

THE GAZETTE

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

Brussels American School and USAG Brussels closed today

Due to the general strike today, all services at the USAG Brussels, the Brussels American School and AFCU Brussels Branch will be closed. The NATO Health Clinic at Sterrebeek Annex will be open normal hours. See also page 2.

Andrews Federal Credit Union

Andrews Federal Credit Union has several job openings at Chièvres Air Base, USAG Brussels and Schinnen. Check the community briefs section of this Gazette for details.

Tax Center

The Chièvres Tax Center Grand Opening will be Feb. 1 at 3 p.m. in the Chièvres food court. The tax center will open Feb. 1 as well with the following schedule:

- Chièvres (food court area) Tue-Sat from noon to 7 p.m. for walk-ins only;
- SHAPE, NLC, Bldg. 318, Mon-Fri from 9 a.m. to 4 p.m.;
- Brussels NLC Mon & Wed-Fri from 9 a.m. to 4 p.m. in the mornings by appointment only and after 1 p.m. for walk-ins only.

The tax office offers free Federal To make an appointment, contact DSN 423-4868 or civilian 065-44-4868.

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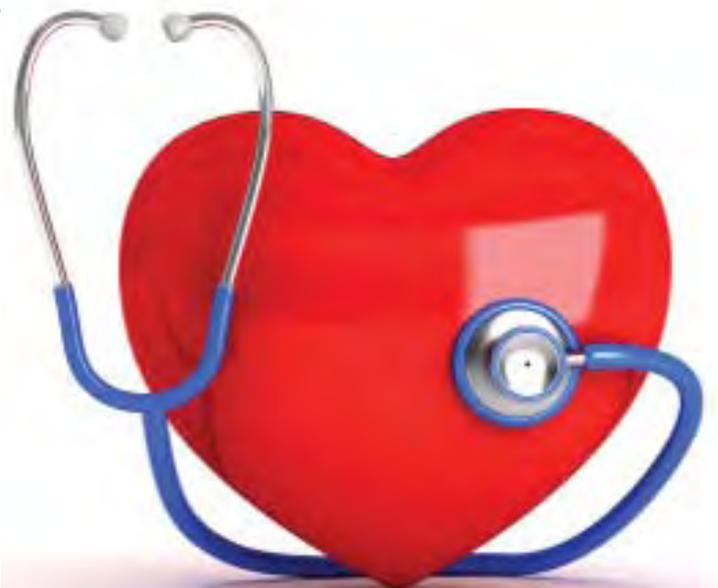
February is American Heart Month

Special to the Gazette

Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one. To reduce the

risks, Maj. Yvette Malmquist, Chief, Preventive Medicine at the SHAPE Healthcare Facility, encourages people to learn what their risk factors are and how they may take action to prevent heart disease.

"I encourage people, if you do not know what your blood pressure and cholesterol levels are, to make an appointment to discuss this with your healthcare provider," explains Malmquist. There are things that can be controlled and other things that may be changed to positively impact your health. Depending on your baseline cholesterol and triglyceride levels, which are taken after fasting, and your five day blood pressure readings, you may learn to take appropriate actions. For example, if you do have high cholesterol or high blood pressure, eating a low-fat or low-sodium diet can reduce your risk factors for heart disease.



"After talking with your provider and taking into account other pertinent health factors; such as your risk of diabetes, family history and weight status, you can begin to take actions in the reduction of your personal risk factors," says Malmquist. Some risk factors leading to heart disease can be controlled or reduced through lifestyle changes, such as increasing physical activity, ceasing tobacco use, and eating a healthy diet. In addition, there are other measures to reduce the risk of heart disease to include controlling blood pressure through medication prescribed by the physician, implementing techniques to reduce stress levels, losing weight and becoming physically fit.

Various topics on heart disease will be addressed in the February editions of the Gazette. See also page 3 on the heart attack symptoms to be aware of.

Belgium in the grip of a general strike today

The three largest Belgian unions have made all efforts to ensure today's general strike is a success. Not only will companies have to close because most of their employees/workers will be on strike, blockades on major crossroads and at entries of industrial or shopping areas are to be expected.

According to the information that was put out in the Belgian newspapers, the following will be affected:



Demonstrators will protest in Brussels again but they may also block traffic circles, entries to industrial and shopping areas, etc.

- **Belgian railways** - They are on strike 24hrs throughout Belgium. Trains have stopped riding at 10 p.m. on Sunday until 10 p.m. Monday.
- **TEC and STIB bus/metro/tram companies** - All of these are affected. Don't count on any of these transportation means. If possible, priority will be given to the metro and some major tram connections.
- **Post** - Not sure yet whether the post offices are affected and mail may not be delivered today.
- **Banks** - Most banks are open but will have to operate with less personnel.
- **Schools** - Teachers mostly are on strike but the schools have the obligation to take care of the children, even if only a day care.
- **Shops** - Most shops remain open but blockades at the entries can be expected.
- **Hospitals** - Medical appointments may be somehow disrupted but medical and emergency care are provided.
- **Airports** - Brussels airport hosts some 160 companies on site so chances are high that disruptions and cancellations are the case. Disruptions and cancellations are also to be expected at Charleroi Airport.

This strike, the second in just over a month, has been called to protest against the austerity measures the new government has taken. The unions are concerned about the new age limits set for pre-retirement, the decrease of unemployment allowances over the years and the euro crisis. They don't want the government to touch the automatic salary indexations which to them, is one of the ways to maintain the purchasing power. They want the government to keep control over the energy costs and guarantee quality health treatment for all.

THE GAZETTE

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Beware of shouldersurfing

Shouldersurfing is a new modus operandi used by thieves. When using a bank card at an ATM machine, someone may be glancing over your shoulder to see your pin code. Usually, the person will have an accomplice and the two of them will try to distract you by engaging a conversation or telling you that you have lost something. By doing so, they will get your attention somewhere else and they will take advantage of that to steal your card.

Since the thieves already have your pin code, it is easy on them to use your card and empty your bank account even before you get a chance to block your card.

When you are using an ATM machine even inside a bank:

- Pay attention to anyone talking to you when using your card, no matter how nice, smart or polite the person can be. A wide range of thieves use this method: men, women, young or middle aged couples.
- Ask the persons behind you to keep their distance
- Stay alert
- Don't accept help from a stranger
- When entering your pin code, hide the pad with your other hand
- If in doubt, enter a wrong pin, take your card back and leave.
- When noticing your card is missing, immediately call the card stop number at 070/344344. The service is accessible 24/7 and will make sure your card is blocked.

EFMP screenings and enrollments

Are you PCSing in the next 6-12 months? If so, now is the time to get your EFMP enrollment updated.

Enrollments must be updated every three years or if there is a change in the Family member's condition. Enrollments which are out-of-date must be updated before orders will be issued. If you are seeking assignment at another OCONUS location or will be doing an intra-theater transfer (ITT) or an in-place consecutive overseas tour (IPCOT), your family members must have a recent screening in order to determine if services are available at the next duty station.

Service members in the Air Force must have their dependents screened regardless of whether the new assignment location is CONUS or OCONUS. Waiting to complete the screenings or updates can result in a delay to receive your orders.

EFMP enrollment is required for any dependents who meet certain medical or educational criteria. EFMP enrollment can be initiated from the EFMP screening or during any routine medical appointment and can also be requested by the service member or family member at any time. Enrollment is also initiated if a dependent child has an Individualized Family Service Plan (IFSP) or an Individualized Education Program (IEP). Family members of dual-military Service members must be enrolled under both sponsors.

Service members who have joint custody of a family member must enroll the family member even if the family member does not live with them. Disenrollment is not automatic and should be requested when the family member's condition no longer exists or no longer meets the criteria for enrollment, if there is a change in the family situation such as divorce or loss of custody or if the child is no longer considered a dependent.

If your family members require an EFMP screening or if your enrollment needs to be updated, contact the SHAPE Healthcare Facility EFMP Clinic Coordinator at civilian 065-44-5023 to request an EFMP appointment. For more information, contact your Army Community Service EFMP Coordinator at civilian 065-44-7598.

HEART ATTACK

Signs and symptoms

Heart disease is the number one cause of death. About every 25 seconds, an American will have a coronary event.

Although heart disease is sometimes thought of as a "man's disease", it is the leading cause of death for both women and men in the United States, and women account for nearly 50% of heart disease deaths.

It is therefore important that the first signs and symptoms are known in order to increase the awareness of heart attack and the importance of calling the emergency services immediately at the onset of heart attack symptoms.

Some heart attacks are sudden and intense. However, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

• Chest discomfort

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

• Discomfort in other areas of the upper body

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

• Shortness of breath

Shortness of breath may occur with or without chest discomfort.

• Other signs

These may include breaking out in a cold sweat, nausea, or lightheadedness.

USAG Benelux and local community briefs

Food Handlers Food Safety Course

SHAPE Health Care Facility, Department of Preventive Medicine, is offering a Basic Food Handlers Food Safety Course for all participants of SHAPE Group 2 Activities, US FRG's and Volunteer Groups, or anyone in the SHAPE/Chièvres community who intends to participate in community cooking activities. The course will be held in the SHAPE Health Care Facility, 2nd Floor Conference Room on the fourth Thursday of the month from 3 to 5p.m. Courses will run February through October 2012. A certificate will be presented upon completion which is valid for one year and covers participation in events on SHAPE and Chièvres. For more information and to book a place for attendance contact DSN 423-5952/5043.

Get ready for Crossage



Rabot and Chôlette

Crossage will be on Feb. 22 from noon to sunset in Chièvres. The game can be compared to croquet or golf as players aim toward one target per round. Crossage has become very popular in Chièvres and many Americans have joined the tradition over the years. The city of Chièvres is

blocked off to all traffic and no parking will be allowed as this game is played on the streets. Teams compete among each other as they try to hit the beer kegs with their wooden mallet and ball in as few hits as possible. The entire course covers a total of 29 beer kegs. For military interested participants, have your unit representative contact USAG Benelux HHC at DSN 361-5288 or civilian 068-27-5288 or 0475-753915 by Feb. 5. For civilians, contact DSN 361-5433 or civilian 068-275433. The participating fee is €3, which covers the insurance. The cost for a wooden mallet (rabot in French) and ball (chôlette in French) is €30. All payments must be made by registration deadline.

To become King or Queen of the Chièvres Crossage, register with the Chièvres Tourist office at 068-645961 in order to compete. The competition will be held Feb. 17 at the Vaudignies school, Salle Polyvalente Rue des Ecoles at 7 p.m. and will consist of several precision tests guaranteeing lots of fun. For the first time, this contest is open to non Chièvres residents.

DD-214's are now on-line

The National Personnel Records Center (NPRC) has provided the following web site for veterans to gain access to their DD-214's on-line at www.archives.gov/veterans/military-service-records. This may be particularly helpful when a veteran needs a copy of his DD-214 for employment purposes. NPRC is working to make it easier for veterans with computers and internet access to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former military members may now use this new online military personnel records system to request documents. Other individuals with a need for documents must still complete the Standard Form 180, which can be downloaded from the on-line web site.

Because the requester will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask veterans for additional information will be minimized. The new web-based application was designed to provide better service on these requests by eliminating the records center mail room and processing time.

Donations to SHAPE International Library

The SHAPE International Library regrets that it can no longer take donations from patrons. The library has neither the storage space nor the staff to process the large number of donations.

FROM THE U.S. ARMY EUROPE INTELLIGENCE OFFICE FILES

2002, Heidelberg: An exchange service employee overheard a discussion of a possible attack against U.S. forces on the anniversary of 9-11. The employee made a report and a subsequent search of the subject's home turned up stolen chemicals and bomb-making material.

**SEE SOMETHING.
SAY SOMETHING.**
www.eur.army.mil/vigilance/iWATCH.htm

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www.usagbenelux.eur.army.mil

USAG Benelux and local community briefs

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. Application submission is February 1 through April 27. Just stop in any branch or go online at www.andrewsfcu.org/scholarship2012.

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.

CYSS Survey

CYSS is conducting their annual Outreach Services Survey. The results of this survey will help improve the CYSS services. The survey is accessible until Feb. 29 and is completely anonymous. Check www.surveymonkey.com/s/JZH3LV2.

Big Easy Blast Camp

Register now for the camp held Feb. 20-24 at the School Age Center. The schedule is as follows:

Monday: A trip down Bourbon Street

Tuesday: A taste of Creole

Wednesday: Big Easy Bowling

Thursday: Jazz Off

Friday: Mardi Gras Parade

For additional information, call DSN 423-5612 or civilian 065-44-5612.

CYSS Baseball

Registration is open from Feb. 1 through Mar 16 for ages 6 to 12. Fee is \$45. Season is from March through June. For more information, call DSN 423-5612 or civilian 065-44-5612.

Education

University of Maryland University College

University of Maryland University College Europe (UMUC Europe) announces registration for the Spring 2012 Online Mid-

Session for graduate and undergraduate students. Registration is open now through Feb. 12, with classes beginning Feb. 13. Undergraduate students this spring can enroll in a specially-offered course to gain valuable knowledge about the basics of homeland security in HMLS 302 Introduction to Homeland Security, study modern history in HIST 392 History of the Contemporary Middle East, honor Black History Month in ENGL 364 African American Authors from 1900 to present, and much more. Graduate students can begin or continue working toward a master's degree in counseling, education, psychology, management, information technology, and more. To view the complete online schedule for spring, go to www.ed.umuc.edu/schedule. With award-winning distance education programs and the ultimate flexibility of on-site and online classes catered to military lifestyles, UMUC Europe has been helping servicemembers, their families, and civilians achieve their goals by putting students first since 1947. To learn more about registration, academic programs, financial aid and more, contact a local UMUC Europe field representative, visit www.ed.umuc.edu, or call UMUC Europe at DSN 314-370-6762 or civilian +49-(0)6221-3780.

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.



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 Daily Mass

Wednesday and Thursday at 12:15 p.m. at the SHAPE Chapel.

As of Feb. 6, daily mass will be Monday through Friday at 12:15 p.m.

Brussels area

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

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By Cis Spook

USAG Benelux Public Affairs

Bonus for those who work during general strike

A company in the Flanders area will pay a 30 Euro tax free bonus to the employees who show up for work today instead of joining the general strike. The company made this decision as it has numerous orders with a short deadline and they cannot afford stopping work for a day. It seems the bonus was successful as only 20 employees out of 150 are on strike.

This bonus is equal to the fee employees receive from the union when they go on strike. One of the unions has already decided increase this strike fee up to 60 Euros. At Audi Brussels where 120,000 Audi A1 are produced annually, the company will take advantage of the general strike to do maintenance on the machines. On the other side, both the day and night teams who will be on strike today have agreed to work on a Saturday in order to catch up.

Oscar nomination

The Belgian movie "Bullhead" has secured one of the five nominations for the best foreign language movies at the Oscars. It is only the third time a Belgian movie receives an Oscar nomination in this category. The movie that tackles the issue of the illegal use of growth hormones in Belgian meat production hits U.S. box offices on Feb. 10.

Clijsters vs Azarenka

Kim Clijsters has been eliminated from the Australian Open tennis championships in Melbourne. The reigning champion lost the semi-final against Viktoria Azarenka of Belarus in three sets, 4-6, 6-1 and 3-6.

Church at Watermael Boisfort

The catholic Sainte Catherine church of Watermael Boisfort (Brussels commune) will be desecrated for the most part and converted into lodging. The sanctuary which houses the altar will remain and will still be able

to welcome 200 parishioners whereas the other part of the existing church will be divided into several apartments. The church is in real need of some renovations which would cost too much compared to the number of parishioners that it hosts.

DNA databank

The DNA of convicted terrorists and burglars will soon be collected in the databank operated by the Belgian Ministry of Justice. As a result of the new measure the number of profiles in the databank will more than double every year. At present the Justice Ministry's databank only contains the DNA profiles of convicted murderers, arsonists and people convicted of assault. In the future the profiles of convicted burglars will be added as well as those of people found guilty of people-trafficking and terrorism.

Westvleteren rated best beer in the world

The Westvleteren 12 has been rated best in the American beer enthusiasts' website ratebeer.com. Although the beer that is brewed at the Belgian monastery in Westvleteren came in second last year, it is back at the top again this year. Second on the list is last year's top beer Närke Kaggen Stormaktsporter from Sweden. The American brewery Goose Island's stout Rare Bourbon County Stout came in third. Goose Island was taken over by the Leuven-based drink company AB InBev last year. Another Belgian Trappist beer, Rochefort Trappistes 10, came in fifth.

Liège candidate to host the 2017 expo

Just like universal exhibitions (every 5 years), international expos (held in between two universal exhibitions) offer a unique opportunity for one country to invite other countries from all over the world to a designated city to show case what they do best. The Belgian city of Liège is competing with the city of Astana in Kazakhstan.

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Have Something for the Gazette?

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

Through 15 February

- **Exhibition "Horta, a lost world" in Brussels** on Chaussée de Haecht 266. Open Wednesdays through Sundays from noon to 6 p.m. Entrance fee ranges from €3 to €6. More information on www.autrique.be/index/home/0/en (page in English).

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 Tuesday through Sunday from 10 a.m. to 5 p.m. More information on <http://europalia.be/programme/expositions-12/article/indios-no-brasil>.

Through 4 March

- **Fernand Schirren's (1872-1944) paintings exhibition in Brussels.** Exhibition is held at the Royal Museum of Fine Arts on Rue de la Régence 3. Open every day from 10 a.m. to 5 p.m. except on Monday. Entrance fee ranges from €5 to €8. More info on www.fine-arts-museum.be/site/EN/frames/F_expo.html.

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).

3 February

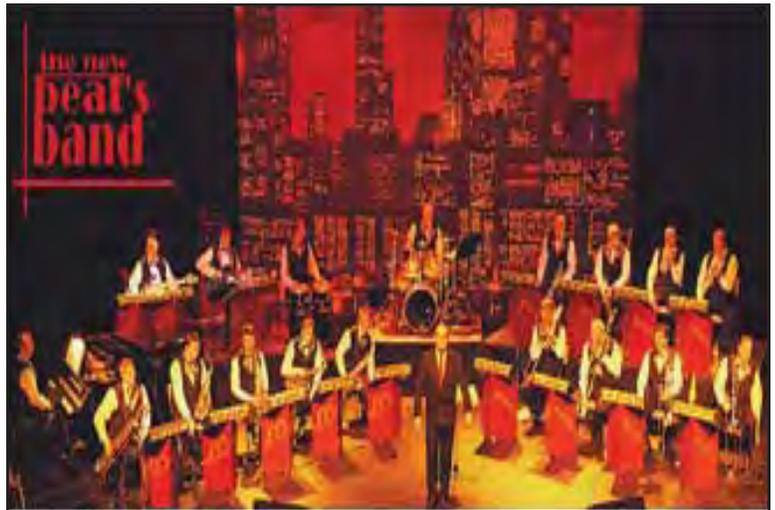
- **The New Beat's Band concert in Soignies.** The band will be performing at the Maison de la Laïcité on Rue Melle Hanicq at 8 p.m. Price is €11. For reservation call 067-347426.

4 February

- **Volksmarch in Mons** for 6, 12, 20, 30, 50 km. Departure is from Avenue Reine Astrid 22 from 8 a.m. to 3 p.m. and from 7 to 9 a.m. for 50 km. Participating fee is €.75.
- **Flea market in Houdeng-Goegnies** at the Ecole du Centre on Chaussée Houtart from 7 a.m. to 3 p.m. (70 booths).

4 through 6 and 10 through 12 February

- **Batimons (Building fair) in Mons** at the Lotto Mons Expo on Avenue Thomas Edison from 10 a.m. to 8 p.m.



5 February

- **Volksmarch in Dion-Valmont** for 4, 8, 10, 16 km (orientation march). Departure is from Rue de la Cure 2 from 9 a.m. to 6 p.m.
- **Volksmarch in Genappe** for 5, 10, 15, 20 km. Departure is from Maison Galilée on Rue de Bruxelles 14 A from 9 a.m. to 6 p.m.
- **Volksmarch in Huppaye** for 5, 10, 15, 20 km. Departure from the soccer club at the corner of Rue de Fauconval and Rue d'Autre Eglise from 9 a.m. to 6 p.m.
- **Volksmarch in Boussu-Lez-Walcourt** for 5, 10, 20 km. Departure is from the cultural center on the square from 9 a.m. to 6 p.m.
- **Volksmarch in Erquelinnes** for 5, 10, 15, 20 km. Departure is from the Ecole I.M.C.E on Rue de Maubeuge 170 from 9 a.m. to 6 p.m.
- **Volksmarch in Gouy-Lez-Pieton** for 5, 10, 20 km. Departure is from Ecole de la Fléchère on Rue des Communes 5 A from 9 a.m. to 6 p.m.
- **Volksmarch in Nalinnes** for 5, 10, 15, 20 km. Departure is from Salle Notre Maison on Rue des Fossés 10 from 9 a.m. to 6 p.m.
- **Volksmarch in Brugelette** for 5, 10, 15, 20 km. Departure is from Chemin du Cadet 3 from 9 a.m. to 6 p.m.
- **Volksmarch in Laplaigne** for 5, 10, 15, 20 km. Departure is from Ecole Libre Sainte-Marie on Ruelle du Couvent 4 from 9 a.m. to 6 p.m.
- **Volksmarch in Solre-Sur-Sambre** for 6, 12, 20, 25 km. Departure is from Rue Saint Médart 6 from 7 a.m. to 1 p.m. on 6 and 12 km, from 7 to 12 a.m. on 20 km and from 7 to 10 a.m. on 25 km.
- **Mountain bike ride in Pellenberg** for 12 (kids), 29, 39, 49 km. Departure is from the local school on Kerkplein from 8:30 to 10:30 a.m. Showers and bike-wash available.
- **Mountain bike ride in Herne** for 30, 45 km. Departure is from the Sports center Hernekouter on Stationstraat from 8 to 10:30 a.m. Showers and bike-wash available. Participating fee is €3.
- **Mountain bike ride in Meslin L'Evêque** for 30, 40, 50 km. Departure is from the Grand'Place from 7:30 to 10 a.m. Showers and bike-wash available. Participating fee is €3.

5 February continued

- **Craftsmen's day in Belgium.** More than 500 craftsmen will be opening their doors. The list is too long to enumerate every single craftsman. To find if there is a craftsman in your area, go on www.journeede-lartisan.be/jda2012/fr/8020-accueil.html. Though the site has no English page, it is user friendly. Here are a few examples: Les Fromages de Thoricourt (The cheeses from Thoricourt) on Rue de Fouleng 16 is doing an open house from 10 a.m. to 7 p.m. with tours, free cheese samples and a milking at 3:30 p.m. Dominique Migeot, pottery craftsman, opens her doors from 11 a.m. to 6 p.m. on Rue de l'Abbaye in Ath. A traditional chocolate factory opens its doors in Soignies on Rue des Orphelins 3 from 10 a.m. to 5 p.m.

9 through 12 February

- **Affordable Art Fair Brussels in Brussels** at the Tour et Taxis. More info on www.affordableartfair.be/content/home_en.

11 February

- **Volksmarch in Châtelineau** for 4, 7, 12, 20 km. Departure is at the Ecole des Frères on Rue Chif 42 from 7 a.m. to 3 p.m.
- **Mountain bike ride in Malonne** for 10 and 18 km. Departure is from the Sports center St Berthuin on Route de la Navinne at 2:30 p.m. Showers and bike-wash available.

11 through 19 February

- **Home Trends Show in Charleroi** at the Palais des Expositions from 11 a.m. to 6 p.m. on weekdays and from 11 a.m. to 7 p.m. on Fridays, Saturdays and Sundays. Entrance fee is €6.

12 February

- **Volksmarch in Linkebeek** for 4, 7, 13, 21 km. Departure is from the Salle "Glidenhuis" on Rue de l'Eglise 31 from 7:30 a.m. to 3 p.m.
- **Volksmarch in Meslin-l'Évêque** for 5, 10, 15, 20 km. Departure is from the Rue Centrale 1 from 9 a.m. to 6 p.m.
- **Volksmarch in Longueville** for 5, 10, 15, 20 km. Departure is from the Salle communale on Rue de la Station from 9 a.m. to 6 p.m.
- **Volksmarch in Tilly** for 5, 10, 15, 20 km. Departure is from the Rue Général Mellier 20 from 9 a.m. to 6 p.m.
- **Volksmarch in Farciennes** for 5, 10, 15, 20 km. Departure is from the Rue Albert 1er 175 from 9 a.m. to 6 p.m.
- **Volksmarch in Lobbes** for 5, 10, 20 km + orientation march for +/- 8 km. Departure is from Rue des Ecoles 27 from 9 a.m. to 6 p.m.
- **Volksmarch in Soignies** for 5, 10, 15, 20 km. Departure is from Rue Henri Leroy 15 from 9 a.m. to 6 p.m.
- **Volksmarch in Tournai** for 5, 10, 20 km. Departure is from the Chaussée de Lille 198 from 9 a.m. to 6 p.m.
- **Mountain bike ride in Heverlee** for 16, 25, 35, 45, 55, 65 km. Departure is from the sports center H. Hart on Hertogstraat from 8 to 10:30 a.m. Showers and bike-wash available. Participating fee ranges from €2.5 to €4.5
- **Mountain bike ride in Thuin** for 20, 30, 40 km. Departure is from the soccer field on Zoning des Waibes from 8:15 to 10:30 a.m. Showers and bike-wash available. Participating fee ranges from €4 to €5.



Archive Photo

SHAPE Trips & Tours

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

- **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). Departs SHAPE at 8 a.m., returns SHAPE at 9 p.m. Departs Brussels at 7 a.m., returns Brussels at 10 p.m.
- **Beer, Chocolate and Diamonds in Brugge, February 11.** - The day in Brugge begins with a visit to Choco-story, the Chocolate Museum, where you will discover the history of chocolate. Then off to Halve Maan Brewery for lunch along with a complimentary beer. Trip continues with a visit to the Diamond Museum then some free time to stroll around Brugge and enjoy its beautiful architecture and canals. Price is €80 per person. Departs SHAPE at 7 a.m. Departs Brussels at 8 a.m. returns Brussels at 7 p.m. and SHAPE at 8 p.m.
- **Lisbon, February 18-21** - See the Tower of Belem and Jeronimos Monastery, the Alfama with its narrow streets and flowered squares, the Barrio Alto with its multicultural atmosphere and the Moorish São Jorge Castle, Sintra with its 19th century romantic architecture and the Palacio nacional. Enjoy some free time to listen to the sounds of Fado music or bar-hop through vibrant cobbled lanes at night. Price is €920 Single, €800 Double/twin, €785 triple, €655 child (0-9 with two paid adults in double room). Departs SHAPE at 3:30 a.m. on Saturday and returns at 1 a.m. on Wednesday.
- **Disneyland and Disney Studios Paris, February 22** - Come experience the happiest place on earth with thrilling rides and fantastic shows. 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. Departs SHAPE at 6:30 a.m., returns SHAPE at 9:30 p.m. Departs Brussels at 5:30 a.m., returns Brussels at 10:30 p.m.
- **Snow World, February 24** - Spend the day at one of the World's largest indoor ski resorts with five wide slopes (520 meters long), professional ski lift and fresh snow. For equipment, visit the Outdoor Recreation building 201 or call 065-44-5380. Price: adults €70, children (4-12) €64, children (0-3) €35. Departs SHAPE at 7 a.m. and returns at 7 p.m. Departs Brussels at 6 a.m. and returns at 8 p.m.
- **London, February 25** - Experience the day in London and visit Buckingham Palace, Big Ben, Westminster Abbey, Trafalgar Square, Tower Bridge, St. Paul's Cathedral, Museums, and the West End theater district. Price: €70. Departs Shape at 5:30 a.m. and returns at 1:30 a.m. on Sunday. Departs Brussels at 4:30 a.m. and returns at 2:30 a.m. on Sunday.
- **Amsterdam and Van Gogh Museum (optional), March 3** - Spend the day in Amsterdam, walk the town along the canals or visit the Anne Frank House. Visit the Van Gogh Museum (optional). Prices: Van Gogh Museum included €50 (17 years and overs), €40 (under 17) ; Amsterdam only is €40. Departs SHAPE at 6:30 a.m. and returns SHAPE at midnight. Departs Brussels at 7:30 a.m. and returns Brussels at 11 p.m.



Big Ben view from the River Thames in London, England

SHAPE Travel Group

For information on the trips below,
call civilian 065-336560

- **Cooking Class, Horta Museum and Chocolate Factory, February 9** - Six places left - Start the day with a guided tour of the Horta Museum followed by cooking classes at the "Mmmmh! Cooking School". Price is €98.
- **Maastricht Mardi Gras, February 19** - Spend the day in costume in the middle of parades and fun-filled carnival celebrations. Price is €15.

30 January

- **Military Council of Catholic Women** - Meets each Monday at 10 a.m. at the SHAPE Chapel in the Annex and at 7 p.m. at SHAPE Bldg. 353. There is watchcare available in the morning by reservation. MCCW reflects a visible presence of Christ to military communities by fostering and nourishing women to spirituality, leadership and service. Join us for bible study (materials provided) and fellowship. For information call DSN 423-6019 or civilian 065-44-6019.
- **Stroller Time** - Meets on Mondays from 10 to 11 a.m. at the ACS, Bldg. 318, SHAPE. Bring your child and stroller for a walk on the SHAPE path. For more information contact the ACS at DSN 423-5324.
- **New Winter Studies** - Meets at the SHAPE International Chapel on Mondays from 6 to 8 p.m. Childcare is provided. For information, e-mail to pwoc.shape@gmail.com.
- **Protestant Women of the Chapel International** - Meets at the SHAPE International Chapel on Mondays from 9:30 a.m. to noon. Childcare is provided. For information, email to pwoc.shape@gmail.com.

31 January

- **Preschool Story Time** - Every Tuesday from 4:15 to 4:45 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 Annex Classroom. 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 0494-058137. For English speaking meetings in Brussels and throughout Europe see the website www.aa-europe.net.
- **Protestant Women of the Chapel International** - Meets at the SHAPE International Chapel on Tuesdays from 9:30 a.m. to noon. Childcare is provided. For information, email to pwoc.shape@gmail.com.
- **The Protestant Men of the Chapel** 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.

1 February

- **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 WIC Overseas DSN 423-5971 or civilian 065-44-5971 for more information.
- **Rite of Christian Initiation of Adults classes** - Meets each Wednesday at 7 p.m. in the Blessed Sacrament Chapel. For more information, contact the parish coordinator at DSN 423-6019 or civilian 065-44-6019.

2 February

- **Teen Mass and Meal** - Meets Thursdays at 12:15 p.m. at the SHAPE Chapel.

USAG BENELUX
SHAPE/CHIEVRES COMMUNITY

SHAPE'S Rock-In Lock-In



3 February @ 1900
to
4 February @ 0900
Middle School Teen Center
Grades 7 to 12
Fee: \$15.00
*Registered Parent Only at Services in Building 0901
Parental Permission Slip required

Lock-In Includes:
Rock Band Play-Off
Prizes for: Best Group
Best Individual
Best "Rock Band" Costume

Additional Activities:
Dodge ball
Capture the Flag
Dance
Dinner, Snacks & Breakfast



CYSS YOUTH PROGRAMS
Presents

Youth Recognition Night

9 February
1800-1900



Recognizing Youth for:
•Volunteering in the Community
•Fine Art Show Participation
•STAR JUMP World Record Holders

Parents are encouraged to attend with their children.

3 February

- **Rosary Warriors** - Meets every Friday at 9:15 a.m. in the Blessed Sacrament Chapel to pray the rosary. For more information, contact the parish coordinator at DSN 423-6019 or civilian 065-44-6019.
- **Alcoholics Anonymous** - The English speaking SHAPE Alcoholics Anonymous Group meets on Fridays from 4:30 to 5:30 p.m. at SHAPE Chapel Annex Classroom. 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 0494-058137. For English speaking meetings in Brussels and throughout Europe see the website www.aa-europe.net.

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- **New Winter Studies** - Meets at the SHAPE International Chapel on Mondays from 6 to 8 p.m. Childcare is provided. For information, e-mail to pwoc.shape@gmail.com.

8 February

- **Bingo at Warrior Zone** - Doors open at 5 p.m., starts at 6 p.m. Open to all US and SHAPE (green) ID Card Holders at least 18 years. Mini cover-all jackpot: Apple I Pad. Cover-all jackpot: Flat Screen TV. For more information call DSN 361-5643 or civilian 068-27-5643.

SHAPE & CHIEVRES 2011 Annual Awards Banquet

**Mentoring
Today...**



**Date: 17 February 2012
Time: 1800
Where: SHAPE, Club**

**...Motivating
Tomorrow**



Guest Speaker
CMSgt Richard A. Lien, Jr
Fire Chief, 52d Fighter Wing
Spangdahlem Air Base, Germany

Attire
Military: Formal (mess dress) or Semi Formal
Civilian: Formal (tuxedo/suit/tie/evening dress)

Ticket Prices

E1 - E4	15 Euro
E5 - E6	25 Euro
E7 - O3	30 Euro
O4 & Above	35 Euro
Civ/Contr	35 Euro

Ticket Sales Reps

USNMR	MSgt Eperjesi
AF Element	TSgt Vaughn
Brussels	MSgt Fox
Chievres	TSgt Thomas
Glons	SSgt Hughes

**"I will never leave an Airman behind
I will never falter
and I will not fail"**



KEEPING YOU CONNECTED

The Official Website of the American Forces Network Benelux

benelux.afneurope.net

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

AT USAG BRUSSELS

Through 23 March

- **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. For more information, contact the USAG Brussels Fitness Center at civilian 02-717-9667.

13 February

- **Grand Opening of the USAG Brussels Education Center Office** from 10 a.m. to 2 p.m. at the USAG Brussels Education Center new relocated offices in Bldg. 4, top floor. Learn about testing services, spousal tuition assistance, free French conversation classes, innovative education opportunities and possible F2F courses at USAG Brussels. For more information, call DSN 368-9704 or civilian 02-717-9704.

15 February

- **10 Steps to a Federal Job** - If you are looking for a job with the Federal Government, visit the Army Community Services from 9 a.m. to noon at the conference room, Bldg. 4. Get an overview of the process from start to finish, learn the ten steps of applying for a job from a certified trainer, including exploring the different agencies, analyzing job announcements, keywords, KSAs (knowledge, skills and abilities), etc. For more information, call DSN 368-9783/9735 or civilian 02-717-9783/9735.

CONSIGNMENT SHOP

The Brussels consignment shop located on USAG Brussels is now open late night the last Wednesday of each month. The shop is open from 10:30 a.m. to 7 p.m. for shopping and consignments. For questions, please contact the shop at brusselsconsignmentshop@gmail.com.

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.

- **Body Shop** - Sessions are at 1 p.m. every Monday, Wednesday and Friday.
- **Yoga** - Every Monday, Wednesday at 10 a.m., 5:30 p.m. and 6:35 p.m. and every Friday at 10 a.m.
- **Yoga-Flo** - Every Tuesday and Thursday at 10 a.m.
- **Zumba** - Every Tuesday and Thursday at 11:30 a.m.
- **Body in Motion** - Every Monday, Wednesday and Friday at 11:15 a.m.
- **Zumba Toning** - Every Saturday at 11 a.m. and every Tuesday and Thursday at 6:35 p.m.

USAG BRUSSELS

SUPER BOWL CELEBRATION



Sunday
February 5th
2012

\$10/Adults \$5/Youth 12+
(price covers food)

Doors open at 19:00

Join us at the
3 STAR
RECREATION CENTER

for our annual Super Bowl Celebration and
Madden 2012 Tournament.

No need to bring your own food, we've got you covered!



For more information contact the 3 Star Recreation Center at
Comm: 02-717-9822 or DSN: 368-9822

Have Something for the Gazette?

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