

THE GAZETTE

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

Thanksgiving

A Thanksgiving home-cooked meal for single Soldiers will be served Nov. 22 from 5 to 7 p.m. at the Daumerie Chapel.

Postage increase

On January 22, the price of the first class stamp will go up to .45 cents. However, stamps that are bought before that date will automatically be valued at .45 cents. The price for each additional ounce remains unchanged at .20 cents.

Other changes taking effect in January are:

-The postcard stamp increases to .32 cents

-New international prices will be:

-.85 cents to Canada/Mexico

-\$1.05 cents elsewhere.

Kennel on Chièvres Air Base

The Kennel is fully booked for the Christmas and New Year's Holidays. If you would like to be put on a waiting list or receive a list of local kennels, contact the kennel at DSN 361-5436 or civilian 068-27-5436.

Gazette Email address

To submit your requests for publication, use the following new generic email address for PAO: usarmy.benelux.imcom-europe.list.pao@mail.mil. For information, call DSN 361-5419.

Table of Contents

News	1-9
Belgian news.....	10
Events & Happenings.....	11-14
Community Roundup	15-16

November is Military Family Appreciation Month

As we enter this holiday season, it is important to remember the Military Family and give special thanks for their support and sacrifice for our Men and Women in uniform. The family is essential to the service member's ability to focus on the mission at hand. With thousands of U.S. military deployed, recognizing and giving thanks for the sacrifices made by these service members and their families is all the more important.

To recognize and show appreciation for Army families, USAG Brussels Army Community Service coordinated a poster contest for military children 3-11 years old. The winners of the contest are Alla Hugh in age group 3 to 5 years; Samyra William in age group 6 to 8 years and Carlos Ocasio in age group 9 to 11 years.



Top left drawing by Carlos Ocasio won in category 9 to 11 years.

Top right drawing by Samyra William won in category 6 to 8 years.

Bottom right drawing by Alla Hugh won in category 3 to 5 years.

The children were asked to depict Army families in their drawings.

Veterans Day commemoration in Brugelette and Chièvres

The U.S. Army Garrison Benelux commander and color guard participated in the Veterans Day celebrations in Brugelette Nov. 11. On the 11th hour of the 11th day of the 11th month, Col. Rick L. Tillotson laid wreaths with the local mayor to honor war victims, resistance fighters and allied service members. During the reception that followed the official ceremonies, Fernand Delesenne, chairman of the local patriotic associations, presented Col. Tillotson the “Médaille d’Or d’Honneur” (Golden Medal of Honor) of the Belgian Association for Veterans and Prisoners of War, one of the highest decorations the association can present. Col. Tillotson received the award in recognition of the special relationship the garrison has with the host nation and of the many years of friendship between Belgium and the United States.

Lt. Col. Francisco Rivera, Director Plans, Training, Mobilization & Security, represented USAG Benelux at the commemoration in Chièvres.

Picture top right: Col. Tillotson salutes to pay respect to the war victims during the Nov. 11 commemoration in Brugelette. Picture bottom right: From left to right: Fernand Delesenne, chairman of the local patriotic association, Col. Tillotson and Mr. André Desmarlières, Mayor of Brugelette upon the award presentation following the commemoration. Picture bottom: Lt. Col. Francisco Rivera joined Chièvres officials and residents in paying tribute at the monument dedicated to all war victims on the Chièvres square.



Marie-Lise Baneton



Marie-Lise Baneton



Cis Spook



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 by Thursday at 3 p.m.

Col. Rick Tillotson
USAG Benelux
Commander

Marie-Lise Baneton
USAG Benelux
Public Affairs Officer

Editor
Cis Spook

Staff Writer
Keith Houin
Donovan Abrassart

Ferriter takes command of Installation Management Command

By **Tim Hipps**

U.S. Army Installation Management Command

Lt. Gen. Michael Ferriter took the reins of the U.S. Army Installation Management Command from Lt. Gen. Rick Lynch during a change of command ceremony Nov. 17 on Fort Sam Houston, Texas.

Army Chief of Staff Gen. Raymond Odierno presided over the changing of the guard for the command, which relocated from suburban Washington, D.C. to South Texas during the past two years as part of Base Realignment and Closure.

Ferriter, a 1979 graduate of The Citadel, came to Texas from a tour as deputy commander for advising and training for United States Forces Iraq, supporting Operation New Dawn. Before that, he commanded the U.S. Army Infantry Center and the Maneuver Center of Excellence at Fort Benning, Ga.

As well as IMCOM commander, Ferriter is now the Army's Assistant Chief of Staff for Installation Management.

All three Soldiers served as "battle buddies" at some point during the war in Iraq.

"Both Rick Lynch and Mike Ferriter, I've known awhile," Odierno said. "Most important, I got to see them operate in combat. These are two Soldiers who not only understand what it's like to take care of our Families, but they understand what it's like being at the tip of a spear. There's no better person to lead us in installation management than somebody who's experienced both."

Ferriter's combat tours include Operation Restore Hope in Somalia and two tours in Iraq.

"I'm confident that Mike Ferriter is the right man for the job – a proven leader with the right experience to lead us into the future," Odierno said. "He understands Soldiers and Family and is the right leader at this important time of transition for our Army."

Ferriter and wife Margie have four children who understand Army life: Dr. Meghan Ferriter, Capt. Dan Ferriter, Capt. Paddy Ferriter and 1st Lt. Mary Whitney Whittaker.

Ferriter said, "there are hundreds of



Lt. Gen. Michael Ferriter smiles on Nov. 17, 2011, after assuming command and receiving the uniform patch for the Installation Management Command.

thousands of Army Families that are exactly the same, and that's where we get our inspiration."

Lynch, the only commander IMCOM has known, was quick to thank Odierno for his mentorship.

"I've been blessed in my 35 years of uniformed service," Lynch said. "One of the top ... blessings is my relationship with Ray Odierno."

Odierno thanked Lynch for a career well done, capped by the complex move of an Army command from the nation's capital to the heart of South Texas.

"Lt. Gen. Rick Lynch has served selflessly in our Army with extraordinary distinction for nearly 35 years," Odierno said. "He's devoted his career to taking care of Soldiers and their Families. I have watched Rick for years, always step forward, raise his right hand, and say 'Put me in. I want the toughest job. I want the tough jobs and I'll make it work. I'll make it happen.'"

"We thought he was the perfect person to lead IMCOM and transform it into a world-class organization focused on our customers. The customers are our Soldiers and their Families and our retirees."

Odierno commended Lynch for embodying words like courage, confidence, candor and compassion.

"In your 35-plus years, you have made history," Odierno told Lynch. "You have lived in the arena and you have excelled inside that arena. Thank you for your steadfast dedication and loyal service to our Soldiers and our nation."

Odierno applauded Lynch's wife, Sarah, for her dedication to the mission.

"Sarah has been serving alongside Rick every step of the way," Odierno said. "She's dedicated herself to our Soldiers and Families. Whether it be leading [Family Readiness Groups] or working with the Families of fallen Soldiers, Sarah has met and listened to the Gold Star Families to assess how the Army was meeting their needs and helped the Army improve its services."

The ceremony also marked the passing of the responsibility of IMCOM command sergeant major from Command Sgt. Maj. Neil Ciotola to Command Sgt. Maj. Donald Felt. Felt, top noncommissioned officer for the IMCOM Central Region, will serve until the scheduled arrival of Command Sgt. Maj. Earl L. Rice.

Customs shopping guide for the holidays

By Robert Szostek

U.S. European Command Customs and Border Clearance Agency Public Affairs



Some people are just not good at buying the right gifts. This is usually a matter of taste. However, people new to Europe should note that many items available in Europe that seem like good Christmas presents violate U.S. customs rules.

Some products are banned from the United States and others may be carried in baggage, but not mailed. Violations of customs, agriculture or postal regulations can lead to hefty fines and confiscation of the goods.

Meat and meat products are the biggest problems, said Bill Johnson, director of the European Command's Customs and Border Clearance Agency.

"European delicacies like French pâté, German wurst, Spanish chorizo and Italian Parma ham are here for the buying and much sought-after in the States," he said. "Unfortunately, they can also carry Foot and Mouth Disease, a virulent livestock ailment eradicated in the United States." These products are therefore banned, as are canned meats and even soup mixes or pasta containing meat. Fresh fruits and vegetables are also prohibited because they could harbor pests like the Mediterranean fruit fly.

The threat to U.S. agriculture is so great that Customs and Border Protection (CBP) fine people who mail or take banned foods to the States a minimum of \$100 as a deterrent. Criminal action for deliberate cases of smuggling can result in a \$5,000 fine and a year in jail.

Europe boasts many fine wines, spirits and liquor-filled candies that make original Christmas gifts. Unfortunately the U.S. Postal Service bans all liquor from being mailed, even if it is inside a piece of candy. However, customs allows travelers over 21 years of age to import one liter of duty-free liquor. Johnson said the federal taxes and duties are currently low enough to make it worthwhile to

take more than one liter of beer or wine stateside as gifts. However, state laws must also be met which can add to the cost. Taxes on distilled spirits like Scotch whiskey are generally considered high, he noted.

Cuban rum and cigars are also available in Europe but prohibited from import stateside by economic sanctions.

And don't be surprised if you get a letter from CBP saying they removed "surprise" eggs from the package you mailed stateside. The reason is that Kinder-brand chocolate eggs and similar items are banned in the United States. While many people think the eggs are innocuous, the U.S. Consumer Product Safety Commission believes the toy surprise hidden inside can pose choking and aspiration hazards to children younger than three years of age.

Wildlife products also present problems. Buying ivory as a gift is a bad idea, according to customs officials. "Only ivory pieces previously registered with Customs and Border Protection may be imported," Johnson continued. Whale teeth carvings, known as netsuke or scrimshaw, are also prohibited from import. When buying furs, shoppers should insist on a certificate of origin stating the animal's scientific name to avoid buying prohibited endangered species products. The movement of caviar is also restricted.

Many European countries make traditional nativity scenes that Americans love to buy. However, the natural products used to make them are often banned from import to the United States because of the agricultural pests that could be nested in them, Johnson noted. Shoppers should realize that they should not mail scenes that contain moss, bark, pinecones, untreated straw or other materials found to contain insects. However, agriculture officials say nativity scenes that are produced using stripped wood, plastic, or commercially cleaned and lacquered straw are fine to mail.

Military customs offices can provide more advice on these and other holiday mail questions. There are many informative pamphlets available from Customs and Border Protection and the Department of Agriculture to ensure holiday gifts don't present problems stateside. Information is also available at www.customs.gov/xp/cgov/travel/.



GIVE ONLINE AT WWW.CFCOVERSEAS.ORG

You can give online at www.cfcoverseas.org and show you care in three easy steps:

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

Treasury to end sales of paper U.S. savings bonds

Special to the Gazette

The Bureau of the Public Debt announced today that as of January 1, 2012, paper savings bonds will no longer be sold at financial institutions. This action, which supports the U.S. Department of the Treasury's goal to increase the number of electronic transactions with citizens and businesses, will save American taxpayers approximately \$70 million over the first five years.

But savings bonds, introduced in 1935, are not going away. Electronic savings bonds in Series EE and I will remain available through purchase in TreasuryDirect®, a secure, web-based system operated by Public Debt – where investors have been purchasing savings bonds, available 24/7, since 2002.

"Savings bonds are very much a part of this country's history and culture, and will remain a part of America's future – but in electronic form," said Public Debt Commissioner Van Zeck. "It's time for us to take a 1935 model and make it a 21st century investment tool."

Ending over-the-counter (OTC) sales of paper savings bonds at financial institutions is a continuation of Treasury's all-electronic initiative announced in April 2010. As part of the initiative, Treasury stopped the sale of paper bonds through traditional payroll plans, effective December 31, 2010. It is estimated that ending the sales of paper payroll and new issues of OTC bonds will save a total of \$120 million over the next five years in areas such as printing, mailing, storing bond stock and fees paid to financial institutions for processing bond applications.

"Through TreasuryDirect®, investors have an easy and convenient way to purchase and manage their bonds free of charge," Commissioner Zeck said. "Investors will no longer have to worry about misplacing, losing or storing paper savings bonds."

Opening a TreasuryDirect® account is free, and, once it's established, investors can:

- Buy, manage, and redeem Series EE and I electronic savings bonds.
- Convert Series EE and I paper savings bonds to electronic through the SmartExchange® feature.
- Purchase electronic savings bonds as a gift.
- Enroll in a payroll savings plan for purchasing electronic bonds.
- Invest in other Treasury securities such as bills, notes, bonds, and TIPS (Treasury Inflation-Protected Securities).

Those currently holding paper savings bonds can continue to redeem them at financial institutions. Bonds, which have not matured, but were lost, stolen or destroyed, can be reissued in paper or electronic form.

Series I paper savings bonds remain available for purchase using part or all of one's tax refund. For more information on this feature, visit www.irs.gov.

For more information about the elimination of paper savings bonds and how to enroll in TreasuryDirect, visit www.treasurydirect.gov.



Drinking or driving, you will have to choose

Most of the time, when people talk about drinking and driving, they think about being fined and having to pay heavy fines. What they aren't always aware of is that they can have their driving license withdrawn on top of a heavy fine. The withdrawal can occur on the scene for a period of three hours up to 15 days or more when sentenced at court.

Still, these are far from being the only consequences for driving under the influence. In case of a crash, even if it's not your fault, the insurance company might not pay the damages, even with full coverage insurance. Just read the fine print of your insurance contract, if you really need a confirmation.

The insurance companies are not made for charity, they are first business companies and if they are not to reimburse you, they will not.

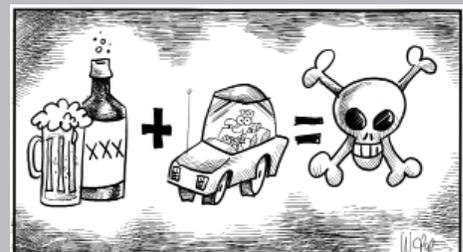
The most important reason not to drive when under the influence, is the human aspect. If speed is combined with alcohol, the risk is even bigger to get involved in a crash.

The injuries sustained from a traffic accident can be temporary but they can also be permanent such as paralysis or death.

Take the time to think about the distress of the victim's family suffering in this kind of situation. Do you really want a drunk driver to play with the life of your own family? Think about the fact that you could be that driver if you decide to drive after you have been drinking.

The best decision to make is to designate a driver who is not drinking and who will safely drive you back home after a party.

The SHAPE Federal Police in close collaboration with the SHAPE International Military Police will continue to organize random checks to detect drivers under the influence.



NOVEMBER IS AMERICAN DIABETES MONTH

Be good to your diabetic feet

By Jennifer Davis, Health Promotion and Wellness Portfolio
U.S. Army Public Health Command

Diabetes sufferers may have many negative health effects, and foot problems are among the issues that affect this population. Conditions like nerve damage (also called neuropathy), skin changes, calluses, foot ulcers and poor circulation can lead to a host of other health complications and even result in amputation of the leg or foot. Ensuring proper foot health is essential in effectively managing diabetes.

According to the National Diabetes Information Clearinghouse, almost everyone knows someone with diabetes. In the United States, approximately 25 million adults and children suffer from diabetes. Most of these individuals (18 million of them) are aware that they have the disease; however, about six million people have yet to be diagnosed.

Put simply, diabetes is a disorder of the metabolism, which is the way the body uses food for growth and energy. Diabetics produce little to no insulin (a hormone produced by the pancreas), or don't respond well to the insulin that is produced by the pancreas. As a result, the body has difficulty retaining its fuel.

Simple daily foot care can prevent serious problems. According to the National Diabetes Information Clearinghouse, the following 10 steps will help prevent serious complications from diabetes:

- Check your feet every day; look for red spots, cuts, swelling and/or blisters.
- Keep blood flowing to your feet: exercise and be active!
- Don't smoke; smoking affects small blood vessels and can cause decreased blood flow to the feet.
- Ask your doctor about orthopedic shoes to improve circulation in your feet.
- Wash your feet every day and dry them carefully, especially between the toes.
- Keep your skin soft and smooth; use lotion to keep your feet moisturized.
- Keep toenails trimmed and filed.
- Wear comfortable shoes and socks at all times and try to never walk barefoot.
- Remember to schedule annual comprehensive foot exams with your podiatrist.

People with diabetes should work with their healthcare providers and support network of family and friends to take steps to control the disease. Ensuring proper foot health means lowering the risk of complications and helps to ensure one can live a happy, healthy and active life.

For more information about Diabetes Foot Health, visit:

- American Diabetes Association at www.diabetes.org/
- Centers for Disease Control and Prevention at www.cdc.gov/diabetes/
- National Diabetes Information Clearinghouse at diabetes.niddk.nih.gov/index.aspx.

Ten ways to be good to your feet:

- Take care of your diabetes; work with a healthcare team to monitor blood glucose levels.

USAG Brussels Great American Smoke Out



Staff at USAG Brussels discuss the importance of health and how it relates to tobacco use. Harry White, Deputy to the Garrison Commander, speaks to the USAG Brussels staff on the significant effects tobacco use has on the health, and provided some support to those making the choice to quit.

Megan Calero

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.

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.

Employment

Andrews Federal Credit Union is looking for individuals who want to advance their careers with a progressive full-service local financial institution. During this exciting time, Andrews Federal offers a full-range of financial and lending services for its members. European branches are located in Belgium, Netherlands and Germany. As a stable and thriving institution, Andrews Federal has the resources and experience to help individuals further develop their careers. Here are some career opportunities in area branches:

- Branch Manager - Brussels
- Member Services Representative/Teller Floater - Benelux Region
- Part-Time Member Service Representative - Brussels
- Branch Manager - Chièvres
- Senior Teller - Chièvres

For these and other career opportunities or to apply online, go to www.andrewsfcu.org or call Overseas Headquarters office Civilian 0611.978.7502. All applicants must have a U.S. Passport. Andrews Federal Credit Union is an Equal Opportunity Employer.



As of Nov. 17, USAG Benelux has raised \$22,182.00



NOVEMBER SPECIAL

50% off all TSP Toys



Don't forget - the Holiday Season is approaching quickly, so get a head-start on your Holiday Shopping!

Education

University of Maryland University College

Are you a degree seeking UMUC student? Have you completed LIBS150 Introduction to Research?

If not, this one credit hour seminar is a required general education requirement for UMUC graduates and is being offered next month. This hybrid class will meet in Brussels from 9 a.m. to 5 p.m. on Saturday, December 3 and is being taught by Professor Joseph Naas. There is no textbook needed. If you would like to enroll, please contact your UMUC SHAPE Field Representative by Friday, November 30, 2011 DSN 423-5173 or Civilian 065-44-5173 shape@europe.umuc.edu.

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 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.

USAG Benelux and local community briefs

Christmas Holiday Art Contest

Chièvres FMWR and Grandma's Attic are sponsoring a children's Holiday Art Contest for all Shapians in the age categories 4-6 years, 7-9 years, 10-12 years. This year's theme is the North Pole. To participate, create an original artwork on an unlined, white sheet of paper: US Letter (8.5 x 11 inches) or

A4 (21 x 29 centimeters). Any medium (crayons, markers, paint, pastels, etc.) may be used but the picture must be in color.

Artwork MUST be entirely original work, created by the submitting artist, and cannot include any copyrighted image or likeness.

Entries must have the artist's name, age, nationality, parent's name and email address printed on the back. Entries should be delivered to CYSS Parent Central, Building 503, SHAPE, Monday-Friday between 1:30 and 5 p.m. The deadline for submission is Dec. 1 at 5 p.m.

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

Harvest Time driving

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

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.

CYSS Skies Classes

- **Basketball** for ages 6-15 from Dec. through Mar. Fee is \$40. Registration is open through Nov. 25.
- **Cheerleading** for girls 6-12 from Dec. through Mar. Fee is \$40. Registration is open through Nov. 25.
- **Piano** for ages 3.5-12 from Nov. 21 through Dec. 16. for one on one classes, 30 minutes long. Registration is open through Nov. 21. Fee is \$80.
- **Indoor Soccer** for ages 13-16 from Jan. through Mar. Fee is \$20. Registration is open through Dec. 23.

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.



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.

Christmas Mailing Deadlines

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

Extended Hours

Nov. 14 - Dec. 23:

Chièvres Postal Finance: 9 a.m. to 2 p.m.

Chièvres Parcel Pick-up: 8 a.m. to 5 p.m.

SHAPE Postal Finance: 8 a.m. to 5 p.m.

SHAPE Parcel Pick-up: 7:30 a.m. to 5:30 p.m.

Nov. 15 - Dec. 23:

Brussels Parcel Mailing: 8 a.m. to 5 p.m.

Brussels Parcel Pickup: 7:30 a.m. to 5:30 p.m.

The Holiday season dates of closure are Nov. 24, Dec. 26 and Jan. 2

Local orphans submit their wishes to Santa



Christmas is around the corner and the children of the local orphanage in Ath are ready for Santa's visit.

Ever since the U.S. community settled in the SHAPE/Chièvres area in 1967, it has been supporting the local orphanage association "La Fermette" in Ath. This association takes care of 33 children aged between one year and 18 years old living in two homes located close to Ath. It also takes care of an additional 24 children who are still living with their family but who need specific attention.

This year again, all 57 children have submitted their wish list for Christmas. Our goal is to provide each and every child with one of their wishes at the party to be held on base Dec. 21 in the afternoon. Details are still being worked out for this party but Santa has already confirmed his presence.

If you want to support this program, you can do so in various ways. You may request a copy of the wish list, sign up and purchase the gift of a particular child. You can also donate funds to be used to

purchase the remaining gifts on the wish list or to provide lunch, candy and drinks at the party or you can donate some time and help out at the party.

If you want to take a look at the wish list or if you have any questions on the orphans program, contact the USAG Benelux Public Affairs Office at DSN 361-5694 or civilian 068-27-5694.

Prepare a safe and delicious Thanksgiving turkey for your guests

Special to the Gazette

It is the time of year again when celebrity chefs and cooking magazines are advocating the newest trends in cooking a turkey. Whether you use a tried-and-true recipe or a creative new method, the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) wants to help you cook it safely. Once you choose a recipe, pair these steps with your cooking instructions to prepare a turkey that is both delicious and safe for your family.

"Job number one for our agency is making sure that food is safe before it gets to market. Additionally, we want to remind consumers that they will reduce their chance of foodborne illness by following four basic steps—clean, separate, cook and chill," said Under Secretary Elisabeth Hagen. "A Thanksgiving turkey is only ready to serve to guests when it's safe—that's when the thickest part of it has reached 165 °F as measured with a food thermometer. Keeping hands and surfaces clean, separating raw meat from food that will not be cooked, and properly storing leftovers are all steps Americans can take to prevent foodborne illness on Thanksgiving and always."

One week in advance: Get your turkey ready to cook

Cooks preparing a frozen turkey should make their purchase a few days to a week in advance to allow time for thawing. If you plan to buy a fresh turkey, do not buy it too soon. Fresh, unfrozen poultry should be kept in the refrigerator no more than two days before cooking. This is also a good time to make sure you have a food thermometer for the big day. If not, pick up one at the store when you purchase your turkey.

The optimal place to thaw poultry is in the refrigerator. Leave the frozen bird in its original wrapper and place it on a tray to catch any juices that may leak from the package. Bacteria in meat juices can cross-contaminate other foods that will be eaten without further cooking or that are already cooked, possibly causing foodborne illness. Allow approximately 24 hours of thawing time for every four to five pounds of frozen turkey. Thawed turkey can stay in the refrigerator for one to two days before cooking.

If it is the day before Thanksgiving and your turkey is still in the freezer, or if there is no room in the refrigerator for thawing, do not panic! You can thaw

your turkey by the cold water method. Submerge the turkey in a container with enough cold water to cover the bird, and change the water every 30 minutes. Calculate 30 minutes per pound of turkey for thawing time.

As a last resort, cook your turkey from the frozen state. It will thaw and cook in one step, but it will require 50 percent additional cooking time. The drawback: you cannot stuff a frozen bird.

One to two days in advance: Pick your stuffing method

Turkey's most constant accompaniment, stuffing, requires the same food safety caution in its preparation as the bird itself. Bread stuffing, stuffing made from cornbread or rice, stuffing cooked inside the bird or browned in a casserole, or any other variation that your family likes is safest when prepared just before cooking. The dry and wet ingredients for stuffing can be prepared separately ahead of time and chilled, but not mixed until time to cook. The stuffing should be moist, not dry, because heat destroys bacteria more rapidly in a moist environment.

Baking stuffing outside the turkey in a casserole dish is the safest method

Thanksgiving preparations | Continued

and provides busy cooks with more flexibility to prepare ahead. If you do not plan to stuff your turkey, it is safe to prepare and immediately freeze or bake the mixture. Never stuff poultry with frozen or pre-cooked stuffing! When needed, cook frozen stuffing directly from the frozen state without thawing first, and heat frozen or pre-baked stuffing to a safe internal temperature of 165 °F before serving.

Thanksgiving Day: Heat it up

Place your raw bird, stuffed or unstuffed, in a preheated oven set to 325 °F or higher. The turkey must reach a safe minimum internal temperature of 165 °F, as measured with a food thermometer in the innermost part of the thigh, the wing, the thickest part of the breast, and the stuffing in order to destroy bacteria that could be present. Bacteria can survive in turkey or stuffing—whether cooked inside or outside the bird—that has not reached 165 °F, and it may cause foodborne illness.

All turkey meat, including any that remains pink, is safe to eat as soon as all parts reach at least 165 °F. For personal preference, cooks may choose to cook it to higher temperatures. When a whole, stuffed turkey is removed from the oven, let it stand 20 minutes before removing the stuffing and carving the bird. This step allows for easier carving.

Right after dinner: "Chill out" immediately

After dinner is a wonderful time to relax with guests, but busy cooks should not "chill" until the leftovers do. Bacteria spread fastest at temperatures between 40 °F and 140 °F, so quickly chilling food after a meal reduces the risk of foodborne illness.

After Thanksgiving dinner, cut the leftover turkey into small pieces. Place the stuffing and meat into shallow containers and refrigerate (40 °F or below) or freeze (0 °F or below) the poultry and stuffing within two hours after cooking. Use refrigerated leftovers within three to four days, or freeze them. Reheat leftovers to a safe minimum internal temperature of 165 °F or until hot and steaming.

FSIS has step-by-step videos in English and Spanish on safely thawing, stuffing, roasting, brining, deep frying, smoking and grilling a turkey at YouTube.com/USDAFoodSafety. For more information about cooking turkey, other holiday meats such as pheasant, capon, duck, or goose, as well as stuffing, visit www.fsis.usda.gov/Fact_Sheets/.

Seasonal food safety fact sheets can be found at www.fsis.usda.gov/Fact_Sheets/Seasonal_Food_Safety_Fact_Sheets/index.asp.

The USDA's Meat and Poultry Hotline is open year-round Monday through Friday from 10 a.m. to 4 p.m. EST (English or Spanish) at 1-888-MPHotline or 1-888-674-6854. The Hotline will be open from 8 a.m. to 2 p.m. EST on Thanksgiving to answer consumers' last minute food safety questions. FSIS' virtual food safety representative, Ask Karen, is available 24/7 at www.AskKaren.gov or m.AskKaren.gov on your mobile device.

BELGIAN NEWS

American tourist shot in the foot

An American tourist was shot in the foot at the Brussels airport last week when he tried to prevent two thieves from stealing a handbag. The incident occurred at the entrance C of the departure hall shortly before 6 o'clock. The two perpetrators managed to escape and the American tourist was taken to the hospital but he is not in a life-threatening condition.

Belgian beer cafés to open in the States

The world's biggest brewer, AB InBev based in Flemish Brabant, is to open ten Belgian Beer Cafés in the United States. AB Inbev already has more than 60 Belgian Beer Cafés in countries as far apart as Hungary and New Zealand. The bars are decorated to look like typical Belgian cafés from the period between 1930 and 1955. The bars serve a wide selection of around 70 AB Inbev's beers, among which Stella Artois, Hoegaarden white beer and Duvel. The first Belgian beer café in the United States will open its doors at Newark Airport, near New York in a couple of months.

Gold Medal awarded to St Feuillien Grand Cru

The St Feuillien brewery in Le Roeulx received the gold medal for the St Feuillien Grand Cru by the European Beer Star at Nuremberg. It received this award in the category of Belgian Style Strong Ale among some 1,113 beers. It is not the first time St Feuillien has been awarded. The "saison" was awarded World's Best at the World Beer Awards 2009 in London, it received the Silver Medal at the U.S. Open Beer Championship 2011 at Atlanta and the Bronze Medal at the Australian Beer Awards 2011. The St Feuillion Blonde was awarded World's Best Abbey Pale Ale at the World Beer Awards 2010 in London and received the Silver Medal at the Australian Beers Awards 2011 in the category Belgian Style Ales.

2011, the year of weather records

January: No thunderstorms whereas in general this month reports an average of three thunderstorms.

February: Only 54 hours of sunshine, which represents 23 hours less than an average month of February.

March: Exceptional number of sunshine, i.e. 204 hours and only 7 days of rain.

April: Average temperature was 14.1 C. The Belgian weather station only once reported a higher temperature average for a month of April which was in 2007 when the average was 14,3 C.

May: Over 264 hours of sunshine and only 22.5 mm of rain.

June: With the month of January, this month is not very exceptional except for the 16 thunderstorms, which is a lot.

July: Average temperatures were very low (16 C) for July.

August: Lots of rain compared to the average (189.3 mm versus an average of 79.3 mm) and not a lot of sunshine

September: Only ten days of rain instead of 16 average and temperatures above normal.

October: A total of 165 hours of sunshine which is a record since 1965.

November: Mid November, the month has had more sunshine then average during the entire month.

24 November

- **Brussels Museums Late Nights openings.** The following museums are exceptionally open from 5 p.m. to 10 p.m.: art & marges museum, Brussels Museum of Industry and Labor - La Fonderie, Children's Museum, Museum of the National Bank of Belgium, Porte de Hal, Royal Museum of Central Africa, Wellington Museum. More information on www.brussel museumsnocturnes.be.

25 November

- **SHAPE Band concert in Momignies** - Concert starts at 8 p.m.; doors open at 7 p.m. Entrance fee is €9.

25 November through 15 January

- **Snow & ice sculpture festival in Brugge** from 10 a.m. to 7p.m. For more information about the program and prices, visit www.icesculpture.be/.

26 November

- **Flea market in Forest (Brussels)** on Rue Rodenbach 37 from 9 a.m. to 1 p.m. (80 booths).

26-27 November

- **Arts & Crafts market in Wavre** at the town hall from 10 a.m. to 7 p.m. on Saturday and from 10:30 a.m. to 6:30 p.m. on Sunday.

Through 27 November

- **Exhibition Tutankhamun "His tomb and his treasures"** in Brussels (Heysel) at Brussels Expo, Exhibit Hall 2, on Place de Belgique 1 every day from 10 a.m. to 6 p.m. Audio guide included in the price. More information on www.kingtutbrussels.be/.
- **Fall Fun fair in Mons** on the main square till 27 November. Get discount tickets on www.fete-foraine.be/foire/affiche/id/141/ducasse-kermesse/foire-de-Mons/bons-de-reductions.html.



27 November

- **Mountain bike ride in Rumes** for 20, 32, 45 km. Departure is from Hall Fernand Carré on Place Roosevelt from 8 a.m. to 10:30 a.m.
- **Flea market in Auderghem** (70 booths) on Avenue du Parc de Woluwé 27 from 9 a.m. to 2 p.m.
- **Flea market in Gosselies** (400 booths) on the Parking lot of Carrefour from 6 a.m. to 2 p.m.
- **Volksmarch in Harvend** for 5, 10, 15, 20 km. Departure is from the Salon de la Place on Harvend's square starting at 8 a.m.
- **Volksmarch in Deux-Acren** for 5, 10, 15, 20 km. Departure is from Le Foyer on Rue Bonne Nuit from 7 a.m. to 3 p.m.

28 November through 3 December

- **Shape International Basketball Tournament** at the SHAPE Main Gymnasium. Ten teams will be competing: USA, Belgium, France, Latvia, Italy, Lithuania, GBR, Kazakhstan, Canada, Poland. For information, check www.shape2day.com.

1 December

- **Brussels Museums Late Nights openings.** The following museums are exceptionally open from 5 p.m. to 10 p.m.: NEW Antoine Wiertz Museum (Royal Museums of Fine Arts of Belgium), BELvue Museum, Clockarium, Coudenberg-Former Palace of Brussels, Grand Serment Royal et de St-Georges des Arbalétriers, Museum of Natural Sciences, Planetarium of Brussels. More information on www.brussel museumsnocturnes.be.

2-4 December

- **Wine and catering professions fair in Leuze-en-Hainaut** at the town hall from 6 to 9 p.m on Friday, from 10 a.m. to 8 p.m. on Saturday and from 10 a.m. to 7 p.m. on Sunday.

3 December

- **Volksmarch in Péronnes-lez-Antoing** for 4, 7, 12, 15, 20, 24 km. Departure is from Rue du Centre 57 from 8 a.m. to 3 p.m. Participating fee is €0.75.

3-4 December

- **Flea market in Mons** at Mons Expo on Avenue Thomas Edison from 10 a.m. to 6 p.m. Entrance fee is €3.



Snow & ice sculpture festival in Brugge - Nov. 25 - Jan. 15

3-4 December Continued

- **Midi Minuit (noon to midnight) event in Chièvres** - Small commercial fair and arts & crafts on the square and inside the city hall on Saturday from noon to midnight and aperitif on Sunday from 10 a.m. to 1 p.m. Free entrance.

4 December

- **Flea market in Aiseau-Presles** (130 booths) on rue JF Kennedy 150 from 6 a.m. to 4 p.m.
- **Mountain Bike Ride in Pécrot** for 25, 34, 45, 54 km. Departure is from Taverne du Val Fleuri on Rue Léopold van Meerbeek 265 from 8 a.m. to 11 a.m. Participating fee is €4-5. Showers and bike-wash available.
- **Mountain Bike Ride in Thoricourt (Silly)** for 20, 40, 50 km. Departure is from Rue de l'Enseignement at 8 a.m. Participating fee is €3. Showers and bike-wash available.
- **Mountain Bike Ride in Havré** for 15, 25, 35, 45 km. Departure is from Salle Omnisport de Phase (Sports center) on Rue Saint-Antoine 1 from 8:30 a.m. to 10:30 a.m. Participating fee is €3-5. Showers and bike-wash available.
- **Volksmarch in Soignies** for 5, 10, 20 km. Departure is from Salle Saint-Vincent on Rue Chanoine Scarmure 17 starting at 8 a.m.
- **Volksmarch in Mainvault** for 5, 10, 20 km. Departure is from the local school on Rue du Mont 2 starting at 8 a.m.
- **Volksmarch in Carnières** for 3, 5, 10, 20 km. Departure is from Cranières' square from 8 a.m. to 3 p.m. Participating fee is €0.75.

Upcoming Christmas Markets



The below list of Christmas markets and activities includes the ones that start this week. The list will be updated on a weekly basis to include the markets starting the week of the Gazette's publication date.

24-27 November

- **Christmas market in Uccle** (120 booths) on Place Saint-Job from 6 p.m. to 10 p.m. on Thursday, from 11 a.m. to 10 p.m. on Friday and Saturday, and from 11 a.m. to 8 p.m. on Sunday.

25-26 November

- **Christmas market in Harchies** (25 booths) at the communal hall on Rue Albert 1er from 5 p.m. to 10 p.m. on Friday and from 10 a.m. to 10 p.m. on Saturday.

25 November to 4 December

- **The Magical Christmas Moments in Brugge** at "Oud Sint-Janshospitaal" in the center offers a variety of gifts; Christmas decorations; and workshops. Open every day from 10 a.m. to 6 p.m. Entry: €12; children 11 and younger – free entrance.

25 November to 5 December

- **Christmas market in Etterbeek** at Market Square. Open: Nov. 26, from 6 to 10 p.m.; Nov. 27 & Dec. 4-5, from 11 a.m. to 10 p.m.; Nov. 28, from 11 a.m. to 8 p.m.; Nov. 29-30, from 4 to 8 p.m.; Dec. 3, from 4 to 10 p.m.

25 November through 30 December

- **Christmas market in Liège** (170 booths) on Place St Lambert and Place du Marché from 11 a.m. to 8 p.m. (max. to 10 p.m. during the week and 12 p.m. the weekend).



25 November through 1 January

- **Winter Wonders in the center of Brussels.** Ice-skating rink and a Christmas market. Open Mondays-Thursdays, from noon to 9 p.m.; Fridays-Sundays, from 11 a.m. to 10 p.m.; Dec. 24 & 31, from noon to 6 p.m. and Dec. 25 and Jan. 1, from noon to 10 p.m.

25 November through 3 January

- **Christmas market in Bruges** on the Grand'Place and Place Simon from 10 a.m. to 6 p.m.

25 November to January 8

- **Winter Dream in Gent** with Christmas market, ice-rink and lots more winter activities on Sint-Pietersplein. Open: Sundays-Thursdays, from 10 a.m. to 11 p.m.; Fridays-Saturdays, from 10 to 1 a.m.; Dec. 24, from 8 a.m. to 6 p.m.; Dec. 31, from 10 a.m. to 6 p.m. and Jan. 1, from 2 to 11 p.m.

26-27 November

- **Christmas market in Antwerp** (150 booths) at Antwerp Expo on Jan van Rijswijcklaan 191 from 10 a.m. to 6 p.m. Entrance fee is €7; children and youngsters get free access.

26 November through 30 December

- **Christmas market in Floreffe** (45 booths) at the Abbey site on Rue Séminaire from 1 p.m. to 6 p.m. on Monday through Friday and from 11 a.m. to 7 p.m. on Saturday and Sunday.

26 November through 2 January

- **Christmas market in Dour** and ice skating rink at Parc Communal on Rue Grande in the center of Dour.

2 through 31 December

- **Christmas market in Namur** (70 booths) on Place d'Armes from noon to 7 p.m.

2-4 December

- **Christmas market in Braine-Le-Comte** (70 booths) in the city center from 10 a.m. to 6 p.m.

2-4 December & 9-11 December

- **Christmas market in Nivelles** at Grand'Place, in the cloister of the Abbey and in large tents around the Collegial Church from 4 to 10 p.m. on Fridays, from 8 a.m. to 11 p.m. on Saturdays and from 10 a.m. to 8 p.m. on Sundays.

3-4 December

- **Christmas market in Fleurus** (50 booths) at the Ferme de Martinrou on Chaussée de Charleroi from 1 p.m. to 7 p.m. on Saturday and from 10 a.m. to 6 p.m. on Sunday.
- **Christmas market in Villerot** (40 booths) on Place de l'Eglise from 11 a.m. to 10 p.m. on Saturday and from 10 a.m. to 7 p.m. on Sunday
- **Christmas market in Wavre** (40 booths) on Boulevard de l'Europe from 10 a.m. to 7 p.m.
- **Christmas market in Ramillies** (60 booths) on Avenue des Déportés from 11 a.m. to 7 p.m.

3-30 December

- **Christmas market in Tournai** on the main square open on weekdays, 10 a.m. to 1 p.m. and again 2 to 7 p.m. and in weekends from 10 a.m. to 7 p.m.

4 December

- **Christmas market in Lessines** (60 booths) on Chaussée Gabrielle Richet.



Donovan Abrassart

SHAPE Trips & Tours

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



Courtesy Photo

Events & Happenings

- **Aachen and Monschau Christmas Markets, December 3** - Visit the many wooden stalls embellished with fairy lights on the Monschau market square. Trip also stops at the Aachen's 'Christmas City'. Price: €50. Departs SHAPE at 6:30 a.m. and returns at 10:30 p.m.
- **London Christmas Shopping, December 10** - The day is yours to see London in lights. Price: €65. Departs SHAPE at 5:30 a.m. and returns at 1:30 a.m.
- **Brugge Snow & Ice Sculpture Festival, December 17** - Come see 300,000 kilos of ice & 400 tons of snow, kept at minus 5°C, that a team of 40 international artists have transformed into an Ice Fantasy. Enjoy a drink "on the rocks" at their very own ice bar. Dress warmly. Then head into town for the festive Christmas Markets complete with ice skating rink. Price: €43 Adult, €40 Youth 4-12, €30 Child 0-3. Departs SHAPE at 9 a.m. and returns at 8 p.m.
- **Christmas at Gran Canaria on the Canary Islands, December 21-27** - Gran Canaria is the meeting place for people from a thousand different places. The first of so many happy moments comes with the fine weather enjoyed here throughout the year, which makes life friendly and quiet. Spend some nice and sunny holidays with us on this wonderful island. This package includes: Airfare, airport taxes and transfers, accommodation, all meals, Christmas Gala Dinner December 25, all drinks during dinner till midnight. Price per person: Single €1,305, Double/Twin €1,175 Euro, Triple €1,125 Euro, Child (0-10) €700 when sharing room with two fully paying guests.
- **Paris after Christmas, December 27** - Come escape with us for a relaxing day in Paris. Whether you're strolling along the Seine or soaking up city life from a sidewalk café, you'll see why Paris is the ideal spot for a relaxing get away. Of course, you can't miss the Eiffel Tower, the Arc de Triomphe, and the Louvre. Savor an éclair from a pâtisserie or a glass of Beaujolais in a romantic bistro. From culinary delights to cultural sights, Paris will tempt every one of your senses. Price: 45 Euro. Departs SHAPE at 8 a.m. and returns at 10 p.m.
- **New Year's In London, December 30 - January 1 (Friday - Sunday)** - London is one of the most popular places to spend New Year's Eve. There will be a fabulous fireworks display at the London Eye, and the annual New Year's Day Parade starting at Parliament Square at noon. Price: €420 Single, €260 Double, Twin, Triple, €175 Youth 5-12*, €100 Child 0-4* (*When sharing a room with two fully paid guests.) Departs SHAPE at 7 a.m. on Friday and returns at 11:30 p.m. on Sunday.

22 November

- **Hearts Apart** - If you are separated from your sponsor due to a long TDY or deployment, join us from 1 to 3:30 p.m. at ACS, Bldg. 318 on SHAPE for a cup of coffee, a great movie and friendly conversation with other spouses to share your experience. For more information or to register, call ACS at DSN 423-5324 or civilian 065-44-5324.

23 November

- **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.
- **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.

25 November

- **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.

28 November

- **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.

Protestant Women of the Chapel

Every Monday from 6 to 8 p.m. and Tuesday from 9:30 a.m. to 12 p.m. Protestant Women of the Chapel Ladies meet for fellowship, worship and Bible study at SHAPE Chapel. Monday night fall studies are Essentials of Effective Prayer and How Do You Know God's Your Father? Tuesday fall studies choose from the following: Crazy Love, The 10 Best Decisions

Every Parent Can Make, Becoming a Woman of Prayer or Precept Upon Precept: Sermon on the Mount. Free childcare provided. Homeschool moms, ask us about our special program for your children. Call 0493-46-4604 for more information or visit us at www.facebook.com/pwocshape.

Asperger/Autism Support Group Family Bowling Night



December 2, 2011
4:30-6:00pm
Pizza Bowl on SHAPE

If you or someone you know has been diagnosed with Asperger's Syndrome or an Autism Spectrum Disorder, join us for an evening of fun!

Shoe rental and games will be at a reduced rate and food is available for purchase.

Contact Army Community Service at 065/44-5324 to register.

**RSVP by
November 29**





AT USAG BRUSSELS

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

FITNESS CLASSES

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

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

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

BRUSSELS DENTAL AND HEALTH CLINICS

The Brussels Dental and Health Clinics will be closed for patient care on Thursday, Nov. 24 due to a holiday.

The Brussels Health Clinic will be closed at noon for patient care and see acute care only on Friday, Nov. 25 due to a training holiday.

The Brussels Dental Clinic will be closed at noon for patient care on Friday, Nov. 25 due to a training holiday.

On the training holiday the following applies: acute care only due to minimal staffing and limited services. There will be pharmacy services.

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 you are admitted to the Hospital.

USAG BRUSSELS
**WINTER
FEST 2011
FRIDAY
2 DECEMBER**


1600-1900
Santa's Workshop
in the 3 Star Recreation Center
Enjoy crafts, hot chocolate and a visit with
Santa! Bring your camera for pictures!


1800
Tree Lighting Ceremony
at USAG Brussels Courtyard

For more information please contact
DSN 368-9763/CIV 02-717-9763