

# THE GAZETTE

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

## Benelux news briefs

### Tax center needs more volunteers

The Netherlands Law Center is looking for military, Department of Defense civilians, spouses, or family members to assist as volunteers during the upcoming tax season.

This is a great opportunity to gain technical and practical experience in tax preparation.

The free training is conducted by an Internal Revenue Service, or IRS, representative. Space is limited.

For more information, contact the Netherlands Law Center at DSN 360-7688 or civilian +31 (0) 46-4437688.

### Apply at AAFES for jobs

The Army and Air Force Exchange Service's Chièvres Main Store needs senior store associates.

Apply at <https://www.applymyexchange.com>.

If you have questions, call DSN 361-5337 or civilian 068-275337.

### Gazette submission

Send your requests for publication to [usarmy.benelux.imcom-europe.list.pao@mail.mil](mailto:usarmy.benelux.imcom-europe.list.pao@mail.mil) by Monday at 3 p.m.



## 128th Signal Company reflags, marks new chapter

The U.S. Army Network Enterprise Center-Belgium commander Capt. David S. Clagg (left) leads service members and civilians during a reflagging ceremony Wednesday, Sept. 28, 2016. The 128th Signal Company cased its guidon after 74 years of service as the U.S. Army Network Enterprise Center-Belgium activated to provide world-class service to the Benelux community and U.S. Army units across Western Europe. Over the years, the 128th Signal Company has been activated and inactivated a total of 14 times. (U.S. Army photo by Kristin Ellis)

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# Reflagging evokes pride, bittersweet reflection

by **Kristin Ellis**

USAG Benelux Public Affairs Office

A storied 74-year history came to a close Wednesday as the 128th Signal Company cased its guidon during a reflagging ceremony that also marked the activation of the U.S. Army Network Enterprise Center-Belgium.

Network Enterprise Center-Belgium takes over the 128th Signal Company's mission providing world-class communication support to the Benelux community, NATO and other U.S. Army units across Western Europe. A move that 39th Signal Battalion commander Lt. Col. Nicholas E. Prisco described as "bittersweet."

"It's bitter because we deactivate and replace the guidon of one of the most significant signal units in the United States Army," Prisco said. "A company that provided vital support during World War II, Vietnam, the Cold War, and today in what can only



*The 39th Signal Battalion Commander Lt. Col. Nicholas E. Prisco describes the reflagging as "bittersweet" during a ceremony Wednesday at SHAPE. The ceremony marked the inactivation of the 128th Signal Company and the activation of Network Enterprise Center-Belgium. (U.S. Army photo by Kristin Ellis)*

be described as a complex combat environment."

During World War II,

the 128th Signal Radio Intelligence Company, as it was then called, supported

Allied Forces throughout the Italian campaign. They supported Gen. Dwight D. Eisenhower's invasion of the Italian front, resulting in the German surrender of Italy.

From England, Italy, Vietnam, Fort Hood, Fort Polk, Tobyhannah Army Depot to Germany, the Netherlands, and now Belgium, the 128th Signal Company was activated and inactivated a total of 14 times.

The activation of NEC-BE allows the Army to continually adapt with much greater ease to meet the mission requirements of the warfighters they support.

"If past performance is future indicator of things to come, I suspect we'll see the guidon of the 128th signal company unfurled one day again," Prisco said. "And I'm confident, when it is activated again the 128th company will excel just as it has before."

Visit the USAG Benelux Flickr page at  
<https://www.flickr.com/photos/135840597@N02/album>

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<b>Commander</b> ..... Col. Kurt Connell	<p><i>The Gazette</i> is an unofficial publication published under the provisions of AR 360-1 for members of the Department of Defense. Contents of <i>The Gazette</i> are not necessarily the official views of, or endorsed by, the U.S. Government, Department of the Army or the USAG Benelux. <i>The Gazette</i> is a free weekly publication distributed via email every Thursday, except when that day is an American, Belgian or Dutch Holiday, then <i>The Gazette</i> is published on Wednesday. The editorial content of this publication is prepared, edited, provided, approved and published by the USAG Benelux Public Affairs Office, Unit 21419, APO AE 09708. Telephone (0032) 068-275419/DSN 361-5419. Everything advertised in this publication will be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation is corrected. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army. Submit content or story ideas to <a href="mailto:usarmy.benelux.imcom-europe.list.pao@mail.mil">usarmy.benelux.imcom-europe.list.pao@mail.mil</a> by Monday at 3 p.m.</p>
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# Learn how to help those at risk for suicide

by John Lamb

USAG Benelux Army Substance Abuse Program

A person at risk of suicide may not ask for help, but that doesn't mean that help isn't wanted. People who take their lives don't want to die — they just want to stop hurting.

Suicide prevention starts with recognizing the warning signs and taking them seriously. If you think a friend, family member or co-worker is contemplating suicide, you might be afraid to bring up the subject. But talking openly about suicidal thoughts and feelings can save a life.

Suicide is a desperate attempt to escape suffering that has become unbearable. Blinded by feelings of self-loathing, hopelessness and isolation, a suicidal person can't see any way of finding relief except through death. Despite their desire for the pain to stop, most suicidal people are deeply conflicted about ending their own lives. They wish there were an alternative to committing suicide, but they just can't see one.

Most people at risk of suicide give warning signs or signals of their intentions. Prevent suicide by recognizing these warning signs and know how to respond if you spot them.

Some of the warning signs include:

- talking about suicide;
- being preoccupied with death;
- getting affairs in order;
- withdrawing from others;
- giving away personal belongings and
- saying goodbye.

## What to do

When dealing with a person in distress, remember Ask, Care, Escort, or ACE:

**Ask.** Asking is the most difficult challenge when facing someone who may be at risk for suicide. Some people fear asking the question "Are you thinking of killing yourself?" because they may be afraid of offending the suicidal person. In reality, the individual is more likely to be grateful that someone cared enough about them to ask the question and that they are aware of the pain they are going through.



**Care.** Caring is the key to the whole ACE model. When you care about someone, you are likely to listen to them when they are experiencing emotional or physical pain. You are more likely to be concerned about their welfare and see they get through whatever their trial may be.

When you care about someone you think may be suicidal, it becomes much easier to ask the question, "Are you thinking of killing yourself?" When you care about someone, you are more likely to find out what and where the local resources are and escort your friend to get the help he needs. It isn't uncommon for individuals who are suicidal to feel alone, that no one cares whether they live or die. By actively listening and engaging with a friend, you are showing you care. That, in and of itself, may be enough to help prevent a suicide.

**Escort.** Escorting is the easiest step in the ACE model. Take the time to find out where your local chaplain and behavioral-health providers are. Find out where the nearest military treatment facility or emergency room is located. When you ask if someone is suicidal and they say "yes," care enough to escort them to the nearest resource where they can get help.

## Crisis Help

*In an emergency, call*

Brussels MPs: DSN 368-9769/02-7179769

Chièvres Military Police: DSN 361-5301/068-275301

SHAPE International MPs: DSN 423-3333/065-443333,

Schinnen MPs: DSN 360-7555/0031 (0) 46-4437555

From there, the MPs will coordinate with the on-duty chaplain.

*For non-emergency help 24 hours a day, contact:*

Military Crisis Line by calling toll-free 00800-1273-8255 or DSN 118.

Secure chat online at <http://www.militarycrisisline.net> or <http://www.militaryonesource.mil>

*If you prefer (non-emergency) face-to-face support, call:*

Behavioral Health: DSN 566-5320/566-5008/

065-325320/065-325008

Chaplains

- Brussels DSN 368-9747/02-7179747

- Chièvres DSN 361-6670/068-276670

SHAPE International Chapel DSN 423-5602/065-445602

- Brunssum DSN 606-244-2940/0031 (0) 45-5262940

Military Family Life Consultants

- SHAPE/Chièvres area: 0032 (0) 497-653738

- Schinnen/Brunssum (the Netherlands): 0031 (0) 629471920

- Geilenkirchen (Germany): 0049 (0)15224210455

# MWB has big changes in store for SHAPE Cinema, Pizza Bowl

by Andrea Wales

USAG Benelux Public Affairs Office

Management is shaking things up at the Pizza Bowl and SHAPE Cinema, including renovations with little to no interruption in service.

The SHAPE Base Support Group commander, Col. Lee Flemming, has been very supportive of the changes, said Phil Brewington, the new director of operations for the Pizza Bowl and SHAPE Cinema (Alliance Auditorium), which both fall under SHAPE's Morale and Welfare Branch.

## SHAPE Cinema

Oct. 2's showings of "Miss Peregrine's Home for Peculiar Children" (PG-13) at 4 p.m. and "Deepwater Horizon" (PG-13) at 6:30 p.m. will be the last scheduled movies before renovations close SHAPE Cinema (Alliance Theatre) for four months to install a new ceiling and a fire-detection system.

During the shut-down, SHAPE Cinema will be expanding its concession stand with self-serve counters (for nachos) and an automatic soft-drink machine.

SHAPE Cinema reopens in February.

While renovations are going on at SHAPE Cinema, movies will be shown at the temporary dinner theater that will be set up in the SHAPE Events Centre's ballroom, which is now in the process of adapting its sound system. The dinner theater will open sometime after the second week of October.

Not to worry: Thrifty Thursdays will still be going on while movies are being shown at the Events Centre. Thrifty Thursdays offer free movies from the same film series (or related subject matter) as an upcoming film, as well as half-price popcorn at the theater and half-price pizza and calzone at the Pizza Bowl.

New things will also be added.

Wild Wednesdays will also offer free movies, but they will be geared toward teenagers and older. For example, October will feature scary movies, and Food discount is constantly changing, Brewington said. December will feature



Phil Brewington, the new director of operations for the Pizza Bowl and SHAPE Cinema, talks with the cinema supervisor, Travis Babutzke, about new improvements to the movie theater Thursday, May 5, 2016. More improvements are in the offing for SHAPE Cinema and the Pizza Bowl. (U.S. Army photo by Andrea Wales)

Christmas movies.

"We're doing back-to-back movies when the blockbusters are out," he said, adding that 17 blockbusters are expected this fall.

While waiting for the show to start, patrons can enjoy the new teen game room in Events Centre's Dome Room.

## Pizza Bowl

Once new kitchen equipment arrives, the Pizza Bowl kitchen will be expanded by removing the existing walk-in cooler that's inside the kitchen and putting a new walk-in outside the kitchen area nearby.

Brewington said the new walk-in cooler will be built first so there will be no interruption in service.

More space in the kitchen will allow the Pizza Bowl to expand its menu, including on-SHAPE pizza-delivery service, starting in October, he said,

"You can call us, and we've got a golf cart ready to go," Brewington said. "I'm waiting on my new kitchen equipment because the new equipment has a pizza press to help speed up our time. Right

now, we're making them all manually."

The Pizza Bowl also has new birthday packages, and new pizza specials are coming.

The Pizza Bowl will also soon offer Barbecue-Rib Tuesdays.

Bowling leagues started this week with new, lower fees. With the league card, league bowlers also get 50 percent off pizza on the night of their leagues.

The league card entitles them to 10 percent off merchandise in the pro shop and the Pizza Bowl's regular menu. Cards are valid from the beginning of league season to the beginning of next year's league season. Show your league card for discounts on food and more.

Bowlers will be glad to know that the oil pattern that's set down on the lanes will soon be changed to one that can make for a smoother, higher-scoring game.

The food discount is constantly changing, Brewington said. Organizations and churches can also get extreme discounts.

"Keep your eyes open, and keep coming to the Pizza Bowl," he said. "We're upgrading and changing all the time!"



## Get ready to stay where you are with useful tips

Ready Army officials recommend you 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 to give your vehicle more 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: Keep your gas tank at least half full.
- Be easy to find: Tell someone where you're 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 watching for help at all times.
- Stay in your vehicle: It's good shelter. Walking in a storm can be very dangerous. You might become lost or exhausted. In case of a power outage, keep refrigerator and freezer doors closed as much as possible to conserve cold temperatures.

**Absentee Voting Week Sept. 26 to Oct. 3**



*In most states, voter registration must be postmarked by Oct. 12 to be processed in time for voting in the presidential election.*

**Questions? Call DSN 361-5973 or civilian 068-275973.**

## Take OHA Utility Survey

The 2016 Overseas Housing Allowance Utility Survey will be conducted in Belgium through Oct. 31.

Service members who currently reside in off-base housing and are in private leases under the OHA program are invited to take the survey. Maximum participation is essential because the Utility Allowance will be updated based on the results and will determine what Service members are paid at your location.

To prepare for the OHA Utility Expenses Survey, housing officials recommend that members collect their actual bills and records of utility and recurring maintenance expenses for the last 12 months.

The online survey can be found at <http://www.defensetravel.dod.mil/site/ohaSurvey.cfm?ID=sep-utilmiha>.

If you have any questions, call the USAG Benelux Housing Division at DSN 366-6394 or civilian 065-326394.

# FRENGLISH PAGE

## US community can have fun with French touch

Each week, English speakers will be in contact with French language in a friendly way. This page is divided into three sections. The first one (Useful expressions) is dedicated to commonly used expressions translated into English and accompanied by a phonetic transcription. The second part (Word search) is a fun way to learn French words, along with their English translation. The last part (Dialogue) is brightened up with a French dialogue and its English translation.

### Useful expressions

- return receipt
- registered mail
- mailbox
- priority mail
- post office
- accusé de réception/"ah koo zeh duh ray sep see oh(n)"
- lettre recommandée/"let hruh ray koh mah(n) day"
- boîte aux lettres/"bwaht oh let (truh)"
- courrier prioritaire/"koohr hree ay pree oh hree tayr"
- bureau de poste/"byoo roh duh pohst"

### Word search

Here are some words in French related to the theme "Post office" that you can find in the grid.

- facteur/"fahk tuhr"/postman
- courrier/"koohr hree ay"/mail
- timbre/"tahm bruh"/stamp
- enveloppe/"ah(n) veh lohpe"/envelope
- colis/"koh lee"/parcel
- affranchir/"ahf hra(n) sheer"/put on stamps
- envoyer/"ah(n) vwah yay"/send
- taille/"ty yuh"/size
- poids/"pwah"/weight
- couter/"koo tay"/cost
- destinataire/"dehs tee nah tayr"/recipient
- expéditeur/"dehs tee nah tuhr"/sender

X	E	T	A	Z	P	Y	Q	C	O	U	T	E	R	E
F	U	R	F	X	R	J	A	D	G	J	F	I	V	L
A	K	A	F	M	T	U	B	L	E	S	U	U	V	E
C	O	U	R	R	I	E	R	C	B	M	I	Y	T	D
T	N	S	A	C	M	N	T	E	N	E	U	R	S	E
E	F	P	N	Y	B	B	W	R	Y	I	O	T	U	S
U	T	O	C	H	R	N	S	F	H	C	M	R	H	T
R	Y	R	H	J	E	N	V	E	L	O	P	P	E	I
M	U	T	I	U	E	M	P	N	U	L	T	O	R	N
E	I	E	R	J	K	L	L	V	T	I	E	I	A	A
N	O	R	Y	A	F	G	D	O	F	S	L	D	I	T
A	D	R	E	S	S	E	K	Y	P	U	A	S	R	A
G	P	I	T	A	I	L	L	E	Y	U	S	L	E	I
E	N	C	O	M	B	R	A	R	T	S	L	O	P	R
E	X	P	E	D	I	T	E	U	R	E	R	F	D	E

### Dialogue: At the post office

- B: Hi, can I help you?
- A: Hi, I would like to send a parcel to the United States. How much is it?
- B: It depends on the size and the weight of your parcel.
- A: I also need to send something registered mail.
- B: OK, you need to put the address of the recipient and sender of this form.
- A: I'd also like to have a return receipt.
- B: No problem.
- A: May I also have 10 stamps?
- B: Here you go.
- A: Thank you.
- B: Bonjour, je peux vous servir?
- A: Bonjour, je voudrais envoyer un colis aux Etats-Unis. A combien cela revient-il?
- B: Cela dépend de la taille et du poids de votre colis.
- A: Je dois également envoyer une lettre recommandée.
- B: OK, vous devez écrire l'adresse de l'expéditeur et du destinataire sur ce formulaire
- A: J'aimerais également avoir un accusé de réception
- B: Pas de problème.
- A: Pourrais-je également avoir dix timbres ?
- B: Voici.
- A: Merci.

## BRUSSELS COMMUNITY

### Sign up now

- **Trunks needed for Autumnfest's Trunk or Treat** - Join the Brussels community **Oct. 28** from 6 to 8:30 p.m. and get into the "spirit" of things at this free event. Community members can enjoy trick-or-treating, a haunted clinic, games and activities. Open to U.S., NATO and U.S. Embassy ID card-holders. To register your Trunk, call DSN 369-9768 or civilian 02-7179768.

### Oct. 28

- **3 Star Dinner Special at Autumnfest** - Dish up a plate of hearty fare from 5:30 to 7:30 p.m. (Facility open until 10 p.m.) For details, call DSN 368-9822 or civilian 02-7179822. Reserve soon to guarantee your place at the table at [reservations3star@yahoo.com](mailto:reservations3star@yahoo.com).

## SCHINNEN/BRUNSSUM COMMUNITY

### Sign up now

- **Trunks needed for Trunk or Treat** - Be part of what makes Trunk or Treat fun for the whole family **Oct. 28**: Register your trunk, decorate it and hand out candies to little monsters. Find out more by calling Outdoor Recreation at DSN 360-7560 or civilian +31 (0) 46-4437560.

### Mark your calendar

- **Geilenkirchen events** - Geilenkirchen NATO Air Base will host several Halloween-themed events. Open to all citizens of NATO countries. You must show a valid passport to enter the base.
  - **Haunted House** - E-3A Component Services Branch presents the Haunted House in Buildings 92 and 93 **Oct. 21 and 28** from 7 to 11 p.m. and **Oct. 29** from 6 to 11 p.m. Cost: €5 per person.
  - **Foggy Fields Bazaar** - Foggy Fields Bazaar will be held in Hangar 4 **Oct. 28 to 30** as a means for the American Spouses of Geilenkirchen club to raise money for scholarships for military family members.

## SHAPE/CHIEVRES COMMUNITY

### Sign up now

- **Trunks needed for Trunk or Treat** - Trunk or Treat will take place between the Chièvres Army Lodge and the old PXtra on Chièvres Air Base on Halloween, **Oct. 31**, from 4 to 9 p.m. Families will be able to trick or treat along the Trunk Trail, visit the Haunted Woods, and have fun with carnival rides and other activities. Trunk or Treat is a rain-or-shine event, so be sure to plan accordingly. Read up on Trunk or Treat at <http://chievres.armymwr.com/europe/chievres/chievres-events/trunk-or-treat?eID=545068>. For this free event to be successful, a significant number of trunks must be hosted. All members of the SHAPE/Chièvres community are welcome to host a trunk. Register your trunk at <http://chievres.armymwr.com/europe/chievres/chievres-events/trunk-or-treat-2?query=trunk>. If you prefer, contact DSN 361-5589 or civilian 068-275589, or stop by Outdoor Recreation and Equipment Rental in the Chièvres Community Activity Center.

### Oct. 14

- **Zombie Run** - Adults as well as teens, ages 16 and older, can join the Halloween fun as "human survivors" or "zombies," starting behind the gas station on SHAPE. Register at the Chièvres or SHAPE Fitness Center or online at <http://chievres.armymwr.com/europe/chievres/chievres-events/zombie-run-2?eID=544997>.

### Oct. 15 to 16

- **SHAPE Fall Bazaar** - The SHAPE Fall Bazaar will be held in the old elementary-school cafeteria in Building 710 **Oct. 15** from 10 a.m. to 6 p.m. and **Oct. 16** from 11 a.m. to 4 p.m. The bazaar will raise money to support the charitable work of the SHAPE Parent-Teacher-Student Organization, or PTSO.

### Mark your calendar

- **Haunted Clinic** - SHAPE Healthcare Facility presents two Halloween events **Oct. 21 and 22**. Enter at the Haunted Clinic's back entrance (weekend clinic). Performers break scheduled from 8 to 8:30 p.m. Combination ticket available for €7. Volunteers needed. Call DSN 566-5252 or civilian 065-325252.
  - **Grimms Garden-Fantasy Kingdom** from 6 to 10 p.m. Admission: €3.
  - **CarnEVIL** from 6 to 11 p.m. Admission: €5.



**KEEPING YOU CONNECTED**  
 The Official Website of the American Forces Network Benelux  
 AFN BENELUX 360 Internet Radio <http://benelux.afneurope.net>  
 Brussels: 101.7 FM – Chièvres 107.9 FM – SHAPE 106.5 FM –  
 Tri-Border Area 99.7, 96.9 FM

## BRUSSELS COMMUNITY

### Register now

- **Take VTC-projected classes** - Take classes that are offered by Brussels Army Community Service, SHAPE ACS or Schinnen ACS by video-teleconference. To sign up, call DSN 368-9783 or civilian 02-7179783:
  - **Lunch and Learn** - Learn about "Anger and Conflict Management." VTC-projected from Schinnen ACS **Oct. 4** from noon to 1 p.m. Participants will explore new ways of managing their stress levels through focused breathing, progressive relaxation, meditation, visualization and assertiveness training.
  - **Transitional Finances** - VTC-projected from SHAPE ACS **Oct. 5** from 11 a.m. to noon.
  - **Relationship and Intimacy Skills Workshop** - VTC-projected from SHAPE ACS **Oct. 5** from 1 to 2 p.m.
  - **Let Your Awareness do the Work: Résumé Preparedness** - VTC-projected from SHAPE ACS **Oct. 6** from 10 to 11:30 a.m.
- **Breast Cancer Awareness Run** - Think pink, and participate in the run to observe Breast Cancer Awareness Month **Oct. 15** from 8:30 to 11 a.m. Check-in begins at 8:30 a.m. Run begins at 9 a.m. Register ahead by calling DSN 368-9667 or civilian 02-7179667.

### Sept. 29, 30

- **Community Movie Night** - Better Opportunities for Single Soldiers sponsors free movies "Legends of Tarzan" (PG-13) Sept. 29 and "Lights Out" (PG-13) Sept. 30 from 6:30 to 9 p.m. at the BOSS Movie Area on Building 1's third floor. Make your reservation at reservations3star@yahoo.com.

### Sept. 30

- **Volunteer Day at the 3 Star** - Join other members of the Brussels community from 5:30 to 10 p.m. to learn about volunteer opportunities. It's also an opportunity to make some new friends, too. U.S., NATO, U.S. Mission, and U.S. Embassy ID card-holders are welcome.
- **Pizza Fridays at the 3 Star** - Pick up a pizza to take home for dinner or eat in from 4 to 8 p.m. To place an order, call DSN 368-9819 or civilian 02-7179819.
- **3 Star Recreation Night** - Join the USAG Benelux-Brussels community from 5:30 to 11 p.m. For details, call DSN 368-9822 or civilian 02-7179822, or DSN 368-9819 or civilian 02-7179819.

### Oct. 5

- **Pizza Wednesdays at the 3 Star** - Eat in or take out pizza for lunch Wednesdays from 11:30 a.m. to 1:30 p.m. Traditional and personal pan pizza available. To place an order, call DSN 368-9819 or civilian 02-7179819.

### Oct. 6

- **3 Star Dinner Special** - Get the Dinner Special from 5:30 to 7:30 p.m. (Facility open until 10 p.m.) Cost: adults \$10, children, ages 12 and under, \$5. For details, call DSN 368-9822 or civilian 02-7179822. Reserve by close of business the Tuesday before at reservations3star@yahoo.com.

## SCHINNEN/BRUNSSUM COMMUNITY

### Sign up now

- **Take VTC-projected classes** - Take classes offered by Schinnen Army Community Service, SHAPE ACS or Brussels ACS by video-teleconference. To register, call DSN 360-7500 or civilian +31 (0) 46-4437500:
  - **Lunch and Learn** - Learn about "Anger and Conflict Management." Given in person at Schinnen ACS **Oct. 4** from noon to 1 p.m. Participants will explore new ways of managing their stress levels through focused breathing, progressive relaxation, meditation, visualization and assertiveness training.
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  - **Relationship and Intimacy Skills Workshop** - VTC-projected from SHAPE ACS **Oct. 5** from 1 to 2 p.m.
  - **Let Your Awareness do the Work: Résumé Preparedness** - VTC-projected from SHAPE ACS **Oct. 6** from 10 to 11:30 a.m.
- **New Parent Support Home Visitor** - U.S. ID card-holders can schedule appointments for **Oct. 12 to 13** for office hours, hospital and home visits by calling DSN 360-7500 or civilian +31 (0) 46-4437500.
- **Relaxation and Stress Reduction** - Explore new ways of managing your stress levels **Oct. 13** from 10 a.m. to noon at Schinnen ACS. For more information call DSN 360-7367 or civilian +31 (0) 46-4437367.
- **Hope 5K Walk/Run to end domestic violence** - Show your support during Domestic Violence Awareness Month by participating in this run **Oct. 14**. Wear purple to say, "Abuse is NEVER OK!" To find out more about this event, call Schinnen Fitness Center at DSN 360-7561 or civilian +31 (0) 46-4437561.
- **U.S. Military Retiree Appreciation Day** - All U.S. military retirees and their spouses are invited to attend the USAG Benelux-Schinnen U.S. Military Retiree Appreciation Day at the Community Activity Center in Building 38 on Schinnen **Oct. 21** from 10 a.m. to 2 p.m. Flu shots will be available at RAD as well as pneumonia vaccine for those ages 65 and older, and shingles vaccine for those ages 60 and older. If you would like to get any or all of these vaccines, phone in your name and age to DSN 606-244-3848 or civilian +31 (0) 45-5263848 as soon as possible so that the proper number of vaccines can be ordered.

## SHAPE/CHIEVRES COMMUNITY

### Tickets available now

- **SHAPE Performing Arts Centre** - For details on ticket sales for "All the King's Men," a play of politics and society, call DSN 423-3312 or civilian 065-443312 Tuesday through Friday from 1 to 6 p.m. The curtain goes up at 7:30 p.m. **Sept. 29, 30, Oct. 1, 6, 7 and 8.** Matinee performances will be at 3 p.m. **Oct. 2 and 9.**

### Register now

- **Purple Belt Defense Class** - Scheduled **Oct. 1** has been cancelled and will be rescheduled for late October.
- **Walk a Mile in her Shoes event** - Community members are invited to walk a mile in high heels on the SHAPE track **Oct. 3** from 10:30 a.m. to noon in support of Domestic Violence Awareness Month. To register, call DSN 366-6861 or civilian 065-326861.
- **New time for Mindfulness Meditation course** - A free, eight-week Mindfulness-Based Stress-Reduction Course will be held on SHAPE Sundays, **Oct. 2 to Nov. 20**, from 9 to 11 a.m. Class is limited to 15 participants. Register by Sept. 26. To find out more, call DSN 423-2474 or civilian 065-442474.



- **Take VTC-projected classes** - Take classes that are offered by SHAPE Army Community Service, Schinnen ACS or Brussels ACS by video-teleconference. To sign up, call DSN 366-6824 or civilian 065-326824:
  - **Lunch and Learn** - Learn about "Anger and Conflict Management." VTC-projected from Schinnen ACS **Oct. 4** from noon to 1 p.m. Participants will explore new ways of managing their stress levels through focused breathing, progressive relaxation, meditation, visualization and assertiveness training.
  - **Transitional Finances** - Given in person at SHAPE ACS **Oct. 5** from 11 a.m. to noon.
  - **Relationship and Intimacy Skills Workshop** - Given in person at SHAPE ACS **Oct. 5** from 1 to 2 p.m.
  - **Let Your Awareness do the Work: Résumé Preparedness** - Given in person at SHAPE ACS **Oct. 6** from 10 to 11:30 a.m.

### Oct. 7

- **Hispanic Heritage Month** - The USAG Benelux Equal Opportunity adviser will host a Hispanic Heritage Month food-sampling at SHAPE International Library from 11:30 a.m. to 1 p.m. to recognize and celebrate the contributions of these Americans. If you'd like to prepare a dish, call DSN 423-7830 or civilian 065-447830.

### Oct. 14

- **Stuffed Animal Sleepover** - Join the staff of SHAPE International Library at 6 p.m. for story time with your favorite stuffed animal, then tuck it in for a library sleepover. Return the next morning, Oct. 15, from 10 a.m. to noon, and enjoy a muffin while you look at pictures of your stuffed animal's antics at the sleepover.

Inside the gate

## Movies at SHAPE Cinema

**See page 4 for important news.** Rates – 2D movies: adults, €6.50; children, ages 12 and under, €3.75. 3D movies: adults, €8.50; children, ages 12 and under, €5.75. Visit <http://www.shape2day.com>, and click "Cinema Schedule" icon. Ticket sales begin 30 minutes prior to each showing. Films will start promptly. Thrifty Thursday means half-price popcorn and free movies from the same film series (or related subject matter) as an upcoming film as well as half-price pizza and calzone at the Pizza Bowl.

## 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>.

## Movies at JFC HQ Alliance Theater

Rates – adults, €6.50; children, ages 11 and under, €3.75. For the movie schedule, visit <http://www.shopmyexchange.com/reel-time-theatres/Schinnen-1366146>.

# Travel the Benelux

## Pilgrims called Leiden home before America

by **Andrea Wales**  
 USAG Benelux Public Affairs Office

As most American schoolchildren know, the Pilgrims left England in search of religious freedom, sailed to America on the Mayflower in 1620 and celebrated a harvest gathering, later called “the first Thanksgiving,” in 1621. What most Americans don’t know is that the Pilgrims went in search for and found religious freedom in the Netherlands long before they ever boarded the Mayflower and sailed to the New World.

Traveling to Amsterdam first in 1608, the Pilgrims made their home in Leiden from 1609 to 1620. Concerned that their children were becoming Dutch instead of maintaining their English identity, the Pilgrims, who were Protestant Separatists from the Church of England, left the city that had been their home for 11 years and set sail on a new adventure.

The ship Speedwell took them from Leiden to England’s southern coast to pick up the Mayflower; however, the Speedwell took on water and was sold when they docked in Plymouth, Devonshire. Of the 120 passengers on both ships, 102 Pilgrims were chosen to continue the journey to America on the Mayflower.

The Leiden American Pilgrim Museum, located in the city’s oldest datable building (circa 1370) at Beschuitsteeg 9, shows what daily life might have been like for the Pilgrims. A building associated with the nearby church, Hooglandse Kerk, housed a clergyman. The leader of the Pilgrims, William Brewster, spent time in

the building after the death of his infant daughter who was buried in the church cemetery.

### More to Leiden than Pilgrim heritage

Leiden’s charms aren’t limited to the fact that you might be walking where Pilgrims trod; the canals of downtown Leiden and the picturesque buildings reflected in them are reminiscent of Amsterdam. A canal boat tour is a must.

A striking feature of the cityscape of downtown Leiden is De Valk Windmill, one of only two remaining windmills in Leiden. Now Molenmuseum de Valk, the mill museum is wrapped in the colors of the Dutch flag (red, white and blue) on King’s Day, April 27.

Be sure to pass through the archway to Leiden castle, de Burcht. Built on a manmade mound that once overlooked the Old Rhine, de Burcht offers a view of the city.

Nestled in the tulip-growing district in the Netherlands, Leiden is chosen by many as the place to spend the night after they’ve seen the tulips at the famed Keukenhof Gardens.

### Happening this weekend

Leiden celebrates the Relief of Leyden from the Spanish siege in 1574 with festivities that include a parade, traditional food, fireworks and more in the city center Oct. 1 to 3.

Find out more about Leiden at <http://leidenholland.com>.



Courtesy photo



Courtesy photo

At left, those who climb up to de Burcht have a bird’s eye view of Hooglandse Kerk. • Above, De Valk Windmill, one of only two remaining windmills in Leiden.

# Live like Belgians: Enjoy moules frites

Outside the gate

A national icon in Belgium, moules frites (steamed mussels and fries) are a "must try" while you are in Europe.

More than 30 million tons of mussels are consumed each year in Belgium. Most of the mussels are farm-raised and from Zeeland in the Netherlands because the wild Belgian variety is no longer abundant enough to meet the demand.

You can get mussels prepared in many ways. The most common method which is the building block of many Walloon recipes, moules marinières, consists of steaming them in white wine, shallots, parsley and butter. Use beer instead of wine, and you have moules à la bière. In moules à la crème, the stock is thickened with flour and heavy cream. If you prefer lighter fare, order them in a vegetable stock with onions, celery and leeks. If you

don't want to mess with the shells, try moules menière in which the mussels are out of the shell and baked in garlic butter.

Mussels without fries? Not in Belgium, where fries are said to have been invented. The potatoes are fried twice, once at a lower temperature, drained and cooled, then a second time at a higher temperature. This method gives you fries that are golden and crisp on the outside, and fluffy and tender on the inside.

Use the empty shell from your first mussel to get the rest out of their shells, and everyone will think you are a seasoned mussel-eater. The combination of the juicy, sweet, slightly briny mussels with the earthiness of the fries makes a great food pairing.

The mussel season runs from mid-July to April, so you can enjoy them right now.



The menu at Le Zinneke, a restaurant in Brussels, lists 69 ways to have your mussels prepared. • Don't miss trying this characteristic food of Belgium. (Archive photos)

Moules frites have returned to the SHAPE Club. To find out more about it, visit <http://www.shape2day.com/whats-happening/news/shape-club-mussels-are-back--fun-meal--fresh-handmade-pizza>.

## Upcoming organized trips

### SHAPE Trips and Tours

Serving Brussels, Chièvres and SHAPE. Call DSN 423-3884 or civilian 065-443884.

- **Carolus Thermen spa, Oct. 8**
- **Alsace, Oct. 15 to 16**
- **London, Oct. 22**
- **Oldest Halloween extravaganza in Germany: Castle Frankenstein with stage shows in Darmstadt, Oct. 29**
- **Portugal, Oct. 30 to Nov. 4 (school break)**
- **Amsterdam with Madame Tussauds, Nov. 5**
- **Flanders Field/World War I tour, Ieper (Ypres), Belgium, Nov. 12**
- **Lord of the Dance in Oostende, Nov. 19**
- **German Christmas markets (Rothenburg, Frankfurt/Main and Aachen), Dec. 3 to 4**
- **German Christmas markets (Bonn/Cologne), Dec. 10**
- **German Christmas markets (Dortmund, Berlin and Potsdam), Dec. 16 to 18**

### SHAPE Travel Group

For details, visit <http://www.facebook.com/groups/SHAPETravelGroup>.

- **Lille, France, Oct. 6**
- **Monschau, Germany, and Spa, Belgium, Oct. 13**
- **Roermond, the Netherlands, Oct. 25**
- **Taste of Belgium, Nov. 15**
- **Cologne Christmas markets, Nov. 22**
- **Valkenburg, the Netherlands, Nov. 29**
- **Canterbury, Dec. 8**
- **Paris Lights, Dec. 15**

### Schinnen Trips & Tours

Call DSN 360-7560 or civilian +31 (0) 46-4437560.

- **Paris, Nov. 19**
- **Washington Redskins vs. Cincinnati Bengals, Oct. 29 to 31. (Full payment due at registration.) Pickups at Schinnen and SHAPE.**
- **Cologne Christmas Markets, Dec. 3**
- **London Express, Dec. 17**



Read about events near Chièvres, SHAPE and Brussels.

**Oct. 1**

- **Rock festival in Braine-le-Comte** - Three local rock bands and The Poneymen will perform at Les Verrieres at Rue de l'Industrie 11 from 7 a.m. to 3 a.m. Admission: €5.
- **Volksmarch in Mons for 5, 10, 15 or 20 km** - Departs from the Mons Expo from 9 a.m. to 6 p.m.
- **Super Point Vert Ethias sports event in Mons** - Sports demo (tennis, table tennis, handball, squash and nordic walking) from 10 a.m. to 4 p.m. at the Mons Expo. For detailed schedule, visit <http://www.sport-adepts.be>.
- **Flea market in Saint-Gilles (100 booths)** - Held on Chaussée de Waterloo from 7 a.m. to 6 p.m.
- **Flea market in Anderlecht (150 booths)** - Held on Chaussée de Ninove from 7 a.m. to 7 p.m.
- **Flea market in Evere (120 booths)** - Held on Rue Verdonck and Rue Pierre Alderson from 8 a.m. to 4 p.m.
- **Flea market in La Hestre (120 booths)** - Held on the square from 6 a.m. to 6 p.m.
- **Flea market in Braine-le-Comte (50 booths)** - Held on Rue de Sans Fond from 9 a.m. to 6 p.m.
- **Flea market in Leuze-en-Hainaut (80 booths)** - Held on Rue Pont de la Cure (in front of train station) from 7 a.m. to 5 p.m.
- **Flea market in Woluwe-Saint-Pierre (750 booths)** - One of the largest flea markets in Brussels held on Avenue Gribaumont, Rue G. Martin and neighborhood from 7 a.m. to 5 p.m.
- **Pumpkin fest in Mons** - In the pedestrian area from 10 a.m. to 6 p.m. with local products sale, small farm, tasting and more.

**Oct. 1 to 2**

- **Glass fair in Lasne** - Whether you are looking for crystal glasses, unique pieces or just nice glasses and glassware, this fair has it all. A glass-blower will also be on site to show how glasses are shaped. Held at the sports center at Route d'Ohain 9a from 10 a.m. to 6 p.m. Admission: €6.
- **Artistic fair in Charleroi** - Largest artistic fair will be held at Charleroi Expo at Avenue de l'Europe 21 from 10 a.m. to 6 p.m. Free admission.
- **Flea market in Jemappes (200 booths)** - Held on Avenue Maréchal Foch Saturday from noon to 11 p.m. and Sunday from 4 a.m. to 6 p.m.
- **Apple fest in Rongy** - Lots of activities, i.e. bring your apples and make your apple juice, visit the orchard by little train, children's activities, musical entertainment and more. Starts Saturday at noon and Sunday at 10 a.m. For a detailed program, visit <http://www.lafetedelapomme.be>.



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

**Through Oct. 2**

- **Home & Living Fair in Amsterdam** is being held at RAI. You'll find different ideas on how to brighten your interior at home. Open Tuesday, Wednesday, Saturday and Sunday from 10 a.m. to 6 p.m.; Thursday and Friday from 10 a.m. to 9 p.m. Admission: €20; children, ages 11 and under, €8.

**Through Oct. 8**

- **British Curiosa Fair in Zeijen** is being held at De Oranjerie at Noorderstraat 1. Open from 1 to 6 p.m. Free admission.

**Sept. 30 to Oct. 1**

- **Antwerpfila at Antwerp Expo in Antwerp, Belgium**, will be held at Jan van Rijswijkklaan 191. This large fair offers philatelists and numismatists a wide array of stamps and coins from which to choose. Open from 10 a.m. to 5 p.m. Admission: €5.

**Sept. 30 to Oct. 2**

- **National Tattoo in Rotterdam** will be held at Ahoy at Ahoyweg 10. This unique show has top-quality Dutch and international military and show bands. Get more information at <http://www.nationaletaptoe.nl>.

**Sept. 30 to Oct. 3**

- **Harvest Fest in Jülich, Germany**, will be held in the town center.
- **Celebrating Fall Festival in Mönchengladbach, Germany**, will be held at Castle Rheydt at Schlossstrasse 508 with decorations, fashion, culinary products and shows. Open Friday from noon to 6 p.m. and Saturday to Sunday from 10 a.m. to 6 p.m. Admission: €8; children, free.

**Oct. 1**

- **Fall market "Groei and Bloei" (grow and blossom) in Emmeloord** will be held at Groenhorst at De Balkan 16 with delicacies, demonstrations of traditional crafts, garden creations and more. Open from 10 a.m. to 5 p.m. Admission: €3.50; children, ages 11 and under, free admission.
- **Antique and Curiosa Market in Heusden** will be held on Burchtplein in the center of this historic fortified town. Open from 10 a.m. to 5 p.m.

**Oct. 1 to 2**

- **Kartoffelfest auf dem Neumarkt in Ibbenbüren, Germany**, showcases the potato. Enjoy the many culinary specialties featuring the potato. Open from 11 a.m. to 6 p.m.

**Remain vigilant, and maintain situational awareness at all times.**



Read about events near Chièvres, SHAPE and Brussels.

**Oct. 2**

- **Yoga day in Bernissart in support of Handicap International** - Starting at 10 a.m. at Rue de Valenciennes 189 with Yoga to wake up; at 11:15 a.m. Yoga nidra. After lunch, at 3 p.m. Viniyoga and ending at 4:30 p.m. with meditation concert. Prior registration is required at <http://www.handicapinternational.be/fr/yoga>. Fee is €7 per session, €12 for half day and €24 for the entire day. Lunch is €7.
- **Do it Yourself fair in Brugge** - Creative fair for hobby and DIYs with shopping, inspiration, trends, materials, accessories and demonstrations from 10 a.m. to 6 p.m., site Sint-Jan (center Brugge). Parking and entrance at Zonnekemeers. Free admission. For the schedule of the workshops and additional information, visit <http://www.diy-brugge.com>.
- **CD, DVD, records, partitions fair in Charleroi** - Held at the Charleroi Expo Congrès at Avenue de l'Europe 21 from 10 a.m. to 5 p.m. Admission from €5 to €8.
- **Nordic walking in Steenkerque** - Starts at 9:30 a.m. on the square in Steenkerque. Free admission.
- **Volksmarch in Flobecq for 5, 10, 15 or 20 km** - Departs from Rue des Camomilles 14 from 9 a.m. to 6 p.m.
- **Volksmarch in Herchies/Vacresse for 5, 10 or 20 km** - Departs from Rue Valère Letot 14 from 9 a.m. to 6 p.m.
- **Volksmarch in Montignies-sur-Roc for 5, 10, 15 or 20 km** - Departs the sports center on Rue de la Roquette from 9 a.m. to 6 p.m.
- **Flea market/annual sales in Enghien (150 booths)** - Held on the square and in center of town from 7 a.m. to 7 p.m.
- **Flea market in Etterbeek (240 booths)** - Held on Rue de la Grande Haie from 6 a.m. to 5 p.m.
- **Flea market in Neufmaison (700 booths)** - On Rue Colonel Balaince from 6 a.m. to 6 p.m.
- **Flea market in Woluwe-Saint-Lambert (220 booths)** - Held on Rue Saint-Lambert from 7 a.m. to 4 p.m.
- 

**Ongoing**

**Through October**

- **Treetop Adventure Trail in Tertre** is being held at Rue de la Hamaide 79. Three trails will be available for children, ages 7 and older, and for adults, too. Two trails will be available for children, ages 3 and older. Open from 11 a.m. to 7 p.m. Admission: €9 to €19.

**Through Nov. 6 (Exhibit has been extended)**

- **Harry Potter exhibit in Brussels** - Open daily from 10 a.m. to 7 p.m. at the Brussels Expo on Place de Belgique at Palais 2. Tickets can be purchased online at <http://ticketmaster.be>.



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

**Oct. 1 to 2 continued**

- **Tomo Fair in Nijmegen** is an indoor Japanese market with Japanese clothing, lifestyle, garden, culinary delicacies, demonstrations, karaoke and more will be held at Jan Massinkhal at Nieuwe Dukenburgseweg 5. Opens at 10 a.m. Admission: €5.

**Oct. 1 to 3**

- **Fall Season at the Castle in Jüchen, Germany**, will be held at Schloss (castle) Dyck. This fair will have more than 130 vendors displaying country fashion, lifestyle, garden accessories, plants, culinary delicacies and more. Open from 10 a.m. to 6 p.m. Admission: €12; children, ages 7 to 16, €1.50.
- **Relief of Leyden Festivities in Leiden**, a festive remembrance of the city's relief from the Spanish siege in 1574, will be held in the city center. The Relief of Leyden program includes a parade, traditional food, fireworks and more. (See page 10 for more on Leiden.)

**Oct. 1 to 8**

- **Relief of Alkmaar in Alkmaar** will be held in the center of town. Festivities marking the liberation of Alkmaar from the Spaniards in 1573 include demonstrations, fair, games, parades, fireworks and more. Free admission.

**Oct. 2**

- **Damme culinary market in Damme, Belgium**, will be held on market square in the town center. Open from 10 a.m. to 7 p.m.
- **A Day in Fall in Oud-Zuilen** will be held in the park and at Castle Zuylen at Toernooiveld 1. Celebrate autumn at the "A Day in Fall" fair. Visitors will find a large offering of organic delicacies, Old Dutch apples and pears, flowers, books, jewelry, gifts, decorations and more. Open from 11 a.m. to 5 p.m. Admission: €5; children, ages 11 and under, free admission.
- **Falconry and Country Fair in Overpelt, Belgium**, will be held around Wedelse Molen (Mill) at Breugelweg 250 with shows, vendors, demonstrations and more. Open from 10 a.m. to 5 p.m. Admission: €6; children, ages 15 and under, €1.
- **Art Market in Wijk bij Duurstede** with more than 180 booths will line the Castle Wall and will be found in the Castel Park; Museum Garden and Grote Kerk as well as on market square and at Mazijk in the center of town. Open from noon to 5 p.m.

**Remain vigilant, and maintain situational awareness at all times.**