

# THE GAZETTE

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

### Gazette Email address

To submit your requests for publication, please use the following new generic email address for PAO: usarmy.benelux.imcom-europe.list.pao@mail.mil. Emails sent to our former EUR generic email address are not being forwarded and therefore not reaching us. For more information, call DSN 361-5419.

### Volunteers Needed

The Chièvres kennel is in need of volunteers mainly Fridays, Saturdays, Sundays and Mondays from 8 to 11 a.m. Duties include cleaning kennels, feeding pets and playtime. Must be over 16 years old to volunteer. Call DSN 361-5436 for more information.

### Central Issue Facility

The CIF located in hangar 3 on Chièvres Air Base will be closed from today until Oct. 28 for annual inventory and mandatory training. For emergency equipment withdrawal or turn-ins during this period, call DSN 361-5569. The facility will reopen on Oct. 31.

### Parking lot at CRC

Works start today to redesign the parking lot in front of the CRC and laundry on Chièvres Air Base. The parking area will therefore not be accessible until Oct. 29. The flow of traffic will be reversed once completed and safety barriers will be installed.

## Table of Contents

News .....	1-8
Belgian news.....	9
Events & Happenings.....	10-11
Community Roundup .....	12-13

## Hispanic Americans honored at event



Keith Houin

The U.S. community highlighted and honored the Hispanic community Oct. 14 with a speech by Lt. Col. Francisco M. Rivera, Director Plans, Training, Mobilization & Security, Hispanic food tasting and entertainment. The event was held at the conclusion of National Hispanic Heritage Month that started Sept. 15, the anniversary date of independence of Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua.

# DOMESTIC VIOLENCE AWARENESS MONTH

## Together we can end domestic violence: Act now

**Special to the Gazette**

Each October, National Domestic Violence Awareness Month provides an opportunity for Victim Advocates, Family Advocacy Program Managers and other military and civilian first responders to develop a month-long systemic advocacy campaign to foster awareness of the extent and nature of domestic violence, reporting options, and available services for Soldiers and family members affected by domestic violence. Domestic violence is a challenge to our nation and the Army civilian/military community is not immune to this challenge.

USAG Brussels Domestic Violence Awareness Events:

- Until Oct. 26, donate gently used clothing (women and children), toys and kitchen items to a local shelter for victims of domestic violence. New personal hygiene items are welcomed as well. Donations can be dropped at USAG Brussels ACS, Bldg. 4.
- Domestic Violence Prevention Education Information Table. Resources and information will be available throughout the month located in the hall area outside of the food court.



Courtesy Photo

From left to right: Yvette Castro, Army Community Service Director, Sandra Ward, Family Advocacy Program Manager and Charlene O'Sullivan, Victim Advocacy Coordinator upon the proclamation's signing event.

## SAVE ENERGY - SAVE MONEY

# THE GAZETTE

**Col. Rick Tillotson**  
USAG Benelux  
Commander

**Editor**  
Cis Spook

**Marie-Lise Baneton**  
USAG Benelux  
Public Affairs Officer

**Staff Writer**  
Keith Houin

*The Gazette* is an unofficial publication published under the provisions of AR 360-1 for members of the Department of Defense. Contents of *The Gazette* are not necessarily the official views of, or endorsed by, the U.S. Government, Department of the Army or the USAG Benelux. *The Gazette* is a free weekly publication distributed via email every Monday. The editorial content of this publication is prepared, edited, provided and approved by the Chièvres Garrison and USAG Brussels Public Affairs Offices. It is published by the Public Affairs Office, Chièvres Garrison, Unit 21419, APO AE 09708. Telephone (0032) 068-27-5419/DSN 361-5419; fax DSN 361-5106. Everything advertised in this publication will be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation is corrected. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army. Submit content or story ideas to [usarmy.benelux.imcom-europe.list.pao@mail.mil](mailto:usarmy.benelux.imcom-europe.list.pao@mail.mil) by Thursday at 3 p.m.

## NATIONAL DEPRESSION EDUCATION AND AWARENESS MONTH

# Coping with deployment separation

**James W. Cartwright, Ph.D., Health Promotion and Wellness Portfolio**  
U.S. Army Public Health Command

Separation from a loved one who is deployed to Iraq or Afghanistan can be an emotionally difficult time for all family members. The emotions can vary from low energy levels, feelings of sadness, anger, excitement, restlessness, tension, frustration, resentment and depression. Additionally, there are many challenges for military families to overcome during deployments. It is important to recognize and understand these challenges in order to effectively cope with the separation during deployment.

An important challenge for Soldiers and family members is to avoid the pitfalls often associated with deployments. A common pitfall is arguments prior to deployment. These arguments are generally the result of distress due to the upcoming separation. Realize this distress and try not to take these arguments too seriously. Another pitfall is failure to discuss expectations regarding child-rearing, financial management, or intimacy concerns—these issues sometimes can be a source of misperception, distortion and hurt later during deployment. Soldiers and spouses

attempting to resolve these major pitfalls via long distance are often not successful.

Another pitfall is listening to or speaking rumors. It is best not to repeat the rumor. Because of rapid communication, rumors can spread unchecked. For example, one Family Readiness Group member passing on allegations of infidelity about another group member can cause a great deal of psychological damage to individuals identified in the rumor. Such rumors also cause harm to Soldiers, family members, FRG members and unit cohesion. Avoiding these pitfalls will ensure that the stress related to deployment separation will be much more manageable.

Another challenge is to recognize the deployment-related stressors that will impact the Soldier and family during separation and then develop strategies to cope with these stressors.

To help minimize the impact of deployment-related stress, here are some tips the Soldier and family member(s) can take into consideration:

### **Tips for couples**

- Discuss expectations for managing finances, children and personal conduct before deployment.
- Expect changes in departure and return dates.
- Accept growth and change in all family members.
- Reserve disagreements for face-to-face encounters with your spouse.
- Put existing and unresolved marital issues on hold until the Soldier returns home.
- Communicate regularly and creatively with your Soldier. End communications on a positive note.
- Keep the Soldier's parents informed and give mutual support.

### **Tips for parents**

- Establish and maintain supports that help the family cope.
- Plan for family stress relievers like fun outings and get-togethers.
- Plan opportunities for the at-home parent to get breaks from the children to revive emotionally and physically.
- Encourage family members to share feelings and give assurances.
- Honestly discuss the Soldier's deployment. Share information about the Soldier's work and what the parent is doing for our country.
- Answer questions openly and honestly, using words your children can understand.
- Provide a calendar or some measure to help your child count the days the parent has been deployed.
- Maintain a structured and safe emotional and physical environment for your children.
- Make sure the deployed parent is part of everyday conversations.
- Help your children sort out what they hear and see in news reports.
- Find out what your children know and understand and talk with them about their feelings. Follow your child's lead. Give a small piece of information at a time and see how your child responds before deciding what to do next.
- Provide your children with a method to communicate to the deployed parent, such as letter writing or e-mail access. Make it creative and fun.
- Maintain family routines and traditions during the other parent's absence.
- Keep children involved with outside activities and maintain communications with schools.

The bottom line is that the Soldiers and family members need to remain calm, go slow, stay informed and stay involved to cope during these challenges. An excellent source of help during this time is the unit's Family Readiness Group.

# It pays to visit the DFAS representative at Retiree Appreciation Day

**Spc. Adam P. Garlington**  
*USAREUR Public Affairs Office*

A Defense Finance and Accounting Service-Cleveland representative is scheduled to visit U.S. Army in Europe garrisons during their Retiree Appreciation days from Oct. 15 through 29.

The DFAS-Cleveland representative will conduct one-on-one pay record audits and answer general financial questions for retirees, annuitants and survivors, said Michael Malone, the Installation Management Command-Europe retirement services officer.

“The DFAS-Cleveland representative is the most important service available to retirees,” Malone said. “We’re not getting enough people to realize that they should go out and see him. Even if your pay records are correct, it’s a good peace of mind to know that your records are updated and you don’t have to worry about it.”

According to Malone, the DFAS representative can start and stop allotments, as well as stop the survivor benefit plan with a death certificate or divorce decree for the spouse. The representative can also change banking information, corresponding address, state and federal tax information and arrears of pay beneficiary.

Failure to update pay records with the DFAS representative may result in the wrong person receiving a retiree’s annuities, survivor benefit plan and arrears of pay beneficiary.

Malone said there have been cases where retirees have divorced and remarried but didn’t update their pay records, and the wrong spouse was compensated after the retiree’s death.

He added that some military members list their parents or siblings as beneficiaries early in their careers. Then, they get married, don’t update their pay records, unexpectedly die, and their surviving spouses aren’t compensated.

“Retirees think that the ID card section automatically updates their military pay records, but it doesn’t do that,” Malone said. “You have to request for that information to be changed.”

Retirees can update their pay records by attending a local garrison Retirement Appreciation Day.

Retiree Appreciation days provide retirees, annuitants and survivors the opportunity to receive all services, such as ID card, passport, Army Community Services, bank and customs, said Malone. He added that the Federal Benefits Units from Frankfurt or Rome will attend all events to assist with questions and issues about Social Security and the Veterans Administration.

## Retiree Appreciation Day

### Hosted by

## USAG BENELUX



**Date: 29 October 2011**

**Location: SHAPE CHAPEL ANNEX**

**Time: 0900 – 1300**

**Updates on Dental, Wellness Clinic, TRICARE, ID Cards, DEERS, VA, Legal, DFAS Cleveland, Social Security Administration**

## Come and join us!

SPONSORED BY ARMY RETIREE SERVICES

**Open to Retirees / Annuitants of all Services and their Families**



## Local community briefs

### Barber shop on Chièvres Air Base

Opening hours are:

Tue - Sat from 10 a.m. to 6 p.m.

Sun & Mon closed

For information, call DSN 361-5635 or civilian 068-27-5635.

### Beauty Shop on Chièvres Air Base

Opening hours are:

Tue - Thur from 8:30 a.m. to 4:30 p.m.

Fri & Sat from 10 a.m. to 6 p.m.

Sun & Mon closed.

### Barber and Beauty Shop at Family Care Center, Brussels

Opening hours are:

Tue - Fri from 9 a.m. to 5 p.m.

Each 1st and 3rd Sat from 9 a.m. to 5 p.m.

Each 2nd and 4th Sat closed.

### Radar Checks

The Belgian Federal Police will be checking your speed on the following dates and times:

21 Oct on Rue de la Centenaire, Chièvres

21 Oct on Rue D'Hardempont, Chièvres

21 Oct on Rue Dr. Dubois, Silly

21 Oct on Rue de Grammont, Silly

23 Oct on Chaussée de Bruxelles, Enghien

23 Oct on Pavé d'Ath, Enghien

23 Oct on Rue de St Ghislain, Chièvres

## 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.

### University of Oklahoma

Next on-site course at SHAPE for the Master of Arts,

International Relations program will be IAS 5940: Topics

in International Studies: Contemporary China. The course

will be November 15-20 and students will discover how China

became an international financial power, better understand

the Chinese perspective of Americans/Westerners, develop

a basic understanding of the current social, political and

economic situation in China. For more information, call

DSN 423-3654 or civilian 065-44-3654.

## The SHAPE Players scores with Fish



The SHAPE Players production of *The Way of all Fish* scored at the 17th annual One Act Festival and contest which was held October 7-9 at Heidelberg and featured performances by thirteen competing U.S. Forces community theater groups. The SHAPE Players production was honored for second place Best Show and also scored a third place Best Actress award for Leslee Oberg-Carpenter, and a second place Best Director nod for Dan LaMorte as well as a second place trophy for Best Stage Manager for Thomas Reich.

*The Way of all Fish* is a comedy about the power struggle between a multi millionaire executive and her secretary, who would rather be called assistant that has a dream to be an assassin. This production was produced specifically to tour and compete in the annual IMCOM Festival. The production performed one time only against 12 other European Army Installation theater productions and received practically all the awards available for a two character play in a very minimal production.

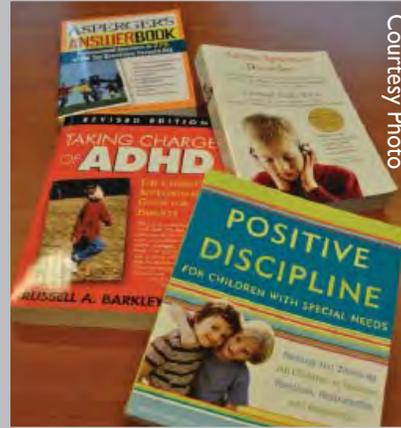
The SHAPE Players has consecutively won 1st Place Trophies for its productions at the IMCOM One Act Festival for the years that productions compete in the Nationals and this is the first time in history they have placed in the 'Best Show' category in what is referred as the 'off year'.

Next up in the SHAPE Players season is *1776* which opens Nov. 17. For tickets or more information call 065-44-3312 or checkout the website, [www.shapeplayers.org](http://www.shapeplayers.org).

# USAG Brussels held workshop on Autism, ADHD and Asperger's



Courtesy Photo



Courtesy Photo

The USAG Brussels Army Community Service (ACS) hosted a workshop on Autism, Attention Deficit and Hyperactivity Disorder (ADHD) and Asperger's last week.

Parents and Medical Personnel were provided a wide array of tools from Brussels based Behavioral Analysis Specialist, Kelly Redden. Designed to highlight changing cultural values, notions of identity, laws/ policies, the workshop addressed factors shaping the experience of people with disabilities, their families and their communities over time. Attendees were engaged in the discussion, asked questions and shared personal experiences.

"The workshop fostered a deeper understanding on Autism, ADHD and Asperger's," said Deborah Wheeler, workshop coordinator and USAG Brussels Exceptional Family Member Program (EFMP) Manager. "The intent of the workshop was to empower parents and provide them with realistic tools and strategies for everyday life with their special needs child and this was done with a personal and professional approach," Wheeler added.

## Safety Exhibitions

1300-1530 Exhibitions on DPW parking lot (Gate 5)

-  Roll-Over Vehicle
-  Crash Test Simulator
-  Motorcycle Simulator
-  Portable Fire Extinguisher Exercises (Bldg 2)



# Army Safe is Army Strong

## Annual Safety Day

### Friday 21 Oct 2011

#### 1000 - 1530

Community Conference Room (Bldg 2), & DPW Parking Lot (Gate 5)

# USAG Benelux and local community briefs



## USAG Benelux Kickoff

Come join us for fun, cake and free prizes at the CFC campaign kickoff event Oct. 25 at noon at the PX lobby.

## SHAPE International Library celebrates Teen Read Week with Teen Jeopardy Tournament

The SHAPE International Library is celebrating Teen Read Week by staging a Teen Jeopardy Tournament 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. 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.

## Unit transportation coordinators training

This training is mandatory for all unit transportation coordinators and will be held at the following dates and locations:

- Oct. 19 at 1:30 p.m. at Bldg. 220, room 113 SHAPE
- Oct. 20 at 1:30 p.m. at Bldg. 105, Chièvres Air Base
- Oct. 26 at 1:30 p.m. at Bldg. 220, room 113 SHAPE
- Oct. 27 at 1:30 p.m. at Bldg. 105, Chièvres Air Base

For more information, call DSN 361-6342 or 6309.

## Abandoned vehicles on Chièvres Air Base

The following vehicles have been declared abandoned and are currently being stored at an impound lot. If you own, or know the person who owns one of these vehicles, please contact the Chièvres Military Police Station at DSN 361-5301 or Civilian 068-27-53-01. These vehicles are not for sale:

- Green Ford Escort
- Black Ford Explorer
- Black Volkswagen Golf

## Suicide Prevention hotline in Europe

All active-duty military, civilians, family members and contractors can now reach the toll-free European National Suicide Prevention Lifeline by dialing DSN 118 from any Army garrison DSN phone or commercially via a toll-free European number, 00800-1273-TALK (8255). The toll-free number can be dialed from fixed-line telephones and most cell phones in Germany, Italy, Belgium, the Netherlands, and the United Kingdom. The toll-free number may not be reachable from all prepaid cell phones and some cell phone callers may incur charges. A live Internet-based chat service is also available at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).

All calls are confidential and will be answered by trained crisis counselors.



## 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

## CYSS Skies Classes

- **Badminton** for ages 9-15 starting Nov. 7 through Dec. 12 on Mondays from 4 to 5 p.m. at the Main Gym. Fee is \$20. Registration is open until Nov. 4
- **Basketball** for ages 6-15 from Dec. through Mar. Fee is \$40. Registration is open Oct. 24 - Nov. 25.
- **Driver's Ed** at the Youth Services Bldg. Session I is from Oct. 19 through Jan. 25 on Wednesdays from 4 to 6:15 p.m. Fee is \$175. Priority will be given to students currently attending 12th Grade. There will be make up sessions, they will be determined as needed.

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 DSN 423-5611 or civilian 065-44-5611.

## Christmas Mailing Deadlines

- SAM Parcels – Nov. 25
- PAL Parcels – Dec. 2
- Priority Parcels – Dec. 9
- 1st Class Letters – Dec. 9
- Express Mail – Dec. 16

# SHAPE 41, AFNORTH 6

Nick Westerick breaks away and heads to the endzone in one his two touchdown runs during SHAPE High School's 41-6 victory over AFNORTH Saturday. James Workman, Fabio Petrochi, Connor Manning, and David Bracket added a touchdown each. Martin Kirkenterp made five of his six extra point attempts.

The SHAPE line controlled the game on both sides of the ball. The offensive line led by sophomore Taylor Ator, paved the way for the SHAPE running backs that put up a total of 250 yards rushing.

The SHAPE defense sacked the AFNORTH quarterback seven times in the 1st half, with Jake Conkright making 11 tackles with the help of Jacob Stoffer who made four big hits and one interception.

Victor Black was the standout player for AFNORTH running more than 75 yards and making the majority of their carries and tackles.



Keith Houin

Have Something for the Gazette?  
 Email [usarmy.benelux.imcom-europe.list.pao@mail.mil](mailto:usarmy.benelux.imcom-europe.list.pao@mail.mil)

**TURN WORDS into ACTION**

**TURN ACTION into RESULTS**

**SAVE ENERGY SAVE MONEY**

[www.energysavers.gov](http://www.energysavers.gov)

**ENERGY** Energy Efficiency & Renewable Energy

For More Information Contact the Energy Efficiency & Renewable Energy Division  
 1-800-452-6042  
 or visit [www.energysavers.gov](http://www.energysavers.gov)

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

This event is open to SHAPE Green & U.S. ID card holders - This is a correction to what was published in last week's Gazette

||| BELGIAN NEWS |||

||| BELGIAN NEWS |||

By **Cis Spook**

USAG Benelux Public Affairs

**The Adventures of Tintin**

“The Adventures of Tintin: Secret of the Unicorn”, the movie by Steven Spielberg will be released in Belgium Oct. 26. The movie is based on cartoons by Belgian artist Georges Rémi who wrote under the pen name of Hergé. The hero is Tintin, a young Belgian reporter and his fox terrier dog Snowy or Milou in French who become involved in dangerous situations in which they take heroic actions.

**Electricity prices in Belgium going up**

The closure of seven nuclear power plants in Germany has resulted in a 4.5 euro per Megawatt hour increase for Belgian industrial consumers. The impact on regular consumers can not be estimated yet as these also take into consideration transport and distribution costs and taxes. Germany is now no longer exporting electricity but has become an importer. As a result natural gas imports via the Flemish port of Zeebrugge have doubled to meet increased demand from Germany.

**Mayors concerned about nuclear transport**

The mayors of 22 Belgian cities among which Antwerpen, Mechelen, Gent and Kortrijk, have asked the Interior Minister to postpone the transport of nuclear waste through their cities. The nuclear waste should be transiting Belgium by train from the Netherlands to France where it will be treated. The mayors are requiring more details about the transport in order to be able to react adequately if something goes wrong.

**Belgian soccer**

Thousands of Belgian soccer fans travelled to Düsseldorf in Germany to watch the soccer game Germany/Belgium counting for the Euro 2012 play-offs. Belgium lost the game (1-3) and is as a result, not qualified for the Euro 2012 play-offs.

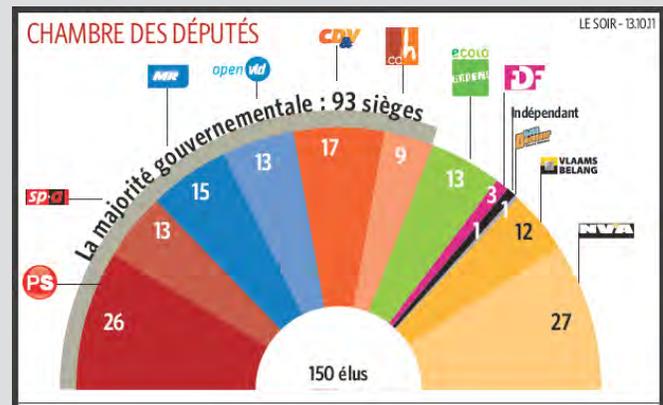
**Steel factory in Liège**

Arcelor Mittal announced it will shut down its two blast furnaces in Liège. The decision had to be made because no improvement is expected in the steel sector for several years. According to the unions, Arcelor Mittal is only after more profits as the world leader in the steel sector is not in financial trouble. This decision

will at least lead to the loss of 1,000 jobs.

**Belgian politics**

After the negotiations that lasted for months, the Belgian government is about to be formed. It will be a six-party coalition, without the Green parties. As shown on the graphic, this coalition will have a simple majority in the House:



**New passport security feature**

Starting next year Belgian passports will also feature the holder's fingerprints. The change is needed in order to comply with European legislation dating from 2004. In a later stage airports will be equipped with electronic equipment allowing passengers to identify themselves automatically. The introduction of the new security feature will happen gradually. Only people applying for a new passport will have to provide their fingerprints at their local town hall.

**Beyonce inspired by Belgian choreographer**

Beyonce acknowledged that her latest video was inspired by the work of a Belgian choreographer who has threatened to sue for plagiarism. The singer said her video had other influences, and noted that it had already been viewed by 2 million people and could generate publicity for the Belgian work "Rosas danst Rosas" or "Rosas dances Rosas." Choreographer Anne Teresa De Keersmaecker has accused Beyonce of stealing routines for her "Countdown", calling it "pure plagiarism," Belgian dance troupe Rosas said recently.

||| BELGIAN NEWS |||

||| BELGIAN NEWS |||

**19-20 October**

- **24 hours of cycling in Louvain-la-Neuve.** This day-long cycling race is filled with live concerts, entertainment and parties to encourage the cyclists as they ride through the day and night.

**22-23 October**

- **Flea market in Ath** at the Hall Ceva on Chemin Primevères from 10 a.m. to 5 p.m.



- **Horse fair (horses, ponies and donkeys) in Tournai (Kain)** at the Hall Expo on Rue Follet from 10 a.m. to 7 p.m. Entrance fee is €6 per adult €3 per child under 10 years of age. Western & side saddle demonstrations, Portuguese riding and many other demonstrations and entertainment.

**22 October**

- **Volksmarch in Jette** for 7, 12, 21, 30 or 42 km. Departure is from the school Poelbos on Avenue du Laerbeek from 7:30 a.m. to 3 p.m.
- **Volksmarch in Bassilly** for 4, 8, 12, 25, 42 or 50 km. Departure is from the school on Rue des Ecoles from 7 to 9 a.m. for the 50 km route; 7 to 10 a.m. for the 42 km route; 7 a.m. to noon for the 25 km route and from 7 a.m. to 3 p.m. for the other routes.
- **"Nature" group walk in Erbaut.** Gathering is at 2 p.m. at the Church in Erbaut for a two hour walk in group. The walk is organized by the association sentiers.be that promotes the use and the safeguard of walking tracks.



Toy Fair - Oct. 22

- **Toy Fair in Estinnes-au-Mont** at the Saint Joseph school on Rue Grande 28 from 2 to 5 p.m.

**23 October**

- **Flea market in Trivières** (70 booths) on Place de Trivières from noon to 6 p.m.
- **Mountain Bike ride in Estinnes-au-Mont** for 20 or 30 km on Rue des Trieux (ferme Houdart). Departure is from 8 to 10 a.m. Participating fee ranges from €2 to €8.
- **Volksmarch in Blaton** for 5, 10 or 20 km. Departure is from the Parc Postau on Rue Emile Carlier 17 from 9 a.m. to 6 p.m.
- **Volksmarch in Blicquy** for 5, 10 or 20 km. Departure is from the school on Rue du Couvent 42 from 9 a.m. to 6 p.m.



The flea market season gets to an end



Courtesy Photo

Discovering the numerous walking tracks in the local area.

- **Volksmarch in Ecaussines d'Enghien** for 5, 10 or 20 km. Departure is from the "Foyer Culturel de l'Avedelle" on Rue de l'Avedelle from 9 a.m. to 6 p.m.
- **Volksmarch in Jette** for 7, 12, 21, 30 or 42 km. Departure is from the school Poelbos on Avenue du Laerbeek from 7:30 a.m. to 3 p.m.
- **Volksmarch in Peruwelz** for 6, 12, 20, 30 or 42 km. Departure is from the school de la Roe on Rue des Ecoles, 77 from 7 a.m. to 3 p.m.
- **"Touristic" group walk in Herchies.** Gathering is at 2 p.m. on the place in Herchies for a two hour walk in group. The walk is organized by the association sentiers.be that promotes the use of walking tracks.
- **Discover the Hanneton valley** in a 7 km walk starting at 9 a.m. or at 10:30 a.m. on Rue du Nouveau Chemin in Boussu. Local products will also be on sale on site and possibility to participate in a photo contest. The walk is organized by the association sentiers.be that promotes the use of walking tracks.

# SHAPE Trips & Tours

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

- **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.
- **Thermes de Spa, November 5** - A relaxing day at the Thermes de Spa. The entrance fee includes access to the spa, sauna, hammams and thermal spring.



A variety of soothing spa treatments are available such as: Beauty treatments, Body treatments, Massages, Balneotherapy and figure/Self image treatments. Call and book your a la carte spa services ahead at +32(0) 87 772560. For more information on spa services and accommodations please visit <http://www.thermesdespa.com>. Price: €65 (no children under 6 years). Departs SHAPE at 7 a.m. and returns at 10 p.m.

- **Luxembourg City, November 12** - Start the day with a special stop at the legendary Villeroy and Boch tableware outlet to purchase high quality dishes for a low price. Enjoy the many historical and cultural sights of Luxembourg City. Explore the famous fortress walls, check out some of the 23km of hidden tunnels built under the city, take in a museum, or just enjoy a sidewalk café in this beautiful city. Price: €50. Departs SHAPE at 8:15 a.m. and returns at 10 p.m.
- **Amsterdam, November 19** - Spend the day sipping coffee in a café, visiting the Van Gogh Museum, relax in Vondelpark or rent a bike and tour the city on your own. Price: €40. Departs SHAPE at 7 a.m. and returns at midnight.

Community Roundup

**17 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.
- **Dads 101** - Bring your lunch and learn with other dads about taking care of your bundles of joy from 11:30 a.m. to 1 p.m. at ACS, Bldg. 318, SHAPE. For more information or to register, call DSN 423-5324 or civilian 065-44-5324.

**19 October**

- **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](http://www.aa-europe.net).
- **Resiliency 101** - meets from 1 to 2:30 p.m. at Army Community Services Bldg 318 on SHAPE. To register contact ACS at DSN 423-7598 or civilian 065-44-7598.
- **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.
- **Page Turners Book Discussion Group** - Meets at 5:30 p.m. at the SHAPE International Library. The group will discuss *The Secret Life of Bees* by Sue Monk Kidd. Registration is not required and there is no fee for this program. For more information, call the library at DSN 423-5631 or civilian 065-44-5631, e-mail at [shape.library@eur.army.mil](mailto:shape.library@eur.army.mil) or stop by during regular hours.
- **Breastfeeding Support Group** - Meets from 10 to 11 a.m. in the SHAPE Healthcare Facility second floor conference room. For more information, call SHAPE WIC Overseas at civilian 065-44-5971.

**20 October**

- **The Illuminati: A Book Club for Preteens & Teens** - Meets at 4:30 p.m. at the SHAPE International Library. The group will discuss *Delirium* by Lauren. Registration is not required and there is no fee for this program. For more information, please call the library at DSN 423-5631/Civilian 065 44-5631, e-mail at [shape.library@eur.army.mil](mailto:shape.library@eur.army.mil) or stop by during regular hours.

**20-21 October**

- **Culture College 101** - Learn about Belgian culture, traditional Belgian cuisine, shop using French and tour a Belgian hospital. For more information or to register, call DSN 423-5324 or civilian 065-44-5324.

**21 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](http://www.aa-europe.net).

**24 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.

FOLLOW THE BENELUX



load up on news on our homepage



Like us on Facebook



view our photos on flickr

Like us on [Facebook](#) at get the latest events and news stories

**New email address for the Gazette:**  
[usarmy.benelux.imcom-europe.list.pao@mail.mil](mailto:usarmy.benelux.imcom-europe.list.pao@mail.mil)

- **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.
- **Transition Assistance Program (TAP)** workshop will be Oct 25-27 from 9 a.m. to 4 p.m. at the USAG Brussels ACS conference room. To register, call ACS at DSN 368-9783 or civilian 02-717-9783.

**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 [brusselscostumecontest@gmail.com](mailto:brusselscostumecontest@gmail.com) to register a decorated trunk.

**20:00-23:00 PARENTS NIGHT OUT**  
 Contact CVSS for required registration & details at 02/717-9651, DSN 368-9651

**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

