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ROME





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September Events

By Tamala Malerk

EDITOR'S PICKS

The weather is starting to turn a little cooler, but it maintains that beautiful sunlight.

Enjoy these wonderful weather days with markets, festivals, races and more. Always check with an event's website before traveling.



Tattoo Convention Fulda 23 Sept. 9-10, Künzell

Get tattooed by one of 50 international tattoo artists. If you aren't looking for more ink, you can also shop from various vendors, view art or get a new piercing.



Berlin Beer Week Sept. 1-10, Berlin

Across Berlin, celebrate craft beer with cruises, festivals and BBQ. The first of the cruises takes off Sept. 2 and 3 with beer tastings on the water. There is a "uniquely brewed beer" festival as well as a "beer, bourbon and BBQ" festival.

©BERLIN BEER WEEK/BEERWEEK.DE



Kessel Cup Sept. 9-10, Grimmen

"Fahrer, starten Sie Ihre Motoren!" (Drivers, start your engines!) Spend the weekend watching stock car races, going to the after-race party and seeing who wins the Kessel Cup and the caravan annihilation races.



Teddybär Welt (Teddy Bear World) Sept. 2-3, Wiesbaden

Come here for two days of stuffed animal fun for the entire family. Toy innovations from the Nuremberg Toy Fair are present along with exhibitors from all over the world. Get your favorite teddy bear fixed by the teddy bear doctor. See antique teddies and more.



WeinYOGA Sept. 22, Cologne

Can you keep hold of your wine glass as you do your vinyasa flow? The goal is to put the wine glass down as little as possible. The vinyasa flow is designed in a way so students feel as if they are almost dancing while they do yoga.



Camper Camp Sept. 8-9, Hamelin

Have you ever thought about starting a travel blog? How about living in an RV or tiny home and influencing others? Camper Camp is a two-day convention where you can learn the latest camping techniques and utilizing social media, video recording and photography to tell your story.



13th Berchtesgaden Land Hiking Festival Sept. 22-24, Berchtesgaden

Whether you're a casual mountain hiker or a sports extremist, this is a festival for you. There are 12-hour and 24-hour options so you can push yourself to your limit. You can scale the mountains or do a moonlit hike.



Dürkheim Sausage Market Sept. 8-12 & 15-18, Bad Dürkheim

Make your way to the world's LARGEST wine festival. Drink some wine, eat sausage, go to a concert, get on rides and so much more. Scan to read our "Day at Bad Dürkheim" article for more to do while you're in town for the market.

©BAD-DUERKHEIM.DE

Tell Your Story!

Did you attend a previous Editor's Picks event? We want to hear all about it! Please share something memorable about your experience in about 50-70 words and you could be featured here. Send your submissions to contentteam@stripes.com. ■

Travel

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2	• TRY SCUBA	• \$129 / \$119
4	• SELF DRIVE TROUT FISHING	• \$59 / \$39
4	• SKYDIVING	• \$249
9-10	• GERMAN FISHING CLASS	• \$60+
9	• BERLIN BEER FESTIVAL	• \$99/\$79
9	• BAD DURKHEIM WINE FEST	• \$39
9	• PARIS EXPRESS	• \$99/\$79
10	• ELTZ CASTLE HIKE	• \$29
15-17	• OKTOBERFEST WEEKEND AT EDELWEISS	• \$329+
16-17	• MOSEL OVERNIGHT BIKE RIDE	• \$199+
16	• AMSTERDAM EXPRESS	• \$99/\$79
16	• BAD DURKHEIM WINE FEST	• \$39
16	• OKTOBERFEST EXPRESS	• \$89
16	• SELF DRIVE FISHING	• \$59/\$39
17	• CARACALLA SPA DAY	• \$69
22-24	• OKTOBERFEST WEEKEND AT EDELWEISS	• \$329+
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23	• OKTOBERFEST EXPRESS	• \$89
23	• PRAGUE EXPRESS	• \$99/\$59
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29-1	• OKTOBERFEST WEEKEND	• \$329+
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30	• BLACK FOREST TOUR	• \$69/\$49
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PHOTO of the month

Take a water taxi from Venice, Italy to the islands of Murano and Burano for this gorgeous view. Burano is known for its colorful buildings and homes while Murano is known for glassmaking. Both islands are small enough that you can squeeze a trip to both in one day.

Photo by Alexia Clark

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Bad Dürkheim

By Tamala Malerk

If you are in town for Wurstmarkt, why not see what other wonders this town has for you? Bad Dürkheim is one of the most famous wine-growing regions in the world. You can find Bad Dürkheim a short 40-minute drive (or an hour-long public transit ride) from Kaiserslautern and less than two hours from Stuttgart via car or public transit. There is something for everyone here!

Eat in a Giant Wine Barrel

In 1934, vintner and master cooper Fritz Keller built the giant wine barrel that now serves as the restaurant, Dürkheimer Riesenfass. It sits at the edge of the town's square on the main road from Bad Dürkheim to Kaiserslautern. According to the restaurant, the diameter of the barrel is 13.5 meters with a volume of 1.7 million liters. (The other popular giant wine barrel in Heidelberg measures roughly nine meters). The restaurant offers a variety of food and drink options including Rheinland-Pfalz regional specialties and, of course, wine tastings.



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A DAY IN Bad Dürkheim



Salinarium

Warm up or Cool Down at the Pool and Sauna:

Have a relaxing day at Salinarium-Leisure Pool and Sauna. There is a sport and swimming pool measuring 25 meters long maintaining a temperature of 28-29 degrees Celsius (82.4 - 84.2 degrees Fahrenheit). Take a nice steam in a variety of saunas and relax even more in thermal baths. Unwind with a massage. Kids (and kids at heart) will enjoy the water slides and diving boards. The Salinarium is closed on Mondays, and some of the areas and experiences may not be available due to construction.



Flammkuchen



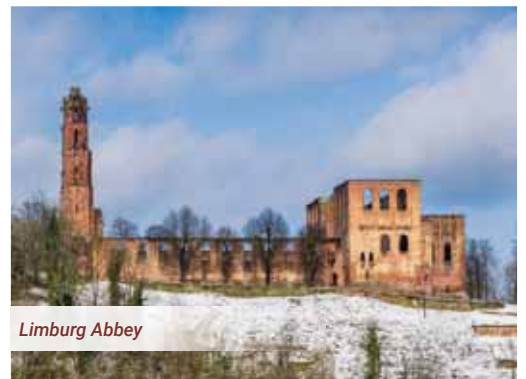
Eis from an Eiscafe



Hardenburg Castle



Römerplatz



Limburg Abbey

Explore a Castle and Ruins

Hardenburg Castle and Fortress Ruins offer visitors a chance to explore a castle and Renaissance garden area, and view an exhibition of items recovered from 16th and 17th-century archeological digs. The outdoor eatery next to the castle and overlooking the town is a relaxing place to order some flammkuchen and let the kids play. Limburg Abbey is just outside of town and is a ruined abbey converted into a modern-day restaurant. Enjoy a great regionally-inspired meal and then explore the monastery gardens. Limburg Abbey is closed on Mondays and Tuesdays, and only open for dinner hours Wednesday through Friday.

Do it All in the Römerplatz

No matter what you want to do, you can do it in the Römerplatz. In the Middle Ages, the "Römer" was the center of the area, which is where today's name comes from, according to tourcenplaner-rheinland-pfalz.de. There is a pedestrian area, great for those who love to stroll.

There are plenty of Eiscafes for those midday ice cream and coffee treats. There are restaurants to satisfy any appetite. If you're seeking a souvenir, you can find multiple shops here.

Hike for an Abbey View

If you want some exercise and enjoy a beautiful area, you can hike from the Pfalz Forest in Bad Dürkheim to a view of Limburg Abbey. Along the trail, you will see ancient Roman ruins, a Celtic wall, and more. The trail takes roughly 2.5 hours and is 7.9 kilometers. Scan the QR code below to learn more about the trail and preview it on alltrails.com.



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TRAVEL BACK IN TIME

It is likely to have been mentioned in your school textbooks as the capital of the sprawling Roman Empire. Well, Rome is all that and more. The complex story of the Roman civilization has a multitude of lessons to teach us about power, people and life in ancient times, which is what fascinates its many visitors every year. Nowhere in the world will you get a more concentrated explanation of how the Romans changed the world than in the heart of the “Eternal City.”

For the best experience, I recommend visiting in the tourist off-season, but then again, I’m not a fan of the summer heat or heavier crowds. With a bit of planning and prioritizing what you want to see, you can take full advantage of your time in the city.

ALL ROADS LEAD
TO
ROME

By Erica Fowler

COLOSSEUM & ROMAN FORUM

Tickets: www.coopculture.it/en

You’ve seen it in movies and depictions of everything Italian but standing on the arena floor of the massive Colosseum of Rome will still have you feeling awestruck. The best view of the Roman Forum right next door is from the Palatine Hill terrace. If you have the time, seeing all three sites is possible with a little planning. It is now required to purchase your tickets online and you run the risk of tickets being sold out if you try to book them on the same day. You can also use a tour company that can take care of it for you and in the meantime check out the website to decide what you’re most interested in seeing. Do you want to explore the hypogeum (underground portion) or actually walk out onto the arena floor as the gladiators did? You can add on the S.U.P.E.R. pass, which stands for “Seven Unique Places to Experience in Rome.” This allows you to check out some historically significant and magnificent spaces.

BONUS STOP



BASILICA DI SAN CLEMENTE

Tickets: basilicasanclemente.com

A perfect example of the literal layers of history in Rome is the Basilica di San Clemente, a six-minute walk from the Colosseum. An ornately painted and gilded interior of a 12th-century basilica welcomes you just past the cloisters. The magnificent display is just the start of your journey backward through time as you walk down steps through a simple side door. You can gain access to the archeological site underground by booking online for 10 euros. This allows you to view the fourth-century basilica and even further down, the remains of a first-century alleyway of former shops and even a temple of Mithras.

The Roman Forum



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TREVI FOUNTAIN

Relatively youthful compared to the many ancient sites of Rome, the Trevi Fountain is a quintessential place that many have put in their travel photo albums. It is an eight-minute walk from the Pantheon and free to gaze at, so why not walk over and toss in a coin? (Over your shoulder of course.) If you want a photo without the ridiculous crowds, go early in the morning. Nighttime will still be crowded. Remember that Italian businesses stay open late and dinnertime is even later in the evening, so Romans and tourists alike will still be out and about.

BONUS STOP



VICUS CAPRARIUS

Tickets: www.vicuscaprarius.com/en

If it wasn't for its discovery in the 1990s, this first-century residential complex would still be buried under the affluent neighborhood of Trevi. You can reserve a guided tour or explore through the underground archways and hear the trickling pools of the still-active Virgin Aqueduct, hence the nickname the "City of Water." The water feeds into the Trevi Fountain nine meters above.

PANTHEON

Tickets: pantheonroma.com

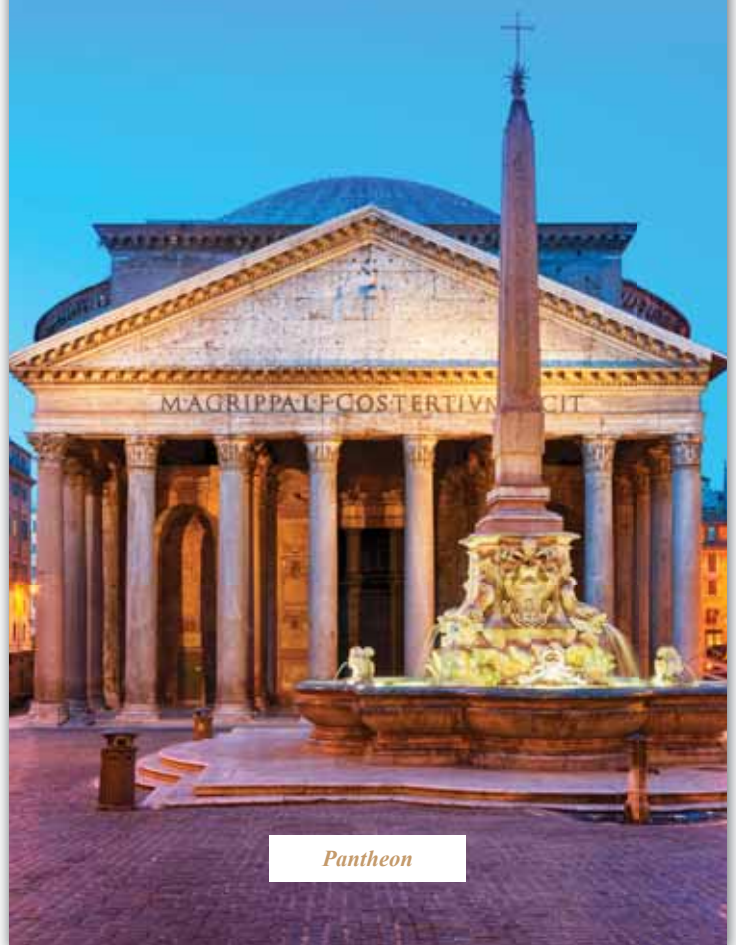
The Pantheon is a brilliantly engineered structure that was built as a Roman temple to all gods in the first century. It served as a Christian church and was an important burial site for several famous Italians during the Renaissance and even into the 19th century. Its design has been replicated as a model of impressive power across the world, as any classical rotunda of a capital building or monument will show you. The massive spherical dome has an opening at the top, the "oculus," which beams sunlight (or rain) into the massive space. A guided tour is recommended here because there is so much to learn about its history.

BONUS STOP

WELCOME TO ROME MUSEUM

Tickets: welcometo-rome.it

This museum is an interactive visualization of Rome's construction and changes over time. Watch the short film to get a solid foundation of the city's 2,700-year-old history. This is a great first stop if you have the time, especially if you are going without guided tours to popular sites.



Pantheon

EXPERIENTIAL VISITS

VILLA TORLONIA

Tickets: www.museivillatorlonia.it/en

Villa Torlonia is a park built in the 1800s filled with visual masterpieces. In the Museum of Villa Torlonia, collections of sculptures and stained glass also attract a living community of artists participating in workshops and art shows throughout the year. The Casina Delle Civette is a castle manor on the grounds of the park, with a quirky combination of architectural styles. Every room and surface appears to go on its own tangent of embellishment, some of it in art nouveau and some medieval. This structure is lucky to have come back from its destitute years of fires and disrepair. It was once occupied by American troops toward the end of World War II. In the 1990s, it was restored to its former glory.

EYES OF ROME

Tickets & Tour Options: eyesofrome.com/our-tours/rome-vatican

There is something romantic and thrilling about strolling through Rome at night. Take an evening tour of the city center or a ghost tour. Tour the ancient city passages underground or the Vatican, the world's smallest country. Reach out to a reputable private tour company like this one for options that will fit nicely into your itinerary.

CAPITOLINE MUSEUMS

Tickets: www.museicapitolini.org

One intriguing museum hub in the city is on top of Capitoline Hill, the smallest hill of the seven in Rome. The Campidoglio links the gallery-filled palazzos as an elegantly designed outdoor square, a creation of Michelangelo. The web of buildings displays not only Roman, but Greek, Egyptian, medieval and Renaissance art and sculptures. It was conceived partially as an alternative location for pagan symbolism from the Vatican and to house the many artifacts of the Roman Empire.

IMPORTANT TIPS

- Pre-book your admission tickets for these tourist sites online to save yourself time so you don't have to wait in as many long lines and to guarantee you'll be able to see the places you're most excited about.
- Get the Roma Pass for free or discounted entry to certain sites and local public transportation. For more details, visit romapass.it/en. ■

"There is something romantic and thrilling about strolling through Rome at night."



Villa Torlonia



Vatican City

Volunteering with a Community Spouse Club

by Tamala Malerk

Volunteering can be such a fulfilling activity. This year, we are highlighting a new organization or event for those who are looking to learn more about the services and resources available to them as well as for those who are looking to give back to the community.

This month we are featuring Ramstein Officers' Spouses' Club (ROSC). I spoke with Linda Skoglund, the Public Affairs and Publicity Chair as well as the Communications Director for the Bazaar, and Kari Jennings, President for the 2022-2023 year. They shared their experiences working with the spouse club.



Join ROSC

“**Having a network of people to just be with and help other people, I think it is invaluable.**”



Linda has worked for the past two years to ensure that the local community knows who the members of ROSC are and what they do. She also works internally with the volunteers and members to inform them about the events and opportunities available to them.

Neither Linda nor Kari had ever been in a spouses' club before joining ROSC two years ago. Linda was looking for volunteer opportunities and a social network in her new community. She “hit Google” and found the spouses' club. Kari was just looking to donate some leftover PCS items at the thrift store (run by the Ramstein Enlisted Spouses' Association). She saw the flyer for the annual Ramstein Bazaar and knew she wanted to get involved.

ROSC's most famous contribution to the community (in conjunction with 86 FSS) is the annual Ramstein Bazaar, the largest DoD bazaar in the world. Over 120 vendors from all over Europe come to Ramstein and sell everything from cheeses to furniture, antiques and wine. This year, the bazaar will be held from Sept. 14-17. You can do more than just shop; you can give back to your community by helping with set-up, day-of errands and clean-up. You do not have to be a member to volunteer, but membership allows you access to their community events and opportunities to serve on the board.

Kari stated the most fulfilling part of volunteering is “giving back to the community.” She continued with, “...any time there is a need, all we have to do is say

‘hey, earthquake in Turkey, the morale cart needs help, Fisher House had an influx of people’...[and] we can have an office full of donations in hours.”

Each year, through Bazaar fundraising, ROSC gives over \$250,000 in grants, scholarships and funding to the DoD community. One hundred percent of net proceeds from the Ramstein Bazaar contribute to ROSC's community grants. Kari talked about some of the organizations and groups who have benefitted such as Operation Warm Heart and sponsoring swim teams to go to competitions. She continued, “Seeing other people succeed because maybe we could help give them that little boost is very rewarding.” Linda shared a story about a military spouse who had received a scholarship from ROSC: “She kind of lost her identity a little bit. The scholarship gave her a second chance at education...she felt like she was more than a mom. That really touched me.”

Kari and Linda noted how volunteering can give someone purpose, help them develop new skills, pad their resume and get them connected with their new community. Kari stated, “Having a network of people to just be with and help other people, I think it is invaluable.” If you are interested in volunteering with and/or joining ROSC, go to a Welcome Coffee (usually once a quarter) or go to ramsteinosc.org/volunteer-1. To learn more about the Ramstein Bazaar which will be held this year Sept. 14-17, visit <http://ramsteinbazaar.org>. ■

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FALL COBB SALAD

By Anna Leigh Bagiackas

Many of us know the classic Cobb salad—lettuce, tomatoes, chicken or turkey, eggs, avocado, cheese and, of course, bacon bits. It is a classic for a reason—it's delicious! But this combination of greens, vegetables and protein can also be changed up, depending on the season and what you have in your fridge.

Introducing, the fall Cobb. The recipe below is a loose set of guidelines, including more autumn-inspired roasted vegetables and an herby mustard dressing. For this version, maybe you have butternut squash instead of sweet potatoes, or carrots and parsnips instead of beets?

The Cobb salad concept is adaptable and flexible, guided by your taste buds and what is available. For this version, you could also roast the chickpeas for some added crispiness or include some cooked sausage or bacon bits.

You can even change up the role this salad can play in your meal planning. Hearty enough for a main dish, you could add sauteed chicken if you want more protein or serve it with a lighter fall soup for a soup-and-salad kind of night. You could also have this as a side dish to complement something else on the menu.

Note that roasting times will vary depending on the type of vegetable you're using, so don't walk away from the oven for too long. ■

FALL COBB SALAD WITH ROASTED SWEET POTATOES AND BEETS

Start to finish: 45 minutes

Serves: 4–6

3 medium sweet potatoes, cut into 1/2-inch cubes
3 tablespoons olive oil, divided
Kosher salt and black pepper
4 medium beets, peeled and quartered
3 to 4 heads romaine lettuce or other greens, cut into 3/4-inch ribbons
1 cup cherry tomatoes, halved
2 avocados, pitted, peeled and cubed
1 cup canned chickpeas, rinsed and drained
1 recipe Mustard-Herb Vinaigrette

Preheat oven to 425°F (218°C). On one large baking sheet, toss cubed sweet potatoes with 2 tablespoons olive oil, 1 teaspoon salt and 1/2 teaspoon pepper. On a second baking sheet, toss beets with 1 tablespoon olive oil, 1/2 teaspoon salt and 1/4 teaspoon pepper. Bake vegetables for 25 to 30 minutes, turning vegetables and switching pans halfway through. You may need to bake the beets slightly longer, so keep an eye on both vegetables. You can use a fork to test the doneness of the vegetables.

Divide lettuce or greens between bowls and top with roasted vegetables, tomatoes, chickpeas and avocado. Drizzle with vinaigrette and serve.

MUSTARD-HERB VINAIGRETTE

Start to finish: 10 minutes

Makes: 3/4 cup

1 garlic clove, minced
1 small shallot, minced
1 tablespoon grainy Dijon mustard
1 teaspoon dried oregano
1 teaspoon dried parsley
1/4 teaspoon black pepper
1/4 teaspoon kosher salt
2 tablespoons red wine vinegar
1/2 cup olive oil
1 tablespoon shredded Parmesan cheese

Combine garlic, shallot, mustard, oregano, parsley, pepper, salt and red wine vinegar in small bowl or jar. While whisking, slowly pour in olive oil. Lastly, add in Parmesan cheese.

(This recipe was adapted from What's Gaby Cooking)



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