

THE GAZETTE

Published for members of the Chièvres Air Base, Caserne Daumerie, SHAPE and Brussels communities

Volunteers Needed

Do you love animals? Want to get involved in the community? The Chièvres Kennel is in need of volunteers.

Volunteers are needed mainly Fridays, Saturdays, Sundays and Mondays from 8 to 11 a.m., but are always welcome any other day or time.

Duties include cleaning kennels, feeding pets and playtime. Must be over 16 years old to volunteer. Call DSN 361-5436 for more information.

Harvest Time driving

Now through mid-December is harvest season. Roads will have increased traffic of slow moving vehicles which requires extra caution while driving. Distracted driving has become a major issue and increases your risk when driving in rural areas.

CFC-Overseas

The 2011 Combined Federal Campaign-Overseas program starts today, October 3 and runs through December 2. You can donate online at www.cfccoverseas.org or contact the USAG Benelux CFC-O representative at DSN 361-5998 or civilian 068-275998.

Be a writer or photographer

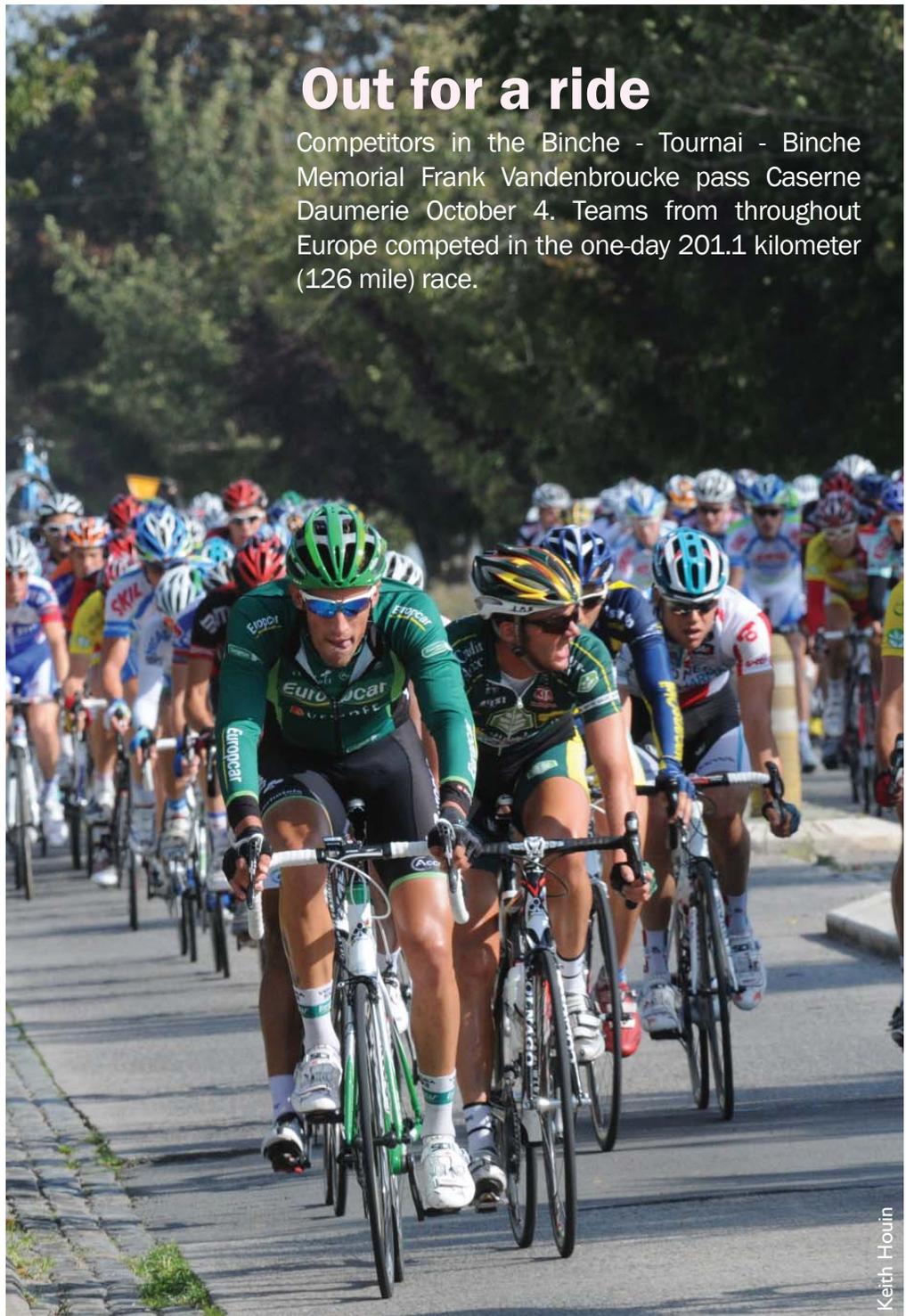
The Benelux Public Affairs office is still looking for volunteers writers and photographers. Call 361-5910 for more information.

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Out for a ride

Competitors in the Binche - Tournai - Binche Memorial Frank Vandebroucke pass Caserne Daumerie October 4. Teams from throughout Europe competed in the one-day 201.1 kilometer (126 mile) race.



Keith Houin

Scouts and families take weekend camping trip

Special to the Gazette

In a recent edition of the Benelux Gazette there was a story about a wolf sighting in the Namur province. During the weekend of September 23-25 there were more wolves spotted. These wolves however were seven year old boys from Cub Scout Pack 457. More than 50 Cub Scouts & family members participated in a weekend campout at DeKluis Campground, near Sint-Joris-Weert, a little south of Leuven.

The unusually nice Belgian weather allowed a perfect opportunity for boys to learn about scouting and complete outdoor activities. Scouts completed an obstacle course; learned compass, map reading, and pace counting skills; learned about knife safety and completed a carving activity; completed a knot tying activity; completed a leaf and plant identification activity; and participated in a discussion of the planets while they received a telescope demonstration.

Scouts learned not only from parent volunteers but also from older scouts. This was a "joint" camping event with Boy Scout Troop 457. These older scouts helped teach skills & supervise activities, as well as organize and ran the combined

campfire event. Tenderfoot Scout Ben Pelczynski emceed the joint campfire get together which included skits and songs from the different Cub Scout dens and Boy Scout platoons.

Before concluding the activities, Scoutmaster & Cubmaster of Troop/Pack 457, Joel Alexander, called one scout of each rank from around the campfire and illustrated to all present how, "Scouting is a life-long adventure...from the 6-year old Tiger Scout through the ranks to Eagle and continuing as an adult volunteer." After the joint campfire event was over the younger scouts walked back to their campsite and enjoyed Smores with their families around their campfire.

The event was a complete success. The only complaint noted was by a six year-old Tiger Cub who protested, "Why do we only get wooden knives to carve with" while participating at the knife safety demonstration.

If you or someone you know is interested in scouting or volunteering with scouts in the Brussels area, please contact scoutmasters@troop457.be.



Eric Bruce

Joel Alexander (left) talks to the souts about the life-long adventure of scouting

THE GAZETTE

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Rain or shine event and no pets please!

TRUNK OR TREAT

Monday, 31 October Chievres Air Base

Carnival Rides Start 1600

Trunk Trail Opens 1730

**No pets, No candles or open flames, No potentially hazardous items.
No homemade goodies. Please provide candy for 500 ghosts and goblins.**



All Members of the SHAPE/Chievres Community are invited to set up a Trunk!
TOP 3 Trunk Decorating Contest - Great Prizes!



For more information:
Facebook: Chievres FMWR
DSN 361-5643, CIV 068.27.5643

OPEN TO ALL U.S., SHAPE (GREEN) & NATO ID CARD HOLDERS.

Think P.I.N.K. this October to Reduce Breast Cancer Risk

Theresa K. Jackson, Ph.D., Public Health Scientist
U.S. Army Public Health Command

October brings with it many great things—the start of autumn, beautiful foliage, football games, candy corn, pumpkin lattes at Starbucks ... and a lot of pink.

In October, we see pink ribbons, pink candies, pink T-shirts, pink bracelets and pink sneakers. In recent years, we have even seen hot pink accents on our favorite NFL players.

So why does the first full month of autumn take on a rosy hue across America? Unfortunately for some, it is not a second coming of Valentine's Day (though who wouldn't love some extra flowers and chocolate?). Rather, all of the pink we see from now through Halloween is to raise awareness for women's health because October is National Breast Cancer Awareness Month.

Breast cancer is the most common cancer in women worldwide. About 1 in 8 women in the United States (12 percent) will develop invasive breast cancer over the course of their lifetime. In fact, this year in the United States alone, more than 230,000 women—or nearly 600 women per day—will be diagnosed.

Though we may not see splashes of hot pink on our Soldiers' Army Combat Uniforms or Battle Dress Uniforms this month, we can all support the national campaign against breast cancer.

Therefore, the U.S. Army Public Health Command encourages all of our female Soldiers and Army wives, sisters, mothers, and daughters to Think P.I.N.K. this October:

P – PARTICIPATE IN SCREENING

The chances of survival are better if any cancer is detected early and before it spreads to other parts of the body. In fact, when breast cancer is found early and confined to the breast, the five-year survival rate is 98 percent. To promote early detection, the American Cancer Society recommends that women in their 20s and 30s receive a clinical breast exam every three years and that women age 40 and older receive a yearly CBE as well as a yearly mammogram.

I – INVEST IN PREVENTION

Women often struggle with balancing family, work and taking care of themselves. Being sure to eat right, get enough sleep, avoid alcohol use and exercise.

These actions not only help you feel better but may also reduce your risk of cancer. In one study from the Women's Health Initiative, as little as 1¼ to 2½ hours per week of brisk walking reduced a woman's risk of developing breast cancer by 18 percent.

N – NOTE YOUR RISKS

All women are at risk for breast cancer. The two most important risk factors for breast cancer are being female and getting older. Most breast cancers and associated breast cancer deaths occur in women ages 50 and older. Risk also increases if you have a first-degree relative (mother, daughter or sister) who has been diagnosed with breast cancer. Knowing your risks, communicating them with your healthcare provider and following the appropriate screening recommendations is key to early detection.

K – KNOW YOUR BODY

No matter your age, you should become familiar with how your breasts look and feel. If you notice any changes such as a lump, swelling, dimpling, pain or redness, see your healthcare provider right away. Finding a breast change does not necessarily mean that you have cancer; your provider will be able to offer you additional information and next steps.

If you or your family member would like additional information on Women's Health Month and Breast Cancer Awareness, please visit:

American Cancer Society, <http://www.cancer.org/Cancer/BreastCancer/index>

National Cancer Institute, <http://www.cancer.gov/cancer-topics/types/breast>

National Women's Health Resource Center, <http://www.healthywomen.org/>

Susan G. Komen for the Cure, <http://ww5.komen.org/>

U.S. Department of Health & Human Services Office on Women's Health, <http://www.womenshealth.gov/>





Army Energy Awareness Month – October 2011

October Energy Awareness Month provides an excellent opportunity to focus and strengthen our efforts to improve our Army’s energy security. To accomplish our global mission the Army requires assured access to energy to meet our operational needs and to power our installations. Even as we recognize the many Army successes this past year, we must aggressively improve the Army’s power and energy posture in order to reduce our reliance on a fragile electric grid and vulnerable foreign oil supplies. By undertaking comprehensive efforts in the areas of Soldier power, basing power and vehicle power, we become stronger and more effective. We must work collectively to change our culture, making energy a consideration in everything that we do and every Soldier a power manager.

The Army needs secure access to energy. That’s why we continue to foster relationships and seek private sector investment in clean/renewable technologies. This year we began the Net Zero Installation initiative, an effort to bring the total resource consumption on an installation down to an effective rate of zero. Net-zero installations which generate, repurpose and/or recycle power, water and waste are less vulnerable and more resilient. The recent formation of the Army Energy Initiatives Office Task Force will streamline acquisition processes and leverage industry for the execution of large-scale renewable and alternative energy projects on our installations.

Operational energy initiatives will make our Soldiers safer – lightening Soldier loads through advanced portable power systems, lighter batteries, universal charging devices, water purifiers and smart microgrid technologies. With traditional energy sources consuming so much of ground resupply weight, using less energy means fewer convoys and fewer convoys mean fewer casualties.

While the Army is taking steps at the enterprise level, achieving energy security requires active participation from all of us as individuals. Each of us can reduce our energy consumption at home and in the office through simple behavioral changes such as turning off lights and shutting down equipment when not in use. Together we will succeed in reducing our energy consumption, increasing our alternative energy generation and enhancing energy security so that we have the resources to sustain the Army’s ability to deploy, fight and win. We sincerely appreciate your support.

Raymond F. Chandler III
 Raymond F. Chandler III
 Sergeant Major of the Army

Raymond T. Odierno
 Raymond T. Odierno
 General, United States Army
 Chief of Staff

John M. McHugh
 John M. McHugh
 Secretary of the Army

USAG Benelux and local community briefs

SHAPE International Library celebrates Teen Read Week with Teen Jeopardy Tournament

The SHAPE International Library will celebrate Teen Read Week October 16-22, by staging a Teen Jeopardy Tournament on October 21 from 7 to 9 p.m. at the library. Test your trivia skills against your friends, enjoy some snacks and win some silly prizes!

“Teens have more activities to fill their free time than ever — web videos, social networking sites, video games, afterschool activities, athletics — and increasingly high expectations in the classroom,” said Public Services Librarian Linda Rothstein. “It’s important that we show them that reading is something that’s fun and relaxing that they can do for free. And that reading for fun can translate into better performance at school.” “Many families have learned to make do with less as a result of the economy and have flocked to the library,” Rothstein said. “Teen Read Week is a great time to make sure teens and their families know about all the free services the library can offer them and to reach out to teens who aren’t regular users and encourage them to come see what they can find here.” So stop by the SHAPE International Library during Teen Read Week with your teen to see what the library has to offer. Teens in grades six through 12 may sign up to attend the Teen Jeopardy Tournament by calling the library at DSN 423-5631/Civilian 065 44-5631, e-mailing at shape.library@eur.army.mil or stopping by during regular hours. We can’t wait to see you at the library.

CYSS Skies Classes

- **Gymnastics** for 4 years and up through December 14.
- **Piano** for 6 years and up through December 15.
- **Tennis** for 6 years and up through December 16.
- **Karate** for 6 years and up through December 15.
- **Swimming** for 4 years and up through December 15.
- **Ballet** for 3.5 years and up through December 16.
- **Circuit Training** for 13 to 18 years old through December 16.
- **French** for 6 years and up through December 16.
- **Play and Fitness** for 6 to 12 years old through December 16.

Sign-up at Parent Central Services, SHAPE Bldg. 503 Mon-Fri 9 a.m. to noon (appointments only) and 1:30 to 5 p.m. (walk-ins welcome).

For information, call Parent Central Services DSN 423-5612 or civilian 065-44-5612 or SKIES Unlimited Instructional Programs Specialist at DSN 423-5611 or civilian 065-44-5611.

SHAPE Anti Drug Campaign Poster Competition

Competition runs through October 17 for all SHAPE International School Students in grades 7-12. First prize is an iPad II, second prize is a Nintendo DSi and third prize is a iPod Nano. For more information, contact one of the school teachers.



Sunday worship service schedule

SHAPE/Chièvres area

- 9 a.m. – Catholic Mass at SHAPE Chapel
- 10:15 a.m. - Anglican service at SHAPE Chapel
- 11:45 a.m. – Contemporary Protestant service at SHAPE Chapel

For additional information, contact the Chaplain's Office at DSN 361-5381.

Jewish Community Liaison: contact DSN 423-4938

Muslim Community Liaison: contact DSN 368-9814

Catholic Mass

- Each Monday, Tuesday and Wednesday at 11:45 a.m. at the Daumerie American Chapel and
- Thursday at 12:15 p.m. at the SHAPE Chapel.

Brussels area

- 10:30 a.m. – Protestant service at Chaussée de Louvain 13, St. Stevens Woluwe

Education

University of Phoenix

Degree Programs Offered:

- Master of Business Administration
- Master of Arts in Education/ Adult Education & Training
- Master of Arts in Education/ Teacher Leadership
- Master of Arts in Education/ Teacher Education (Elementary, Secondary, & Special Education)
- Open to all SHAPE, NATO, Embassy ID holders

For more information stop by the USAG Benelux Education Center, Bldg. 212, Rm 113 or call DSN: 423-4645.

University of Maryland

University of Maryland University College Fall 2011 Session 2 registration is taking place now through October 23. Courses run October 24 through December 18. For details, contact your local UMUC field representative DSN 423-5173 or civilian 065-44-5173.

\$3.00 ADMISSION
\$5.00 SKATE RENTAL
 LIMITED SIZES &
 QUANTITIES
 AVAILABLE



CHILDREN UNDER THE AGE OF 16 MUST BE ACCOMPANIED BY PARENT
 CALL DSN 361-6268 FOR MORE INFORMATION

LET'S GO! MWR

COMMUNITY REC CENTER
Family Fun Night
CHIEVRES AIR BASE
SAT, 15 OCT, 1730-2100
SKATING, GAMES & BOUNCY CASTLE
PATRIOT DINNER SPECIALS



U.S. Pacific Command's Joint Service Color Guard renders honors during a wreath laying ceremony to show respect to the service members who sacrificed their lives.

GIVE ONLINE AT WWW.CFCOVERSEAS.ORG

SHOW YOUR CARE IN 3 EASY STEPS:

- 1 Choose your charities.** Go to the Donate Now button and use the online search to select from more than 2,400 charities.
- 2 Make a Commitment.** Donate via payroll allotment, credit/debit card, e-check, cash or check.
- 3 Submit your pledge.** If you gave through the printed pledge option online, you MUST give a copy to your Representative to complete the pledge process. For the paperless options (check, credit or e-check), you do not need to submit a form to your Representative but remember to retain a copy of your pledge for tax purposes.

MAKE A WORLD OF DIFFERENCE
CAMPAIGN DATES: 3 OCTOBER TO 2 DECEMBER



Local Contact Information



CFC-Overseas: October 3 - December 2



October 2011
Domestic Violence Awareness Month

- ❖ Help victims of domestic violence by donating your gently used clothing (women, men and children), toys and kitchen items. **New** personal hygiene items are welcomed as well.
- ❖ Donations accepted through 26 October 2011 at the USAG Benelux ACS (SHAPE Bldg 318) and USAG Brussels ACS (Bldg 4).
- ❖ Donations will be given to local shelters for victims of domestic violence.
- ❖ For more information contact Victim Advocacy at DSN 423-7593 and 368-9684 or CIV 065.447593 and 02.7179684



TOGETHER WE CAN END DOMESTIC VIOLENCE. ACT NOW!



||| BELGIAN NEWS |||

By Marie-Lise Baneton

USAG Benelux Public Affairs

Belgium buys Dexia Bank Belgium

The Belgian state is purchasing the Belgian subsidiary of the Dexia Group for 4 billion euro. Dexia Bank Belgium will be wholly owned by the Belgian taxpayer. It took a twelve hour marathon meeting of the bank's board to agree to the sale and proposals by the Belgian, French and Luxembourg governments to split up the group. Prime Minister Leterme made it clear that it is the government's intent to keep the bank in public ownership for several years.

Brussels Police detains demonstrators

Several dozen Spaniards who had come to Brussels to protest against the policies of the European Union were detained in the Brussels borough of Koekelberg last Saturday night. The protestors are part of the so called "Indignados" (Indignant people) movement who camped out on Spanish plazas in May and support a different world economic order. They had made their way to Brussels on foot to take their message to the European Union. The local mayor had banned any camping in the Elisabeth Park near the Koekelberg Basilica but a group of demonstrators ignored the ban. The local police detained approximately 48 people have been detained. The Indignados plan debates through this week, culminating in a demonstration in the European District on October 15.

Flemish population polled

The question is often asked whether Flemings (Flemish speaking Belgians) want Belgium to disappear. To try and help answer the question, the VRT (Flemish speaking television) polled 1,000 of them. The survey showed that a full three-quarter of respondents say they don't want Belgium to become history. Among women, the figure rises to 79 percent. The poll also looked at whether Flemings feel proud to be Belgians. In all 73 percent of those polled said that they are. Among the young, the figure rises to 80 percent and among students, to a staggering 90 percent. A quarter of those quizzed said that they were not. In Antwerp province, the figure even rises to 34 percent. People living in the big cities and those over 55 seem less inclined to be proud of their Belgian heritage.

||| BELGIAN NEWS |||

Early season for Belgian moles

According to specialists, 2011 has been a year with excellent weather conditions for moles: they thrived during the warm spring and the wet summer provided plenty of worms to feed them. Additionally, moles have only a few natural enemies in this country: the birds of prey and foxes that would normally be predators to them are in such low numbers that they are unable to stop their advance. This has already resulted in the presence of numerous burrows in the yards, which is a lot earlier than normal. According to mole catcher Luc Belmans, moles are very territorial animals who establish themselves in an area covering approximately 400 square meters.

Dead body found in Ath

A walker discovered a dead body in the Ath to Blaton canal, across from the Floridienne Company last Sunday afternoon. It appears that the body has been lying in the water for a long period of time, which makes the identification process difficult. According to police sources, no identification documents could be found. The identification process and investigation are on-going.

Belgian negotiators make progress

The eight political parties negotiating the formation of a new Belgian government have been making steady progress in recent weeks, including an agreement on the splitting of the Brussels Halle Vilvoorde Constituency. Last Friday night, they reached agreement on final stumbling blocks. For example, they agreed to hand responsibility for some parts of traffic policy to the regions. Essential issues would stay with the Federal Government, but the regional governments will be able to make decisions on speed limits on regional roads.

"Tintin in Tibet" worth thousands of euro

An original copy of "Tintin in Tibet" was put up for auction in Brussels last Sunday and sold for the amount of 9,600 euro. Tintin in Tibet is the twentieth title in the comic book series The Adventures of Tintin, written and drawn by the famous Belgian cartoonist Hergé. This copy had been published in 1960 and was autographed by Hergé.

||| BELGIAN NEWS |||

||| BELGIAN NEWS |||

Through 16 October

- **Brassigaume Festival in Marbehan** This is an international festival of small breweries and is open from 2 to 11 p.m. on Saturday and from 11 a.m. to 8 p.m. on Sunday. in an international festival of small breweries at which you can taste several Belgian beer specialities.

14-15 October

- **Market for secondhand children and adult clothes at Obourg** at the school on Rue des Ecoles Gymnase 52/54 from 9 a.m. to 4 p.m..

14-16 October

- **Antiques, flea market and collection items fair in Tournai (Kain) (350 booths)** at the Tournai Expo on Rue Follet from 2 to 6:30 p.m. on Friday and from 10 a.m. to 6:30 p.m. on Saturday and Sunday. Entrance fee is €6 on Friday and €5.5 on Saturday or Sunday.
- **Wine fair in Colfontaine with free tastings at the Espace Magnum** on Avenue Dr. WSchweitzer from 6 to 10 p.m. on Friday and Saturday and from 10:30 a.m. to 8 p.m. on Sunday. Entrance fee is €5.50.
- **Apple and Autumn Fest in Lessines at Salle L'Ecuelle** on Rue des quatre Fils Aymon.

15 October

- **Flea market in Etterbeek (100 booths)** on Avenue Casernes and Rue Nothomb from 8 a.m. to 6 p.m.
- **Flea market in Houdeng-Goegnies (70 booths)** at the school on Chaussée Houtart 316 from 7 a.m. to 3 p.m.
- **Autumn Jogging at L'Abbaye de Bonne-Espérance** on Rue Grégoire Jurion 22 at Vellereille-les-Brayeux with children's jogging in the park of the abbey starting at 1 :30 p.m. ; walk starting at 2:30 p.m. and adult jogging of 8.43 km starting at 3 p.m. Participating fee is €1 per chid and €4 per adult.
- **Flea market in Quaregnon (110 booths)** on Rue de Monsville from 8 a.m. to 4 p.m.
- **Learn how to make your own baguette, ciabatta in Moulbaix** at the Moulin de la Marquise (mill) throughout the day (demonstrations follow one another) from 9 a.m. to 3 p.m.



Courtesy Photo

15-16 October

- **Apple, pears and fruit trees Fair in Virelles at the "Aquascope"** on Rue du Lac, 42 with some 150 varieties of apples and pears from 10 a.m. to 6 p.m.

16 October

- **Flea market in Bastogne** on Place St Pierre and porte de Trèves from 6 a.m. to 6 p.m.
- **Flea market in Woluwe St Lambert (350 booths)** on Avenue Georges Henry from 8 a.m. to 4 p.m.
- **Flea market in Strépy-Bracquegnies** on Vieille Place from noon to 6 p.m.
- **Mountain Bike ride at L'Abbaye de Bonne-Espérance** on Rue Grégoire Jurion, 22 at Vellereille-les-Brayeux, all day long starting at 8 :30 a.m. Participating fee is €5.
- **Volksmarch for 5, 10 or 20 km in Sirault at Domaine des Aulnoyes** on Rue Emile Vandervelde 113 from 7 to 11 a.m. Participating fee is €2 per person and free for children under 12 years old.
- **Mountain Bike ride for 20 km in Sirault at Domaine des Aulnoyes** on Rue Emile Vandervelde 113 from 7 to 11 a.m. Participating fee is €2 per person and free for children under 12 years old.
- **Apple and Autumn Fest in Lessines at Salle L'Ecuelle** on Rue des quatre Fils Aymon with autumn products market, demonstration on how to make apple juice, tasting etc. starting at 10 a.m.



Courtesy Photo

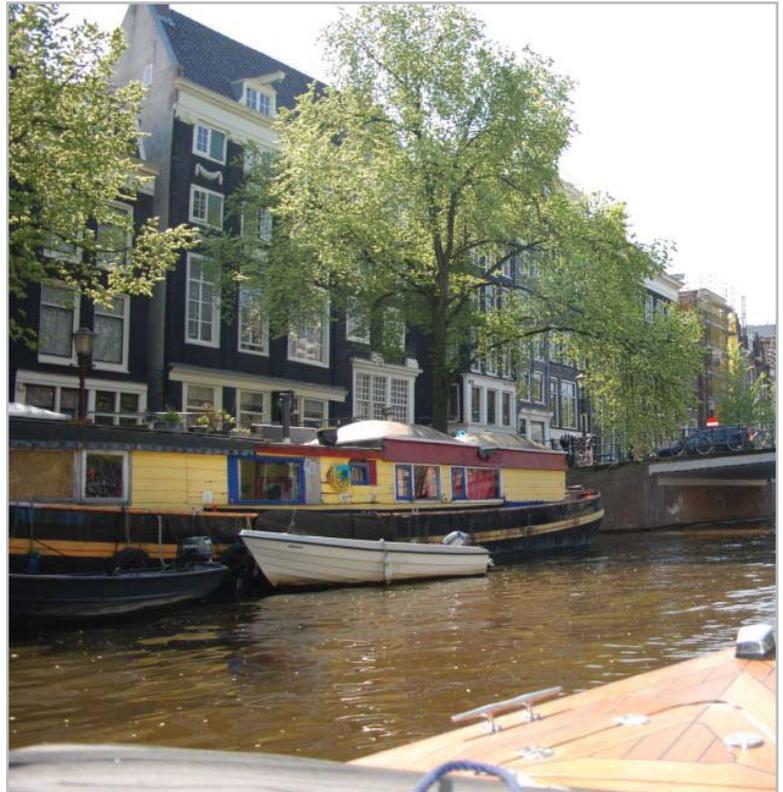
- **Volksmarch in Hautrage for 5, 10 or 20 km.** Departure is from the Place d'Hautrage, 44 from 9 a.m. to 6 p.m.
- **Volksmarch in Masnuy-St-Jean for 5, 10 or 20 km.** Departure is from the school on Rue du Bois Genly 1 from 9 a.m. to 6 p.m.
- **Volksmarch in Meslin-l'Eveque for 5, 10 or 20 km.** Departure is from the place from 9 a.m. to 6 p.m.
- **Volksmarch l Petit-Enghien for 5, 10 or 20 km.** Departure is from the school on Place, 3 from 9 a.m. to 6 p.m.
- **Volksmarch in Auderghem for 4, 10, 15, 21, 30 or 36 km.** Departure is from "Salle Paroissiale Ste Anne" on Chaussée de Tervuren, 129 from 8 a.m. to 3 p.m.

SHAPE Trips & Tours

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

Events & Happenings

- **Amsterdam With optional Anne Frank House, October 15** Explore Anne Frank's hiding place. Wander around the labyrinth of hallways, stairs and little rooms. Inspect the furnished rooms and listen to the stories of those who hid there, and their helpers. Or visit the Van Gogh Museum, sip coffee at the worlds best cafes and enjoy a day of leisure in this beautiful city. Price: Amsterdam only: €42, with Anne Frank House: € 52 adult, € 47 10-17 years, € 42 0-9 years. Departs Shape at 7 a.m. and returns at 11 p.m.
- **Xanten & Cologne, October 22** The day begins in Germany's biggest archaeological open-air museum Xanten on the site of the ancient Roman city of Colonia Ulpia Traiana. It was one of the most important cities in the Germanic provinces of Rome in antiquity. During its height, it was home to more than ten thousand people whose history can be reconstructed from the traces they left in the ground. After this trip into history, spend some free time in Cologne for sightseeing, shopping or enjoying a Kölsch. Visit the world known Cathedral and other innumerable cultural and historical treasures, world-famous museums and active art scene. Price: €65 Adults, €57 Children 0-17 years. Departs SHAPE at 6 a.m. and returns at 11:30 p.m.
- **India, October 28 - November 6 (Friday-Sunday, Fall Break)** Ten days, nine nights all inclusive trip. This package includes: airfare, airport taxes and transfers, accommodations, all meals, all visits mentioned in the program, Rickshaw ride in Jaipur, horse carriage ride in Agra, magic show in Agra, city tour of Udaipur, visit to city palace, visit to SahelionOki-Bari, short tour of the religious city of Ajmer, visit of Fort Amber by jeeps/elephants, city tour of Jaipur, game drive into Ranthambore National Park, train excursion to Fatehpur Sikri and of course...the Taj Mahal. Price: (prices are per person) €2345 Double/Twin; €2830 Single; €2075 Child* (0-10) *With 2 paid adults in triple room. Visa Required. Stop by our office for a complete itinerary.
- **Paris with optional Catacombs, October 29 (Saturday)** The Catacombs gather the remains of approximately six million Parisians, transferred between the end of the 18th century and the middle from the 19th century. Along a labyrinth of obscure galleries and narrow corridors, the visitor discovers the bones laid out in a "romantico-macabre" decoration. This underground museum restores the history of the Parisians and invites you to a voyage out of time. You can also spend the day in Paris exploring the many things it has to offer. Price: €60 Adults, €55 Youth Ages 14-17, €50 Child Ages 0-13, €50 without Catacombs Tour. Departs SHAPE at 7:15 a.m. and returns at 11:30 p.m.



Amsterdam



KEEPING YOU CONNECTED

The Official Website of the American Forces Network Benelux

benelux.afneurope.net

Brussels: 101.7 FM – Chièvres 107.9 FM – SHAPE 106.5 FM and 104.2 FM

Community Roundup

14 October

- **Alcoholics Anonymous** - The English speaking SHAPE AA Group meets on Fridays from 4:30 to 5:30 p.m. at SHAPE, ASAP (Army Substance Abuse Program), Bldg. 342. Members support one another's 12 Step recovery program and freely share their AA story with newcomers. Family members, friends, and anyone interested in AA are welcome to attend. For recorded message with telephone contact numbers, call 049-405-8137. For English speaking meetings in Brussels and throughout Europe see www.aa-europe.net.

15 October

- **Stroller Time** - Bring your child and stroller for a walk on the SHAPE path from 10 to 11 a.m. from the ACS, Bldg. 318 on SHAPE.

18 October

- **ADHD Support Group** - meets from 12:30 to 1:30 p.m. at the Chièvres Army Lodge Conference Room This support group provides education and support in a safe and confidential environment. For more information and to register, contact ACS at DSN 423-7598 or civilian 065-44-7598.
- **Homeschool Extras Program** - Through Dec. 13, every Tuesday except during school holidays from 9:15 a.m. to 12:15 p.m. at the school age center. This program specially designed for homeschoolers will include physical education, arts & Crafts, science and technology activities. Cost is \$65 for 11 sessions. For additional information and to register, contact the Outreach Services Director at DSN 423-6099 or civilian 065-44-6099, Mon-Fri from 9 a.m. to 6 p.m.

19 October

- **Resiliency 101** - meets from 1 to 2:30 p.m. at Army Community Services Bldg 318 on SHAPE. Registration by October 14 is required. To register contact ACS at DSN 423-7598 or civilian 065-44-7598.
- **Infant Massage Class** - Meets every Wednesday at 11 a.m. in the SHAPE Healthcare Facility second floor conference room. Expectant mothers and mothers with newborns and older infants are welcome. Mats and oils are provided. No pre-registration is required. Open to all U.S., NATO and SHAPE ID card-holders. Call ACS DSN 423-4274 or civilian 065-44-4274 for more information.
- **Preschool Story Time** - Meets every Wednesday from 10 to 10:30 a.m. at the SHAPE International Library and helps preschoolers build confidence, learn socialization skills and make friends. There is no fee for this program. For more information, call the library at DSN 423-5631 or civilian 065-44-5631.
- **Alcoholics Anonymous** - The English speaking SHAPE Alcoholics Anonymous Group meets on Wednesdays, from 7 to 8:30 p.m. at SHAPE, ASAP (Army Substance Abuse Program), Bldg. 342. Members support one another's 12 Step recovery program and freely share their AA story with newcomers. Family members, friends, and anyone interested in AA are welcome to attend. For a recorded message with telephone contact numbers, call 049-405-8137. For English speaking meetings in Brussels and throughout Europe see www.aa-europe.net.

Protestant Women of the Chapel

Every Monday from 6 to 8 p.m. and Tuesday from 9:30 a.m. to 12 p.m. Protestant Women of the Chapel Ladies meet for fellowship, worship and Bible study at SHAPE Chapel. Monday night fall studies are Essentials of Effective Prayer and How Do You Know God's Your Father? Tuesday fall studies choose from the following: Crazy Love, The 10 Best Decisions Every Parent Can Make, Becoming a Woman of Prayer or Precept Upon Precept: Sermon on the Mount. Free childcare provided. Homeschool moms, ask us about our special program for your children. Call 0493-46-4604 for more information or visit us at www.facebook.com/pwocshape.

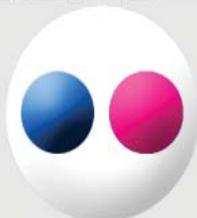
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- **Taco Night** Taco Night is back at the 3-Star Recreation Center on USAG Brussels. Join us Thursday, starting at 5:30 p.m. Prices are \$8 for adults and \$6 for children 10 years and under. Children 2 and under eat for free. For more information contact the 3-Star Recreation Center at 02-717-9822 or DSN 368-9822.
- **Movie Night** Before you plan a trip to the movie theater, check out the listing of free first run movies being shown at the 3-Star Recreation Center. Movies are shown on Thursday and Friday evening beginning at 6 p.m. For more information contact the 3-Star Recreation Center at 02-717-9822 or DSN 368-9822.
- **Youth Sports** Youth Sports and Fitness has begun its fall sports seasons for cheerleading, flag football, and soccer. For more information on games and practice times please see your child's coach or contact the Youth Sports and Fitness office at 02-717-9680 or DSN 368-9680.

FITNESS CLASSES

All classes are held at the USAG Brussels Fitness Center in Bldg. 3 and are free of charge. For more information, call 02-717-9667.

- **New: Big Will's Body Shop** - Sessions are from 1 to 2 p.m. and from 2:30 to 3:30 p.m. every Monday, Wednesday and Friday.
- **Body Pump** - Every Saturday from 9:30 to 10:30 a.m. and every Tuesday from 6 to 7 p.m.,
- **Spin Class** - Every Monday and Thursday from 6:30 to 7:30 p.m.
- **Yoga** - Every Monday, Wednesday and Friday from 10 to 11 a.m.
- **Individualized Strength Training** - Every Tuesday and Thursday from 1 to 2 p.m.
- **Step Aerobics** - Every Wednesday, Friday from 6 to 7 p.m.
- **Zumba** - Every Saturday from 11 a.m. to noon and every Monday from 5:30 to 6:30 p.m.
- **Fitness Program** - through October 31. By joining the program you may be eligible for three hours of duty time per week to exercise. Application packets are available at the USAG Brussels Fitness Center.

The Fitness Center is open Monday through Friday from 5 a.m. to 8 p.m., Saturday and Sunday from 9 a.m. to 4 p.m. The Holiday hours are from 7 a.m. to 5 p.m. For more information, call the Fitness Center at DSN 368-9667.

Flu Vaccinations

Flu vaccinations were available now. Walk in to the SHAPE-Brussels Health Clinic on normal immunization days: **Tuesdays from 1 to 4 p.m.**

Thursdays from 8 to 10 a.m.

Please take into account that you will have to wait for 15 minutes after your immunization is given. You also need to allow time for filling out all required forms. Due to heavy volume, there may be long lines for the immunizations.

Appointment line: DSN 368-9500 or civilian 02-717-9500.

Join us at the
US Army Garrison Brussels
AUTUMN FEST
Friday
October 28
2011



18:30-20:00 **HAUNTED HOUSE** (\$3 entry fee)
 Scare yourself silly at our Haunted House (recommended ages 8+) Building 2 Top Floor

18:30-20:00 **TRUNK or TREAT!**
 Don your Halloween costume & enjoy trick or treating and games (for younger kids). Contact brusselseonignmentshop@gmail.com to register a decorated trunk.

20:00-23:00 **PARENTS NIGHT OUT**
 Contact CYSS for required registration & details at 02/717-9651, DSN368-9651

20:00-24:00 **Adult Costume Party 18+** (\$5 entry fee)
 with a **FAMILY FRIENDLY Costume Contest** (CASH prizes) at the Three Star Recreation Center. For more info, call 02/717-9822, DSN 368-9822.

For more information contact:
the USAG Special Events Coordinator 02/717-9763

