

THE GAZETTE

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

Winter sales

The Belgian winter sales have started and will be going on until the end of Jan. In France, the winter sales will start Jan. 9 and run until Feb. 12. There are no set dates for the winter sales in the Netherlands but usually the Dutch stores will do winter sales in Jan. In general, the winter sales in Germany will start on the last Monday of Jan.

Newcomers reception

The city council of Soignies will be hosting a reception for new residents Jan. 18. You need to register if you want to participate. More information in the community brief section.

PXtra closure

The PXtra on Chièvres Air Base will be closed Jan. 14 for year-end inventory.

Road conditions

To check the road conditions in your area, go to www.usagbenelux.eur.army.mil/ and click on the road condition link at the bottom left of the home page.

Gazette submissions

Send your requests for publication to usarmy.benelux.imcom-europe.list.pao@mail.mil. For more information, call DSN 361-5419 or civilian 068-27-5419.

Check out the bucket list for Belgium

U.S. Army Garrison Benelux
INSTALLATION MANAGEMENT COMMAND - EUROPE

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Community Travel Pics

THE BUCKET LIST (HOLIDAYS 2012 EDITION)

Click on the item you want to find out more about. A panel with information about the event or location will open under the title. Once you've read the information, use the icons to book trains, map a driving route, find other nearby events, other similar activities or use the 365 icon to find out about other activities in Belgium. If you have an item for the next Bucket List send it to usarmy.benelux.imcom-europe.list.pao@mail.mil. And don't forget to send us a photo of you at one of the recommended locations.

- 1. Bruges**
click to open/close
- 2. Brussels**
click to open/close
- 3. Do a Volksmarch in your community** (suggested by Mr. Joseph Manning)
click to open/close
- 4. Blegny Mine** (suggested by Ms. Marie-Lise Baneton)
click to open/close
- 5. Antwerp by Train**
click to open/close
- 6. Visit a Battle of the Bulge Memorial**
click to open/close
- 7. Soignies**
click to open/close
- 8. Belgian Coast in Winter**
click to open/close
- 9. The Giant House in Ath**
click to open/close
- 10. Dinant -- Home of Adolphe Sax, inventor of the saxophone**
click to open/close

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Check out the bucket list at www.usagbenelux.eur.army.mil. When you click on any one of the ten items a panel will open with information about the item and links for the weather, booking a train, other activities in the area, and other similar activities to do around the region. The bucket list will be updated seasonally. Send us your top places to visit. If we use it, we'll give you credit.

Send us a photo of you at a bucket list location and we'll use it on the website. Input can be mailed to usarmy.benelux.imcom-europe.list.pao@mail.mil.

Holiday roundup in the Benelux



Courtesy photo

Service members of USAG Benelux-Schinnen participated in the Bastogne march and parade Saturday, December 15, 2012. During the march three members of the USAG Benelux-Schinnen, Staff Sgt. Rachel Weimar, Spc. David Baker, and Spc. Ronald Chausse also re-enlisted. (From left to right) (back) Staff Sgt. Bryan Eurton, Staff Sgt. Rachel Weimar, Spc. David Baker, Spc. Frank Guois, Spc. Tyler Quota, Chaplain (Maj.) Philip Smiley, Capt. Matthew Urban, Sgt. 1st Class Barbara Balcom, (front) Capt. Daniel Scialpi, Maj. Norma Bohaty, Staff Sgt. Johnaton Balcom, Staff Sgt. Trevor Madison, and Spc. Ronald Chausse.

THE GAZETTE

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Holiday roundup | Continued



Maj. Gen. Joseph Reynes, U.S. Senior Military Representative to the Netherlands spoke Monday, December 24, 2012 at the Christmas Eve Mass, in the cave in Maastricht about the brave young men who had assembled in the cave on that bitterly cold night of 1944. "They came to this Mass to celebrate life, hope and the birth of our Savior... they gathered as the fraternity of brothers forged in combat and hardened by the loss of so many comrades and friends. Tonight we honor their sacrifice and their commitment. We honor those soldiers and members of the resistance who fought against tyranny and who paid the ultimate price for our freedom. Mere words cannot consecrate their memory more than their deeds, but we should not forget their deeds and their sacrifice. And moreover we should remember what they meant to each other and what they accomplished together in those dark and hard days against incredible odds," Reynes said. This year, one of the last survivors who signed his name on the wall and was present in the Mass on Christmas Eve 1944 sent a letter (below).

Dear Friends,

My name is Robert Wisler. I was one of more than 16 million Americans who served in the U.S. military in World War II. I was born on Christmas Day – December 25th – 1924 to Oscar and Jeanette Wisler in the small town of Galion, Ohio, USA. It was here, in this cave outside of Maastricht, that I celebrated my 20th birthday at the Christmas Eve 1944 midnight mass, made possible by the Brothers of the Immaculate Conception. It was a memorable evening and a moving tribute to the U.S. military. I have thought about that Mass and the men that I shared it with on many occasions. Most of those that were here served on the front lines. Many of them lost their lives shortly afterwards in the war. Most of those that did survive the war have since passed. It has been said that I am one of the last, if not the last surviving soldier from that evening. I am very honored to provide some thoughts about that evening in 1944.

When Germany invaded Poland and Europe went to war to defeat Hitler, I was a junior in high school. At that time, there was no TV and we only had the radio or newspapers to let us know what was happening in Europe and around the world. My dad had our family listen to every radio broadcast by President Roosevelt and any news about the war. By 1941, we knew that the U.S. might soon become involved. My older brother, Chuck, had enlisted in the Army Air Corp early in 1941 and trained as a pilot, flying a P39 airplane. We were all very proud of him when he earned his wings, but worried about his safety. I can clearly re-

member how difficult it was on our family, especially for my parents, when he was killed on October 26, 1942 in a training accident in Florida. Before his death, I had wanted to join the Air Corp as well to be a pilot, but when Chuck died, I promised my mother that I would not.

On March 8, 1943, I was drafted into the U.S. Army. Eventually, I was assigned to the 154th Anti Aircraft Artillery operations detachment of the 55th AAA Brigade in the 3rd Army. Our unit landed at Normandy six days after the start of the invasion. As the allied troops pushed Hitler's army back toward Germany during the summer and autumn of 1944, our unit advanced through France and Belgium. The Netherlands were liberated in September of 1944 and our unit arrived in Maastricht sometime in late November or early December. Our operation was set up just outside a cave on the property owned by the Brothers of the Immaculate Conception. There was a retreat center in the middle of the grounds that was used by some of the men as a dormitory and the mess hall was in that building as well. I was the supply sergeant for our unit. Because part of my responsibility was to keep supplies secure, my partner, Joe Dzomba, and I slept in the supply tent every night that winter, just outside one of the entrances to this cave. I remember that winter to be very cold.

I have forgotten most of the men in our unit, but remember John Konchack, Joe Moschel, Bill Kerr, Bill Fuchs, Gordon Cree, Jim Erb, Wayne Edgington, Tom Costello, Snider, Fox and Roth. I saw a few of these guys a couple of times after the war, but really lost touch with all of them within a few

Continued on next page

Holiday roundup I Continued

years. One of the guys in my unit, Sal Barravechia, was a quiet guy and a bit of an artist. Shortly after we arrived on the property, he began drawing a mural on one of the walls in the cave.

As Christmas approached, the Brothers posted a notice that there would be a midnight Mass for the troops in the area on Christmas Eve. They made a space on one of the walls for those attending the Mass to sign their names. A few days before the Mass, a couple of guys from our unit and I hung an American flag. Most of the men in our unit were not Catholic but, from what I recall, there were about 200 people that attended the Mass that evening, including Dzomba, Fuchs and myself. What became known as the Battle of the Bulge was taking place at this time in Belgium. Although I did not know any of the infantrymen that were there that night, there were many that came in from the front lines, only to return a day or two later. We were all very grateful that the Brothers had organized this Mass. Even though the Allies had pushed the Germans back, the outcome of the war was still uncertain. All of us, especially those on the front lines, were tired, cold and far from home. Mass was familiar. It helped us think of family and home, yet realize how important and serious our job was. I have little doubt that some of those that attended lost their lives a short time later in the war.

After my discharge from the Army in October, 1945 I came back to Galion, happy to be with family and eager to start my new life. A short time later, I met Carol and we married on June 5th 1946. Together, we had 5 sons - Don, Jim, Chuck, Jerry and Bob. Our family has been very blessed. All 5 of our sons have done well, and each has been married between 25 and 40 years. Today we have 15 grandchildren and 13, soon to be 15, great grandchildren.

In 1974, Carol, three of our sons (Jim, Jerry and Bob) and I visited Maastricht. After an adventurous search, we were able to find one of the brothers who took us to the cave. I recognized a number of the names on the wall. The kids were surprised when we found my signature and the American flag, still in good condition. Don and his wife visited the cave in the summer of 2012.

As I look back over my life, there is much that I am grateful for. Carol and I are in good health for 88 and 87 years of age. We have had a good life and for that we thank God. I was fortunate to have served in the Army and able to return home

to my family and then start a family of my own. So many were not so lucky.

Unfortunately, war is sometimes necessary. I believe WWII was one of those wars. I am proud to have been a part of the U.S. military and the allied efforts to stop the aggression. It is my sincere hope that someday we are able to learn to get along and war becomes unnecessary. Until that time, let us never forget the suffering and hardships that it causes. There were an estimated 72 million people, Soldiers and civilians, who died during this war, including over 400,000 American servicemen and women.

Time passes all too quickly. It has been 68 years since that Mass and 38 years since my return to Maastricht and my last visit to this cave. I am very grateful for the Dutch people and their heroic efforts during the war, as well as the Schark 1944 committee and all who have helped these past several years to restore this cave and keep alive the memory of the American Soldiers, especially those who attended that midnight Mass in 1944. It will help future generations better understand what American Soldiers did and how the world came together to restore peace to Europe in the mid 20th century.

I hope that you say a prayer this evening for all those who served. Merry Christmas. May God bless you all.

Sincerely,

Robert (Bob) Wisler
December, 2012

Thank you all again for your support and generosity



(Picture left) Tech. Sgt. Mathue Snow plays with an orphan and (picture above) Senior Airman Fernando Andres-Miguel distributes the gifts to the orphans with Santa and Sparky at the Orphans' Christmas party on Chièvres Air Base, Wednesday, December 19, 2012. (U.S.Army photos by Donovan Abrassart)

The secret to losing weight

By Amy Cowell

U.S. Army Public Health Command

It's the start of a new year and you are determined to make this the year you stick to your resolution to lose those extra pounds. But with so much information out there, you may not know where you should start.

If you do a quick Google search for "weight loss," more than 500,000 results appear, headlined with advertisements for the latest and greatest diets, all claiming to have the new secret to weight loss. So, it is hard to make a choice. The Atkins, Baby Food, Cabbage Soup, Caveman and Grapefruit diets promise quick and easy results—not to mention the abundance of weight loss pills, equipment and centers that claim to deliver the body of your dreams for a small fee.

Actually, the best thing you could do to achieve your goals is to avoid all of these fads. Dawn Jackson-Blatner, a spokesperson for the American Dietetic Association says, "Don't be fooled into thinking it is because of some magical food, pill or potion. Crazy, unbalanced diets cause weight loss because they are basically low-calorie diets."

These diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run. Follow the ADA's advice and stay away from any diet, pills or products that claim:

Rapid weight loss - Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than one-half pound to one pound per week. If you lose weight quickly, you'll lose muscle, bone and water. You also will be more likely to regain the pounds quickly afterwards.

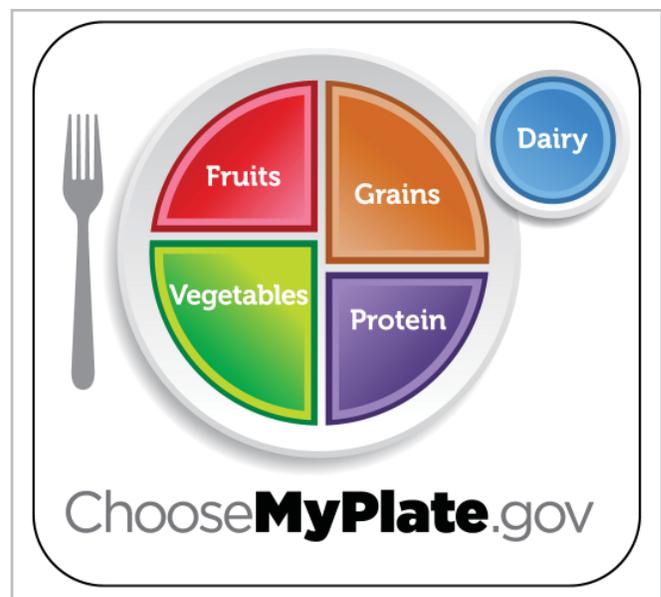
Quantities and limitations - Ditch diets that allow unlimited quantities of any food, such as grapefruit and cabbage soup. It's boring to eat the same thing over and over and hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients.

Specific food combinations - There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce

toxins in your intestines, as some plans claim.

Rigid menus - Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. With any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.

No need to exercise - Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and then to aim for 30 to 60 minutes of activity on most days of the week.



Here's the bottom line. If a diet or product sounds too good to be true, it probably is. The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more.

For more information on ways to make realistic lifestyle changes go to American Dietetic Association, www.eatright.org.

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Chièvres fitness center

Zumba fitness classes every Wednesday at the Chièvres community recreation center from 12:15 p.m. to 1:15 p.m.

Brussels Health Clinic

The Brussels Health Clinic is back on regular operating hours. They are set as follows:

Primary care

Mon through Wed and Fri from 7:30 a.m. to 4:30 p.m.
 Thu from 12:45 to 4:30 p.m.
 Closed for lunch from 11:45 a.m. to 12:45 p.m.
 Closed every Thu morning for training.

Pharmacy

Mon through Wed and Fri from 8 a.m. to 4:30 p.m.
 Thu from 1 to 4:30 p.m.
 Closed for lunch from noon to 1 p.m.
 Closed every Thu morning for training.

Tricare

Mon through Wed from 7:30 a.m. to 4:30 p.m.
 Thu from 1 to 4:30 p.m.
 Fri from 7:30 a.m. to 3 p.m.
 Closed for lunch from noon to 1 p.m.
 Closed every Thu morning for training.

Employment opportunities

For those who want to learn the Ten Steps of getting a Federal Job and you don't have time to come to the class at ACS, you can now sign up for an Online version and do it on your own time on your own computer. If interested, you'll need to be registered at ACS and sign a disclosure form. You will then be given a user name and password and the link to this training. It's easy and great information to get you started on a career in the federal government. If interested or want more information call DSN 360-7269 / 423-5324 or civilian 31(0)46-443-7269 / 32(0)65-44-5324, or stop by the employment readiness office at the ACS.

CYSS

Schinnen rock climbing clinics

Enrollment for rock climbing clinics is open from Jan. 14 to Feb. 15. The clinics will be held on Wednesdays from Feb. 27 through April 24. Last session held April 27 will be a competition. Open to 2nd grade to 12th grade. Fee is \$125 and it must be paid at time of registration. The price

includes transportation to/from Rocca Indoor facility, two hours of professional instruction and snack. You can enroll at the CYSS Parent Central Services, JFC Brunssum, Bldg. 505. No refunds will be provided after Feb. 15. For information call CYSS at DSN 364-4195 or civilian 045-526-4195. Spaces are limited.

Brussels Crèche

Full-time/part-time child care spaces are now available at the crèche across from the Garrison for ages 6 weeks to 3 years old. Crèche fees are subsidized by CYSS. Parents pay according to their DoD Fee Category. All U.S. and NATO ID cardholders are eligible. For more information call CYSS at DSN 368-9651 or civilian 02-717-9651.

Homeschool extras

Registration is open for session II of Homeschool Extras running from Jan. 15 to May 28. Registration is at the Parent Central Services, SHAPE Bldg. 503 Mon-Fri from 9 a.m. to 1 p.m. (appointments only) and 1:30 to 5 p.m. (walk-ins welcome). You can also register at SAC Dec. 11 and 18. Classes will take place every Tuesday from 9:15 a.m. to 12:15 p.m. Fee is \$96 for 16 sessions.

SHAPE/Chièvres SKIES Unlimited

Enrollment for piano, French, swimming, dance, Tae Kwon Do, gymnastics and tennis for the Jan. 21 through March 19 session are as follows: New-registration is through 11. For registration times and additional information call DSN 423-5612 or civilian 065-44-5612.

Volunteers and hires wanted

Northern Law Center

The Northern Law Center is looking for military spouses or family members to assist as volunteers or hires 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 IRS representative. Space is limited. For more information, contact the Northern Law Center at DSN 423-3903 or civilian 065-44-3903.

Schinnen

Volunteers needed for Army Family Team Building, the Child Abuse Prevention Program, Special Events and Youth Sports. If you are interested call DSN 360-7451 or civilian 046-443-7451

Soignies hosts a reception for the new residents

Program will be as follows:

- 6 p.m.: Press conference (45th anniversary of the settlement of SHAPE in Casteau)
- 7 p.m.: Welcome
- 7:30 p.m.: Remarks by Mayor and introduction of the city council. PowerPoint presentation about the resources of Soignies.
- 8 p.m.: Concert by SHAPE International Band
- 8:45 p.m.: Reception offered by the city of Soignies. Discovery of craft booths and tasting of local products.

Registration form is available at www.shape2day.com/eventscentre/page116240214.aspx

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Leak of personal data

Representatives of the Belgian railways company SNCB, were meeting Friday with the Privacy Commission following the leak of personal data of around 700,000 users that were allegedly put online during a few hours. According to a Belgian news paper, the most likely trail mentioned by the SNCB for this leak is a human mistake by an employee of the company. This person had no malicious intents but would have simply pressed the wrong button at the wrong time. The SNCB has already installed software to ensure such a leak never happens again. At this point, 1,700 people have registered a complaint or have asked for additional information.

Internet through your water pipes?

One of the most striking plans of the Flemish water company is a pilot project to provide telephone, internet and television services through fiber optic cables that will be laid in the pipes providing the domestic water supply. According to the company that provides water to most of Flanders, 1 kilometer of cable can be laid in 1 to 2 days. The water company would let its network of pipes out to telecom providers.

Seventeen injured as car rams into crowd in the Netherlands

In the tiny Frisian village of Raard, 17 people were injured, three seriously, when a car rammed into a group of people watching a New Year bonfire. According to news agency ANP, the 42-year-old female driver was not drunk and had not acted deliberately. She had three children, including one of her own, in the car at the time. Approximately 40 people were watching the New Year bonfire when the car drove into them. The victims were taken by road and air ambulance to hospitals all over the north of the country. Police are trying to find out how the accident happened. According to one theory, the woman was blinded by the fire and hit the crowd. Others say there was poor visibility.

Trying to retrieve lottery ticket

A 76-year-old man from Amsterdam got stuck in a recycling paper container last week after trying to retrieve a lottery ticket, the city's police said. The man had dumped his old paper in an underground container but realized later he may also have thrown away the ticket. The man tried to climb in and found it but got stuck in the opening. Passersby heard his shouts for help and called the emergency services. The lottery ticket was not recovered and it remains unclear whether or not it was a winning ticket, the police said.

Defense staff telephone numbers leaked

A file containing the telephone numbers of employees of the Belgian Defense Department has been leaked on the internet. A blogger was able to access the file without even having to hack the Defense Department's website. The 37-page telephone directory contains names, e-mail addresses and work telephone numbers of around 500 Defense Department employees. The blogger says on his site that he was able to access the information by entering certain search terms into the search engine Google. A Defense Department spokesman stated that a member of the IT Department had made

a mistake, allowing the information to become accessible also via the internet instead of only via the department's intranet. The error was corrected and according to the Defense department, the security breach was not too serious as only the work telephone numbers and e-mail addresses were contained in the directory

New Year's Day swim

Thousands of Dutch citizens took part in the Jan. 1 swim in the sea or in lakes and rivers, Nos television reported. Some 10,000 people took a dip in the sea at Scheveningen, traditionally the biggest of the New Year's Day swims. The sea temperature was 7 Celsius, one degree colder than last year, but felt chillier because of the wind. Dozens of other swims were held at other seaside and inland water resorts. In total, some 37,000 people took the plunge. River swims were cancelled in some places because of the high water levels, which made it too dangerous.

Controversial tree attracted visitors

No fewer than one and a half million people visited the 11th Brussels Christmas Market "Winter Wonders". The market opened Nov. 30 and ran until yesterday. According to the Mayor of Brussels and the City Alderman responsible for tourism, the success of Winter Wonders 2012 is in part due to the controversial electronic Christmas tree that stood on the city's main square. Hotels in the capital report that bookings in December 2012 were up by 3 to 4% on December 2011. On average, around 65% of available rooms were occupied. "The 'buzz' around the electronic Christmas tree has given Brussels an avant-garde image", the alderman for tourism mentioned. He added that the tree was the subject of 200 articles in the foreign press, 100 domestic press articles and 50 television reports. The tree was climbed 6,936 times, raising 8,130 euro for a non profit organization. However, the tree was not to everyone's taste and the alderman promised that this year a traditional Christmas tree will be put up on the Grote Markt.

Public Health warns for flu epidemic

The Scientific Institute for Public Health warns that a flu epidemic is on its way. Although cases of flu in Belgium are yet to reach epidemic levels, things are set to worsen. Before a flu outbreak can be called an epidemic cases of flu need to have exceeded the so-called "epidemic level" of 139.5 flu patients per 100,000 population during two consecutive weeks. During the holidays, 142 per 100,000 Belgians went to their family doctor with flu symptoms. If this is repeated this week, the flu outbreak will be officially considered to have reached epidemic levels.

Dutch fireworks mishaps

Plastic surgeons had to deal with 40 fireworks victims following the New Year celebrations and partially or totally amputated 14 hands. Last year, plastic surgeons were called in to deal with 25 serious injuries. This is just the tip of the iceberg as only the most serious cases are registered. Almost all victims were male, 45% were under the age of 18 and 64% of the fireworks involved were illegal.



This column includes events within close distance to Chièvres, SHAPE and Brussels.

12 January

- **Volksmarch in Bassilly** for 5, 10, 16, 20, 25 km. Departure is on Rue des Ecoles from 8 a.m. to 3 p.m.

13 January

- **Volksmarch in Landelies** for 6, 11, 15 km. Departure is on Rue de Cousolre from 7 a.m. to 3 p.m.
- **Volksmarch in Mellet** for 5, 10, 15, 20 km. Departure is on Rue A. Helsen 69B from 9 a.m. to 6 p.m.
- **Volksmarch in Nivelles** for 5, 10, 15, 20 km. Departure is on Rue Clarisse 10 from 9 a.m. to 6 p.m.
- **Volksmarch in Thorembais-Les-Beguines** for 5, 10, 15, 20 km. Departure is on Rue de Mellemont from 9 a.m. to 6 p.m.
- **Volksmarch in Sirault** for 5, 10, 15, 20 km. Departure is on Rue des Déportés from 9 a.m. to 6 p.m.

19-27 January

- **BRAFA in Brussels (BE)** - Short for Brussels Antiques and Fine Arts Fair. It is one of the longest running international fairs in the world. It's held at Tour & Taxis on Avenue du Port 86C. Open daily from 11 a.m. to 5 p.m., Jan 22 & 24 from 11 a.m. to 10 p.m. Entry id €20 and catalogue €10. More information on www.brafa.be.



Ongoing Events & Happenings



Through 19 January

- **Exhibition Salvador Dali "Visages Cachés (Hidden Faces)"**- At the commercial center Médiacité on Boulevard Raymond Poincare. Entrance fee is €8. Open daily from 10 a.m. to 8 p.m. and to 9 p.m. on Fridays.

Through 20 January

- **Glenn Murcutt, Architecture for Place in Brussels** at the Bois de la Cambre - Horta, Architecture Space. The exhibition concentrates on the fundamental elements of his work, approaching these primarily via his drawing technique, which he sees as an essential instrument of discovery. Murcutt's specific position in the development of modern architecture is characterised by a strong relationship to traditional building techniques combined with the use of local materials.

Through 20 January continued

- **Constant Permeke Retrospective at the Bozar in Brussels** - An impressive selection of 130 paintings, drawings, and sculptures of the Flemish expressionist, including many key works, reveals every facet of Permeke's oeuvre: female nudes, land and sea, fishermen and peasants in their everyday lives. More information on <http://www.bozar.be/activity.php?id=12489&>.

Through 24 January

- **Chocol@t's exhibition in Stavelot** - The Abbey of Stavelot hosts an exhibition which retraces the history of cocoa and chocolate and the history of many of the region's firms, draws up an inventory of the status of chocolate at the present time and wonders about the chocolate of the future, where chocolate is heading, its development, its innovations, new ways of working. More information on www.abbayedestavelot.be/code/en/expo_detail.asp?pk_id_abbaye=1063.



This column includes events within close distance to Brunssum and Schinnen.

9-13 January

- **The Vacation Fair in Utrecht at Jaarbeurs** - In one day you can stroll along the many different stands and get all the information you need to plan your next holiday. Open daily from 10 a.m. to 6 p.m., and Friday from 10 a.m. to 9 p.m. Entry is €17.75.

11-13 January

- **Interclassics and TopMobiel in Maastricht** - Each year, more than 15,000 motor show spectators visit the greatest classic car event in the Benelux region held at MECC. Entry is €17.50. Open Fri from 11 a.m. to 9 p.m., Sat and Sun from 10 a.m. to 6 p.m.

12-13 January

- **Indoor Antique Fair "Limantica" in Tongeren (BE)** at Syntra Limburg Campus on Overhaemlaan. Open Sat from 1 to 6 p.m. and Sun from 10 a.m. to 6 p.m. Entry is €3.

Ongoing Events & Happenings

Through 8 January

- **Christmas & New Year Market in Speyer (GE)** vor der Alten Münze in the town center. Open daily 11 a.m. to 9 p.m. and Jan. 1, from 1 to 9 p.m.
- **Christmas village in and near Noordwijk** at the Seaside.

Through February 3

- **Winter Efteling near Tilburg** at Efteling Amusement & Fairy Tale Park in Kaatsheuvel on Europalaan offers good old-fashion winter fun. Open on weekdays from 11 a.m. to 6 p.m. and weekends from 11 a.m. to 8 p.m.

SHAPE Trips & Tours

For information on the trips below,
call DSN 423-3884 or civilian 065-44-3884



Courtesy Photo

- **Amsterdam, January 12** - Take a ride through the canal lined streets on a guided bicycle tour, walk the town or visit the Van Gogh Museum, Anne Frank House or enjoy a day of leisure in the city. Prices: €50 per person. Departs SHAPE at 6:30 a.m. and returns at midnight. Departs Brussels at 7:30 a.m. and returns at 11 p.m.
- **La Valley Shopping, France, January 19** - La Vallée Village is a shopping destination. The Village has over 90 luxury outlet boutiques offering significant discounts on the recommended retail price all year round. Visitors are rewarded with extraordinary savings from revered French and international brands. La Vallée Village offers special sales in January. Sign up by Jan. 4. Price: €45 per person. Departs Brussels at 6:30 a.m. and returns at midnight. Departs SHAPE at 7:30 a.m. and returns SHAPE at 11 p.m.

Schinnen Trips and Tours

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

- **Spring Break getaway to Malgrat de Mar, Spain, March 29-April 7 (Registration deadline has been extended)** - Included in Tour Price: round trip royal class motorcoach transportation (non-smoking); Seven overnights in a 4-star hotel; half board accommodation (seven Breakfasts & seven Dinners Included). Prices: \$489 per person in Double Room; \$639 per person in Single Room; \$389 per child (3-11 years) staying in the parents room, when sharing a room with two fully paid guests. Two Adults + two children 0-11 maximum per room (Children need to be 0-11 during trip dates), children 0-2 only pay \$289.00 per person (Infant Discount + Baby Bed). Cancellation and travel insurance is recommended and is not included. Register with Down payment \$289.00 per person. Rest payment due at the Trips & Tours office located inside the Andre Bruls Fitness Center in Schinnen. For more info call DSN 360-7561 or civilian 046-4437561.

SHAPE Travel Group

For information on the trips below call civilian 065-336560
Travel Group members are available every Wednesday and Friday
from 11 a.m. to 1 p.m. in the Foyer of the SHAPE Library, Bldg. 307.

- **Maasmechelen Outlets, January 15** - home to more than 100 boutiques selling leading local and international brands for example: Nike, Geox, Calvin Klein, Le Creuset, Barbour, Samsonite, Villery & Boch, and many more. In the January sale outlet prices are dropped even more. Shopping is a real pleasure in this 21st century village-style setting that lends itself to a relaxed and stress-free atmosphere. The Outlet Center offers a selection of cafes and restaurants with fine food and drink whether it is a light lunch or a three-course meal. Discover the Outlet Shopping Center to find leading designer labels at exceptional prices. Price is €25.

For recurring events check on www.usagbenelux.eur.army.mil/sites/local/pages/gazette/GazetteExtra.pdf.

MARK YOUR CALENDAR

BRUNSSUM/SCHINNEN COMMUNITY

January 10

- **Dress for Success** from 10 to 11:30 a.m. in the ACS Conference Room, The do's and don'ts of getting dressed for any interview regardless of profession. For more information call 046-443-7500.

January 15

- **Learn how to make your own baby food** from 10 to 11 a.m. at the ACS FAP Lounge. For more information or to register call the New Parent Support Program at DSN 360-7335 or civilian 046-443-7489 or the Women, Infants and Children Program at 046-443-7489.

SHAPE/CHIEVRES COMMUNITY

January 8

- **Lunch and Learn** in the ACS training room at SHAPE Bldg 318 from noon to 1 p.m. This session will focus on building your child's self esteem. To register call DSN 423-5324 or civilian 065-44-5324.

January 9

- **Mental Games and Real Time Resilience** from 10 to 11 a.m. at SHAPE, ACS conference room, Bldg. 318. Shut down counterproductive thinking to enable greater concentration and focus on the task at hand. Pre-registration is required by the Monday before each class. To register, call ACS at DSN 423-5324 or civilian 065-44-5324.
- **ACS free communications classes** from noon to 12:45 p.m. based on *The 5 Love Languages* by Gary Chapman. Don't forget to bring your lunch. For more information to register for a class call DSN 423-5324/7593 or civilian 065-44-5324/7593.

January 10

- **Total Army Sponsorship** at SHAPE, Bldg. 318 from 10:30 to 11:30 a.m. To register or to schedule a unit session call DSN 423-5324 or civilian 065-44-5324.

January 14-16

- **Culture College** from 8:30 a.m. to 3:30 p.m. on Monday and Wednesday and from 9 a.m. to 3:30 p.m. on Tuesday. For more information and to register, call DSN 423-5324 or civilian 065-44-5324.

January 17

- **U.S. spouses coffee - RSVP needed-** Join for a light brunch in Soignies from 10 a.m. to noon. Price is €10 per person. Optional chocolate making class from noon to 2:30 p.m. Price is €15 per person. To buy tickets or to RSVP call DSN 423-4032 or civilian 065-44-4032

BRUSSELS COMMUNITY

January 7-11

- **Weight Loss Challenge 2013** - Initial weigh-in dates from 7:30 a.m. to 6 p.m. The ten weeks program will run from Jan. 14 to March 15. For more information or to register call the fitness center at DSN 368-9667 or civilian 02-717-9667.

January 8

- **The Bare Essentials** - High school students get prepared life beyond high school. College application assistance, interview preparation, alternatives to college, how to search for scholarship and more will be available. For more information call DSN 368-9651 or civilian: 02-717-9651.

January 9

- **Lunch** at the 3 Star Lounge from 11:30 a.m. to 1 p.m. For more information or to register (recommended), call DSN 368-9822 or civilian 02-717-9822.
- **German night** at the 3 Star Lounge from 5:30 to 8 p.m. For more information or to register (recommended), call DSN 368-9822 or civilian 02-717-9822.

January 10

- **Dinner Thursday** at the 3 Star Lounge. Fore more information about the menu and prices, call DSN 368-9822 or civilian 02-717-9822.

January 11

- **Texas Hold'em** at the 3 Star Lounge. Registration starts at 6 p.m. and first deal at 7 p.m. Open to all ID card holders. For more information call the 3 Star Community Club at DSN 368-9822 or civilian 02-717-9822. Participation fee is \$30, which includes food.