livorno.army.mil

Artistic Nativity Scenes in Cigoli (San Miniato Pisa) Presepe artistico di Cigoli

From Dec. 7-Jan.13 in the Pieve di San Giovanni Battista in Cigoli (PI) the 12th display of the Artistic nativity scene. This is one of the biggest nativity Scenes in Tuscany. The church can be visited daily from 9 a.m.-1 p.m. and from 2:30-8 p.m.

[Information, Tours & Recreation | Outdoor Recreation](#)

633-7775

◆ Genova Aquarium, Dec. 15 from 8 a.m.-5.30 p.m. The Genova Aquarium is the largest in Italy and the second largest in Europe. It was originally built in 1992, celebrating 500 years since Christopher Columbus discovered the new world. In 1998 the aquarium was expanded with the addition of a 100 meters (330 feet) ship, named Nave Italia, connected by a walkway to the original building. On the bottom of the ship, the walls are actually virtual fish tanks. When visitors walk through the ship they can hear waves, currents and echoes from the sea.

It will take approximately three hours to discover this amazing underwater world. Between the seas, the sweet water area and the touching pools, there are more than 6,000 types of different fish, reptiles and amphibians.

Besides the sea tour, you can also take a walk through the tropical forest area where you’re sure to find many different species. If you like Calibri birds, there is a special garden where these beautiful creatures fly freely among the visitors.

◆ Join ODR swimming outdoor in the Venturina Hot Springs with a natural water temperature of 97 F. Spend the day swimming in these waters once occupied by the Romans. Dec. 15 from 9 a.m.-4 p.m.

Ready for the holidays:

At right, Amy Hill and Jennifer Becket prepare Christmas cards at the Army Community Services Yellow Ribbon Room. Becket, who volunteers at the Yellow Ribbon Room, said the new ACS goal is to open the room to the community more and more often. Below, Federico Vigni, Directorate of Public Works high voltage electrician, decorates the Christmas tree donated by the Comune di Pistoia.

[Click here to see more photos from Camp Darby events.](#)



Photo courtesy 511th Military Police



Photo by Chiara Mattiolo

Christmas markets:

In Vicenza visit Piazza dei Signori to view a huge Christmas tree decorated with lights. A market will be in Piazza delle Erbe Fridays-Sundays through Dec. 23 from 9 a.m.-7 p.m. Local wines and nature crafts are for sale.



Courtesy photo

Local events

Saturday is the **Immaculate Conception Day**. It is a national holiday in Italy. There are celebrations throughout Italy and churches hold services. Schools are closed, many stores stay open for holiday shopping.

Snail Fair:

Saturday, 8 a.m.-6 p.m., in Crespadoro, Piazza Municipio, about 29 miles northwest of Vicenza. Food booths, crafts, and local products exhibit and market, folk music.

Christmas markets

Asiago: *Giardini di Natale* — Christmas gardens, Saturday-Sunday, 10:30 a.m.-12:30 p.m. and 3-7 p.m., Piazza Carli; food booths featuring local specialties and typical Christmas sweets and crafts.

Bassano del Grappa, ongoing through Jan. 6, Piazza Garibaldi, 10 a.m.-7:30 p.m., closed on Monday morning; Piazza Libertà 10 a.m.-7:30 p.m. closed on Monday, Thursday and Saturday mornings.

Bolzano: ongoing through Dec. 23, Monday-Friday 10 a.m.-7 p.m.; Saturday 9 a.m.-8 p.m.; Sunday 9 a.m.-7 p.m., in Piazza Walther, about 120 miles north of Vicenza. More than 80 stallholders in their typical little huts offer traditional seasonal gifts (handmade wooden, glass and ceramic products along with Christmas tree decorations, delicious seasonal pastries and many original gifts), plenty of food specialties available plus *vin brulè* (hot mulled cider); children's Christmas market where kids can take an active part baking Christmas cookies and making small Christmas decorations and presents.

Breganze: Sunday, 9 a.m.-5 p.m., in Piazza Mazzini, about 12 miles north of Vicenza; food booths with *vin brulè* and roasted chestnut; Laverda motorcycles exhibit; 2:30 p.m. magic show for

children, balloon creations, giant soap bubbles, and face painting; Christmas caroling.

Cison di Valmarino, Castelbrando: Saturday-Sunday; Via Brandolino 20; opens at 10 a.m.; singing Santa Claus at 3:30 p.m.; 3:30-5:30 p.m. Santa Claus on his sleigh.

Enego: Saturday and Sunday, in Piazza San Marco, about 48 miles north of Vicenza, 10 a.m.-noon & 4-8 p.m.

Gallio: Saturday-Sunday, Dec. 15-16 and daily from Dec. 22 to Jan. 6, 9:30 a.m.-12:30 p.m. and 3:30-7:30 p.m., in Piazzetta dei Giardini, about 40 miles north of Vicenza; Wooden outdoor booths featuring local holiday sweets, hot chocolate, mulled wine local crafts and gift items. Entertainment with jugglers, musicians, fire-eaters, street artists, gnomes, elves, and acrobats. Shows and workshops for children, and a reindeer petting zoo.

Garda: *Natale tra gli Olivi* — Christmas market among olive trees, ongoing through Jan. 6, Piazza Catullo and Lungolago Regina Adelaide; local and Tyrolean products; entertainment for children; folk music and dancing; art exhibits and local nativity set.

Lonigo: Saturday, in Piazza Garibaldi, 2-9 p.m.; Christmas Village opens at 3:30 p.m.; torch light procession departs from Via Garibaldi at 5 p.m.; from 3:30 to 5:30 p.m. mini Christmas train rides with departure and arrival on Via Roma.

Merendaore: Saturday-Sunday, 10 a.m.-7 p.m.; also food booths featuring hot chocolate, *vin brulè* and typical Christmas sweets, about 28 miles northwest of Vicenza.

Santorso: Saturday, in Piazza Aldo Moro, 9 a.m.-7 p.m.; Santa Claus arrives at 3 p.m. followed by games and entertainment for children; 4:30 mini torch light procession; at 5 p.m. concert at S. Maria Church.

Sarcedo: Saturday, 9 a.m.-6 p.m. in Piazza Vellere; live entertainment with folk music and dances.

Schio: Saturday-Sunday, Dec. 15-16, Dec. 22-24, Jan. 6, from 3:30 p.m. in Piazza Falcone e Borsellino and Piazza Rossi, about 16 miles northwest of Vicenza; Santa Claus little hut, mini train rides, ice skating rink.

Sovizzo: Saturday, 2-8 p.m., in Piazza Manzoni, about seven miles west of Vicenza; Santa Claus and local laces photo exhibit; 2:30 p.m. majorette parade; 3 p.m. Santa Claus arrival; 5:30 p.m. Christmas tree lighting; 6:30 p.m. live music; face painting and games for children; food booth opens at 6 p.m.

Torri di Arcugnano: Friday, starts at 7 p.m.; Saturday 10 a.m.-8 p.m., Sunday 10 a.m.-6 p.m., in Piazza Mariano Rumor; food booths; bounce houses and entertainment for children.

Torri Di Quartesolo: Saturday-Sunday, 9 a.m.-6:30 p.m. Via Roma; live entertainment with folk music and dances.

Verona: *Mercatini di Santa Lucia* — Saint Lucia Christmas market, Monday-Thursday, 9:30 a.m.-10 p.m., in Piazza Brà; over 300 booths feature holiday sweets, gift ideas, toys and the traditional carousel; the square is lighted by a huge steel comet star sculpture surging from the Arena into Piazza Brà. Nuremberg Christmas market, ongoing through Dec. 21, Sunday-Thursday, 10 a.m.-11:30 p.m.; Friday and Saturday and days before holidays 10 a.m.-11 p.m.; in Piazza dei Signori, wooden stands featuring holiday gift ideas, *vin brulè*, holiday sweets, typical German bread and sausages.

Vicenza: *Natale* — Christmas, Saturday-Sunday, 8 a.m.-8 p.m. in Campo Marzo, local biological products. *Natale in Piazza delle Erbe:* Fridays-Sundays through Dec. 23, 9 a.m.-7 p.m., in Piazza delle Erbe; local products wines, and nature craft exhibit and sale. *Aspettando il Natale* — Waiting for Christmas: Friday-Sunday, 10 a.m.-9 a.m., in Vicenza, Corso Fogazzaro and Piazza San Lorenzo; biological natural products exhibit and sale; crafts and gifts ideas market.

Free concerts, exhibits, events

Christmas Concert:

Dec. 15, 8:45 p.m., in Vicenza, City Theatre. Info and tickets: <http://www.tcvi.it/it/eventi/2012-2013/sinfonica/151/concerto-di-natale>

Gospel Concert - New Generation Gospel Crew and Joy Singers:

Dec. 16, 5:30 p.m. and 8:45 p.m., in Vicenza, City Theatre. Info and tickets: <http://www.tcvi.it/it/eventi/2012-2013/fuori-abbonamento/225/gospel-in-vicenza->

Concerts

John Mayall: Monday in Padova
Spirit of New Orleans —

Gospel Choir: Dec. 20 in Lucca
The Jacksons: Feb. 12 in Milan
Michael Jackson — The Immortal World Tour, Cirque du Soleil: Feb. 23-24 in Assago (Milan)
Walking with Dinosaurs: March 6-10 in Assago (Milan)
Bruce Springsteen & the E Street Band: June 1 in Padova
Mark Knopfler: July 12 in Piazzola sul Brenta (Padova)
Tickets available in Vicenza at Media World, Palladio Shopping Center or at www.greenticket.it/index.html?imposta_lingua=ing or <http://www.ticketone.it/EN/>.

ODR trips

Stubaital ski/snowboard trip: Saturday
Innsbruck and Christmas market: Saturday
Marmolada ski/snowboard trip: Dec. 15
Bolzano Christmas market and Vipiteno: Dec. 15
Gubbio and the World's Largest Christmas Tree: Dec. 16
Rome express: Dec. 22
Val Senales ski/snowboard trip: Dec. 22
San Martino Christmas Eve ski/snowboard trip: Dec. 24
Alleghe ski/snowboard trip: Dec. 29

Trips can be booked on WebTrac at <https://webtrac.mwr.army.mil/webtrac/Vicenzarectrac.html> or by following the WebTrac link on www.vicenzaMWR.com or at ODR.

*All events listed on this page are as reported to the Outlook office by press time. All events and times are subject to change due to weather or unforeseen circumstances.

Now Showing



Ederle Theater

Thursday	Trouble With a Curve (PG 13)	6 p.m.
Friday	The Possession (PG 13)	6 p.m.
	Premium Rush (PG 13)	9 p.m.
Saturday	The Possession (PG 13)	3 p.m.
	Killing Them Softly (R)*	6 p.m.
Sunday	Premium Rush (PG 13)	3 p.m.
	Killing Them Softly (R)*	6 p.m.
Wed.	The Possession (PG 13)	6 p.m.
Dec. 13	Premium Rush (PG 13)	6 p.m.
Dec. 14	Won't Back Down (PG)	6 p.m.
	The Possession (PG 13)	9 p.m.

Camp Darby Theater

Dec. 14	Premium Rush (PG 13)	6 p.m.
Dec. 15	Red Dawn (PG 13)*	6 p.m.
Dec. 16	Rise of the Guardians (PG)*	1 p.m.
Dec. 21	Won't Back Down (PG)	6 p.m.

Admission: *First run, adult, \$5.50, under 12, \$2.75; regular release, \$5/\$2.50; repeat releases, \$4.50/\$2.25; special pay \$3.50/\$1.75.

The Ederle theater box office opens one hour prior to show.

View MOVIE TRAILERS and more online at
<http://www.shopmyexchange.com/ReelTimeTheatres/reeltime-landing.htm>

News briefs

New Year's Eve Parties

The Arena will offer special packages only for the evening of New Year's Eve. There will be open bowling from 11 a.m.-7 p.m. The family-oriented party packages are available for the following time slots: 7-9 p.m. 9-11 p.m. and 11 p.m.-1 a.m. The package includes unlimited bowling for up to six people, one pizza, and a pitcher of soda, shoes and party favors. You must prebook and prepay and no refund will be given. Space is limited so don't wait to reserve your lane. Strike Zone will be open for additional food and beverage purchases 11 a.m. Dec. 31 until 2 a.m. Jan 1.

For a more formal evening join the Golden Lion for a buffet featuring carved steamship round and ham, drinks and hors d'oeuvres and the Onyx Side Godsons of Soul performing live. Drinks and hors d'oeuvres begin at 8 p.m., the buffet dinner at 9 p.m. The band begins performing at 10 p.m. and will be followed by a toast and balloon drop at midnight. There is limited seating and you must purchase your tickets before Dec. 21 at either the Arena or the Golden Lion Conference Center. Adult tickets are \$60 per person and children ages 2-10 are \$30. The event is open to all U.S. and local national personnel working on Caserma Ederle and their

guests. For the complete menu visit www.vicenzamwr.com and call 634-7685/8257 for more information.

Looking for a casual adult themed place to spend New Year's Eve? The Lion's Den will ring in the New Year with a DJ from 9 p.m.-2 a.m. with free party favors and a balloon drop and toast at midnight. Enjoy our evening special "Bucket of Bud" (five bottles) and "Bucket of Wings" for only \$26. The game room is also open and no reservations are required.

USO Christmas party

Join the staff at the USO Dec. 15 for a Christmas party starting at 1 p.m. Santa will visit the center from 3-5 p.m. and photos will be available. A traditional dinner with all the trimmings will be served at 5 p.m. The event is open to all ID card holders and their guests.

Early closure

With the exception of the Shoppette, all Exchange facilities will close at 6 p.m. Saturday.

CYSS

♦ CYSS will host the Boys and Girls Clubs of America Fine Arts Exhibit through Dec. 31 at the Post Library. We have a lot of very talented youth so please stop by the library, view the show and vote for your favorites. Call 634-7659 for additional information.

♦ Youth Hail and Farewell are scheduled for Dec. 14 at 3 p.m. The teens are at the Teen Center on main post and youth at the Youth Center in Villaggio. Meet the new students arriving and say good bye to those

leaving our community. Call 634-7659 for more information.

♦ The **CYSS Parent Advisory Group** meets Dec. 13 from noon-1 p.m. in ACS, Room 29. All parents of CYSS enrolled children are encouraged to attend. On the agenda are CYSS Annual Survey results, review of the new CYSS Fee Policy, FCC fee information, update on new Youth Center construction, CDC 398 accreditation self-study, holiday operating hours, annual inspection results, actions taken to prevent spread of contagious diseases in the CDC, and any issues or concerns of parents. Call 634-8347 for information.

VHS concert

The Vicenza High School music department will present a seasonal concert Dec. 13 at 7 p.m. at the high school gymnasium. The department will highlight the advanced choir, advanced band and newly formed rhythm and blues band. The event is free and open to the public.

Soldiers' Theatre

♦ Make reservations now for **"That Holiday Feeling."** Performances are Friday-Sunday and Dec. 14-16, Fridays and Saturdays at 7:30 p.m. and Sundays at 2 p.m. Call 634-7281, stop by the theater or email gerald.s.brees.naf@mail.mil for tickets, which are \$12 for adults, \$10 for youth.

♦ **Experienced and trained adult dancers** are invited to audition Tuesday at 6 p.m. for "An Evening of Dance" to be staged in the spring. The show will feature ballet, jazz, tap, modern, contemporary and ballroom dance. Bring your ballet, tap, jazz or Pointe shoes and be prepared to dance. Warm ups start at 5:30 p.m.

The theatre offers a music studio and practice room available for rental. The cost is just \$7 per person per hour and includes use of music & sound equipment. Recording studio is also available by appointment with the technician. Call 634-7281.

Arts and Crafts

It's not too late to make some special decorations for your holiday season. We have several classes to show you how. Learn a simple technique creating a faux embossed aluminum ornament Dec. 12 or hand embroidered ornaments Dec. 19. Surprise your guests with expertly designed holiday cupcakes from the class Dec. 13.

Get started now on a winter craft project after learning the basics in Beginner Crochet Dec. 11. You'll soon be making all kinds of things with the versatile "Granny Square".

Have you tried PMC? It's the precious metal clay for designing your own silver jewelry or charms. On Dec. 13 you'll discover how easy it is to work with the fascinating medium that morphs from clay to pure silver. For more information about our classes call 634-7074.

Buongiorno Italia!

The USO will offer new Level I Italian classes Jan. 14-March 6 from noon to 1 p.m., and Jan. 14-Feb. 18 from 5:30-7 p.m. Sign up now; a minimum registration of 15 students is required. Class fee is \$125; textbook is €15. A field trip and Italian cooking

demonstration are included. Register at USO or email ggibbs@uso.org for details and assistance.

The Magic of a Moment

Vicenza community schools are supporting students in pre-school through high school to explore their creativity in the National PTA Reflections program by creating original works of art in choreography, film, literature, musical composition, photography and the visual arts. Information is on the web at www.pta.org/reflections. Students from pre-school to twelfth grade are eligible to enter in as many categories as they wish. Pick up packets with specific guidelines at your school office or contact PTSA Vicenza at ptsavicenza@hotmail.com. Deadline for submissions will be Jan. 9.

Holiday mailing season

The Postal Service Center will be **open Saturdays through Dec. 15, Saturday Dec. 22 and Monday Dec. 24** for package pick-up only. Tuesday hours will be from 10 a.m. to 5:30 p.m. Mail Parcel Airlift Service parcels by Dec. 3 and Priority parcels and first class letters by Dec. 10. Express service is not available in Vicenza.

VCC event cake support

The Vicenza Community Club's Community Enrichment budget will cover up to \$40 toward the cost of a cake ordered from the commissary for community related events. Send detailed requests via e-mail to welfare-ce@vccitaly.org. Upon receiving approval, order the cake at the commissary and notify via email again; funds will be forwarded to the commissary. Recipients remain responsible for additional costs.

Commissary holiday hours

The Vicenza Commissary will be **closed Dec. 25-26**, and again on **New Year's Day, Jan. 1**. It will however be **open Dec. 24** from 10 a.m. to 4 p.m. and **Dec. 31** from 10 a.m. to 6 p.m.

Vicenza Chapel holiday schedule

Friday - Catholic sacrament of reconciliation, 4-7 p.m.

Saturday - Catholic Holy Day of Obligation, Immaculate Conception of the Blessed Virgin Mary, noon.

Dec. 16 - Protestant Children's Christmas Music Program 5 p.m., contemporary worship service

Dec. 19 - **Combined Chapel Choir Christmas Cantata concert**, 6 p.m.

Emergency contacts

The Directorate of Emergency Services reminds the community that emergency personnel can be dispatched to your aid while you are still on the line with the call taker. Do not hang up until told to do so. Information gathered is used to relay to responding services (fire, police, emergency medical services) and to ambulance crew staff depending on the circumstances of the incident. Numbers to keep at hand are:

♦ **Military Police:** 634-7626/7233 (on post), 0444-71-7626/7233 (off post)

♦ **Emergency:** 634-7114 (on post), 0444-71-7114 (off post)

♦ **Fire Department:** 634-8911 (on post), 0444-71-8911 (off post)

♦ **Carabinieri:** 634-7522 (on post), 0444-71-7522/ 7528 (off post)

♦ **MP Desk interpreter:** 634-7847 (on post), 0444-71-7847/ 0444-501800 (off post)

♦ **Off-post Fire Department:** 115

♦ **Off-post ambulance:** 118

♦ **Off-post Carabinieri:** 112

♦ **Off-post Polizia:** 113

Religious activities

Chaplain Crisis Line

To speak with a chaplain after hours, call **634-KARE** (634-5273)

Sunday services

9 a.m.: Mass, Sacrament of Reconciliation following Mass, or during duty hours

11 a.m.: Protestant worship

1:30 p.m.: Full Gospel Pentecostal worship

5 p.m.: Contemporary Christian service

Tuesdays

9 a.m.: Protestant Women of the Chapel

5 p.m.: Contemporary Praise band practice

Wednesdays

5:30 p.m.: PWOC Bible study. Dinner provided. No child care

5:30 p.m.: Catholic choir practice

6:45 p.m.: Gospel choir practice

Thursdays

9:30 a.m.: Military Council of Catholic Women

5:30 p.m.: Gospel service choir rehearsal

7:15 p.m.: Gospel service Bible study

Faith group contacts

Bahá'í Faith: Call Russell Menard at 389-133-4627 or 349-708-2535 or Giacomo Baravalle at 348-603-2283

Church of Christ: Call CW2 Michael Bickle at 345-469-9974 or 0444-335-135 or email vicenzaitalychurchofchrist@gmail.com

Islamic: Call 634-7519 (0444-71-7519)

Jewish: Call Paul Levine at 345-907-2108

Latter Day Saints: Sunday services, 9:30 a.m. in Vicenza. Call Chance Wilson at 327-869-8107 for details.

Call the Caserma Ederle Post Chapel at 634-7519 (0444-71-7519) for more information.



Photo by Laura Kreider

Meeting mayors: A member of the Vicenza military community asks a representative about their city. About 30 municipalities of the Vicenza province display their specialties in the fourth 'Meet the Mayors' event, which was open to Soldiers and civilians at Caserma Ederle Nov. 28. Many food specialties such as polenta, wine, cured salami, cheese, olive oil, and the porchetta from Monteviale, were shared in addition to materials about the area and local events. [Click here for more photos.](#)

DON'T BE LATE: Email briefs to editor@eur.army.mil by noon on Monday, or by 4 p.m. Friday if Monday is a holiday.

Meditation classes assist stressed, better community

By Patrick Robinson
Outlook intern

Many people reduce stress and relax by running, talking with friends, or even by reading. Meditation might not be an obvious option, but it is becoming more popular and is now available on Caserma Ederle. Every Wednesday from 8-9 a.m., the [Army Wellness Center](#) hosts a free meditation-yoga class that teaches the relaxation response, different breathing techniques, meditation techniques, and yoga nidra, or yogic rest. Lacy Wolff and Frances Packard, instructors of the class, seek to help the participants reduce stress and feel good.

“Through this course, (we) wanted members to understand the benefits of meditation, gain exposure to and practice several different types of meditation, and work toward developing a daily practice,” Wolff said.

The idea behind start the course happened after a conversation Wolff had with one of the medical provider Laura Lefevers at the Health Center that prompted Wolff to research the benefits of meditation for people in pain and question why Vicenza did not have a meditation class. After pulling together a group of passionate people, the Army Wellness Center and the Medical Center managed to form the “Meditation Working Group,” with the primary goal of reaching the community with strategies to increase mindfulness and use meditation to reduce stress.

According to Wolff, meditation benefits spread into three categories: psychological/emotional, physical, and work related benefits.

“Meditations, in the psychological sense, creates a sense of calmness, reduces use of prescription drugs, alcohol, and tobacco, and improves grades at school; in the work sense, it reduces sick days, improves productivity, work performance and working relationships while also stimulating creativity,” said Wolff. “It also strengthens the immune system, reduces viruses, cardiovascular problems, and chronic pain, lengthening the life span at the same time.”

Meditation may not be as hard as learning to ride a bicycle, but it is not exactly a cakewalk either. According to the instructors it takes patience and it is a process that requires regular practice. As with other exercises, benefits do not become evident overnight. However, when they do manifest, it could change the person’s life in a profound way.

Army Community Services is also offering “Meditation Monday” which is a walk-in meditation practice during the lunch hour every Monday and is open to the whole community. Every week different meditation techniques and a quiet space for community members will be offered. The actual meditation will take place from 12:20-12:40 p.m. so it is recommended to come early and secure a spot.

For questions about the Wellness Center Meditation Class or to register, contact them at 0444-71-8186 or 634-8186.



Cougars grapple:

Above: Vicenza High School wrestler Alex Jogthong collects back points from his Naples opponent Saturday. The team had 25 pins during the first tournament of the season. At right, Senior Liam Manville wraps up his Aviano opponent to take the match by pin. This weekend the team travels to Aviano.



Photo by Saralynn Manville

CYSS sports

Enrollment for cheerleading (ages 6-15) and basketball (ages 3-5) is open through Friday or until spaces are filled. Practice begins Dec. 26 and the season runs Jan. 15-March 2. Enroll at Parent Central Services. Youth must have a health assessment valid through the end of the season. Call 634-6151 for more information.

Unit and rec play

Men’s Soccer: Vicenza Post Soccer Team is currently looking for players. Practice is every Tuesday and Thursday from 7-9 p.m. at the Multi-Purpose Soccer Field behind the Ederle Inn. For more information contact the team captain at 634-8638 or 335-698-1961, or email wilmer.aguilare-corea@mail.mil.

Volleyball: 6:30 p.m. Tuesdays for eight or more, Fitness Center.

Frisbee golf: 6 p.m. Wednesdays, North 40 field.

Tennis: Open play Singles and Doubles on Mondays and Wednesdays, 6 p.m. and 7 p.m. New players are always welcome. Call 634-7009 or individual POCs.

Rugby Team Open Play

Every Tuesday and Thursday from 6 p.m. to 7:30 join players at the N-40 Football Field to play.

Basketball Open Play

Every Monday, Wednesday and Friday from 11:45 a.m. to 1:30 p.m. at the Fitness Center. Come out and join the fun. Call 636-9632 to take charge and help this get started.

Women’s basketball

Women’s basketball practice held Sundays from 4-5 p.m. at the post gym. All female community members welcome to attend. Focus is on fun and having a great workout. POC is julia.sibilla@us.army.mil.

Know of an event we’re missing? Email the Outlook at

editor@eur.army.mil

We gladly accept story ideas, photo and story submissions. All submissions are subject to editing.