

THE GAZETTE

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

Happy New Year

The Gazette staff thanks you for your continued support and wishes you all a Happy New Year.

Prayer Breakfast

The Martin Luther King Prayer Breakfast will be held January 12 from 7 to 9 a.m. at the Daumerie Chapel.

Mayor request

In an effort to improve her English language skills, the mayor of Jurbise is looking for someone who would like to help her practice her conversational skills. Due to her schedule, times need to be discussed with her once someone has volunteered. If you are interested, please contact the PAO office at usarmy.benelux.imcom-europe.list.pao@mail.mil, at DSN 361-5419 or civilian 068-27-5419.

Gazette submissions

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

Runway Traffic Light

Drivers are reminded to pay attention to the runway traffic light on the N56 near the turn for Pairi Daiza. Ignoring this signal is considered a major violation.

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Orphans Christmas Party 2011



Delstacche Frank

Thanks to the generous donations of the Chièvres/SHAPE community, 57 local orphans had their Christmas wishes fulfilled December 21 at a party on Chièvres Air Base.



Delstacche Frank

Use caution when using minimalist running shoes

Maj. Zack Solomon

U.S. Army Public Health Command

In 1974, Bill Bowerman (co-founder of Nike) created one of the first modern-day running shoes, the “Waffle Trainer” in an effort to create a lightweight shoe that would grip the road. This shoe launched a revolution in running shoe design. Innovative shoe designs multiplied out of demand for more foot cushioning and motion control as people from all walks of life took up running. Shoe mid-foot arch construction grew rigid, and heel cushion material was heightened to correct running form and presumably prevent injuries.

Three types of shoes emerged: motion-control shoes for runners with low foot arches, stability shoes for neutral arches, and cushioned shoes for high arches. These designs were meant to make shoe selection easy; runners would first identify their arch type, then they would choose an appropriate shoe, and finally they would begin running injury free.

Unfortunately, this system of shoe selection hasn’t lived up to runners’ expectations as running injuries persisted. As well, multiple U.S. Army Public Health Command studies in basic trainees have demonstrated that shoe selection based on arch type does not reduce injuries.

Now, a new trend, a departure from control and cushioning, has emerged—the minimalist running shoe.

A minimalist running shoe is extremely flexible and low to the ground to create the sensation of barefoot running. By running in a shoe with minimal cushioning, most runners will naturally reduce their stride length to avoid landing painfully on their uncushioned heel. This change in running form reduces initial joint impact and promotes a return to what some consider a more natural foot motion.

The growing popularity of minimalist running shoes in both the civilian and military communities was sparked by the promise of increased running performance and decreased risk of running injuries.

Although the jury is still out on whether minimalist running

shoes will live up to these expectations, the trend will surely grow as shoe companies expand and market their latest minimalist shoe product lines.

Anyone interested in making the switch from a traditional running shoe to a minimalist design should exercise caution because a sudden change in equipment or training can result in sore muscles and joints, blisters and even injuries, for example stress fractures.

The calf muscles will require the greatest adjustment, followed by the muscles of the foot and hamstrings. Running impact forces may also increase temporarily as the runner adapts to a shortened stride and forefoot strike.

Here are five tips to make a smooth transition:

1) Runners should only perform 10 percent of their normal running distance and volume in minimalist running shoes for the first two to three weeks. For example, if someone runs 10 miles per week, only one mile per week should include the use of minimalist running shoes. Traditional running shoes can still be worn the rest of the time.

2) No more than a 10 percent increase in distance per week is recommended for at least eight weeks after the initial transition phase. Some runners may take up to six months to get used to running in minimalist shoes.

3) Avoid running two days in a row in minimalist running shoes for the first four weeks.

4) Run on different surfaces, such as grass, dirt and pavement, to get used to the feel of the shoes. Make sure the running surface is clear of debris and glass.

5) Stretching will be very important during the first few weeks to alleviate soreness. Focus on stretching the foot, calf and hamstring muscles.

As with any change in training, a planned transition phase is critical to limit the short-term soreness and potential complications from an overuse injury.

For more information or if problems develop from any change in training or equipment, Soldiers should contact their medical provider or physical therapist.

THE GAZETTE

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Glaucoma: The sneak thief of sight

Michael D. Pattison

U.S. Army Public Health Command

January is National Glaucoma Awareness Month. It was set aside to help educate people on the leading cause of preventable blindness in the world. Glaucoma is a group of diseases that damage the optic nerve in the back of the eye and result in a loss of vision. The biggest problem is that most people are usually not aware of any changes in their sight until they have lost around 40 percent of their total vision. This loss normally starts in the periphery or side vision and can progress to total blindness.

More than two million Americans have glaucoma, with approximately 120,000 being blind because of the condition. The troubling fact is that most experts estimate that half of those people are not even aware that they have it.

The best way to prevent significant vision loss from glaucoma is early detection through a periodic, comprehensive eye examination from an eye doctor.

This is especially important in African-Americans, Hispanics, the elderly, and those with a family member who has glaucoma since these people are more likely to have glaucoma. How often a person should be examined can be determined between the individual and his/her doctor. Those in higher risk groups can expect to be required to have an eye examination more regularly.

Vision screenings where only the pressure in the eyes is checked are not the same as a comprehensive eye exam. High pressure in the eyes alone does not necessarily mean

a person has glaucoma. Also, a person does not need to have high pressure in the eyes to have glaucoma. So, when you see an eye doctor, make sure that you ask for a comprehensive eye exam.

If you have glaucoma and it is detected early, treatments such as eye drops or surgery can usually stop or slow the progression of vision loss. Currently there is not a cure for glaucoma, although a lot of research is being done to find one. One important thing to know is that the vision loss caused by glaucoma does not return with treatment. Any vision loss that has already occurred is permanent. Treatment only stops or reduces the rate of new vision loss, which is why periodic comprehensive eye examinations are so important.

Choosing an eye doctor you are comfortable with also is important because glaucoma, like high blood pressure and diabetes, is a disease which needs to be treated for life. Be willing to discuss any side effects or other symptoms you may be having because of the medication, and make certain that you clearly understand and have written directions on how and when to take your medicine. Do not be afraid to ask questions if you do not understand. For example, does four times a day mean every six hours or four times a day while awake? And make certain that you take your medicine as prescribed. If you cannot get your eye drops in your eye, get someone to help you or ask to be taught a better way.

Remember, the most important thing in preventing the loss of vision due to glaucoma is you. Your sight is a most precious gift. Take good care of it.

Helmets recalled due to risk of head injury

The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product.

Name of Product: Bicycle helmets for children and youth
Units: About 30,400

Importer: Triple Eight Distribution, Inc., of Port Washington, New York

Hazard: Product testing demonstrated that these helmets do not comply with CPSC safety standards for impact resistance. Consumers could suffer impact head injuries in a fall.

Incidents/Injuries: None reported

Description: The recalled items are multi-purpose helmets also sold for use as bicycle helmets. Little Tricky helmets are marketed for children and youth, and feature a large Little Tricky logo on both sides of the helmet. They come in one size and in black, white, pink and green. Triple Eight S/M EPS Liner helmets feature a hard black inner EPS foam liner and

come in black, white, bone, blue and army green. Sector 9 S/M EPS Liner helmets feature the same EPS liner and come in gray, white, black, blue and green. Both the Triple Eight and Sector 9 helmets have an interior label indicating the size "S/M" for small/medium and a manufacture date indicated as month/year (ex. APR/2011). Only Triple Eight and Sector 9 size "S/M" EPS Liner helmets are affected.

Sold at: Bicycle and sports stores and other retailers nationwide and online from August 2006 through November 2011 for about \$40.

Manufactured in: China

Remedy: Consumers should stop using the product immediately and contact Triple Eight for a full refund.

Consumer Contact: For additional information, contact Triple Eight toll free at (888) 548-8518 between 9 a.m. and 5 p.m. ET Monday through Friday or visit the firm's website at www.triple8.com

To see this recall on CPSC's web site, including pictures of the recalled products, please go to:

<http://www.cpsc.gov/cpsc/pub/prerel/prhtml12/12082.html>

USAG Benelux and local community briefs

Volunteering during the tax season

The Northern Law Center is looking for military spouses or family members to assist as volunteers during the upcoming tax season. This is a great opportunity to gain technical and practical experience in tax preparation. Best of all, the training is conducted by an IRS representative and it is free. Space is limited. For more information, contact the Northern Law Center at DSN: 423-4061 or Civilian: 065-44-4061.

Freegal Music

The Army Europe libraries now offers free database to patrons that includes more than three million songs in over 100 genres available in the MP3 format. Download three songs per week from the Sony Music catalog, free of charge. Contact your librarian to set up your account.

Employment Opportunity

Andrews Federal Credit Union is looking for individuals who want to advance their careers with a progressive full-service local financial institution. European branches are located in Belgium, Netherlands and Germany. The following positions are available.

Brussels Branch located at USAG Brussels

-Branch Manager (Full-time)

-Senior Teller (Full-time)

-Teller (Full-time)

-Member Service Representative (Part-time)

Chièvres Branch at Chièvres Air Force Base

- Senior Teller (Full-time)

- Member Services Representative (Full-time)

Schinnen Branch at USAG Schinnen

- Member Services Representatives (Two Full-time Positions)

For these and other positions or to apply online, go to www.andrewsfcu.org. All applicants must have a U.S. Passport with logistical support. Andrews Federal Credit Union is an Equal Opportunity Employer.

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 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.

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.

AFCU 2012 Scholarship Program

Potential scholarship recipients or their guardians now have until February 1 to become an Andrews Federal member to meet eligibility requirements for the Andrews Federal 2012 Scholarship program. Each year, Andrews Federal awards \$12,000 in scholarship funds. Eight college bound students are awarded \$1,500 non-renewable scholarships for higher education and books. To be eligible, all applicants must be a member or member's dependent 16 years of age or older with an Andrews Federal account in good standing of the award year.

Applicants will be judged by a panel on the essay submitted and community service. Scholarships are awarded to eight applicants receiving the highest overall scores. Application submission is February 1 through April 27. Just stop in any branch or go online at www.andrewsfcu.org/scholarship2012.

Education

University of Maryland University College

- UMUC is now registering students for the upcoming Spring Session 1 Term. Classes begin January 16 and end March 11. The current schedule can be found at www.ed.umuc.edu. Please contact a UMUC Field Representative for more information DSN 423-5173 or Civilian 065-44-5173.
- A UMUC Academic Advisor is now scheduling appointments for the upcoming Spring Session 1 Term. The advisor will be at SHAPE on Jan. 10 from 09:30 a.m. to 3 p.m. If you would like to schedule a first come, first served 30-minute appointment, contact your UMUC SHAPE Field Representative at DSN 423-5173 or civilian 065-44-5173.
- To welcome new undergraduate and graduate students, UMUC Europe introduces the New Student Scholarship for Spring 2012 Session 1 and 2. This one-time \$700 award helps students with the cost of tuition and books.
- Starting in January, book awards will be increased to \$150 for active duty enlisted servicemembers and military family members of all ranks. With a quick online application, eligible students can offset the cost of their textbooks this spring. More information and all award applications are found at www.ed.umuc.edu/financial_aid.

University of Phoenix

For information on the programs offered, stop by the USAG Benelux Education Center, Bldg. 212, Room 113 or call DSN: 423-4645.

University of Oklahoma

The University of Oklahoma is now accepting applications for Master of Arts in International Relations. This is an accelerated class, program format and is available on site and online. There is no GRE requirement. For information, call DSN 423-3654 or civilian 065-44-3654 or stop by SHAPE



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

USAG Benelux and local community briefs

CYSS Skies Classes

- **French** for ages 5 and up, at Bldg. 503 with Ms. Oana from Jan. 16 through Mar. 30. Enrollment is open through Jan. 16. Through role play, discussion and games your children will develop the use and understanding of everyday French. This will help them to be more confident when going to shops, the dentist or having dinner with friends. Everyday French will open their world to a new culture and making new friends. Class is on Mondays from 4 to 5 p.m. Fee is \$100.
- **English** for ages 6 and up at the Youth Services Bldg. 503 with Mrs. Victoria from Jan. 11 through Mar. 30. Enrollment is open through Jan. 11. This class focusses on reading, writing and speaking. Coupled with these, learning will also be taught through fun-based activities and games. Class is on Wednesdays from 4 to 5 p.m. Fee is \$110.

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.



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 @USAGBenelux



USAG BENELUX
 A COMMUNITY OF EXCELLENCE



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.

Club Beyond

A powerful influence in the lives of teenagers, Club Beyond ministers to middle school and high school teens (7-12th grade) on military installations around the world. Club Beyond meets every Tuesday in the Teen Center and is open to every student. Students, 7-8th grade meet from 3:30-5 p.m. (snack provided) and 9-12th grade students from 6:15-8 p.m. (dinner provided). They also offer small group Bible studies every Wednesday evening from 6-8 p.m. (dinner provided) at the Teen Center. For more information call DSN 423-6020.

The Protestant Women of the Chapel

PWOC International is a resource network that unites, trains and encourages women from the military chapel community in personal spiritual growth. PWOC meets at the SHAPE Int'l Chapel on Mondays 6 to 8 p.m. and Tuesdays 9:30 a.m. to noon. Childcare is provided for both meetings.

Protestant Men of the Chapel

PMOC offers opportunities for fellowship, Bible Study, and service outreach for men in the SHAPE community. Currently, PMOC continues The Great Adventure series, a 20-week look at helping men discover Biblical manhood in the midst of a confusing, misguided world. PMOC meets each Tuesday at 6:30 a.m..

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By Cis Spook

USAG Benelux Public Affairs

Brew your beer at home

A Belgian company, BrewSpot, based in Brussels has launched classes to learn how to brew beer. These classes of one or two days are open to anyone interested in brewing their own beer. The class provides all necessary ingredients and participants can take back their own brewed beer. Classes are held in Brussels once a month but the intent is to schedule some in other cities. For more information, check www.brewspot.com.

What is new in 2012?

- Since the beginning of the New Year, people who are detained by the police have the right to have a lawyer present from the minute that they are questioned.
- Stamps for letters within Belgium have gone up by 4 cents. It now costs 75 cents for an individual stamp.
- Belgacom has increased its rates for a number of mobile and landline products by 3.41%.
- The Value Added Tax (VAT) on digital television has risen from 12 to 21%.
- The services of a notary are now subject to 21% VAT
- A new customer service charter stipulates that you should never have to wait longer than 2.5 minutes when calling a call centre. A free call back service should be provided if this cannot be achieved.
- From now on pigs must be anaesthetized before they can be castrated.

Winter sales in Belgium

The winter sales have officially started Jan. 3 and will continue until the end of the month.

Brussels Airlines

Brussels Airlines is to start daily flights to New York as of Jun. 1. Brussels Airlines will use an A330 Airbus that has been completely refurbished for its flights to JFK Airport in New York. The company is already taking bookings.

Nizar Trabelsi

The lawyers of Nizar Trabelsi have confirmed that they soon will file an appeal before the Belgian Council of State against former Belgian Justice Minister De Clerck's decision to allow the extradition of Trabelsi to the United States.

Former U.S. Rapper Loon

The former rapper is still being detained in a Belgian prison upon request from the United States. Loon was presented to a Brussels court yesterday, which stated that it would render its decision next week. To date and after having spent 45 days in jail, U.S. authorities still have not communicated the justice decision on which the extradition of Loon is being requested. Yet, the extradition convention states that these documents must be transmitted within 40 days after the arrest. Loon's lawyer considers that, since these 40 days have passed, his client must be released.

Brussels Court of Justice

The Court of Justice in Brussels was the scene of a major blaze last Tuesday. The fire started in an area open to the public. It is still unclear whether the fire is criminal or not. The fire caused a lot of damage but fortunately, no one got injured. Still, some important dossiers have gone up in smoke and it seems that not all dossiers have an electronic copy.

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Have Something for the Gazette?
Email usarmy.benelux.imcom-europe.list.pao@mail.mil

Through 15 January

- **Snow & ice sculpture festival in Brugge** from 10 a.m. to 7 p.m. For more information about the program and prices, visit www.icesculpture.be.
- **"Belgian Racing Legends" exhibition in Brussels** at the Esplanade du Cinquantenaire. Open from 10 a.m. to 5 p.m. from Monday to Friday and from 10 a.m. to 6 p.m. on Saturday and Sunday. Entrance fee is €9. Among others, more than 30 racing cars are exposed : Ferrari, Porsche, Mercedes, Audi, Talbot Lago, Ford, Jaguar, Formule V, mini Cooper, etc. More information on <http://www.belgian-racing-legends.be>.

Through 22 January

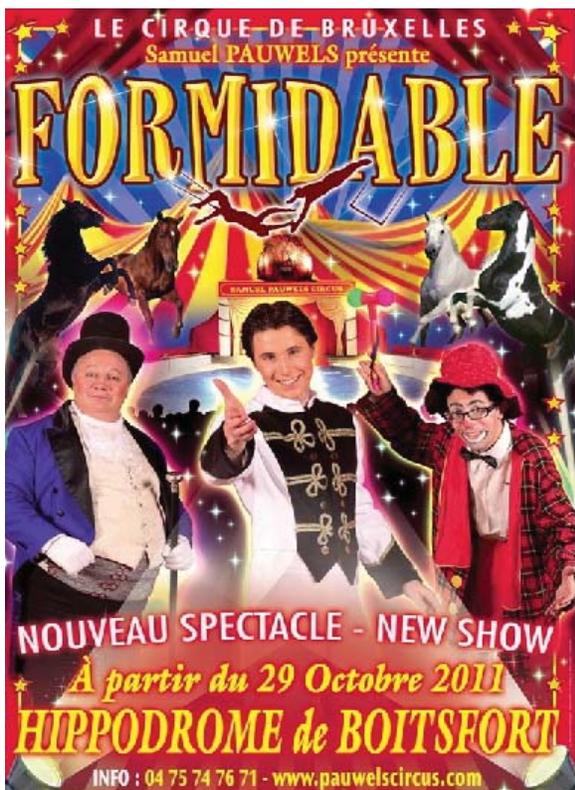
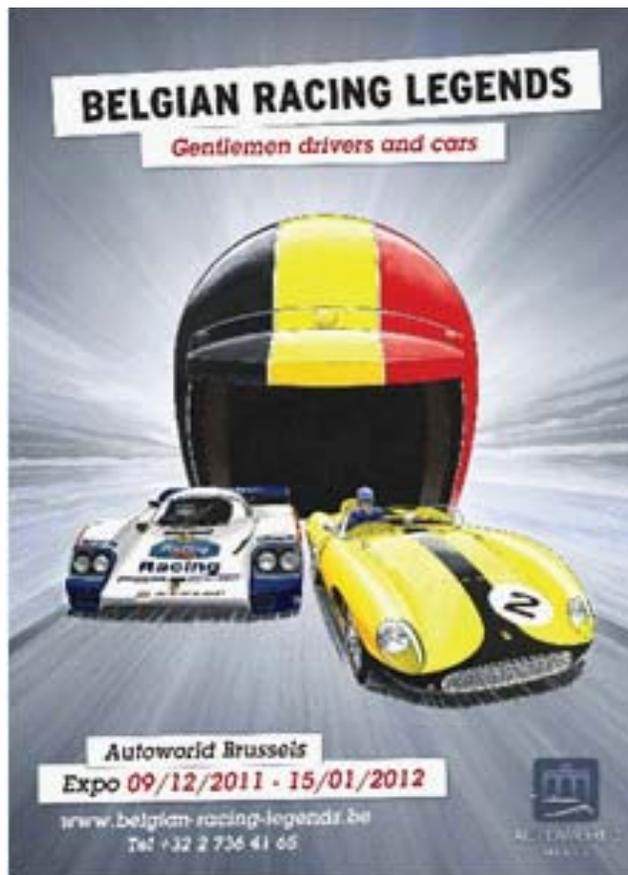
- **Circus in Brussels (Uccle)** on Chaussée de la Hulpe 53 : cavalry, trapeze artists, jugglers, clowns, etc. open on Wednesdays at 3 p.m., on Fridays at 8 p.m., on Saturdays at 3 p.m. and 5:30 p.m., on Sundays (family day) at 11 a.m., during (public) holidays at 3 p.m. Prices are €20 for adults, €12 for children and €8 for adults and children on family day.

Through 19 February

- **Indios no Brasil exhibition in Brussels** at the Royal Museum of Art and History at the Parc du Cinquantenaire 10. Exhibition on Brazil's indigenous population. Open from Tuesday to Sunday from 10 a.m. to 5 p.m. More information on <http://europalia.be/programme/expositions-12/article/indios-no-brasil>.

9 January

- **Night volksmarch in Ath** for +/- 10 km. Departure is at La Maison Verte on Rue des Frères Descamps 18 at 8 p.m.



12-22 January

- **European Motor Show Brussels.** For more information about access, hours, prices, etc. please go on <http://autosalon.be/en/salon/visiteur>.

14 January

- **Volksmarch in Silly** for 4, 8, 16, 20, 25 km. Departure is from Rue du Marais at the Salle du Marais from 8 a.m. to 3 p.m. Participating fee is €.75.

15 January

- **Volksmarch in Namur** for 4, 7, 11, 15, 22, 30 km. Departure is from Boulevard Frère Orban from 7 a.m. to 3 p.m. Participating fee is €.75.
- **Volksmarch in Nivelles** for 5, 10, 15, 20 km. Departure is from Rue Clarisse 10.
- **Volksmarch in Labliau/Marcq** for 5, 10, 15, 20 km + orientation march for 8 km. Departure is from Rue de Labliau.
- **Volksmarch in Mellet** for 5, 10, 15, 20 km. Departure is from Rue Alphonse Helsen 69B.
- **Volksmarch in Sirault** for 5, 10, 15, 20 km. Departure is from Rue des Déportés in front of the church.
- **Run & bike in Seneffe** for 2,5 km (run), 4,5 (run) and 27 km (MTB). Departure is at Rue de la Marlette 3 at 10 a.m. Participating fee is €8-10. Showers and bike-wash available.

20 through 29 January

- **Antique Fair in Brussels** at the Tour et Taxis site on the Avenue du Port from 11 a.m. to 7 p.m. (130 booths)

21 January

- **Volksmarch in Flobecq** for 5, 8, 14 km. Departure is from Rue Abbé Pollart 4 from 2 to 7 p.m.
- **Volksmarch in Viesville** for 6, 10, 15, 25, 42 km. Departure is from Place des Résistants from 7 a.m. to 2 p.m. Participating fee is €.75.

21 through 23 & 27 through 29 January

- **Batirama in Kain** at Tournai Expo on Rue du Follet. Building, renovation and decoration fair. Open from 10 a.m. to 7 p.m. Entrance fee is €6 on weekends, €4 on Friday and Monday, free for children under 13 and free for ladies on January 23 and 27.

22 January

- **Volksmarch in Viesville** for 6, 10, 15, 25 km. Departure is from Place des Résistants from 8 a.m. to 2 p.m. Participating fee is €.75.
- **Volksmarch in Hamme-Mille** for 4, 7, 12, 21 km. Departure is from Rue Auguste Goemans from 8 a.m. to 3 p.m.
- **Volksmarch in Braine-Le-Château** for 5, 10, 20 km. Departure is from Rue de Tubize 60.
- **Volksmarch in Enghien** for 5, 10, 15, 20 km. Departure is from Chaussée de Soignies 36.
- **Volksmarch in Fromiée** for 5, 10, 20 km. Departure is from Rue du Bois d'Hymiée.
- **Volksmarch in Estaimpuis** for 5, 10, 20 km + mountain bike ride for 20 km. Departure is from Rue Moulin Massure 9.
- **Volksmarch in Neufmaison** for 5, 10, 15, 20 km. Departure is from Salle le Colombier on the square.
- **Volksmarch in Saint-Symphorien** for 5, 10, 15, 20 km. Departure is from the Ecole des Filles de la Sagesse on the square.
- **Run & bike IN Estaimpuis** for 15 km. Departure is from Rue Moulin Massure 9 at 10 a.m. Showers and bike-wash available.
- **Mountain bike ride in Estaimpuis** for 15, 30, 45 km. Departure is from Rue Moulin Massure 9 from 8 to 11 a.m. Participating fee is €5. Showers and bike-wash available. (650 participants in 2011).

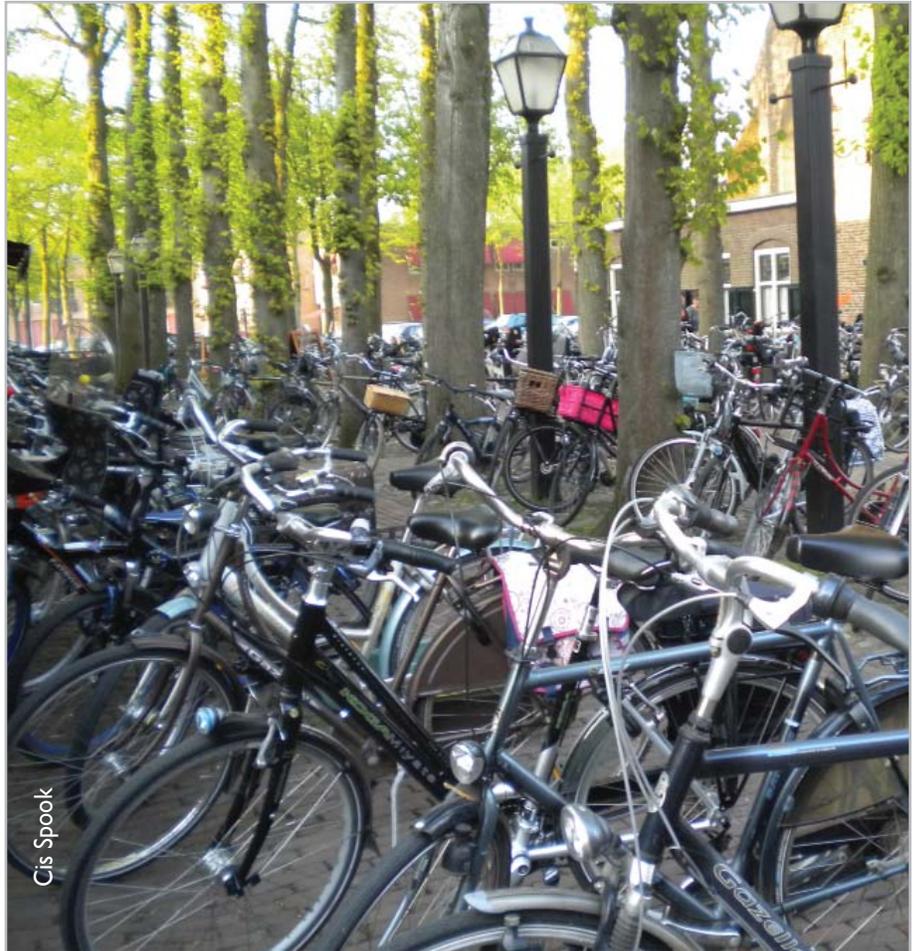


Donovan Abrassart

SHAPE Trips & Tours

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

- **Trier, January 14** - Visit Trier, the oldest city in Germany and birthplace of Karl Marx. Enjoy the many archaeological and architectural sights of this beautiful city, known as the "Rome of the North". Explore the famous Roman ruins on foot, or take the Römer Express for a tour of Trier's old town. Take in a museum, or just enjoy sitting at a sidewalk café in this beautiful city. Price is €65. Departs SHAPE at 8 a.m. and returns at 11 p.m.
- **Belgian brewery tour, January 21** - Beat the winter blues by appreciating what Belgium is famous for: the best beers in the world. The tour begins at Des Fagnes at a modern working brewery, set alongside a fully restored 19th century brewery. Witness how the brewing techniques have changed over the last 150 years. Taste their Super Des Fagnes brew and find out for yourself why "Super" is in its name. The next stop will be at Brewery Du Bocq to sample beers from many fine brews that are only available in Europe. Trip will include a meal at Brewery Val Dieu where you will enjoy soup, ham with beer sauce served and garnish paired with one of their delicious beers. Price: €95 per adult. Departs SHAPE at 7:30 a.m. and returns at 6:30 p.m.
- **French Cooking Class and Brussels City, January 28** - Start the day in Brussels to explore the many sights that Brussels has to offer. After lunch, become a French Chef for the day. Learn the art of French cooking from a professional chef in an animated, totally interactive environment. Cook a three course meal. Then enjoy the fruits of your labor with a glass of wine at the tasting which follows. Join us on our culinary adventure into the world of French Belgian Cuisine. Space is limited to the first 23 people, so reserve your spot today. Price: €105 per person. Departs SHAPE at 9:30 a.m. and returns at 9:30 p.m.
- **Early Valentine Weekend in Paris, February 4 -5** - Spend a leisurely weekend exploring the city of romance! Stroll along the Seine, go window shopping down the Champs-Élysées, see the Mona Lisa, or sit in a café and people watch. Price: Single: 185 €, Double/Twin: 130 € per person, Children: 100 € (0-11) (When sharing with 2 adults, 1 child only). Depart SHAPE 8 a.m., arrive SHAPE 9 p.m. Depart Brussels: 7 a.m., return Brussels: 10 p.m.
- **Disneyland and Disney Studios Paris, February 22** - Come experience the happiest place on earth with thrilling rides and fantastic shows! You will have an action packed fun-filled day that is sure to satisfy the whole family! Prices: € 105 Adults, € 105 Youth, 3-11, € 55 Children 0-2. Depart SHAPE: 6:30 a.m., return SHAPE: 9:30 p.m.. Depart Brussels: 5:30 a.m. , return Brussels: 10:30 p.m.



Cis Spook

9 and 10 January

- **New Winter Studies** - Offered by the Protestant Women of the Chapel at the SHAPE Chapel. Monday evenings from 6 to 8 p.m. with dinner provided and Tuesday mornings from 9:30 a.m. to noon with snacks provided. Join an interest-based group of ladies whose desire is to fellowship with one another beyond the study while enjoying an activity together. Free childcare for children up to 12 years of age is provided. You are also invited to join us for our Keys to Connect programs - small, activity-focused groups that provide additional fellowship time outside of our regular Bible studies so women can foster friendships with other like-minded women during activities they enjoy, such as fitness, game-night or cooking together. For information, email to pwoc.shape@gmail.com.

10 January

- **Preschool Story Time** - As of today, enjoy the additional Preschool Story Time every Tuesday from 5 to 5:30 p.m. for stories, finger plays, songs. 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 Tuesdays, from 7 to 8:30 p.m. at SHAPE Chapel. 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 the website www.aa-europe.net.

11 January

- **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.
- **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 cardholders. Call ACS DSN 423-4274 or civilian 065-44-4274 for more information.

12 January

- **Asperger/Autism Support Group** - If you or someone you know has been diagnosed with Asperger Syndrome or Autism Spectrum Disorder, join us for education and support in a safe and confidential environment from 12:30 to 1:30 p.m. at the Rendezvous Cafe. For more information and to register, contact Army Community Service DSN 423-5324 or civilian 065/44-5324.

13 January

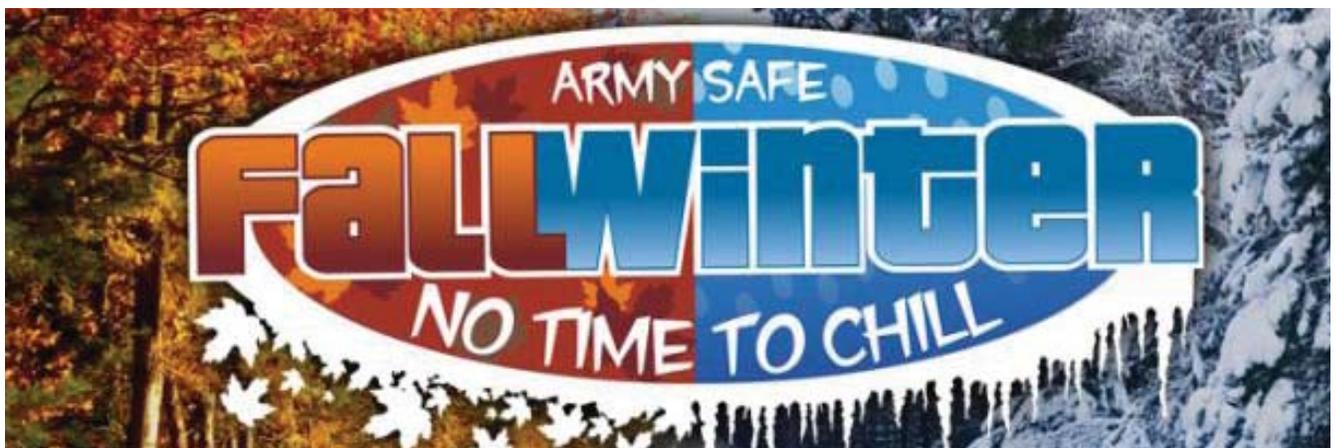
- **Alcoholics Anonymous** - The English speaking SHAPE AA Group meets on Fridays from 4:30 to 5:30 p.m. at SHAPE, ASAP (Army Substance Abuse Program), Bldg. 342. Members support one another's 12 Step recovery program and freely share their AA story with newcomers. Family members, friends, and anyone 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.

18 January

- **Page Turners Book Discussion Group** - Meets at 5:30 p.m. to discuss "The Paris Wife" by Paula McLain. Registration is not required and there is no fee for this program. For more information, call the library at DSN 423-5631 or civilian at 065-44-5631, e-mail at shape.library@eur.army.mil or stop by during regular hours.

18 and 25 January

- **Love Languages** - The Family Advocacy Program is offering free communications classes using Gary Chapman's "The 5 Love Languages" from noon to 12:45 p.m. at the ACS first floor training room in Bldg. 318, SHAPE. Bring your lunch to enjoy. For more information, call DSN 423-5324 or civilian 065-44-5324.



AT USAG BRUSSELS

- **Annual Weight Loss Challenge** The weight loss challenge is specially designed to educate you on the importance of proper nutrition for weight loss and optimum health. At the end of the 12-week program the top 2 individuals with the greatest percentage of lost pounds and the top 2 with the greatest percentage of lost inches will be awarded PRIZES! The weigh-in dates are from January 11 to 13.
- **Women's Self Defense Class** at the USAG Brussels Fitness Center January 24 from 11:30 a.m. to 12:30 p.m. Contact for more information at DSN 368-9783 or CIV 02717-9783.
- **Bingo** Join us for our monthly Consignment Shop Sponsored BINGO night on Friday Jan. 13th at 18:00 with a \$5 buy-in. BINGO is fun, easy and a great way to socialize! Please call the recreation center to reserve your spot and pre-order your meal (\$5). Contact for more information at DSN 368-9822 or CIV 02717-9822.
- **AUTO SKILLS CENTER** operates Wednesday through Sunday from 11 a.m. to 7 p.m. Designed to give authorized patrons a venue to perform work on their privately owned vehicles and to provide instructional classes, the staff will offer a limited schedule of services to include the following: Oil Changes, Fog Light installation, Summer/ Winter Safety Checks, Battery Charging, Tire Mounting, Tire Balancing, Tire Rotation, Headlight Adjustment, Coolant Flush, Brake Flush, Brake Tester, ECU Diagnostic, Routine Maintenance and Repairs. For more information the Auto Skills Center can be reached at DSN 368-9743 or civilian 02-717-9743.
- **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 age 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.

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.

- **Big Will's Body Shop** - Sessions are from 1 to 2 p.m. every Monday, Wednesday and Friday.
- **Spin Class** - Every Monday and Thursday from 6:30 to 7:30 p.m., every Saturday from 10 to 11 a.m.
- **Yoga** - Every Monday, Wednesday and Friday from 10 to 11 a.m. and Monday and Wednesday from 5:30 to 6:35 p.m.
- **Yoga-Flo** - Every Tuesday and Thursday from 10 to 11 a.m.
- **Zumba** - Every Tuesday and Thursday from 11:30 a.m. to 1:30 p.m.
- **Body in Motion** - Every Monday, Wednesday and Friday from 11:15 a.m. to 12:15 p.m.
- **Zumba Toning** - Every Saturday from 11 a.m. to noon and every Monday and Thursday from 6:30 to 7:30 p.m.

BRUSSELS DENTAL AND HEALTH CLINICS

The Brussels Health Clinics will be closed for patient care on January 13 and 16.

If you are in need of medical care on days the clinic is closed:

- For routine care visit SHAPE Health Facility (at SHAPE) DSN 423-5886 or civilian 065-44-5886.
- For urgent care call the toll-free nurse advise line at 0800-80149 and/or the international SOS emergency line at 0800-80806 (toll-free number for Belgium).
- For medical emergencies which are life, limb or eyesight, call 100 or 112.

The emergency room we use for urgent and if possible emergency care is:

Universitaire Ziekenhuizen Leuven
Herestraat 49, 3000 Leuven

During Weekends or After Hours the on-call Patient Liaison can be contacted through the MP Desk at 02-717-9769 for non-medical advice.

Always contact your MTF the next working day after you have been to the ER or when admitted to the Hospital.

Have Something for the Gazette?

Email usarmy.benelux.imcom-europe.list.pao@mail.mil