

THE GAZETTE

Published for members of the SHAPE/Chièvres, Brussels and Schinnen communities

Benelux news briefs

Daylight Saving Time ends

On Sunday morning, Oct. 26, most of Europe ends Summer Time, better known as "Daylight Savings Time."

You will be setting your clock back one hour, following the motto of "Spring forward, fall back." In the United States, the change won't be made until a week later on Nov. 2.

Travel office closing

Due to non availability of staff members, the CTO-SATO Travel Agency Office at the Brussels Garrison will be closed Nov. 10. Normal operations will resume Nov. 12. In case of an emergency, contact the Chièvres CWT Sato Travel at +32 (0) 68-657125 or fax +32 (0) 68-657170.

Gazette submissions

Send your requests for publication to usarmy.benelux.imcom-europe.list.pao@mail.mil by Monday at 3 p.m.

Call for bloggers

USAG Benelux is looking for bloggers for a historical program. For details, email usarmy.benelux.imcom-europe.list.pao@mail.mil with 'interested in blogging' in the subject line.

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Schinnen shows appreciation for retirees

American veterans were honored and given the opportunity to receive information about the various services available to them at Retiree Appreciation Day at the Schinnen Community Activity Center Friday, Oct. 17, 2014. Veterans also enjoyed free bowling at the Schinnen Bowling Center as well as a free shuttle to the Customs Office on JFC Brunssum where veterans paid Retiree Shopping Program customs tax.



Happy birthday, BOSS

Mark Boggess shows no fear while scaling the climbing wall during the 25th anniversary of Better Opportunities for Single Soldiers, or BOSS, at Schinnen Thursday, Oct. 16, 2014. Boggess is the Family and Morale, Welfare and Recreation, or FMWR, coordinator for USAG Benelux-Schinnen. Service members and civilians played games and enjoyed food at the celebration. (U.S. Army photo by Rita Hoefnagels)

At work or play, always consider cybersecurity wherever you are

October is Cybersecurity Awareness Month. Below are just a few tips to help you guard your information at work and at home. For more tips, go to <http://www.eur.army.mil/vigilance>.

- Never use the default administrator user name and password that comes with a new wireless router.
- Strong passwords are at least eight characters long with a mix of numbers, letters and special characters.
- Avoid using a word, name or telephone number as a password to connect to a wireless network.
- If someone gains access to an unsecured wireless network they can install malicious programs to copy keystrokes or steal financial data, such as credit card or banking information.

Wi-fi 'hotspots' in public places are convenient, but often not secure.

- Wi-fi "hotspots" in coffee shops, libraries, airports, hotels, universities and other public places are convenient, but often not secure. Users can be confident a hotspot is secure only if it asks for a WPA (Wi-Fi protected access) password. Users who are unsure as to whether a network is secure should treat it as if it isn't.
- When using Wi-fi hotspots, users should log in or send personal data only to sites that are fully encrypted – with a web address that starts with https and an image of a closed padlock. To be secure, a visit should be encrypted from login to logout.
- Users shouldn't stay permanently signed in to accounts, to keep people from accessing sensitive information.
- Many browsers alert users if they try to visit fraudulent sites or download malicious programs. Heed these warnings and keep browser and security software up-to-date.
- When getting rid of an old computer, dispose of the hard drive properly (wipe it or destroy it) to keep your personal data safe.

THE GAZETTE

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Take action: Save energy now

By Melanie Chaballe

Energy manager, USAG Benelux Directorate of Public Works

October is Energy Action Month. This year the U.S. Department of Energy is highlighting the importance of the transition to a clean energy reality.

"Federal employees have the power to make the transition to clean energy a reality, while also meeting critical agency mission goals," according to the Federal Energy Management Program website at <http://energy.gov/eere/femp/energy-action-month>. "Making clean energy a reality means greater energy security, less carbon pollution, and more agency dollars saved."

USAG Benelux is working toward numerous goals, including the production of renewable energy.

The new solar photovoltaic array at Chièvres Air Base is now producing and connected to distribute "green" electricity through the electrical loop. In other words, anyone on base could be using green electricity from the solar array. On sunny days, the plant

supplies a fourth of Chièvres Air Base electricity. USAG Benelux is also continuously working on smaller projects to improve energy efficiency, such as replacing light fixtures, improving heating control systems, insulating buildings and so forth.

Another goal of the USAG Benelux Energy Management Program is to raise awareness on energy and water conservation to everyone in the community because everyone in the USAG Benelux footprint uses electricity, gas, fuel and water.

It may seem minor to forget one light on in the garage, leave one computer on at night, keep heating on in an unoccupied room, have your unused chargers plugged in and so forth. However, if you start counting the number of lights, electric devices, pieces of office equipment, radiators and chargers used in the entire USAG Benelux community, at work and at home, you will see that little savings can add up to big results.



Guard against costly power surges If you take precautions, you can file claim

Special to the Gazette

Northern Law Center

Even if a power surge or lightning strike damages electronics or appliances located in on-post or government-furnished housing, unless you do everything possible to protect your belongings (that is, use a surge protector), the Claims Office will be unable to compensate you for your loss.

Electrical storms, sudden power interruptions, power surges and accidentally plugging 110-volt appliances into 220-volt plugs can all damage or destroy sensitive electronic equipment. Losses caused by such occurrences are typically not payable claims under the Personnel Claims Act. Even if you are using a 110-volt outlet or a transformer, you should exercise caution when using American electronics and appliances in Belgium. You should also ensure that you have sufficient personal property insurance to cover such losses.

Safeguard electronic devices (such as computers, stereos, televisions, DVD players, video-game players and other expensive items) by using surge protectors. Reliable surge

protectors are available from AAFES or other local electronics stores. Reputable manufacturers of surge protectors often give a warranty against damage to property that occurs while one of their surge protectors is in use.

Power may also surge through telephone lines by way of computer modems. If you use a modem, you may want to look for an integrated surge protector that contains an extra outlet for the telephone line. Surge suppressors solely for connection to modems are also available.

You should always check the voltage of an electrical device, the voltage of the power socket, and the polarity of the outlet before plugging in the device.

Protect your belongings from power surges

- Check the voltage of the electronic item or appliance and the voltage of the outlet before plugging in the item.
- Protect expensive electronics from power surges by connecting them to a surge protector.



Preparing Army Communities Today for the Hazards of Tomorrow

BE INFORMED ▶ MAKE A PLAN ▶ BUILD A KIT ▶ GET INVOLVED

'Shelter in place' may be best option

Army personnel and their families must be prepared for any emergency by being able to shelter in place, according to officials from Ready Army, the Department of the Army's emergency-preparedness campaign. All Army personnel should also continue to maintain a basic level of preparedness for all potential hazards.

Sheltering in place means to take temporary protection in a structure or vehicle that isn't certified, insured or staffed for emergency conditions. Installation procedures designate which office or party will order personnel to shelter in place and for how long the order is to be in effect.

"Preparing your residence for a sheltering-in-place is your own responsibility," said John Hopper, the USAG Benelux-Schinnen emergency manager. "By having an emergency kit, creating a family emergency plan and being informed about different types of emergencies, you could possibly save your

own life and those of your family members."

Preparing to shelter in place involves having an emergency kit, being able to turn off heating and ventilation systems quickly and identifying potential interior spaces for sheltering-in-place. Notification of an emergency may be through a voice announcing system, commonly known as a public-address, or PA, system ("giant voice"); announcements through cellular phones or e-mail; or an Emergency Alert System broadcast over radio or television.

When asked to shelter in place, remember to:

- Turn off all heating, ventilation and air-conditioning systems;
- Close and secure all doors, windows, vents and other exterior openings; and
- Bring everyone safely inside to an interior room or one with few windows and doors.

Prepare for emergencies using helpful hints

Be ready to shelter in place by preparing ahead of time.

Car

Make sure your vehicle is stocked with:

- a shovel
- windshield scraper and small broom
- flashlight with extra batteries
- battery-powered radio
- water
- snack food including energy bars
- raisins and miniature candy bars
- matches and small candles
- extra hats, socks and mittens
- First-aid kit with pocketknife
- Necessary medications
- blankets or sleeping bag
- road salt, sand or cat litter for traction
- tow chain or rope
- booster cables
- cell-phone adapter to plug into lighter
- emergency flares and reflectors
- fluorescent distress flag and whistle.

Kit tips:

- When storing a flashlight, be sure to reverse batteries in the flashlight to avoid accidental switch-on and burnout.
- Store items in the passenger compartment in case the trunk is jammed or frozen shut.

Emergency-call tips:

- If possible, call 112 (European emergency phone number) on your cell phone. Provide your location, condition of everyone in the vehicle and the problem you're experiencing.
- Follow instructions: You may be told to stay where you are until help arrives.
- Don't hang up until you know who you spoke to and what will happen next.

Survival tips:

- Prepare your vehicle: Always keep your gas tank at least half full.
- Be easy to find: Tell someone where you are going and the route you will take.
- If stuck: Tie a fluorescent flag (from your kit) on your antenna or hang it out the window. At night, keep your dome light on. Rescue crews can see a small glow at a distance. To reduce battery drain, use emergency flashers only if you hear approaching vehicles. If you're with someone else, make sure at least one person is awake and keeping watch for help at all times.
- Stay in your vehicle: Walking in a storm can be very dangerous. You might become lost or exhausted. Your vehicle is good shelter.

Emergency numbers

Brussels

Any emergency - Dial 112
Brussels MP station:
DSN 368-9769
civilian 02-7179769

Schinnen

Any emergency - Dial 112
Schinnen MP station:
DSN 360-7555
civilian 046-4437555

SHAPE/Chièvres

Any emergency - Dial 112
Chièvres MP station:
DSN 361-5301
civilian 068-275301
SHAPE Police Desk:
DSN 423-3333/4
civilian 065-443333/4

Suicide hotline

DSN 118 (*2118 from SHAPE)
or the toll-free number
00800-12738255
Get free and
confidential support
all day every day.

Red Ribbon Week: 'Love yourself; be drug-free'

Special to the Gazette

Benelux Army Substance Abuse Program

Red Ribbon Week Oct. 23 to 31 is an annual campaign that seeks to raise public awareness of the military's commitment to a drug free lifestyle.

This public awareness campaign came about in response to the tragic 1985 murder of federal drug enforcement agent Enrique "Kiki" Camarena while he was investigating Mexican drug traffickers. At that time, angry parent groups and others began wearing red ribbons to take a public stand against the illegal use of alcohol, tobacco and other drugs to show their support of drug-free youths and to honor Kiki's memory.

Red Ribbon Week began to gain momentum in California and throughout the United States. In 1985, then first lady Nancy Reagan, already famous for her "Just Say No" anti-drug campaign, was presented with the "Camarena Proclamation." This then brought national attention to the commitment of staying drug-free. Later that year, parent groups in various states began the promotion of wearing red ribbons nationwide during late October. In 1988 the Red Ribbon campaign was formalized, with President Ronald Reagan and his wife serving as honorary chairpersons.

The Department of Defense has officially participated in this event since 1990 with the aim to reduce drug abuse among its members and their families.

In celebration of Red Ribbon Week, red ribbons will be given out throughout the Benelux. Individuals can wear red and parents are encouraged to talk with their children about the dangers of illegal drugs and the misuse and abuse of prescription drugs.

Experts at "Parents, the Anti-Drug" website had the following suggestions to keep your child drug-free:

Stay involved in your child's life

Research shows that kids who aren't regularly monitored by their parents are four times more likely to use drugs. Before going out, have them tell you *who* they are going to be spending time with, *what* they will be doing, *when* or what time they will be at their expected destination and, finally, exactly *where* they are going to be. Every once in a while, check on your teens to see if they're where they said they would be. It's not pestering; it's parenting.

Many teenagers get in trouble with marijuana, other illicit drugs or alcohol right after school from 3 to 6 p.m.

Tell them what you expect

It's important that your child knows what you expect. Make it clear that you don't want any alcohol, marijuana or any illicit drug use in your house. Tell them that there will be consequences for using drugs. As your child enters middle school and then high school, your child will be at greater risk of using marijuana and alcohol if you haven't made your expectations clear. Your child needs to know where you stand.

Here are some clear ways you can tell them what you expect: "I've been thinking lately that I've never actually told you this: I don't want you using marijuana, alcohol, tobacco or any drug."

"The rule in our house is that nobody uses drugs."

Set rules

Even though your child is getting older and spending more time without you, it's more important than ever to set rules. Setting a firm rule of no marijuana or other drug use will help your teen resist pressures to use drugs.

Recognize signs of alcohol or drug use, and intervene early

It's not always easy to tell when teens are using drugs because many signs are common for youths this age.

While there is no single warning sign for drug or alcohol use, some signs to look for include:

- Skipping classes or not doing well in school;
- Unusual odors on their clothes or in their room;
- Hostility or lack of cooperation;
- Physical changes (red eyes, runny nose);
- Borrowing money often, or suddenly having extra cash;
- Lack of interest in activities;
- Significant mood changes;
- Loss of interest in personal appearance;
- Change in friends; or
- Heightened secrecy about actions or possessions.

When your child breaks the rules

Parents need to enforce rules consistently and fairly. Consequences for broken rules could be restriction of Internet use and television; suspension of phone privileges; or suspension of outside activities, such as going to the mall or movies.

Risky situations

Let your teens know that you don't want them in risky situations. Tell them:

"I don't want you riding in a car with a driver who's been using marijuana or who's been drinking."

"It's my job as a parent to keep you safe so I'm going to ask questions about who you're with and what you are doing."

Help your child avoid risky situations

Here are some lines you can give your children to help them stay away from risky situations:

"I like you, but I don't like drugs."

"My dad (or mom, grandmother, etc.) would ground me if he (or she) knew I was around marijuana."

"No, thanks. It's not for me."

"I don't do drugs. I could get kicked off the team if anyone found out."

Beware of messages that encourage drug use

Many parents are concerned about messages on television, in movies and music that encourage or trivialize drug use and that fail to show the harm of using drugs. You can set rules about what your teens watch on television, in the movies they see or the songs to which they listen.

If you have a computer at home connected to the Internet, you should let your children know that you are in charge of their time online. Not only can teenagers find websites that promote drugs, they can actually buy drugs over the Internet.

By being engaged and holding children accountable, members of the community can stand together and let their children know that they are going to fight to keep them healthy.

DOS issues 'Worldwide Caution'

State Department: Maintain high level of vigilance

The Department of State updated the Worldwide Caution Oct. 17 to provide information on the continuing threat of terrorist actions and violence against American citizens and interests throughout the world.

Part of the Worldwide Caution is the below information pertaining to Europe:

Current information suggests that the Islamic State of Iraq and the Levant (ISIL), al-Qa'ida, its affiliated organizations, and other terrorist groups continue to plan terrorist attacks against U.S. and Western interests in Europe.

Unaffiliated persons planning attacks inspired by major terrorist organizations

but conducted on an individual basis also exists in Europe.

As European members of ISIL return from Syria and Iraq, American citizens are strongly encouraged to maintain a high level of vigilance, be aware of local events, and take the appropriate steps to bolster their personal security. In the past several years, organized extremist attacks have been planned or carried out in various European countries.

European governments have taken action to guard against terrorist attacks, and some have made official declarations regarding heightened threat conditions.

U.S. government facilities worldwide remain at a heightened state of alert. These facilities may temporarily close or periodically suspend public services to assess their security posture. In those instances, U.S. embassies and consulates will make every effort to provide emergency services to U.S. citizens. American citizens abroad are urged to monitor the local news and maintain contact with the nearest U.S. embassy or consulate.

For additional information on the Department of State's World Wide Caution, to include other parts of the world, visit <http://travel.state.gov>.

Schinnen makes fire prevention fun



Sandra Stanek



Sandra Stanek



Rita Hoefnagels

(Clockwise from far left) A little girl models "oversized" fire-protection gear outside the Schinnen Exchange during Schinnen's Fire Prevention Week festivities Sunday, Oct. 11, 2014. The Schinnen Exchange and Fire Prevention Office coordinated this well-attended event. • A child gets outfitted with fire-protection gear by firefighter Pascal Muijers of the Schinnen Volunteer Fire Department. • Volunteer firefighter Luc Hofman lets the children have a go at using a fire hose during Schinnen's Fire Prevention Week festivities.

Trenches to Foxholes**Next week in World War history (Oct. 26 to Nov. 1)****World War I****1914**

Oct. 29 - The Ottoman Empire (Turkey) enters the war on the side of the Germans as three warships shell the Russian port of Odessa. Three days later, Russia declares war on Turkey. Russian and Turkish troops then prepare for battle along the common border of the Russian Caucasus and the Ottoman Empire.

Nov. 1 - Austria invades Serbia. This is the third attempt to conquer the Serbs in retaliation for the assassination of Archduke Franz Ferdinand. This attempt fails like the two before it, at the hands of highly motivated Serbs fighting on their home ground. The Austrians withdraw in mid-December, after suffering over 220,000 casualties from the three failed invasions.

- The British navy suffers its worst defeat in centuries during a sea battle in the Pacific. Two British ships, the *Monmouth* and *Good Hope*, are sunk with no survivors by a German squadron commanded by Adm. Maximilian Reichsgraf (Count) von Spee.

1915

Oct. 27 - Andrew Fisher is replaced as Labor prime minister by William "Billy" Hughes, who will advocate a more active role for Australians in the war.

Oct. 28 - Lt. Gen. Sir Bryan Mahon appointed General Officer Commanding British Forces, Balkans.

Oct. 29 - Jane Addams, a leading American social activist, writes to American President Woodrow Wilson, warning him of the potential dangers of readying the country to enter the First World War.

1916

Oct. 26/27 - Two-and-a-half flotillas of German torpedo boats from the Flanders Flotilla launch a raid into the Dover Strait in an attempt to disrupt the Dover Barrage (a 25-km series of steel nets anchored to the sea floor to trap submarines, accompanied by minefield layers) and destroy whatever Allied shipping can be found in the strait.

1917

Oct. 26 - At Ieper (Ypres), Belgium, a second Allied attempt is made but fails to capture the village of Passchendaele, with Canadian troops participating this time. Four days later, the Allies attack again and edge closer as the Germans slowly begin pulling out.

Oct. 31 - At dusk, members of the 4th Light Horse Brigade storm through the Turkish defenses and seize the strategic town of Beersheba. The capture of Beersheba enables British Empire forces to break the Ottoman line near Gaza Nov. 7 and advance into Palestine.

1918

Oct. 28 - Sailors in the German High Seas Fleet steadfastly refuse to obey an order from the German admiralty to go to sea to launch one final attack on the British navy.

Oct. 28 - The Czechs declare their independence from Austria.

Oct. 30 - Turkey signs an armistice with the Allies, becoming the second of the Central Powers to quit the war.

World War II**1939**

Oct. 30 - Lt. Wilhem Zahn in German submarine U-56 fires three torpedoes at the battleship HMS Nelson off the Orkney Islands in Scotland. Two of the torpedoes hit, but both proved to be duds.

1940

Oct. 27 - French Gen. Charles de Gaulle, speaking for the Free French Forces from his temporary headquarters in equatorial Africa, calls all French men and women everywhere to join the struggle to preserve and defend free French territory and "to attack the enemy wherever it is possible, to mobilize all our military, economic and moral resources ... to make justice reign."

Oct. 28 - Benito Mussolini's army, already occupying Albania, invades Greece in what will prove to be a disastrous military campaign for il Duce's forces. Mussolini surprises everyone with this move against Greece; even his ally, Adolf Hitler, is caught off-guard, especially since il Duce had led Hitler to believe he had no such intention. Hitler denounces the move as a major strategic blunder. Mussolini should have concentrated on North Africa, continuing the advance into Egypt, according to Hitler.

1941

Oct. 29 - The Atlantic Amphibious Force, consisting of both U.S. Army and Marine Corps units and commanded by Maj. Gen. Holland M. Smith, is redesignated Amphibious Force of the U.S. Navy Atlantic Fleet.

1942

Oct. 26 - U.S. Navy Ensign George L. Wrenn of VF-72 from the USS *Hornet* engages Japanese aircraft attacking the U.S. fleet. He shoots down five Nakajima B5N torpedo bombers during the sortie. The *Hornet* is sunk during the battle and Wrenn has to be recovered aboard the USS *Enterprise*.

Oct. 30 - German Gestapo officers round up 100 Jewish children and their caregivers from a children's home in Brussels and move them to a transit camp in Mechelen, situated in the region of Flanders, Belgium. Protests, including one from the secretary-general of the Belgian Ministry of Justice, force the Germans to return the children to the home.

1943

Oct. 31 - U.S. Fifth Army resumes the stalled offensive north of the Volturno River in Italy.

1944

Oct. 30 - The German counterattack near Debrecen, Hungary is called off, with the Germans claiming 25,000 enemy troops killed and 600 tanks destroyed.

Nov. 1 - A German V-2 rocket hits Eglington Road in Woolwich, London, killing seven people. Another rocket hits Friern Road in Camberwell, London, killing 24 and injuring 17. A third rocket hit Shardeloes Road in Deptford, London, killing 31, seriously injuring 62, and slightly injuring 90. Two other rockets hit London that day, though causing little damage.

"Next week in World War history" is compiled from various sources by Keith Houin, USAG Benelux Public Affairs.

Fight breast cancer with knowledge, screening

Self-exam crucial to intervention

By Catherine Boudreau

Canadian physician assistant, SHAPE Healthcare Facility

October is Breast Cancer Awareness Month.

Breast cancer symptoms vary widely – from lumps to swelling to skin changes – and many breast cancers have no obvious symptoms at all. Symptoms that are similar to those of breast cancer may be the result of noncancerous conditions like infection or a benign (not dangerous) cyst.

Breast cancer is an uncontrolled growth of breast cells. The term “breast cancer” refers to a malignant tumor that has developed from cells in the breast. Usually breast cancer either begins in the cells of the lobules, which are the milk-producing glands, or the ducts, the passages that carry milk from the lobules to the nipple. Less commonly, breast cancer can begin in the stromal tissues, which include the fatty and fibrous connective tissues of the breast.

Risk factors

Every woman wants to know what she can do to lower her risk of breast cancer. Some of the factors associated with breast cancer can't be changed. Other factors can be changed by making choices. By choosing the healthiest lifestyle options possible, you can empower yourself and make sure your breast-cancer risk is as low as possible.

Here are some of the risk factors for breast cancer:

- Age: As with many other diseases, your risk of breast cancer goes up as you get older.
- Family history: Women with close relatives who've been diagnosed with breast cancer have a higher risk of develop-

ing the disease. If you've had one first-degree female relative (sister, mother, daughter) diagnosed with breast cancer, your risk is doubled.

- Being overweight: Overweight and obese women have a higher risk of being diagnosed with breast cancer compared to women who maintain a healthy weight, especially after menopause. Being overweight also can increase the risk of the breast cancer coming back (recurrence) in women who have had the disease.

- Pregnancy history: Women who haven't had a full-term pregnancy or have their first child after age 30 have a higher risk of breast cancer compared to women who gave birth before age 30.

- Drinking alcohol: Research consistently shows that drinking alcoholic beverages -- beer, wine, and liquor -- increases a woman's risk of hormone-receptor-positive breast cancer.

- Lack of exercising: Research shows a link between exercising regularly at a moderate or intense level for four to seven hours per week and a lower risk of breast cancer.

- Smoking: Smoking causes a number of diseases and is linked to a higher risk of breast cancer in younger, premenopausal women. Research also has shown that there may be link between very heavy second-hand smoke exposure and breast cancer risk in postmenopausal women.

You can learn about all of the breast-cancer risk factors on one of several websites



dedicated to cancer awareness, such as

- <http://www.cdc.gov/cancer>
- <http://www.cancer.gov>
- <http://www.breastcancer.org>
- <http://www.cancer.ca> (English and French).

Good news

Breastfeeding history: Breastfeeding can lower breast cancer risk, especially if a woman breastfeeds for longer than a year.

Breast self-exam: Although it doesn't prevent a woman from having breast cancer, breast self-exam can prevent her from dying of a breast cancer.

It should be part of your monthly health-care routine. Once you've done it a few times, you will get better at breast self-exam, and it will become more comfortable. You never should do your breast exam *before* your period – always *at the end* (which is a good way to remember when to do it).

Postmenopausal women should choose an easy-to-remember day of every month (such as the first or the 15th) and consistently perform breast self-exam on that same day every month, according to the Johns Hopkins website at <http://www.hopkinsmedicine.org>, where you can find a video on how

to perform BSE.

What to watch for:

1. **Skin observation**
 - Orange-peel skin;
 - Thickening;
 - Discoloration;
 - Redness covering at least a third of the breast;
 - Dimpling, pitting or puckering;
 - Localized feeling of warmth;
 - Ulceration or wound;
 - New, more-visible vein;
 - Skin shrinkage.
2. **Breast observation**
 - Changes in size or shape of the breast;
 - Changes in only one breast;
 - Deformation;
 - Visible or palpable mass (lump) in the breast or underarm;
 - Swelling of the breast or the arm.
3. **Nipple observation**
 - Change in appearance;
 - Spontaneous discharge;
 - Inversion;
 - Deviation;
 - Persistent eczema or ulceration of the nipple.

Prevention: It's one of the best tools against cancer because if breast cancer is caught early, your chances for survival are higher.

If you have a question about any breast lump, if you notice a new lump, or if a lump has changed, talk with your health-care professional.

Halloween briefs - Halloween briefs - Halloween briefs

Go through Haunted Forest at Chièvres

The CYSS Keystone Club presents the 2014 Haunted Forest in front of Chièvres Army Lodge on Chièvres Air Base Oct. 30 from 7 to 9 p.m. for ages 11 and older as well as Oct. 31 from 5 to 6 p.m. for ages 5 to 10 (accompanied by parent) and from 6:30 to 9 p.m. for ages 11 and older. Cost: \$5 per person; \$20 per family.

Haunted House on Geilenkirchen

E-3A Component Services Branch presents The Haunted House Oct. 24, 30 and 31 in Building 91 on Geilenkirchen NATO Air Base from 7 to 11 p.m. A less scary experience can be provided for groups with children (recommended age is 12 and up). Cost: €5. Open to all citizens of NATO countries. You must show a valid passport to enter the base.

Tri-Border Horror Party on GK

Geilenkirchen Team 5/6 presents the Tri-Border Horror Party Oct. 25, starting at 9 p.m. at the International Conference Center on Ouverbergstraat 1 in Brunssum. Admission: €15 at the door. For details, call +31 (0) 45-5263188; +31 (0) 45-5262580; +49 (0) 2451-633857 or +49 (0) 2451-993363.

Two Halloween Parties

AFNORTH International Middle/High School PTA is announcing The Asylum and Zombie Apocalypse parties to be held Oct. 31 from 8:30 to 11:30 p.m. at the International Conference Center in Brunssum. The first is a "high school only" party, and the second is a "middle school only" party. Admission: €2. Two parties, one night: Food, fun, games and best-costume contest.

Zombie Runs

"Run for your life — or your next meal." Zombie Runs (in which participants run as "human survivors" or "members of the undead") are scheduled in the Benelux.

Brussels - Zombie Run is set for Oct. 25 from 9 a.m. to noon. Read more about it at <http://brussels.armymwr.com/europe/brussels>. Register at the Brussels Fitness Center. Call DSN 368-9667 or civilian 02-7179667.

SHAPE/Chièvres - Zombie Run will take place at SHAPE Events Centre Oct. 24 from 6:30 to 8 p.m. Read about the Zombie Run at <http://chievres.armymwr.com/europe/chievres>. If you have questions, contact the Chièvres Fitness Center at DSN 361-5643 or civilian 068-275643.

Halloween safety

Parents with children who plan to take part in Halloween activities should take steps to ensure their children's safety, according to the Schinnen Installation Safety Office.

- Buy flame resistant costumes. Children can easily bump into or trail the ends of a loose costume against a lit jack-o-lantern and catch fire.

- Apply face make-up rather than buying a mask that might restrict breathing or obscure vision. If a mask is bought, make sure eye holes are large enough to see through and that the mask is snug enough not to slip out of position.

Have children wear shoes that fit so they don't trip.

Spend Halloween at Events Centre

Halloween Night is happening at the Events Centre on SHAPE Oct. 31 from 10 p.m. to 2 a.m. Free admission to Halloween fun: There will be prizes for the best costumes, karaoke and disc jockey plus ghoulish entertainment.

Trunk or Treat

Take your little monsters to a "spooktacular" Halloween event, Trunk or Treat, Oct. 31.

Now's the time to reserve a spot if you will be giving out treats.

Brussels - Join the USAG Benelux-Brussels community for the 2014 Autumn Fest/Trunk or Treat from 6 to 10 p.m.

If you wish to decorate a vehicle trunk, you can sign up at DSN 368-9724 or civilian 02-7179724.

Contests: Jack-o'-lantern contest (pre-carved pumpkin), children's costume contest and a tater-tot eating contest. (Sign up in advance at the 3 Star for the tater-tot contest. Limit: five participants.)

For more information, call DSN 368-9680 or civilian 02-7179680.

Chièvres - Trunk or Treat on Chièvres Air Base will be held from 6 to 9 p.m. between the PXtra and Chièvres Army Lodging.

SHAPE ID card holders just have to show their identification card, and they will be granted access to Chièvres Air Base.

USAG Benelux host-nation employees who would like to take their families to this event, must provide the following information on family members who are 16 and older to the appropriate point of contact by Oct. 23: first name, last name and relationship to HN employee.

Other guests must provide the following information to the appropriate point of contact by Oct. 23: first name, last name, nationality, date of birth, ID card number, vehicle type and plate number as well as a certificate of good conduct, which must be an original one dated less than 12 months ago.

Points of contact can be reached at DSN 361-5290 or civilian 068-275290 (Directorate of Public Works), DSN 361-5142 or civilian 068-275142 (405th Army Field Support Brigade), or DSN 361-5430 or civilian 068-275430 (Directorate of Resource Management).

Schinnen - There's Halloween fun for the whole family at Trunk or Treat from 6 to 8 p.m. on Schinnen. Admission is \$3/€2 and includes the Trunk or Treat Haunted Trail, Spooky Bowling from 7 to 10 p.m. and more spooky fun.

Open to U.S. and NATO ID card holders and guests. If you or your guests don't have a Schinnen IACS card, you need to register by calling +31 (0) 46-4437331.

If you'd like to give out tricks or treats, be sure to reserve a table or a space for your car at Schinnen's "spooktacular" Halloween event. Reserve a table or a space for your car: You supply 400 individually wrapped pieces of candy, and, when you run out, Family and Morale, Welfare and Recreation, or FMWR, will backfill your table or trunk with additional treats.

community briefs - community briefs - community briefs

Listen to German Big Band sound

Headquarters, Allied Joint Force Command Brunssum, invites everyone to the German Big Band Concert on Nov. 17 at Parkstad Limburg Theater in Heerlen. Tickets are on sale each Thursday from noon to 1 p.m. at the Miner's Rest at JFC Brunssum. Tickets are €12.50, €17.50, €20, €22 and €25.

SHAPE clinic offers flu shots

The SHAPE Immunization Clinic is now offering flu vaccines Mondays, Wednesdays and Fridays from 1 to 4 p.m.

Job fairs' online registration begins

Online registration for the European Theater Transition Summit, formerly called EUCOM Job Fairs and Transition Summits, is now available at <http://www.uschamberfoundation.org/event/eucom>.

The two events are scheduled to begin on Nov. 3 at Ramstein Air Base, Germany and on Nov. 6 at Grafenwoehr, Germany.

The events, which are in association with Hiring Our Heroes, will feature seminars, round tables, panel events, recruiter training, and facilitated discussions focused on improving competitive employment for service members, veterans, and their spouses in addition to networking opportunities.

Improve quality of life through AFAP

Volunteer delegates from the Benelux communities are needed for the Army Family Action Plan conference at SHAPE Army Community Service Nov. 20 from 9:30 a.m. to 5 p.m.

Delegates can earn volunteer hours and be part of making the community a better place. Volunteers should call:

- Brussels: DSN 368-9721 or civilian 02-7179721;
- Schinnen: DSN 360-7452 or civilian +31 (0) 46-4437452;
- SHAPE/Chièvres: DSN 366-6824 or civilian 065-326824.

If you don't want to be a delegate, you can still submit your concerns in an email message marked "Subject: 2014 AFAP Conference Issues" to usarmy.benelux.imcom-europe.mbx.dfmwr-acs@mail.mil or drop them off at your local Army Community Service office.

Register for Schinnen B-ball, cheer

CYS Services Sports & Fitness is getting ready for winter sports. Spaces are limited so register soon. The season runs from Jan. 17 to Feb. 21, 2015. Open to all U.S./NATO ID card holders. Volunteer coaches are needed. Must be registered with CYS Services (it's free) and have a valid health assessment at the time of enrollment. You may enroll in basketball or cheerleading and register for CYSS by stopping by the CYSS Parent Central Services Office at JFC Brunssum's Building H602. Contact the Child, Youth and School Services Sports & Fitness Office for details at DSN 364-4195 or civilian +31 (0) 45-5264195.

• Open enrollment for the Junior Girls Basketball season runs Oct. 27 to Nov. 28 for ages 13 to 15. Practice at JFC Brunssum gym begins on or about Jan. 6, 2015. Cost: \$40.

• Open enrollment for cheerleading ages 6 to 15 will be held from Oct. 27 to Nov. 28. Practice begins on or about Jan. 6, 2015, at the CYS gym or AFNORTH. Cost: \$40.

Sign up for SHAPE B-ball

CYS basketball season is coming up on SHAPE so it's time to sign up for it now. (Must be qualifying age by March 15, 2015.) CYSS free annual registration is required prior to enrollment in basketball. Sign up at Parent Central Services in SHAPE's Building 503 Monday through Friday from 9 a.m. to 5 p.m. (Last walk-in taken at 4:50 p.m.) Payments are accepted in both dollars and euros. Euros are based on a set monthly exchange rate.

Call Parent Central Services at DSN 423-5612 or civilian 065-445612, or call the SKIES Unlimited instructional-programs specialist at DSN 423-5611 or civilian 065445611. Visit the website at <http://benelux.armymwr.com/europe/benelux>.

*Enrollment for SHAPE Skills Developmental Basketball for boys and girls 4 to 5 will be open through Nov. 29. Basketball runs January to February 2015. Cost: \$20.

* Open enrollment for the SHAPE basketball season is being held through Nov. 28. The season runs December 2014 to March 2015.

Peewee League: co-ed ages 6 to 7; Minor League: co-ed ages 8 to 9; Bantam League: co-ed ages 10 to 12; Junior Girls: ages 13 to 15; Junior Boys: ages 13 to 15. Cost: \$40.

Have Chocolate Factory fun at SHAPE

The SHAPE School Age Center celebrates fall break Oct. 27 to 31 with a "Chocolate Factory Fun week." Get ready for wonky science (such as explosions and color-separation technique), make your own trick soap and see just how messy you can get with the Wonka Candy mountain.

In Art and Cookery, make a Wonka top hat using papier mâché and funky materials, and attempt to make the SAC recipe for bubblegum. The group will also make Belgian chocolates locally, see a movie at the SHAPE Cinema and prepare for Friday's Mad Hatter's Tea Party. Fancy dress is welcome. Call DSN 423-6079 or civilian 065-446079.

Register now for fall-break camp

Spend fall break at the Schinnen School Age Center. Open to all youths in first through fifth grades (IY2-M1).

Children will write thank-you letters to veterans, visit Margraten Cemetery, watch a movie at JFC Brunssum Theater, participate in a Battleship and Risk tournament, visit a pumpkin patch, and swim/splash at JFC Brunssum Pool.

To register, contact Parent Central Services at DSN 364-3121/2023 or civilian +31 (0)45-5263121/2023.

Middle schoolers 'Build It' at camp

Give your middle schoolers something to do over the autumn school break at Youth Center All Saints "Build It" Camp in SHAPE's Building 503 Oct. 27 to 31 from 8 a.m. to 1 p.m.

Youths will work on egg drops, building roller coasters, building-block robots, cooking and more. The group will also go to Walibi amusement park Wednesday.

CYSS annual registration is required prior to registration. Sign up at Parent Central in Building 503 Monday through Friday from 9 a.m. to 5 p.m. Dollars or euros accepted. Call Parent Central at DSN 423-6039 or civilian 065-446039, or the Youth Centre at DSN 423-6104 or 065-446104.



Read about events near Chièvres, SHAPE and Brussels.

Through Oct. 26

- **Scenic volksmarch in Braine-Le-Château** for 5 and 10 km. Departs from the Maison du Bailli on the Grand'Place 20 Tuesday through Sunday at 1:30 p.m.
- **Jazz Club in Dinant** - Re-creation of a 1920s jazz club that can host 100 persons at cabaret tables. The history of the saxophone will be narrated by Stephane Mercier (sax) and Charles Loos (piano) in the form of a concert. Jacques Mercier will play the part of the barman-storyteller. Get details at <http://www.070.be>.

Oct. 23

- **Brussels museums' late openings** - Six to eight museums welcome you every Thursday evening. The Nocturnes are opportunities to (re)discover the cultural richness of Brussels. Enjoy guided tours and more in their permanent collections and in the temporary exhibitions from more than 60 museums. For details, visit <http://www.brusselsmuseumsnocturnes.be>.

Oct. 25

- **Halloween party and Zombie night in Mons** - Enjoy all kinds of entertainments in the Rue des Fripiers and surroundings from 2 to 8 p.m. Shops stay open till 8 p.m. Be sure to wear a costume.
- **Volksmarch in Jette** for 4, 7, 12, 16, 22, 30, 42 km. Departs from Avenue du Laerbeek from 7:30 a.m. to 3 p.m.
- **Volksmarch in Enghien** for 5, 10, 18, 25, 30, 42, 50 km. Departs from the school Saint-Augustin on Pavé de Soignies from 6 to 9 a.m. for the 50-km route, from 6 to 10 a.m. for the 42-km route, from 6 to 11 a.m. for the 30-km route, from 6 a.m. to noon for the 25-km route and from 6 a.m. to 3 p.m. for the other routes.



Oct. 25 to 26

- **Burning Floor Festival in Jemappes** at the Mons Arena on Rue Des Laminoirs 2a. On Saturday: free session at the skate park from 1 to 7 p.m., qualification battles at 3 p.m., battles break and newstyle at 8 p.m. On Sunday: free session at the skate park, qualification contest ride at noon, final contest ride at 3 p.m. and choreography contest for all dance styles. Admission: €12 or €20. Read more about the festival at <http://www.burningfloor.be>.



Read about events near Brunssum and Schinnen (in the Netherlands unless otherwise indicated).

Through Oct. 26

- **Dutch Design Week in Eindhoven** is the largest design event in the Netherlands. This is the place where industrial design, concept design, graphic design, textile and fashion, spatial design, food design and design management and trends come together. In nine days' time, 300 events are held in over 60 locations in the city. For more information, visit <http://www.ddw.nl>.
- **Martini Market in Bad Honnef, Germany**, is held in the town center. It's a traditional pre-Christmas market. Open Thursday to Saturday from noon to 9 p.m., and Sunday from noon to 6 p.m.

Oct. 24 to 26

- **Hamms Bunter Herbst in Hamm, Germany**, at Willie-Brandt-Platz and Bahnhofstrasse is an annual "colorful autumn" market with lots of regional specialties and delicacies.
- **Eurospoor 2014 Fair in Utrecht** at Jaarbeurs on Jaarbeursplein 6 is a must if you love trains. On display are 50 of the most beautiful model-train systems from national and international train clubs and demonstrations as well as stands with all kinds of accessories. Admission is €15.50; children 7. The fair is open on Oct. 24 from 10 a.m. to 6 p.m.; Oct. 25 from 9:30 a.m. to 5:30 p.m. and Oct. 26 from 9:30 a.m. to 5 p.m.
- **Medieval Knights Festival in Breda** with tournament, medieval village, market, shows, demonstrations and more at Ruitersportcentrum "Hoeve Galderzicht" on Rijsbergsebaan 9. Admission: €10; children €7.50. Open Oct. 24 from 7 p.m. to midnight; Oct. 25 from noon to midnight and Oct. 26 from noon to 6 p.m.
- **Hubertus Market in Brühl, Germany**, at Market Square has traditional crafts as well as lots to do and eat.
- **French Market in Erkelenz, Germany**, in the town center on Market Square offers all kinds of French products, delicacies and activities.
- **Limantica Antique Fair in Herkenbosch** is held at Castle Daelenbroeck, Kasteellaan 2. Admission: €5. Open Oct. 24 from 6 to 10:30 p.m. and Oct. 25 to 26 from 11 a.m. to 6 p.m.

Oct. 25

- **Antique and Curiosa Market in Roermond** is held at Kloosterwandplein in the town center from 9 a.m. to 5 p.m.

Oct. 25 to 26

- **Höhlenmarkt in Balve, Germany**, is a special art-and-crafts market held in a cave. Admission: €2.50. Open Saturday from 1 to 6 p.m. and Sunday from 11 a.m. to 6 p.m.



Oct. 25 to 26 continued

- **Wine and catering tasting in Arc-Wattripont** at the Château Bagatelle on Chaussée de Tournai 29 from 10 a.m. to 6 p.m. Admission: €8.

Oct. 25 to 31

- **Adolphe Sax International Competition in Dinant** - The competition is open to saxophonists of a high standard, of every nationality, who have not yet reached the age of 31 when the final of the competition takes place. Musically, it is overseen by a Musical Committee chaired by Alain Crepin, composer and saxophone professor at the Royal Brussels Conservatory, and is made up of saxophone teachers from Belgium's Royal Conservatories and Academies. Get more information at <http://sax.dinant.be/en/competition>.

Oct. 26

- **Visit of the Château d'Attre** - Last chance to visit the Château and its park located on Avenue du Château 8. Visits are from 2 to 8 p.m. Admission: €6,50 for adults and €4,50 for children. Get more information about the Château and similar places at http://www.jardins.tourismewallonie.be/visiter/parc_du_chateau_d_attre.
- **Volksmarch in Jette** for 4, 7, 12, 16, 22, 30, 42 km. Departs from Avenue du Laerbeek from 7:30 a.m. to 3 p.m.
- **Volksmarch in Thoricourt** for 5, 10, 15, 20 km. Departs from Rue de l'Enseignement 1 from 9 a.m. to 6 p.m.



Oct. 30

- **Brussels museums' late openings** - For more information and/or a detailed program and calendar, visit the website at <http://www.brussel museums-nocturnes.be>.

Oct. 31

- **Night Volksmarch/run/mountain bike ride in Marchin** - Routes are 6 km for the march, 12 and 23 km for the run and 16, 25, 33 km for the bike ride. Departs from Rue Emile Vandervelde 17 from 6 to 9:30 p.m. Learn more at <http://www.modav ebikers.be/news.html>.



Oct. 25 to 26 continued

- **Fall and Arts & Crafts Market in Lügde, Germany**, is held around the Elbrinxer Marktscheune in the town center.

Oct. 26

- **Goodies and Foodies in Breda** is a large lifestyle- and-cultural market held at Chasse Park from noon to 10 p.m.
- **Kartoffelmarkt in Büren, Germany**, on Market Square in the town center is where the potato is the star. You'll find potato dishes of all kinds.
- **Ceramic Market in Ochtrup, Germany**, is held in the town center and at the Ceramic Museum from 1 to 6 p.m.
- **Coca-Cola Collectors Fair in Sint-Pieters-Leeuw, Belgium**, is an indoor event held on Jan Vanderstraetenstraat 189 from 10 a.m. to 4 p.m.
- **Highland Games in Torhout, Belgium**, at New Flandria Ranch, Ieperse Heerweg 9, brings you a Scottish market; tournament, traditional music, whisky-tasting and more. Free admission. Open from 10:30 a.m. to 8 p.m.
- **Antiques Market in Valkenburg** is held in the city center at Theodoor Dorrenplein. Open from 10 a.m. to 5 p.m.

Oct. 27

- **Trignolles Haunted Village in Viroinval** near Treignes, Belgium, is a museum town that invites and dares the brave to participate in some spooky activities, starting at 1 p.m. Three museums – Espace Arthur Masson, Ecomuseum Viroin and Malgre to Tourmuseum – got together and organized this spooky day. A shuttle bus transports participants to the three different museums. Admission: €6; children (3 to 12) €4.

Oct. 29 to Nov. 2

- **Hanseatic Fair in Dortmund, Germany**, in the city center features traditional crafts, farmers market, knights tournament and acrobats.

Oct. 31

- **Illuminated Market in Bergkamen, Germany**, in the center at Market Square has more than 80 stands with all kinds of regional products and arts and crafts. Open from 6 to 11 p.m.

Oct. 31 to Nov. 2

- **Affordable Art Fair in Amsterdam** at Cultuurpark Westergasfabriek has thousands of original paintings, prints, sculptures and photographs all priced less than €5,000. Open Oct. 31 from 11 a.m. to 9.30 p.m., Nov. 1 from 11 a.m. to 8 p.m., and Nov. 2 from 11 a.m. to 6 p.m. Admission: €15; children 15 and under – free admission.
- **Château Maastricht in Maastricht** is a foodie's paradise at the Vrijthof in the city center. Enjoy regional products, demonstrations and a cultural program. Admission: €3. Open from noon to 8 p.m.

SHAPE Trips & Tours

For information on the trip below,
call DSN 423-3884 or civilian 065-443884

Champagne & Wine Tasting in Reims Champagne Region, Nov. 29 to 30: Sign up by Oct. 31. - Day 1: Visit the vineyard and the lighthouse museum in Verzenay, France, with lunch at Au chant des Galipes. Travel to Ambonnay, a Grand-cru classified village. Enjoy vineyards guided by the owner-vintners with wine-tasting in the wineries. Travel to Epernay through the vineyard of Montagne-de-Reims and stroll along the Champagne Avenue "Remarkable site of the Taste." See the manor at Pargny-les-Reims; stop at where Dom Perignon was buried. Finish the evening with a dinner in a gastronomic restaurant in Reims (Pavillon CG).

Day 2: Experience a wine-tasting session with four French wines from different appellations, and visit "Maison de Champagne" Pommery and have lunch in Reims Brasserie-style.

Accommodation in Pargny-les-Reims- Luxury services with one night in the serene atmosphere of a manor built in 1773.

Transport in a VIP minibus. Only eight seats available: Sign up by Oct. 31.

Departs from SHAPE Saturday at 7 a.m. Returns to SHAPE Sunday at 9 p.m. Cost: €1,200 for single room per person, €1,116 for double room per person.

Schinnen Trips and Tours

For information on the trip below
call DSN 360-7561 or civilian
0031-(0)46-4437561

Day Trip to Paris, Nov. 22 - Plan now for a fun day in Paris where you'll have hours to shop, dine and take in the magnificent sights. The coach departs from Schinnen at 4 a.m. and returns Sunday at 2 a.m. Cost: \$75 for adults and children. Register with full payment.

SHAPE Travel Group

For information on the trip below
call civilian 0486-565371.

Canterbury, Nov. 5 - Visit historic Canterbury, Kent, in the United Kingdom, and complete some holiday shopping. Canterbury Cathedral is part of a World Heritage Site. Although there is a charge to enter the precincts of the cathedral (£10,50), you can attend a service in the crypt without paying admission. Guided tours of the cathedral (three per day at 10:30 a.m., noon and 2 p.m.) can be booked at the welcome center and cost £5. Set inside what was once St. Margaret's Church, the Canterbury Tales visitor attraction gives visitors the opportunity to experience the sights, smells and sounds of medieval times. Admission price is £8.75, but you can get 20 percent off if you book online. Canterbury also has a wide selection of stores, most of which close at 5:30 p.m. Wednesday is also market day in Canterbury, and the market is located next to White Friars Shopping Complex. Cost: €50.

Upcoming trips

SHAPE Trips & Tours

- **Flanders Field, Nov. 9**
- **Trier/Zweibrücken Outlet, Nov. 22**
- **Brugge Snow On Ice, Nov. 29**



Courtesy Photo

- **London, Dec. 6 to 7**
- **Christmas Market Overnight- Nürnberg, Rothenburg and Cologne, Dec. 13 to 14**
- **Paris in Winter: Paris Day Trip, Dec. 27**
- **Buy discounted tickets to: AquaGolf, Aqualibi, Bastogne War Museum, Bois De Luc, Castle of Seneffe, Château Chimay, Crocodile Rouge, 14-18 Expo, Lasergames, Le Bois du Cazier, Lobbe-Thuin Tram Museum, Natura Park, Plugster, Pottery House, Site du Grand-Hornu, Thuin L'Abbaye d' Aulne, Thuin-Le Belfroi and Walibi.**

Schinnen Trips & Tours

- **Cologne Christmas Markets, Dec. 6**
- **Express Shopping Trip to London, Dec. 13**



Rolf Heinrich Köln

SHAPE Travel Group

- **Bastogne War Museum and Brewery of Gnomes, Nov. 20**
- **Cologne Christmas Market, Nov. 25**
- **Leeds Castle/Dickens Christmas Festival, Dec. 6**
- **Paris Lights and Moulin Rouge, Dec. 9**
- **Strasbourg Christmas Market, Dec. 16**



James Gose

MARK YOUR CALENDAR

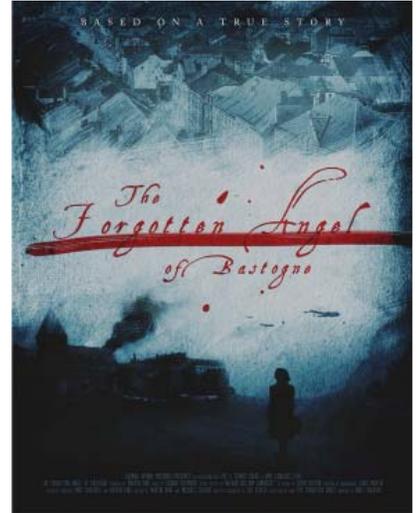
BRUSSELS COMMUNITY

Oct. 23

- **"Forgotten Angel"** - The American Legion Post BE02 will be hosting a presentation of the documentary "The Forgotten Angel of Bastogne" at 7 p.m. in the Multipurpose Room (MPR) at Brussels American High School. The presentation is free to the students, their families and friends, the school staff, service members and employees of USAG Benelux-Brussels. "The Forgotten Angel of Bastogne" is the true story of Augusta Chiwy, a biracial Belgian nurse in a U.S. Army medical-aid station during the Battle of the Bulge.

Oct. 30

- **Family Dinner at 3 Star** - Gather for Family Dinner on Chili Bar Night from 5:30 to 7:30 p.m. Make your (required) reservation by sending an email message to reservations3star@yahoo.com. Cost: Adults \$8, children 12 and under - \$5.



SCHINNEN/BRUNSSUM COMMUNITY

Register now

- **Scream-Free Parenting** - Army Community Service's Family Advocacy Program offers this parenting-techniques class Nov. 4, 18 and 25 from 1 to 3 p.m. in the ACS Conference Room on Schinnen. Scream-Free Parenting/1-2-3 Magic: Effective Discipline for Children 2 to 12 is a three-session program for parents of children in that age group to help them learn to manage difficult behavior, encourage positive interactions, and help your child to identify and deal with emotions.. For information and registration, call DSN 360-7367/7500 or civilian 31 (0) 46-4437367/7500.
- **Youth Bowling League** - Children ages 5 to 17 can join the fun at the Schinnen Bowling Center Saturdays through Dec. 13 from 9 to 11 a.m. Cost is \$55 per child. Open to U.S. and NATO ID card holders and guests. Register by Oct. 31. For more information, call the Schinnen Bowling Center at DSN 360-7207 or civilian +31 (0) 46-4437207.

Oct. 28

- **Free luncheon** - Stop by the Schinnen Bowling Center at 11 a.m. to enjoy a free luncheon, to get your questions about the once-a-week Women's Bowling League answered and to register. League play takes place Thursdays from 10 a.m. to noon and runs from Oct. 30, 2014, to April 16, 2015. Open to U.S. and NATO ID card holders and their bona fide guests. Registration runs through Oct. 30. Cost: \$10 per person per week.

SHAPE/CHIEVRES COMMUNITY

Register now

- **ACS Financial Planning for Transition** - When you know you'll be leaving the military (even if your departure is a year or more away), it's time to start planning your return to civilian life. This seminar, held at the SHAPE Army Community Service Conference Room Nov. 3 from 8:30 a.m. to 4 p.m., helps you approach transition armed with good information, the right skills and a well-developed plan. Personal Financial Planning for Transition will equip you and your family with financial-management resources. The briefing covers topics that include budget creation, retirement, cost-of-living and relocation analysis as well as tax and legal considerations during and directly after transition. For more information about this seminar and to register, call DSN 366-6804/6824 or civilian 065-326804/6824.

Have something for the Gazette?

Email usarmy.benelux.imcom-europe.list.pao@mail.mil

SHAPE/CHIEVRES COMMUNITY continued

Happening now

- **Tickets on sale for *Seussical, The Musical*** - The SHAPE Players present the Performing Arts School in a musical based on the whimsical works of children's author Theodore Geisel, known to millions as Dr. Seuss. The play (co-conceived by Eric Idle of Monty Python's Flying Circus) at the SHAPE Performing Arts Centre in Building 207 (across the parking lot from the finance cash cage) runs Nov. 20, 21, 22, 27, 28 and 29 at 7:30 p.m. with matinee performances Nov. 23 and 30 at 3 p.m. Admission: adult €16, student €9, child €7. Credit cards are accepted, but don't wait. Tickets for SHAPE Players performances sell out fast. To purchase tickets, call DSN 423-3312 or civilian 065-443312 Tuesday through Friday from 1 to 6 p.m. Find out more at <http://shapeplayers.org>.

Oct. 23

- **International Comedy Night** - Four international comedians put on a show at the SHAPE Events Centre at 8:30 p.m. Tickets at the door are €15. Enjoy the comedy of Joe Eagan (Canadian), Manu Moreau (Belgian), Soula Notos (Dutch) and Phil Nichol (British), For information, call DSN 423-4133 or civilian 065-444133.

Oct. 24

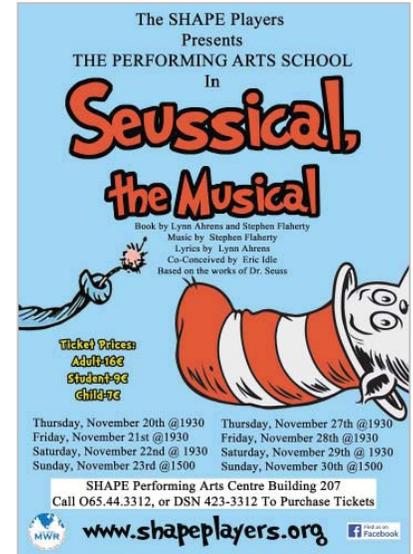
- **DJ Night** - Dance the night away at the SHAPE Events Centre. For more information, stop by Building 303 near the library or call DSN 423-5596 or civilian 065-445596.

Oct. 25

- **Flanders Field post meeting** - American Legion Post BE02 (Flanders Field post) will be conducting its monthly general meeting at the SHAPE Healthcare Facility at 10:30 a.m. All members are encouraged to attend as well as potential members and friends. For more information, contact flanders.fields.post.be02@gmail.com.

Oct. 28

- **Lunch and Learn** - Offered by Army Community Service's Family Advocacy Program, Lunch and Learn meets Tuesdays in the SHAPE ACS Training Room in Building 318 from noon to 1 p.m. The military family-life consultant presents "The Three C's of Communication." Brown-bag it, and join the discussion group. For information or to register, call DSN 366-6824 or civilian 065-326824.



Community Roundup

Movies at SHAPE Cinema

Rates – 2D movies: adults €7 and children 11 and under €4. 3D movies: adults €9 and children 11 and under €6. Check <http://www.shape2day.com/cinema.aspx> for the movie schedule.

Theaters near SHAPE/Chièvres that play movies in English:

Only the British or American movies listed as VO (Version Originale or Originele Versie) will be in English.

Plaza Art - Rue de Nimy 12, 7000 Mons (next to the main square). Visit <http://plaza-art.be/index.cgi?p=Grille>.

ImagiBraine - Boulevard de France, 1420 Braine l'Alleud. Check the schedule and purchase your tickets at: <http://kinopolis.be/nl/bioscopen/kinopolis-imagibraine>.

Kinopolis - Boulevard du Centenaire 20, 1020 Bruxelles. Take a look at movie listings at <http://kinopolis.be/fr/cinemas/kinopolis-bruxelles>.

Movie at JFC HQ Alliance Theater

Adult admission is €5 (ages 12 and older) - Child admission is €3 (ages 11 and under). Check the new web page at <http://www.shopmyexchange.com/reel-time-theatres/Schinnen-1366146> for the movie schedule.



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The Official Website of the American Forces Network Benelux

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