

# THE GAZETTE

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

## Benelux news briefs

### Sign up for crossage

Crossage takes place in the streets of Chièvres and surrounding villages Ash Wednesday, Feb. 10, starting at noon.

Cost is €32 for a rabot/mallet (€28) and a chôtelette/ball (4€), and €4 for insurance if you preregister or €5 if you register the day. Deadline: Feb. 5.

To find out how to register, call civilian 0496-876938.

### Seasonal services planned

More religious services will be published as more information becomes available.

#### Feb. 10

12:15 p.m.: Catholic Ash Wednesday Mass and distribution of ashes at SHAPE International Chapel Centre's East Chapel.

#### Feb. 12, 19, 26; March 4, 11, 18

6 p.m.: Catholic Stations of the Cross at SHAPE ICC's East Chapel. A soup dinner follows. The Stations of the Cross will be conducted outdoors rain or shine so wear wet-weather attire (rain boots and so forth) if it rains or has rained recently.

6 p.m.: Catholic Stations of the Cross at JFC Brunssum International Chapel's East Chapel. A soup supper follows.

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### Grand opening of tax centers held at SHAPE

Capt. Renee Darville, Tax Center officer in charge; Command Sgt. Maj. William Majors, garrison senior enlisted leader; and Maj. David Amamoo, Northern Law Center OIC, cut the ribbon at the Benelux Tax Center grand opening Thursday, Jan. 28, 2016. The Netherlands Law Center holds the grand opening of its tax center Feb. 9 at 10:30 a.m. (U.S. Army photo by Capt. Josh Goetting)

**See page 5.**

# Army accommodates breast-feeding Soldiers 'in the field'

New Army policy provides more prescriptive guidance to commanders pertaining to their support of Soldiers who choose to continue breast-feeding or express milk upon returning to duty, according to an article by Army News Service.

Army Directive 2015-43, signed by Acting Army Secretary Eric K. Fanning Nov. 11, further explains the earlier breast-feeding and lactation-support policy, previously published in September, by including better guidance about location conditions, scheduling and storage.

"Extensive medical research has documented that breast-feeding has significant health, nutritional, immunologic, developmental, emotional, social and economic benefits for both mother and child," it reads. "In light of these benefits, com-

manders are responsible for notifying all Soldiers of this breast-feeding and lactation support policy during initial pregnancy counseling.

The revised policy addresses how commanders now will not only provide Soldiers with a location, even during field exercises, to express/pump breast milk but also provide a means of storage and/or time to transport or discard.

"Soldiers who are breast-feeding or expressing milk remain eligible for field training, mobility exercises, and deployment [after completing their postpartum deployment-deferment period]," the directive reads. "During field training and mobility exercises, commanders will provide private space for Soldiers to express milk. If the Soldier [or designated personnel] cannot transport expressed milk to

garrison, the Soldier's commander will permit her the same time and space to express and discard her breast milk with the intent to maintain physiological capability for lactation."

Also new to the policy is the requirement for commanders to provide to Soldiers a location for expressing milk that isn't in a restroom.

"Commanders will designate a private space, other than a restroom, with locking capabilities for a Soldier to breast-feed or express milk," the directive reads. "This space must include a place to sit, a flat surface [other than the floor] to place the pump on, an electrical outlet and access to a safe water source within a reasonable distance of the lactation space."

The policy also requires commanders to ensure that

Soldiers have adequate time to express milk and that they consider the unique situations of each mother. The policy also, for the first time, adds a specific example of frequency for breast-milk pumping as well as duration.

"New mothers commonly express milk every two to three hours for 15 to 30 minutes, but this time frame may change as the child ages," the directive reads. "When a child is 6 months old and begins eating solid foods, the number of breaks a Soldier needs to breast-feed or express milk may decrease."

The policy also requires commanders to provide to Soldiers "reasonable lactation breaks ... for at least one year after the child's birth."

The guidance will be incorporated into the next version of Army Regulation 600-20.

# SHAPE clinic reduces services on two Mondays

The SHAPE Healthcare Facility will operate with reduced staffing Feb. 8 from 8 a.m. to 1 p.m. and Feb. 15 from 8 a.m. to 5 p.m. During those times:

- Acute Care Walk-In Clinic will operate with Medical Officer of the Day, or MOD, coverage only.
- Physical Therapy and Referral Management services will be available.

• Other services will be limited or closed Feb. 8. However, all other services will be closed Feb. 15.

In related news, SHAPE Healthcare Facility recently changed many of its telephone numbers to the 566 DSN exchange, which folds into the 065-32 civilian exchange.

However, its main line, DSN 423-5886

or civilian 065-44 5886, currently remains the same.

American Forces Network will broadcast live from SHF's main lobby at its Healthy Heart Event Feb. 25 from 9 to 11 a.m.

- Get your blood pressure checked.
- Evaluate the age of your lungs.
- Have a taste of some healthy snacks and food, and get the recipe.

<p><b>THE GAZETTE</b></p>	<p><b>To submit or subscribe, email <a href="mailto:usarmy.benlux.imcom-europe.list.pao@mail.mil">usarmy.benlux.imcom-europe.list.pao@mail.mil</a></b></p>
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# American Legion honors heroes at PX on 'Four Chaplains Sunday'

by Joseph Schram

American Legion "Flanders Field" Post BE02

Join the American Legion Post BE02 at the AAFES PX on Chièvres Air Base to observe Four Chaplains Sunday, which falls on Feb. 8 this year.

Feb. 3 marked the historic 73th anniversary of the sinking of the U.S. Army Transport *Dorchester* and the legendary acts of selflessness of four Army chaplains who were aboard.

The four U.S. Army chaplains gave up their life jackets and prayed together when their transport ship, the U.S.A.T *Dorchester* was torpedoed 80 miles south of Greenland Feb. 3, 1943. The Four Chaplains – sometimes called the Immortal Chaplains – were men from four different religions who sacrificed their lives for men of all faiths.

Rabbi Alexander D. Goode was a native of York, Pennsylvania. The Rev. George L. Fox, a decorated World War I veteran, was a Methodist minister in Gilman, Vermont. The Rev. Clark V. Poling was



Rabbi Alexander D. Goode, the Rev. George L. Fox, the Rev. Clark V. Poling and Father John P. Washington.

a minister in the Reformed Church in America at the First Reformed Church in Schenectady, New York. Father John P. Washington was a Catholic priest from Kearny, New Jersey.

The four first met at Chaplains School at Harvard, according to <http://www.fourchaplains.org>.

They were honored with a U.S. postage stamp in 1948. A White House ceremony unveiled the interfaith postage stamp.

"The greatest sermon that ever was preached is right here on this stamp," President Harry S. Truman said.

## Black History Month

# Celebrate contributions to American society

USAG Benelux community members can attend seven Black History Month programs this month in order to commemorate the achievements of African-Americans to the nation's history, literature, mathematics, science and other endeavors.

**Feb. 9** Luncheon in the PAO Auditorium at SHAPE Headquarters at 11:30 a.m.

**Feb. 12** Game Night at B3's in the Events Centre at 7 p.m.

**Feb. 17** Sports Day at SHAPE Main Gym from 3 to 5 p.m.

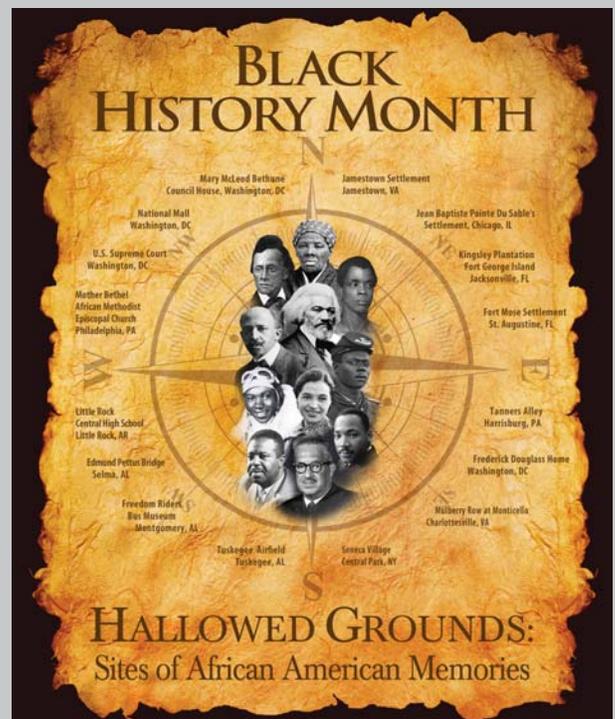
**Feb. 19** Open Mic in the SHAPE Club's Mons Bar at 8 p.m.

**Feb. 25** Movie Marathon in the Alliance Auditorium (SHAPE Cinema) from 10 a.m. to 6 p.m.

**Feb. 26** Gospel Explosion by Word Of Truth International Christian Ministries at 7 p.m.

**Feb. 27** African Market in the Events Centre from 10 a.m. to 4 p.m.

For more information on these Black History Month events, call DSN 361-5235 or civilian 068-275235.



National Children's Dental Health Month

Proper dietary habits vital for children's oral health

by Maj. Breck Brewer  
DDS, MS

Whether guided by the U.S. Department of Agriculture Food's traditional Food Pyramid, its 2005 MyPyramid (a variation on a theme) or its 2011 MyPlate, a balanced diet plays an important role in good health, including dental health.

The Food Pyramid, for example, outlines the exact number of servings of grains, fruits/vegetables, meats and dairy people need on a given day.

If you scrutinize many of the things that go into your body, reading the Nutrition Facts with a magnifying glass, chances are, you would be willing to do the same for your children. Just like adults, children need the appropriate foods to achieve diets that are balanced. What children eat and when they eat it affect not only their general health but also their oral health.

Today's parents face many challenges when it comes to choosing foods for their families. For starters, now more than ever, the choices that consumers have are staggering. From fast foods to organic meals, snack foods to fresh produce, they are constantly making decisions about what to put in their mouths. Nonnutritional foods are often conveniently packaged and cheaper. Quick-and-easy meals stare out at them from grocery-store shelves and freezer cases.

To make matters worse, the marketing firms have figured it out: Dress up the food packaging with bright colors or a child's favorite TV star, and the pressure for a parent to buy grows exponentially.

Besides, children know what tastes good. Generally, the first two ingredients in anything a child picks out for themselves are corn syrup and high-fructose corn syrup -- code words for sugar. Parents need to remember that they are the ultimate say in what their children are eating.

When it comes to avoiding cavities, avoiding sugar-laden beverages may be even more crucial maintaining good oral health than avoiding sugar-laden



Dentists recommend soft-bristled toothbrushes, according to the American Dental Association. (Photo by Jonas Bergsten)

convenience foods. For example, the average teenage boy in the United States consumes 81 gallons of soft drinks each year -- almost three two-liter bottles a week.

Sugar alone, however, cannot cause cavities. When bacteria break down the sugar into acid, the teeth start to corrode or demineralize. Typical soft drinks are high in both acidity and sugar content so they pose a double threat.

Even the parents who minimize their children's soft-drink intake aren't off the hook. Many sports drinks and juices contain just as much sugar and acid as soft drinks and can be disguised as good sources of nourishment.

While the type and quantity of sugar that children consume makes up a big part of the equation, the last variable is how often these "sugar exposures" occur. Even if a child's overall consumption is low in volume, a child who frequently sips on sugary drinks or eats starchy snacks has greater risk of cavities. This "grazing" habit can have a real adverse effect on oral health.

The American Dental Association recommends the following practices to reduce your children's risk of tooth decay:

- Sugary foods and drinks should be

consumed with meals. Saliva production increases during meals and helps neutralize acid production and to rinse food particles from the mouth.

- Limit between-meal snacks. If children crave a snack, then offer them nutritious foods.

- If your children chew gum, make it sugarless. Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.

- Monitor beverage consumption. Instead of consuming just soft drinks, sports drinks and juice all day, children should also choose water and low-fat milk.

- Help your children develop good brushing and flossing habits.

- Schedule regular dental visits.

Face it: Children are going to eat and drink sugar. However, parents, to a great extent, control the amount of sugar, the type of sugar and the number of sugar exposures.

Make sure your children get the nutritious foods they need and reduce the things they don't. Remember the sugar category is the top of the pyramid -- the smallest section.

Parents can lay the foundation now for a lifetime of healthy eating habits and good dental health.

# HS teams 'shoot the works'

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

Name the sport that has shooting, swimming and climbing. If you guessed a new type of triathlon, you missed the mark.

Athletes from seven American high schools used these moves, whose names are borrowed from other sports, at the Jan. 30 wrestling tournament at Chièvres Air Base.

"Get ready to rumble!" the announcer said, kicking off the action in the gym of the Chièvres Community Activity Center.

Craig Larsen, the director of Family and Morale, Welfare and Recreation, or FMWR, went on to introduce the teams competing for bragging rights.

After a day of trying to make wrestlers from other teams "kiss the mat," the Lakenheath Lancers took the top spot, Baumholder Buccaneers placed second, and the SHAPE Spartans came in third place.

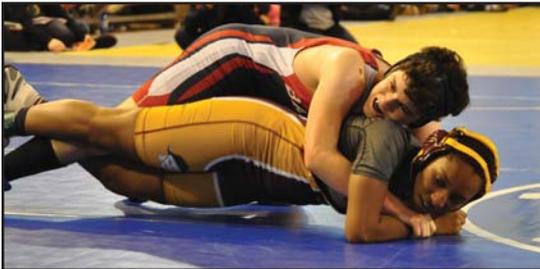
Wrestling is anyone's game: The tables could be turned at any moment, then turned back again — and again.

"Similar to boxing, the match can turn on a dime," said Paul Beckley, a volunteer coach for the fourth-place Brussels Brigands. "You're never out of a match; you always have the ability to win a match. That's what makes it exciting!"

A lot of the people who go out **See next page.**



Mohamed Toure of Brussels works a front headlock with an under-hook on Lakenheath Lancer Joseph Medina during the wrestling tournament in the Chièvres gym Saturday, Jan. 30, 2016. (Photo by Sarah Mobley)



A Bitburg Baron gains control over a Baumholder Buccaneer at the Chièvres Community Activity Center Saturday, Jan. 30, 2016. (U.S. Army photo by Andrea Wales)



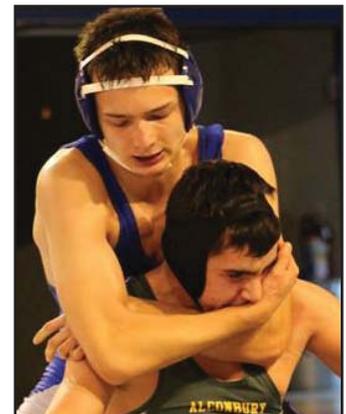
SHAPE Spartan Logan Mans fends off an attempt at a double-leg takedown by Patrick Hall of Brussels in the Chièvres gym Saturday, Jan. 30, 2016. (Photo by Sarah Mobley)



An AFNORTH Lion rebuilds a strong position as a Lakenheath Lancer works to gain the upper hand during a cross-sectional wrestling tournament on Chièvres Air Base Saturday, Jan. 30, 2016. (U.S. Army photo by Andrea Wales)



Patrick Hall of Brussels tries to break down fellow Brigand Bryant Gonzalez in the Chièvres gym Saturday, Jan. 30, 2016. (Photo by Sarah Mobley)



Brussels Brigand Bodhan Polovynko cross-faces Dean Swicky of Alconbury. (Photo by Sarah Mobley)

# Wrestling tournament | continued

for wrestling want to see what it's all about, said Erik Majorwitz, a coach at Baumholder.

"Football players go out for wrestling for the conditioning and the curiosity factor," he said. "As soon as they get that first pin, they're hooked!"

Majorwitz stressed that wrestling's a totally different kind of conditioning.

"Compared to wrestling, football conditioning is easy!" said senior Tyler Wyant, who is an offensive lineman for the Baumholder Buccaneers during football season.

Richard Smith, a volunteer coach for the SHAPE Spartans, gave the defensive coach's point of view.

"There's no better football player than a wrestler because they're not afraid of physical contact and they have the mechanics to take someone to the ground," Smith said.

Wrestling training is three to four times harder than football, too, said Jorge Rodriguez, a coach at Lakenheath, adding that weight is also important.

When wrestlers lose weight to drop down a bracket into the top of the next lower weight class, they keep the strength of the higher weight for 30 to 45 days, giving them more power than they would otherwise have at the lighter weight, he said.

"When you lose weight, you lose fat first. When you start losing strength, that's when you have to stop," Rodriguez said, adding that he never lets his wrestlers drop more than 7 pounds.

Although it's an advantage to be at the top of your weight class, that extra slice of pizza the night before a match could push you over to low end of the next higher weight class. If that happens, everyone else in that class would weigh more than you do, giving them a distinct advantage that you would have to work hard to overcome.

Weight strategies and conditioning help teams who are short on wrestlers "get in the game."

The SHAPE cross-sectional tournament was a great chance for North European Section wrestlers (Brussels, SHAPE,



Byrant Gonzalez and Patrick Hall, both from Brussels, wrestle for control on Chièvres Air Base Saturday, Jan. 30, 2016. (Photo by Sarah Mobley)

Alconbury and Lakenheath) to earn a win-loss record that places them on the same level as wrestlers from the bigger schools, going into the European finals, said Gregory Blankenship, AFNORTH head wrestling coach.

"At Alconbury, we're fans of quality over quantity because we have five strong wrestlers," said Tyler Fratz, a volunteer coach for the Alconbury Dragons, adding that the hard work of the wrestlers has made them quality wrestlers.

The last draw-down took its toll on high-school wrestling.

"We just don't have enough kids in the room to work each other out," said Tim Mobley, the head coach for the Brussels Brigands. "If you give up slots, you don't get the families."

Still, the Brigands had the added advantage of two wrestlers who had competed at the European High School Wrestling Championships.

"The level of wrestling at Europeans is a little bit higher and helps them deal with a little bit more pressure," Mobley said. "It's definitely more intense than what you see at a weekend tournament."

## Team scores

Lakenheath 182, Baumholder 115, SHAPE 95, Brussels 83, Alconbury 71, Bitburg 68, AFNORTH 33.

# Food-handler class offered to club fund-raisers

SHAPE Healthcare Facility's Department of Preventive Medicine recently released the list of dates it will hold its 2016 Special Events Basic Food Handler Training Course.

The course is designed for all family readiness groups, Group 2 activities and volunteer groups that intend to participate in selling food at SHAPE Morale and Welfare Branch/Family and Morale, Welfare and Recreation, or MWB/MWR, events and functions during 2016 at SHAPE and USAG Benelux facilities. (Group 2 activities are SHAPE clubs and group activities — such as

the Fishing Club, Cycle Club and Sub Aqua Club — that are registered with SHAPE MWB to participate in club fund-raising activities on SHAPE like the Flea Market.)

A certificate (valid for one year) will be presented at the end of the course. (The certificate doesn't authorize the holder to prepare, sell or operate a food-service business in a professional capacity for commercial gain.)

The course is scheduled in the second-floor conference room of SHAPE Healthcare Facility's Washington, D.C., wing (yellow wing) in Building 401 as follows:

- March 17 at 2 p.m.;
- April 21 at 3 p.m.;
- May 19 at 3 p.m.;
- June 16 at 3 p.m.;
- July 21 at 3 p.m.;
- Aug. 18 at 2 p.m. and at 3 p.m.;
- Sept. 15 at 3 p.m.;
- Oct. 20 at 3 p.m.; and
- Nov. 17 at 3 p.m.

Registration is on a "first come, first served" basis.

Contact Preventive Medicine to book your preferred course date and time. To register for the course, call DSN 566-5336 or civilian 065-325336.

## BRUSSELS COMMUNITY

Through Feb. 21

- **21-Day Bench Press Challenge** - Brussels Fitness Center will declare the first one to bench press 200,000 pounds in 21 days to be the winner. All NATO welcome. To register, call DSN 368-9667 or civilian 02-7179667.

Feb. 8

- **Scream-free Parenting** - Take this VTC-projected class at Army Community Service from 9 to 11 a.m. To register, call DSN 368-9783 or civilian 02-7179783.

Feb. 11

- **Dress for Success Workshop** - Join Army Community Service Employment Readiness from 10 to 11:30 a.m. Call DSN 368-9783 or civilian 02-7179783. This class is VTC-projected from SHAPE ACS.
- **3 Star Dinner Special** - Enjoy chicken tikka masala on rice and beef stew from 5:30 to 7:30 p.m. Adults \$12; children, ages 12 and under, \$6. (Alternate children's menu: hotdogs or chicken fingers.) Reservations are required. Reserve by close of business the Tuesday before by contacting reservations3star@yahoo.com.

## SCHINNEN/BRUNSSUM COMMUNITY

Sign up now

- **Rock climbing** - Register youths ages 10 to 18 for this climbing event during open enrollment, which runs through Feb. 19, at CYSS Parent Central Services in Brunssum. The \$140 fee includes seven two-hour sessions, transportation to and from Rocca Indoor Facility, two hours of professional instruction and a snack with a competition during the last session. Rocca sessions will be held the following Wednesdays: **Feb. 24; March 2, 9, 16; April 6, 13 and 20**. For details, call DSN 364-4195 or civilian +31 (0) 45-5264195. Youths must be registered with CYS Services (free) and have a valid health/sports assessment at the time of enrollment.
- **Sweetheart 5k Fun Run/Walk** - Take your sweetheart along or wear something funny to remind you of your sweetheart at this free event, starting outside the Schinnen Fitness Center **Feb. 12**. Check-in begins at 9 a.m. Run starts at 9:15 a.m. Water and fruit will be available. Call DSN 360-7561 or civilian +31 (0) 46-4437561.

Feb. 5

- **Schinnen Carnaval** - Join in on a tradition at Schinnen base that's been going on for more than 30 years: Celebrate Carnaval at the Recreation Plaza. Doors open at 1 p.m. The proclamation of the Prince and Princess takes place at 2:11 p.m. The Dutch Canteen has been designated as the official place of duty that afternoon so tear yourself away from your desk and show up at the Dutch Canteen. Experience a cultural event without leaving the base. Dust off your costume, find that mask and join in on the celebration of Carnaval. If you can't find your mask, get ready for face-painting. For details, call DSN 360-7416 or civilian +31 (0) 46-4437416, or DSN 360-7433 or civilian +31 (0) 46-4437433.

Feb. 8

- **Scream-free Parenting** - Take this VTC-projected class at Army Community Service from 9 to 11 a.m. To register, call DSN 360-7500 or civilian +31 (0)46-4437500.

Feb. 8 to 12

- **Carnival Week Fun** - The Bowling Center & Activity Center offers fun for all ages, including wall climbing, Cosmic Bowling, inflatables, basketball, table tennis, badminton and Foosball. Cost: \$ 5 per person per day. For more information, contact the Bowling Center at DSN 360-7207 or civilian +31 (0) 46-4437207.

Feb. 9

- **Grand opening of tax center** - The Netherlands Law and Tax Center in Schinnen will hold a 10:30 a.m. grand opening on the first day of the tax season for the Tri-Border Region. To obtain more information about the grand opening or to make an appointment, call DSN 360-7688 or civilian +31 (0) 46-4437688.

Feb. 9 to 12

- **CYSS Carnival Break Camp** - Children can celebrate "Fat Tuesday" with Mardi Gras-style activities all week long. To call for camp fees or to register, call DSN 364-3121/2023 or civilian +31 (0) 45-5263121/2023.

Feb. 10

- **Meet the Mommies** - Expectant parents can meet the New Parent Support Home Visitor and learn about the services offered at Geilenkirchen (Germany) U.S. Clinic from 10:30 to 11:30 a.m. For more information, contact DSN 360-7500 or civilian +31 (0) 46-4437500.
- **Lego Club** - Youths, ages 4 to 12, are invited to come make friends and become master builders at the JFC Brunssum Library from 2 to 5 p.m. For details, call DSN 364-2469 or civilian +31 (0) 45-5262469.

Feb. 11

- **Parents Support & Education/Office hours** - Learn more about pregnancy, labor and delivery; breast-feeding; new-borns or toddlers at Schinnen Army Community Service. Call ahead to DSN 360-7500 or civilian +31 (0) 46-4437500.
- **Dress for Success Workshop** - Join Army Community Service Employment Readiness from 10 to 11:30 a.m. Call DSN 360-7500 or civilian +31 (0) 46-4437500. This class is VTC-projected from SHAPE ACS.

## SHAPE/CHIEVRES COMMUNITY

### Tickets now available

- **Valentine's Day Dinner Dance** - Event will be held at the SHAPE Club **Feb. 13** from 7 p.m. to 2 a.m. Listen to a live band, and trip the light fantastic on a night reserved for romance. Tickets can be purchased at the club. Cost: €36 per person. For more information, call DSN 423-8306 or civilian 065-448306.

### Feb. 5

- **Employment, Volunteer and Education Information Fair** - Find out what you need to know at the PX Food Court on Chièvres Air Base from 11:30 a.m. to 1:30 p.m. For more information, call DSN 366-6824 or civilian 065-326824, or visit <http://www.benelux.armymwr.com>.

### Feb. 6

- **Cupid's Couple Challenge** - Celebrate Valentine's Day with the Chièvres Fitness Center's Cupid Couples Challenge from 9:30 a.m. to noon. Amp up your workout with a series of physical challenges ranging from carrying weight to climbing ropes. The staff aims to inspire team fitness and couples' togetherness.
- **Corn Hole Tournament** - Even novices at this cross between a bean bag toss and horseshoes can compete at Chièvres Outdoor Recreation and Equipment Rental from 2 to 4 p.m. To register, call DSN 361-6268 or civilian 068-276268.

### Feb. 8

- **Scream-free Parenting** - Take this class at SHAPE Army Community Service from 9 to 11 a.m. To register, call DSN 366-6824 or civilian 065-326824. This is a VTC-projected class for all Benelux communities.

### Feb. 8 to 11/ Feb. 8 to 12

- **CYSS programs for Pre-Lenten Recess** - Youths must be registered with CYSS (free). For details, stop by SHAPE's Building 503 or call DSN 423-6039/6097 or civilian 065-446039/6097, unless otherwise indicated.
- **CYSS Winter Adventure Trip** - Scheduled **Feb. 8 to 11** and open to youths in eighth through 12th grades, this trip to Germany will include the following activities: skiing, snowboarding, Austrian night sledding, Parnach Gorge torch tour and more. Spaces are limited. Cost: \$350.
- **CYSS Teen Baby-sitting Course** - Learn basic child-care skills and get CPR/first aid-certified **Feb. 8 to 11** during this course. Youths who are 12 (sixth grade) or older and registered with SHAPE CYSS (free) are eligible to participate in this course. Cost: \$25, which includes Baby Sitter's Handbook and a Magic Baby Sitter's Bag. Registration ends Feb. 5. To register, call DSN 423-5610/6104 or civilian 065-445610/6104.
- **CYSS Mardi Gras Camp** - Children can celebrate "Fat Tuesday" all week long **Feb. 8 to 12** with Mardi Gras-style activities at this full-day camp. Registration ends Feb. 5.
- **CYSS Galaxy Wars Camp** - Youths can have fun doing space-themed activities all week long **Feb. 8 to 12** at the SHAPE Youth Centre from 8 a.m. to 1 p.m.

### Feb. 9

- **Black History Month** - Luncheon in the PAO Auditorium in the SHAPE Headquarters building at 11:30 a.m.

### Feb. 11

- **Dress for Success Workshop** - Join SHAPE Army Community Service Employment Readiness from 10 to 11:30 a.m. for an informative workshop and learn tips and techniques for dressing appropriately. To register, call DSN 366-6824 or civilian 065-326824. Dress for Success is a VTC-projected class for all Benelux communities.

### Feb. 12

- **Black History Month** - Game Night at B3's in the Events Centre at 7 p.m.

## Movies at SHAPE Cinema

Rates – 2D movies: adults €7.50 and children 11 and under €4. 3D movies: adults €9 and children 11 and under €6. Check <http://www.shape2day.com> under "Morale & Welfare (MWB)" 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>.

## Movies at JFC HQ Alliance Theater

Adult admission is €6.5 (ages 12 and older) - Child admission is €3.75 (ages 11 and under). Check the web page at <http://www.shopmyexchange.com/reel-time-theatres/Schinnen-1366146> for the movie schedule.

# Travel the Benelux

## St Symphorien cemetery, a peaceful and historic site

Story by Cis Spook

USAG Benelux Public Affairs Office

Only 2 kilometers east of Mons is the St Symphorien Military Cemetery maintained by the Commonwealth War Graves Commission; a cemetery laid out in a quiet and peaceful setting in a little hilly park with century old trees.

The cemetery was established by the German Army during World War I as a final resting place for Commonwealth and German Soldiers killed during the Battle of Mons, which began Aug. 23, 1914. During this battle, the British 4th Middlesex Regiment tried to prevent German cavalry from crossing the Mons-Condé canal via the bridge at Obourg. Although the British troops were outnumbered, they fought tenaciously throughout the day. However, when the German Soldiers were able to cross the canal in force, the British troops started the retreat.

When the German Army selected

the St Symphorien site, Jean Houzeau de Lehaie, the owner of the field, refused to sell his land but agreed that it would be used as a burial ground on the condition that the British Soldiers were buried and commemorated with the same dignity as their German counterparts.

The landowner's wishes were clearly respected by the German authorities who erected three monuments to the British dead, including a gray granite obelisk dedicated to the fallen of both sides.

The cemetery remained in German hands until the end of the war when it was turned over to the Imperial War Graves Commission. St. Symphorien military cemetery now contains the graves of 334 Commonwealth and 280 German servicemen who fought in World War I.

Besides the aesthetics of the site, the cemetery has another particu-

larity: It is the final resting place of the first British Soldier to be killed in action on the Western front and the last two Commonwealth combat casualties, who were killed not long before 11 a.m. Nov. 11, 1918, when armistice was signed.

The first British Soldier to be killed in action was Pvt. John Parr of the Middlesex Regiment who was fatally wounded during an encounter with a German patrol two days before the Battle of Mons.

The two Soldiers killed in the last hours of the conflict were George Ellison of the Royal Irish Lancers and George Price of the Canadian Infantry.

Most of the Commonwealth dead were buried in their own separate plots, but they lie close to the roughly equal number of German dead.

In one particularly symbolic corner of the cemetery, a German corporal and an English officer are buried side by side.

The myth of Soldiers of the Great War being bitter enemies on the battlefield but comrades in death, has some genuine meaning here.

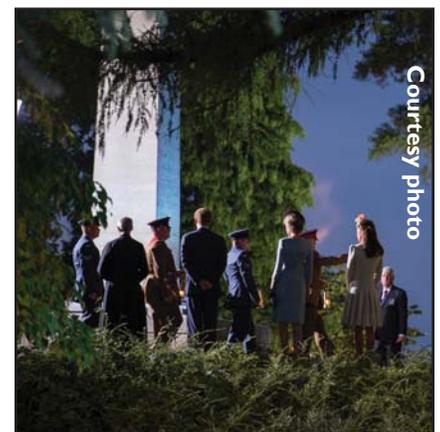
The commemoration for the centenary of the outbreak of World War I was held at St Symphorien Military Cemetery Aug. 4, 2014. The ceremony was attended by various officials among whom were Prince William, Duke of Cambridge, and his wife, Kate, as well as Prince Harry.



Courtesy photo

**For your GPS:**

Coordinates: Longitude 04° 00'38", Latitude 50° 25'57"  
 Take Rue Nestor Dehon on N90 (Mons-Charleroi), the cemetery is located 200 meters down the road.



Courtesy photo

# Colleagues turned rivals: Who invented telescope, microscope?

by Cis Spook

USAG Benelux Public Affairs Office

Often referred to as the inventor of the telescope, Sacharias Jansen was born around 1585 in The Hague, the Netherlands. He grew up in Middelburg where he worked as a spectacle-maker.

However, Jansen's claim to fame is still a matter of debate because Hans Lippershey also claimed to have invented the telescope. Also known as Johann Lippershey or Lipperhey, he lived next door to Jansen at one time and used to be a colleague spectacle-maker. Lippershey filed for the first known patent for the device in 1608, but his application was turned down because there were counter claims for the invention, among which was Jansen's.

Later, Jansen's son mentioned under oath that Lippershey had stolen the telescope design from his dad.

Jansen has also been associated with the invention of the single-lens optical microscope while trying to find a way to make magnification even greater to help people with seriously poor eyesight.

An investigation held in 1655 surrounding the claim to the invention of the telescope and the microscope didn't clarify matters because the people who were interviewed had to recount details 50 to 60 years after the fact.

Jansen is not only associated with the telescope or microscope but also with counterfeiting coins. In the years 1613-1619, he lived in Middelburg next to the



mint where his brother-in-law worked. This fact made it easy for him to copy the process of manufacturing coins. When he was suspected of counterfeiting and to avoid the high penalties for counterfeiting coins, he fled to a neighboring village, Arnemuiden where he continued his illegal activities.

In 1619, he was apprehended for owning several devices to manufacture coins. At that time, counterfeiters were boiled in oil. However, Jansen got lucky because the trial was delayed so long that the case was dismissed, and Jansen was able to return to Middelburg in 1621.

Outside the gate

## Upcoming organized trips

### Chièvres Equipment Rental

Serving Brussels, Chièvres and SHAPE. Call DSN 361-6268 or civilian 068-276268.

- **Edelweiss Lodge and Resort in Garmisch, Germany, March 26 to April 2 (All NATO welcome.)**

### SHAPE Trips and Tours

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

- **Malta, Feb. 6 to 11**
- **Rosenmontag Carnival in Köln, Germany, Feb. 8**
- **Paris with dinner cruise on the Seine, Feb. 13**
- **London with "Wicked" musical, Feb. 20**
- **Reims and the Champagne Region, March 5**
- **Cooking class in Lille, March 12**
- **Oostende with Soul Legends, March 19**
- **Paris, March 26**
- **Croatia, Venice and Slovenia, March 28 to April 6**
- **Medieval Dinner in Brugge (Bruges), April 2**
- **Versailles, April 9**
- **Paris with Moulin Rouge, April 16**
- **Berlin, April 29 to May 2**
- **Keukenhof gardens and Gouda, April 23**

- **Poland: Polish pottery, Auschwitz, Krakow and Wroclaw, May 5 to 10**
- **Monet's House and Gardens, May 21**
- **Scotland, June 18 to 26**

### SHAPE Travel Group

Call civilian 0470-876369 for details.

- **Amsterdam, Feb. 18**
- **Lace, masks and spirits, March 2**
- **Trier, March 10**
- **Beer, Cheese and Chocolate, March 22**
- **Highclere Castle, April 4**
- **Veuve Clicquot Champagne, April 14**
- **Paris in the Spring, April 27**
- **Keukenhof and Scheveningen, May 3**
- **Versailles, May 19**
- **Honfleur & Calvados, May 26**
- **Arnhem, June 7**
- **Canterbury, June 23**

### Schinnen Trips & Tours

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

- **Express Trip to Paris, France, March 19**
- **Keukenhof gardens, April 23**



Read about events near Chièvres, SHAPE and Brussels.

**Feb. 6**

- **"Shadow and Light" Musical show in Mons** - Show will incorporate dance, theater, songs, and sound and light at the Auditorium Abel Dubois (RTBF) on Esplanade Anne-Charlotte de Lorraine at 8 p.m. After Mons, the show will travel to Sambreville (Feb. 20) and to Binche (March 20). For pre-sale tickets and reservations, call 0479-220665. Admission: €10 (pre-sale) and €12 on site.
- **Harmonium concert in Irchonwelz** - To celebrate the renovation of the Saint Denis Church harmonium, concert will be held at the church at 6 p.m.

**Feb. 6 to 7**

- **International Wine Fair in Gentbrugge, Belgium**, will be held in De Vierde Zaal at Driebekenstraat 2. Open Feb. 6 from 1 to 8 p.m.; Feb. 7 from 10 a.m. to 7 p.m. Admission: €3.
- **Lace Fair in Oostmalle, Belgium**, will take place at Domein de Renesse at Lierselei 30 with demonstrations and lots of beautiful objects. Admission: €2.50. Open Feb. 6, 1 to 5 p.m. and Feb. 7, 10 a.m. to 5 p.m.

**Feb. 6 to 8, Feb. 12 to 14)**

- **Batimons in Mons** - The fair deals with everything related to construction and well-being. It is held at the Lotto-Expo on Avenue Abel Dubois from 10 a.m. to 7 p.m. all three days. Admission: €4 on site. Free admission if you register online at <http://batimons.be>.

**Feb. 6 to 12**

- **Kids Carnaval in Soignies** - Held at the Omnisports Hall Pierre Dupont at Rue de Cognebeau 32. The hall will have bouncy castles, obstacle course, games in two separate areas, one for children, ages 1 to 5, and one for children, ages 6 to 13. Admission: €7.

**Feb. 7**

- **Inside flea market in Mons (70 booths)** - At the school URSAP on Rue Valenciennoise from 8:30 a.m. to 3 p.m.
- **Flea market in Jemappes (200 booths)** - On Avenue Maréchal Foch from 4 a.m. to 6 p.m.
- **Flea market in Auderghem (300 booths)** - On Avenue Herrmann Debroux from 6 a.m. to 1 p.m.
- **Volksmarch in Quevaucamps for 5, 10, 15 or 20 km** - Departs from Rue de Tournai 103 from 9 a.m. to 6 p.m.
- **Volksmarch in Meslin-l'Evêque for 5, 10, 15 or 20 km** - Departs from "Le T'chop" at Rue Centrale 1 from 9 a.m. to 6 p.m.

**Feb. 8**

- **Kids Carnaval in Jemappes** - Starts at 2 p.m. with the gathering of the giants at the train station for parade, launching of balloons and distribution of candy until 6 p.m.



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

**Through Feb. 7**

- **Ice Sculptures Festival in Zwolle** takes place at NS Loods Station Zwolle at Hanzelaan 101. This year's theme is "Journey through a frozen world." Open Tuesday through Friday from 11 a.m. to 5 p.m., Saturdays and Sundays from 10 a.m. to 5 p.m. Admission: adults, €13.50; children 5 to 11, €8.50; children up to 4, free. Temperature is set at minus 8 degrees Celsius (18 degrees Fahrenheit) so dress warmly.



**Feb. 5 to 6**

- **Irish Pub Festival in Deventer** hosts bands from the Netherlands and abroad in various pubs in town, starting Friday at 9:30 p.m. Friday: free admission. Saturday: Acoustic Sessions are free; admission to the concert at Oude Mariakerk: €10. For more information, visit <http://www.irishpubfestival.nl>.

**Feb. 6**

- **Carnaval reception in Maastricht** will be held at the city's train station by the Prince Carnaval and his retinue at 1.11 p.m. At 1:55 p.m., they will march to the market square where the prince will lay a wreath at the statue of "t Mooswief" (Cabbage Woman).

**Feb. 6 to 7**

- **Salt Market Winter Edition in Scheveningen** is a market at "De Pier" on the beach. It offers a wide variety of lifestyle products and live music. All the food concessions will be open for business. Open from 11 a.m. to 7 p.m. Free admission.

**Feb. 7**

- **Children's Carnaval parade in Aachen, Germany**, goes through the center of town at noon.
- **Flea Market in Eindhoven** will be held at Beursgebouw on Lardinoisstraat. Open from 9 a.m. to 4:30 p.m. Admission: €3.50.
- **Volksmarch in Bergeijk** for 8 or 16 km will depart from SBP Outdoor at Witrijtseweg 15. The 8-km route departs from 8:30 to 11 a.m. The 16-km route departs from 8:30 to 10 a.m.

Remain vigilant, and maintain situational awareness at all times.



**Feb. 8 to 13**

- **Artipro Fair in Nivelles** - Creativity and arts & crafts are the main topics of this fair with artists in decoration, jewelry, painting, leather products and more. Held at the Shopping Nivelles on Chaussée de Mons Feb. 8, 9, 10, 11 and 13 from 9 a.m. to 7 p.m.; Friday, Feb. 12, from 9 a.m. to 8 p.m.



**Ongoing**

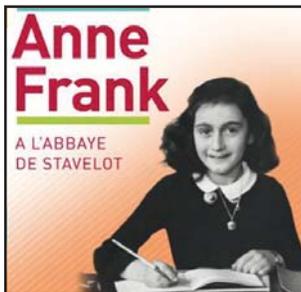
**Through Feb. 28**

- **Glory and Gratitude to the United States display in Liège** - The display tells the story of the relief for Belgium that started in October 1914. Tons of food were dispatched to Belgium, saving the lives of a million people. This free display is being held at "Grand Curtius" at Feronstrée 136. Open Mondays, Wednesdays, Thursdays, Fridays, Saturdays and Sundays from 10 a.m. to 6 p.m.
- **Display of letters and drawings of gratitude from Belgian children to Americans in Liège** - The letters were written in 1915 by Liège children between 9 and 10 years old to thank the United States for the food relief during World War I. Display is held at the Library at Feronstrée 118. Open weekdays from 2 to 5 p.m. Display is free of charge. The English translation of all the letters can be purchased at €2.



**Through May 29**

- **Anne Frank display in Stavelot** - Display is organized in conjunction with the Anne Frank House in Amsterdam and can be seen at the Abbaye at Cour de l'Abbaye 1. Open from 10 a.m. to 6 p.m. Admission: €9, includes admission to the display and the three museums located at the abbaye (Historic Museum of the Principality Stavelot-Malmedy, the Racing Museum Spa-Francorchamps and the Museum Guillaume Apollinaire).



**Feb. 7 to 9**

- **Carnaval parades in several cities** and towns in the Dutch and Belgian provinces of Limburg will be ongoing.

**Feb. 8**

- **Carnaval brass band contest in Sittard** will take place on the market square in the center of town. Starts at 3 p.m.
- **Rosenmontag Zug in large German cities** (like Aachen, Cologne and Düsseldorf) stage these parades celebrating the Monday before Lent. They all start around noon.

**Feb. 9**

- **Clowns' Carnaval Parade in Maaseik, Belgium**, will travel through the center of town. Starts at 7:11 p.m.
- **Carnaval brass band contest in Maastricht** will take place on the Vrijthof in the city center. Starts 2:11 p.m. The Carnaval's closing ceremony will also be conducted here. Starts at 11:55 p.m.
- **Carnaval event in Sittard** will be held in the center of town. Groups of costumed people will give out oranges to children and adults who yell, "Appelsiene, Appelsiene!" (Oranges, oranges!). Starts at 2:11 p.m.

**Feb. 10**

- **Dülkener Schöppenmarkt in Viersen, Germany**, is a traditional year market that takes place annually on Ash Wednesday.

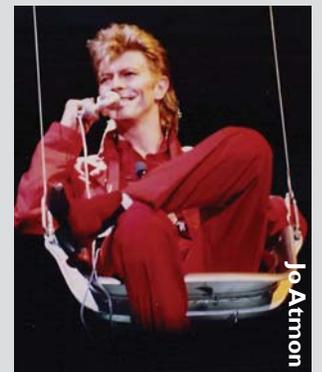
**Feb. 13 to 14**

- **Blues Festival in Delft** hosts top blues artists from all over the world in the inner city. They perform at 25 bars and inns. Starts Feb. 13 at 6 p.m.; Feb. 14 at 3 p.m. Free admission.

**Ongoing**

**Through March 13**

- **David Bowie display in Groningen** has an extended run at the Groningen Museum at Museumeiland 1. The display showcases more than 300 items from David Bowie, including handwritten songs, costumes, photos and albums. Open Tuesday through Sunday from 10 a.m. to 6 p.m., plus late-night Fridays from 6:15 to 10 p.m. Admission: €23; students 17 to 18, €15; children 6 to 16, €3.



Outside the gate

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