

THE GAZETTE

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

CIF closures

From October 29 to November 2 the Central Issue Facilities (CIF) at Chievres Air Base, Belgium and at the Brunssum NATO Industrial Complex site, The Netherlands will be closed to conduct DA directed annual staff training and recertification. Central Issue Facilities will resume normal operational hours on 5 November 5.

Chièvres DPW

The Chièvres DPW Self-Help store's new operating hours are Monday through Friday from 9:30 a.m. to noon and from 12:30 to 4 p.m. Closed Wednesdays. For more information call DSN 361-5383 or civilian 068-27-5383.

New USAG Benelux-Brussels Facebook Page -

If want to know what's happening at USAG Benelux-Brussels head over to the new Facebook page and click like. <https://www.facebook.com/usagbeneluxbrussels.community>. The old Brussels page will be discontinued.

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.

Garrison members get smoked by fire department



Rita Hoefnagels

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Etienne Marcic, Directorate of Public Works exits the smoke filled room during Fire Prevention Week at U.S.Army Garrison Benelux-Schinnen. The Schinnen fire department challenged members to test the gear and feel what it is like in simulated environment. **See also page 4**

Air Force squadron gets new identity



Col. William R. Ward, Commander 86th Operations Group (left) uncashes the Colors of the 424th Air Base Squadron at its new home on Chièvres Air Base. The 309th Airlift Squadron stationed on Chièvres Air Base was redesignated 424th Air Base Squadron during a ceremony Friday, Oct. 15, 2012. The 309th Airlift Squadron was a tenant on Chièvres Air Base under the USAG Benelux.

The unit flew a single C-37A and provided DV airlift support for the Supreme Allied Commander, Europe and the Commander of the United States Africa Command. Structurally, the 309th Airlift was more of a small wing than a squadron with all the normal wing missions. "Despite the significant challenges of operating a NATO airfield on an Army Garrison in the middle of actively cultivated fields in Belgium, the 309th set the standard," said Col. William R. Ward, Commander, 86th Operations Group, during his remarks.

With the departure of the C-37A last spring for the 76th Airlift Squadron, Ramstein Air Base, Germany, the aircrews and operations support personnel followed over the next several months. "This significant mission shift required a corresponding organization shift and that is where the 424th Air Base Squadron reenters the picture," Ward continued. "It is with these fine airmen that we will open a new chapter for the 424th Air Base Squadron starting today," Lt. Col. Tracy W. Patterson concluded after recognizing the squadron's family. (U.S. Army photos by Cis Spook)

THE GAZETTE

To subscribe, email usarmy.benelux.imcom-europe.list.pao@mail.mil

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General speaks about domestic violence awareness

Sandra Ward

USAG Benelux-Brussels Family Advocacy Program Manager



Courtesy photo

On October 10 Brigadier General Paul Johnson, the Deputy United States Military Representative to NATO and the Community Coordinator for the Brussels American Community, spoke to members of the Brussels military and civilian community about domestic violence and its impact on family life.

Johnson spoke of the need to ensure safety for all members of our communities, and to have as much care for others as for our own families.

He spoke of the multiple stressors on military families today: families separated for long periods of time and service members serving multiple de-

ployments, financial issues, and disciplinary matters.

He spoke of precursor events to domestic violence, such as verbal abuse which is also known as emotional abuse. He urged members of the community to not ignore the signs

of domestic violence, and to speak up if they see someone having difficulties in life. He spoke of the need to report domestic violence and child abuse so that all members of the family can receive assistance and care because domestic violence is not limited to the two adults involved in the dispute.

Johnson was joined by Patrick Rothbauer, Deputy Garrison Manager of the USAG Benelux-Brussels in signing the Domestic Violence Awareness Month Proclamation, which had previously been signed by Col. Dickerson of the USAG Benelux.

The event was hosted at the 3-Star Community Club and lunch was served. The theme of Domestic Violence Awareness Month is "Don't Turn Your Back on Domestic Violence." To this end, Silent Witnesses were displayed and the stories of the individuals which they represented were placed on them.

The Silent Witness Program was originated in the 1970's to commemorate victims of domestic violence and to educate the public in the fact that domestic violence often occurs in secret, but has public consequences. Domestic violence has several categories, such as physical, emotional (or verbal), and neglect.

Examples of non-physical domestic violence include isolation from contact with family, friends, religion, hyper-vigilant financial control (such as a spouse or intimate partner not having access to funds or not having access to bank account information), and neglect (not providing access to care for a spouse or intimate partner, not assisting that individual to become acclimated to the predominant culture).

Safety handouts such as emergency numbers, anger manager/conflict resolution and child supervision information was provided by Sandra Ward, Family Advocacy Program Manager for USAG Benelux-Brussels.

Celebrating Hispanic American culture at USAG Benelux - Schinnen

Senior Master Sergeant Julio Gasper cooking paella at U.S. Army Garrison Benelux-Schinnen Hispanic Heritage Month Chili Cook-Off and Spanish Dishes food tasting. The Paella was made in a special large pan outside the Community Activity Center by the Spanish delegation from Joint Forces Command in Brunssum.

Lt Col Anadis Collado, Director, Base Medical Services/Administrator Geilenkirchen NATO AB spoke and shared her thoughts. She said that "Hispanic Americans are making a difference in our nation. We come together not necessarily for the language we share, but for our rich Spanish heritage and traditions we cherish". Born and raised on the Island of Puerto Rico she learned the customs and traditions that made her who she is today throughout her childhood. After graduating from college she joined the US Air Force and left to America and (quote) "It's then and there when I realized how many Hispanic Americans were making a difference. As I became more involved at work and in the community I realized that I was surrounded by people like myself with 'many backgrounds, many stories....one American spirit!'" This is the theme for the Hispanic Heritage Month Celebration.



Rita Hoefnagels

Fire Prevention Week

As part of Fire Prevention week the town of Schinnen Fire Department challenged U.S. Army Garrison Benelux-Schinnen employees to enter a room filled with smoke. (Inset) Patricia Luijpen, Administrative Officer is instructed what to do and how to handle her gear before she enters the smoke filled room. (background image)The Fire Department demonstrates what happens when you try to extinguish burning grease with water. (U.S.Army photos by Rita Hoefnagels)



Organizational Day



U.S.Army Garrison Benelux members in the SHAPE/ Chièvres area took an afternoon to get out of the office and get to know each other outside the work environment. (above) Col. Sergio Dickerson, USAG Benelux commander, talks to the team before the fun begins. (top right) Team members show of their best dance steps. (right) Garrison soccer enthusiast get in an indoor match. (below) Garrison members trying to capture the flag in one of the many games played throughout the afternoon. (U.S.Army photos by Keith Houin)



Walk a mile in her shoes

U.S. Army Garrison Benelux-Schinnen men walked a mile in women's high-heel shoes as a sign of support against domestic violence Saturday, October 3, 2012



Healthy sleep—a core foundation of performance

Special to the Gazette

Do you get enough sleep? According to experts, adults need seven to eight hours of sleep each day. In addition to giving your body an opportunity for rest and recovery, scientists believe that sleep is the time when the brain sorts and stores information, replaces chemicals and solves problems. During deep sleep, the parts of the brain that control emotions, decision-making processes, and social interactions drastically reduce activity, suggesting that this type of sleep helps people maintain optimal emotional and social functioning while they are awake.

If you consistently do not get enough sleep, it may lead to problems functioning in daily life. These may include tiredness; concentration problems; decreased work performance; increased risk for falls, accidents and injuries; and health problems.

The amount of sleep you need increases if you have been deprived of sleep. Getting too little sleep creates a “sleep debt,” which eventually your body will demand be repaid. A person does not seem to adapt to getting less sleep than needed. Although you may get used to a sleep-depriving schedule, your judgment, reaction time and other functions are still impaired.

Sleep also impacts your physical performance.

“Sleep deprivation impacts us physically, which can negatively affect our coordination, agility, mood and energy,” according to Dr. Bert Jacobson, head of the School of Educational Studies at Oklahoma State University. “Research shows that sleeping better and longer leads to improvements in athletic performance, including faster sprint time, better endurance, lower heart rate and even improved mood and higher levels of energy during a workout.”

Sleep will get interrupted from time to time and having

occasional difficulty getting enough sleep is common. This usually occurs during times of change, stress and excitement. Some individuals may not practice good “sleep hygiene,” or what are considered good sleep habits. There are a few things that can be done to help you sleep better. Good sleep hygiene includes the following:

- Go to bed at the same time and get up at the same time every day. If possible, wake up with the sun, or use very bright lights in the morning.
- Avoid caffeine six hours before bedtime.
- Avoid alcohol two hours before bedtime.
- Go to bed when sleepy. If you are unable to fall asleep after 15 minutes or wake up and can't go back to sleep, get up and do something relaxing until you are sleepy and then return to bed.
- Avoid eating a late dinner. A full stomach for most people also means a level of discomfort that keeps them awake.
- Exercise 20 to 30 minutes a day to boost your metabolism and help relieve sleep-robbing stress. However try to exercise five to six hours before going to bed.
- Spend a few minutes just before going to bed doing something that helps you relax and unwind, for example, taking a warm bath or reading.
- Maintain a comfortable temperature in the bedroom. Extreme temperatures may disrupt sleep or prevent you from falling asleep.

For additional information on sleep, visit:

National Sleep Foundation, <http://www.sleepfoundation.org> or the American Sleep Association, <http://www.sleepassociation.org>

community briefs - community briefs - community briefs

Donation to women shelter

USAG Benelux-Brussels ACS is accepting donations for the Battered Women's Shelter in Brussels until Oct. 16. This shelter serves women and children who have been victims of domestic violence. Gently used clothing for women and children, toys, household goods, non-expired canned or packaged food, small electronics and household goods will be accepted except for donations requiring heavy lifting. Bring your donation items to Brussels ACS and ACS will take them to the shelter in honor of Domestic Violence Awareness Month. For information call DSN 368-9693 or civilian 02-717-9693.

Job opportunities

CYSS and Community Recreation have the following job opportunities in the Benelux:

Chièvres

- Recreation aid, <https://www.usajobs.gov/GetJob/ViewDetails/326820000>
- Child and Youth program assistants, <https://www.usajobs.gov/GetJob/ViewDetails/321705000>

Brussels

- Recreation assistant, <https://www.usajobs.gov/GetJob/ViewDetails/327101100>
- Bartender, <https://www.usajobs.gov/GetJob/ViewDetails/327231500>

Brussels

- Lead Child and Youth Program Assistant, <https://www.usajobs.gov/GetJob/ViewDetails/320774100>

For more information on these job opportunities or to apply, use the link provided with the job title you are interested in.

Charity clothing donations

To donate "out of season" clothing that can go directly into Tommy Temple's Charity garage on SHAPE, you can sign out the public key at the SHAPE Chapel, UK Chapel office, Monday through Friday mornings, call 065-44-5693 or email the IC3 at shape.ic3@gmail.com to arrange a "garage door" meeting at another time during the work week.

CYSS

Schinnen CYSS

CYSS is looking for volunteer coaches for tennis, rock climbing, skateboarding, swimming, skiing/snowboarding, archery, and basketball. Enrollment for Basketball for age group 13-15 both boys and girls is open through Nov. 30. For information call DSN 364-4195 or civilian 0031(0)45-526-4195.

Brussels CYSS

Brussels CYSS is looking for volunteer coaches for baseball, basketball, cheerleading, flag football, soccer and wrestling. If you are interested, call Youth Sports & Fitness at DSN 368-9651 or civilian 02-717-9651.

Registration for wrestling, basketball and developmental basketball is open through Nov. 30. For more info call CYSS at DSN 368-9651 or civilian 02-717-9651.

SHAPE/Chièvres CYSS

- SHAPE/Chièvres CYSS is looking for volunteer coaches for racquetball, cross country and table tennis. If you are interested, call Youth Sports & Fitness at DSN 423-6143 or civilian 065-44-6143.
- Paid Internships with CYSS and Fitness are available. You must meet the following criteria to be eligible: Be a U.S. citizen between 15 and 18 years old, be currently attending high school, currently possess and maintain a 2.0 (C) grade-point average or better, be subject to the satisfactory completion of local police background check in accordance to Army Regulation (AR) 215-3. If you are interested call DSN 423-5611 or civilian 065-44-5611.

SKIES Unlimited

Session II for piano, ballet, gymnastics, French, Karate, Tae Kwon Do, and Swim classes will run from Nov. 5 through Jan. 18. New registrations Through Oct. 26.

- Enrollment for Spanish classes fall session is now open until full. Session is for 6-12 and 13-18 years old. Parents are welcome to enroll with their child. Price is \$120 for 12 classes.
- Enrollment for cheerleading open through Nov. 30. For age group 6 to 12. Fee is \$40.
- Enrollment for basketball open through Nov. 30. For age group 6 to 15. Fee is \$40.

For more information, contact Parent Central Services at DSN 423-5612 or civilian 065-44-5612.

Trunk or treat

Brussels - If you are interested in setting up a trunk at the USAG Benelux-Brussels to be held Oct. 26, you can register at the USAG Benelux-Brussels Consignment Shop open Tuesdays through Thursdays from 11 a.m. to 2 p.m.

Chièvres - If you are interested in setting up a trunk at the Chièvres Air Base Trunk or Treat to be held Oct. 31, you can register at the Chièvres Fitness Center or FMWR Chièvres facebook or by calling DSN 361-5643 or civilian 068-27-5643.

Schinnen - If you want to reserve your spot on the Trunk or Treat trail to be held Oct. 31, stop by the Schinnen Fitness Center or call DSN 360-7561 or civilian 0031(0)46-443-7561.

Army digital photography contest

Submission dates for the Army digital photography contest is running from Oct. 15 through Nov. 30. For more information contact your local Arts and Crafts, Community recreation office or go to www.armymwr.com/recreation/artsandcrafts

Education

University of Maryland University College Europe (UMUC Europe) early registration for Fall 2012 Session 2 is open, with online and on-site courses starting on Oct. 22. More information on <http://webapps.umuc.edu/soc/europe.cfm>.

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Belgium gets a bit closer to qualification

Friday, the Belgian national soccer team beat Serbia 0-3 and moved in to first place of its group along with Croatia in the race for the qualification for the 2014 FIFA World Cup in Brazil. The Belgian team is preparing for its next objective against Scotland at the Stade Roi Baudouin on Tuesday.

The Police seizes eight tons of cocaine in Antwerp

Five people have been arrested in the Netherlands following the discovery of 8,000 kilos of cocaine in the Antwerp port. It is considered to be one of the biggest hauls ever made in Belgium. The drug estimated at €500 million was found in a container full of bananas from Ecuador. The driver of the truck - a 46-year-old Belgian - and four Dutch men who were uploading the drugs were arrested.

Dutch women sentenced to 12 years in jail

A young Dutch woman who had first been sentenced to 12 years in jail after she was found guilty of having murdered her four babies between June 2003 and June 2009 has seen her sentence reduced to three years by the Leeuwarden appeal court. The young woman secretly gave birth to four children at home in the village of Nij Beets in Friesland and killed them immediately. Once her jail sentence is completed, she will be sent to a secure psychiatric clinic to receive further treatment.

The socialist party confirms its majority in Mons

With 55.16% of the votes the socialist party confirms its absolute majority in Mons with 29 seats. Led by the Prime Minister Elio Di Rupo, the socialist party registers an increase of 3.61% compared to last communal elections. The socialist party also takes the lead in Charleroi with Paul Magnette, who also gets the absolute majority with 47.69% of the votes and 30 of the 51 seats. The new mayor of Charleroi will leave the federal government beginning of December as previously announced in August to fully concentrate on its new stronghold.

Dutch FARC guerilla negotiates the peace

A young Dutch woman who joined the Colombian FARC guerilla movement 10 years ago, is part of the negotiating team between the rebel group and Colombian government. According to Spanish language media and quoted by the

Dutch press, Tanja Nijmeijer was added to the negotiating team at the last minute because of her language skills, a decision which has delayed the start of the talks. The talks are due to kick off this week in Oslo, Norway, with a joint press conference, after which detailed negotiations would start in Havana, Reuters reports. But according to the Volkskrant, problems with having the arrest warrant for Nijmeijer lifted have delayed the start. In 2010 the US issued arrest warrants for Nijmeijer and 17 other FARC members in connection with the deaths and kidnapping of Americans and a Colombian. Nijmeijer, who graduated in Spanish from Groningen University in 2002, hit the headlines in 2007 when her diaries were found after government troops attacked a rebel camp. In the diaries, she was very critical of her life with the FARC movement. In 2010, she was thought to have been killed in a government raid, but that later turned out not to be the case. In 2011 she gave a television interview explaining her full commitment to the cause, which was broadcast by the Nos.

De Wever wins the communal elections in Antwerp

The president of the Flemish party N-VA, Bart De Wever has called on Elio Di Rupo and the French speaking politics to prepare a reform opening the way to a confederal Belgium. The N-VA has become the first party of Flanders and in Antwerp where the party obtained the biggest electoral victory since WWII. "The Flemish people have made the choice of change," said De Wever as he renewed his call on Di Rupo to prepare for the confederal reform.

Shell in court in the Hague

A unique court case begins in The Hague on Thursday as oil giant Shell is taken to court by four Nigerian farmers over environmental damage to their village. The four are supported by environmental group Milieudefensie and the case is the first time a Dutch company has been taken to court in the Netherlands for causing damage in a foreign country. The farmers are demanding Shell clean up oil pollution in their villages as well as damages. They argue their land has become polluted, fish are dying and drinking water is no longer fit for human consumption. Shell argues 75% of the oil leaks in Nigeria are caused by sabotage and oil thieves and will try to prove this is the case in the three villages at the centre of today's court case, the Nos said.

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

18 October

- **Late openings at Brussels Museums.** An autumn tradition, the late openings at Brussels Museums lets visitors explore at least five museums every Thursday from 5 p.m. to 10 p.m. accompanied by a program of special activities, such as guided tours, stories and demonstrations. More information on www.brussels-museumsnocturnes.be/

19-21 October

- **Wine fair in Mons** at the Lotto Mons Expo from 6 to 10 p.m. (60 booths)
- **Brussels Fashion days in Brussels.** Discover 10,000 square meters dedicated to Belgian fashion. More information on www.fashionweek.be/index.php?homepageID=9.

19-22 October

- **Auto fair in Mouscron** at the exposition center from 5 to 8 p.m. on Friday from 10 a.m. to 7 p.m. on Saturday and Sunday and from 3 to 6 p.m. on Monday.

20-21 October

- **FACTS 2012 in Ghent** at the Flanders Expo is the largest event of its kind in the Benelux -- Fantasy, Anime, Comic, Toy and Science Fiction fans get together for two days of meeting actors, producers, writers. For ticket information go to www.facts.be.



20 October

- **Harmonies and orchestra's concert in Ath** at the Salle Georges Roland on Rue Hennepin 12. The concert start at 7:30 p.m. Entrance fee is €8. Free under 12.



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

16 October

- **Harvest Fest in Nettetel (GE)** held at Naturschutzhof "Sassenfeld." Visitors will find all kinds of natural products such as juices, liqueurs, honey, fruits and herbs. Open: 11 a.m. to 5 p.m..

19-21 October

- **Hunting Lodge Fair in Molenhoek** at Jachtslot de Mookerheide Estate is a unique outdoor and lifestyle fair with lots of activities such as falconry, Scottish bagpiper band, animals, demonstrations and more. Open: 10 a.m. to 6 p.m. Entry: €10. Children 12 and younger – free entrance.



Jachtslot de Mookerheide Estate

20-21 October

- **The Hasselt Gin/Jenever Fest in Hasselt (BE)** is held on many squares and locations in the center of Hasselt and evolves totally around the Dutch gin, named Jenever.
- **Large Fall Year Market & Fest Menden (GE)** held in the center of town with lots of booths, culinary delicacies, music, shows and other demonstrations.
- **Antique & Curiosa Market in Oostmalle (BE)** is held at the Castle De Renesse on Lierselei 30. Open both days from 10 a.m. to 6 p.m. Entry: €2.
- **Art & Antique Fair "See" in The Hague** is located in Grote Kerk (Large Church) on Rond de Kerk 12. Open both days from 10 a.m. to 5 p.m. Entry: €6.50 (includes cup of coffee); children 14 and younger – free entrance.
- **Indoor Living & Garden Fair in Uden** with workshops, demonstrations, live music, a large indoor terrace and lots more at Evenementenhal on Hockeyweg 1. Open: Oct. 20, 2 to 10 p.m. and Oct. 21, 11 a.m. to 5 p.m. Entry: €3; children 11 and younger – free entrance.
- **Stock Sale & Sample Sale in Vught** Sales of ladies, men's and children's clothes is held these two days in the Van der Valk Hotel on Bosscheweg 2.



20 October continued

- **Volksmarch in Montignies-Sur-Sambre** for 3, 5, 10, 15, 20, 25, 35 km. Departure is on Rue du Poirier from 7 a.m. to 2 p.m.
- **Simpelourd Fest in Soignies.** Flokloric celebration with a procession starting from the train station at 7:25 p.m. and a fair throughout the weekend. The folkloric celebration culminates and ends on Tuesday with the burning of Simpelourd at 8 p.m. on Place Verte.

21 October

- **The Weekend du Bois (woodworking weekend) in Huissignies** at the Musée de la Vie Rurale on Rue Augustin Melsens 28 from 2 to 6 p.m. Discover wood-sculpting, wood cutting, chainsaw sculpting, old toys for children, turning of châteaux.
- **Military Memorabilia in Aiseau-Preles** on Rue JF Kennedy 150 from 8 a.m. to 2 p.m. (100 booths)
- **Flea market in Mons** at the Grand Large from 5 a.m. to 6 p.m. (300 booths)
- **Flea market in Woluwe-St-Lambert** on Avenue Georges Henry from 8 a.m. to 5 p.m. (400 booths)
- **Volksmarch in Auderghem (Brussels)** for 4, 10, 15, 21, 30, 36 km. Departure is on Chaussée de Tervuren 129 from 8 a.m. to 3 p.m.
- **Volksmarch in Montignies-Sur-Sambre** for 3, 5, 10, 15, 20 km. Departure is on Rue du Poirier from 8 a.m. to 3 p.m.
- **Volksmarch in Warchin** for 6, 12, 20, 30 km. Departure is on Rue Boucher from 8 a.m. to 3 p.m.
- Volksmarch in Ville-Pommeroeul for 5, 10, 15, 20 km. Departure is on Rue St Brice from 9 a.m. to 6 p.m.
- Volksmarch in Ecaussinnes d'Enghien for 5, 10, 15, 20 km. Departure is on Rue de l'Avedelle from 9 a.m. to 6 p.m.
- **Volksmarch in Thoricourt** for 5, 10, 15, 20 km. Departure is on rue de l'Enseignement 1 from 9 a.m. to 6 p.m.
- Mountain bike ride in Braine-L'Alleud for 15, 35, 45, 55 km. Departure is on Chaussée de Mont Saint-Jean 83 from 8 a.m. to noon.



21 October

- **Kartoffelmarkt on Market Square Büren (GE)** in the center of town. The potato is in the center of attention.
- **Art Market in Greven(GE)** at Kulturzentrum (culture center)

24-28 October

- **Martini Market in Bad Honnef (GE)** in the center of town is a traditional pre- Christmas market. Open: 1 to 10 p.m.

Ongoing Events & Happenings

Through 20 October

- **The Golden Age of China – Treasures from the Tang Dynasty Exhibition** at the Minderbroederskerk on Boomgaardstraat 10 in Maaseik (BE). Displays treasures and art from the Tang Dynasty, a period in China, named the Golden Age which was known for its culture and wealth. Open Tuesdays-Sundays and holidays from 10 a.m. to 6 p.m. Entry: €15. More info: www.degoudeneeuwvanchina.be.

Through 17 October

- **October Fest in Sittard** held in tents and the center of the city. with parade (Oct. 14 at 2 p.m.); fair; fireworks; live music and lots more. Tents have entrance fee.

Ongoing Events & Happenings

Through 27 January

- **Jordaens and the Antique exhibition in Brussels** at the Royal Museums of Fine Arts of Belgium. Around 80 paintings and drawings, tapestries and sculpture from major museums and little-known private collections from around the world. More information on www.fine-arts-museum.be/site/EN/frames/F_expo.html.

Through 23 February

- **François Walthery 50 years of Comics exhibition in Brussels** at the Belgian Comic Strip Center. More information www.comicscenter.net/en/news/200-francois-walthery.

Through 1 July

- **Renaissance 2.0 in Mons** A journey through the origins of the web exhibition at the Mundaneum. Discover the history of knowledge. In less than two decades, the numerical technologies have turned our working, consumption and leisure habits upside down, and have infiltrated every area of everyday life. Come and discover what happened before...and what could happen after this "web age".



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

SHAPE Trips & Tours

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

- **Amsterdam with Hermitage tour, October 20** - A unique Amsterdam adventure with the option to tour the Hermitage Amsterdam Exhibit. The exhibit will showcase the world famous Impressionist paintings from the vast collection of the State Hermitage Museum in St. Petersburg or spend a leisure day in Amsterdam and visit the various museums, the Anne Frank house or stroll through the winding canal lined streets. Prices are €50 per person (without Hermitage). Prices are €70 adult with Hermitage, €50 Child*(0-16) with Hermitage. Departs SHAPE at 6:30 a.m., departs Brussels at 7:30 a.m. Returns Brussels at 11 p.m., returns SHAPE at midnight.
- **Flanders Field - WWI Tour, November 10** - Visit the Ypres Museum at your own pace. You will also have free time to explore the city. Be sure to walk to Menin Gate to see the archways that hold the British Memorial to the Missing. After spending the morning on your own, you will receive a professional guided tour by bus of Ypres which will end at the original WWI trenches. Prices are €55 Adults, €50 Youth (3-17 years.), €45 Children (0-2 years) Departs Brussels at 7:30 a.m.. and SHAPE at 8:45 a.m. Returns SHAPE at 7 p.m. and Brussels at 8 p.m.
- **Medieval Dinner in Brugge, November 17** - Experience a festive banquet in a grandiose setting, a dozen lively attractions, medieval costumes and music, food and drinks. You will be transported from the 21st century back to July 3, 1468. Charles the Bold and Margaret of York bid you welcome to the wedding feast. Everything is different: celebrating, eating, the way food is served and etiquette. You will feast in a former church surrounded by dozens of other revelers. The meal itself is a four-course dinner, richly washed down with beer and wine. Apart from the meal, you'll also enjoy the entertainment and atmosphere. The wedding feast will be enlivened by jesters, minstrels and dancers. There is also sword fighting, falconry, flame swallowing, a witches' dance, jousting, parrot shooting and more for your enjoyment. You will be close to all the action and if you want, you can even ask to take part. Prices: € 92 Adults. € 65 Youth (11-14 years.) 45 Children (6-10 years) €35 Children (0-5) Departs Brussels at 11:45 a.m. (Saturday). Departs SHAPE at 1 p.m. (Saturday) Returns SHAPE at 1 a.m. (Sunday) Returns Brussels 2 a.m.



Schinnen Trips and Tours

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

- **No trips planned at the moment**

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.

- **Bonn and Birkenstock, October 16** - Visit the Birkenstock Factory Outlet in Bad Honnef, just outside Bonn. Then you have six hours to tour the city of Beethoven. Stroll along the Rhine to discover the "Path of Democracy", follow the self-guided tour to walk in Beethoven's footsteps, explore the Museum Mile with several museums to choose from, have a "Rheinish" lunch and enjoy the many coffee shops and unlimited shopping opportunities in this former German capital city. Price is €50.

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

MARK YOUR CALENDAR

BRUNSSUM/SCHINNEN COMMUNITY

October 16

- **Veteran Affairs (VA) Briefing** - From 8:30 a.m. to 12:30 p.m. in the Schinnen ACS Conference room. Learn the latest on VA policies and benefits followed by information on the Disabled Transition Assistance Program (DTAP) from 1:30 to 3:30 p.m. For information or to register call 0031 (0)46-443-7269/7500.
- **Heinsberg Hospital Tours** - Touring of the maternity/obstetrics ward of local hospitals. Tours address admitting procedures and your childbirth concerns. The meeting place is the Heinsberg Hospital lobby at 6 p.m. For more information contact the New Parent Support Program at ACS at 0031(0)46-443-7335.

October 17

- **Sponsorship Training** - Learn about becoming a sponsor for new arrivals to the Tri-Border community. Get the essential information newcomers will need both before and after arrival. Training is from 2 to 3:30 p.m. on at Schinnen ACS. Training is by appointment only. Call 0031 (0)46-443-7512.

October 19

- **Hearts Apart** - Held monthly at AFNORTH International School library, Schinnen ACS offers a support meeting for youth separated from a loved one, whether through a deployment or a Family situation. Meeting is 12:30 to 1:30 p.m. For details call the ACS Deployment Readiness office at 31(0)46-443-7218.

October 20-21

- **Labor, Birth and Beyond Classes** - Offered to expectant parents in their third trimester, this four part series covers labor, delivery, caring for your newborn and breastfeeding basics. Sign up today for classes held 10 a.m. to 4 p.m. in the Schinnen ACS Conference Room. One-on-one sessions are also available. Please call NPSP at 0031(0)46-443-7335 to set up a time

October 23

- **Healthy Venting Group** - Here you'll find a safe place for parents with children of all ages to come together in a peer group surrounding to share the trials and tribulations of parenting, childhood and its ups and downs. Bring your lunch, grab a chair and find out what other parents are going through. Drinks and dessert provided! Next get-togethers start at noon in the JFC Brunssum Library. For more information call 31(0)64-136-5991.

BRUSSELS COMMUNITY

October 19

- **Texas Hold'em at the 3-Star Community Club** - Registration at 6 p.m. and first deal at 7 p.m. \$25 buy-in includes food. Open to all ID card holders. For more information call DSN 368-9822 or civilian 02-717-9822.

October 20

- **Family Health and Fitness Day** - From 9:15 a.m. to 12:30 p.m. at the USAG Benelux-Brussels Fitness Center. Join the community for free Yoga, Zumba and Women's Self Defense classes, or walk run or bike. There will also be free blood pressure checks. The 1st 50 participants receive a free t-shirt. Classes: Yoga 9:15 a.m., Zumba 10:30 a.m., Women's Self Defense 11:35 a.m.

SHAPE/CHIEVRES COMMUNITY

October 17

- **Page Turners Book Discussion Group** - Join the SHAPE International Library's monthly book discussion group at 5:30 p.m. The group will discuss *The Sense of an Ending* by Julian Barnes. For more information or to reserve a copy of the book, please call the library at DSN 423-5631/Civilian 065 44-5631, e-mail at library@eur.army.mil or stop by during regular hours.

October 18

- **Preteen and Teen Bookclub Meeting** - Preteens and teens are invited to join the SHAPE International Library's book club at 4:30 p.m. The group will discuss *A Monster Calls* by Patrick Ness. For more information or to reserve a copy of the book, call the library at DSN 423-5631/Civilian 065 44-5631, e-mail at library@eur.army.mil or stop by during regular hours.

October 19

- **Sit Up / Push Up Challenge** - 7 a.m. at the Chièvres Air Base Community Recreation Center. For more information call DSN 361-5643 or Civilian 068-27-5643

October 20

- **Family Fun Night** - Admission: \$3, Skate Rental: \$5 (limited sizes and quantities), Patriot food specials. Open to all US and SHAPE (green) ID Card Holders. Information: DSN 361-5643 or Civilian 068-27-5643