

THE GAZETTE

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

Brussels clinics

The Brussels health and dental clinics will be closed March 16 and 19 respectively for training holiday and internal construction and pharmacy system update. More information in the community brief section.

Soldiers' PT on base

Be cautious when driving on base as Soldiers may be running on the main road. They may not be visible in the dark, in the fog or in the rain. Respect the speed limits and don't pass them as other Soldiers may be coming from the opposite direction.

Now we can

Tetra Pak's can now be recycled at Chièvres and Brussels. Flatten and drop the milk/juice/soup cartons in the same bags as the plastic bottles in the office recycling bin and contribute to the community's recycling efforts.

Gazette submissions

To submit your requests for publication, please use the following new generic email address for PAO: usarmy.benelux.imcom-europe.list.pao@mail.mil. You can also request submission guidelines via the listed email address. For more information, call DSN 361-5419 or civilian 068-27-5694.

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Read Across America



Keith Houin

Joe Troxell, USAG Benelux Workforce Development Officer reads to SHAPE American Elementary School students, Friday, March 2, 2012 as part of Read Across America

USAG Schinnen Commander's Call - Kudos & Farewells



Kudos, service and farewells – USAG Schinnen’s Commander’s Call Feb. 29, 2012 recognized Spc. Chausse and Sgt. Balcom with Army Achievement Medals AAMs for winning the USAG BENELUX Soldier and NCO of the Second Quarter (Sgt. Balcom was also promoted March 1 to staff sergeant); Mr Roger Cleuskens received a civilian achievement award for proactive efforts with safety programs across the garrison; Mr Antonio Pardon, Mr Huub Melchers and Ms Serina Morlock received awards for civilian of the quarter (First Quarter FY12) as laborer, technician, and supervisor (respectively); and Ms Simone Beaujean received a 10 year service award and provides outstanding child care to our families. The effect of organizational reshape hits home when people begin to leave. USAG Schinnen awarded Mr Peter Iedema, Mr Vincente Pinaula, Ms Maria Cunha, Ms Lea Femer and Ms Nicole Garbarini awards for their service, teamwork and support to the Tri-Border Community for many years across 5 services provided by MWR.

THE GAZETTE

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Community leaders sign anti-bullying policy

By Keith Houin,
USAG Benelux Public Affairs

U.S. Army Garrison Benelux and SHAPE International School leadership came together Friday to sign a new anti-bullying policy letter. The policy is being implemented in all Installation Management Command Europe garrisons by the end of 2012 and is expected to go to other theaters and throughout the Army, according to Judi Patrick, IMCOM-E School Liaison Officer.

The policy wasn't something implemented over night. More than a year of research and a pilot program when into developing a policy that empowers educators, child and youth service workers and Army leadership to address bullying at all levels and tailor it to the community, Patrick said.

She added that the policy wasn't just a military initiative, but that support from civilian experts on the subject of bul-

lying and its sometimes tragic results joined forces with IMCOM-E to give the plan the best opportunity for success.

The policy letter alone won't really solve the problem though, you need procedures and programs to make it work, she said. By providing the information to our staffs and helping them find the resources for their community they can take this program to the next level, she said.

That's exactly what Patrick spent most of the day doing. She spent hours talking to teachers and child and youth service workers to explain the policy letter, the various approaches they could take to deal with bullying issues, and provide list of resources that schools and CYSS staff could use to help educate staff and students about effectively dealing with bullying in and out of the classroom.



Keith Houin

(From left to right) David Tran, SHAPE American High School principal, Col. Rick Tillotson, USAG Benelux commander, and Mario Vanheuckelom SHAPE American Elementary School principal sign the anti-bullying policy letter at the Child, Youth and School Services center on SHAPE, Friday, March 2, 2012.



Keith Houin



Keith Houin

Judi Patrick, IMCOM-E School Liaison Officer briefs Child, Youth and School Services workers on the new Anti-Bullying Policy and how they can use the established procedures to tailor the anti-bullying program to the local community.

Awareness of TBI causes, symptoms important to Soldiers, families

By Keith Hauret, Epidemiologist

U.S. Army Public Health Command

Awareness of traumatic brain injury in the United States has greatly increased over the past few years. It is an important injury that can have long-lasting effects. Active-duty service members are at increased risk for a TBI compared to their civilian peers. According to the Defense and Veterans Brain Injury Center, 29,255 service members were diagnosed with a TBI in 2009 and 30,380 were diagnosed in 2010. (These numbers were obtained from the Defense and Veterans Brain Injury Center, TBI & The Military, www.dvbic.org/TBI---The-Military.aspx, accessed on Feb. 23, 2012.)

TBIs also occur among family members and retirees of all ages. More than 1.7 million Americans are treated each year for a TBI, according to the Centers for Disease Control and Prevention. This includes 1.4 million persons who are treated in emergency rooms, 275,000 who are hospitalized, and 52,000 who die from the injury. The CDC estimates the yearly cost for TBIs to be \$76 billion. This includes costs for medical treatment and rehabilitation, lost wages, decreased productivity at work, and impact on family members.

Many Americans sustain a TBI each year and are not treated in emergency rooms, making it difficult to know how many TBIs actually occur. Many individuals with TBIs are treated in outpatient clinics, but many never seek any medical attention. The American College of Sports Medicine estimated in a December 2011 team physician consensus statement that there are 3.8 million mild TBIs (concussions) each year just from participation in sports and recreational activities.

TBIs are caused when external forces are applied to the head and brain. These forces can result from a blow or jolt to the head, an object penetrating the head/brain, "whiplash" (as in a car crash), or pressure caused by a blast or explosion. TBIs range from "mild" (a brief change in mental status or consciousness) to "severe" (an extended period of unconsciousness or amnesia after the injury).

With the deployments in Iraq and Afghanistan, the leading causes of TBI for the U.S. civilian population are different compared to the leading causes for military service members. For the civilian population, falls (35 percent), motor vehicle crashes (17 percent), and striking the head by or against an object (17 percent) are the leading causes of TBI, according to the CDC. By comparison, a report by the U.S. Army Public Health Command says 69 percent of the TBIs that required deployed Soldiers to be hospitalized in Iraq and Afghanistan in the years 2004–2009 were from battle-related causes such as bullets, fragments and blasts. Leading non-battle causes for TBIs included motor vehicle crashes (12 %), falls (6 %) and sports (2 %).

Service members and their families should be aware of TBI and its symptoms. Sometimes, symptoms will not be noticed for days, weeks or even months after the injury occurred. This is especially true with mild TBI. TBI symptoms can also be hard to distinguish from other common health problems such as post-traumatic stress disorder or depression.

Symptoms of TBI include:

- Loss of consciousness
- Headaches
- Dizziness
- Excessive fatigue
- Trouble concentrating
- Forgetting things (memory problems)
- Irritability
- Balance problems
- Vision changes
- Sleep disturbance

Here are some tips from the CDC on how to protect oneself from brain injuries:

- Wear a helmet or other appropriate head gear.
- Wear safety belts when traveling in vehicles.
- Check for obstacles and loose debris when climbing or rappelling.
- Maintain a clean and orderly work area, free of foreign objects or debris.
- Use care when walking on wet, oily or sandy surfaces.
- Employ the buddy system when climbing ladders and working at heights.

Things Soldiers and their families can do about TBI include:

- Know the signs and symptoms of TBI.
- Seek medical care for any suspected concussion or TBI.
- Keep the Defense Veterans Brain Injury Center phone number (1-800-870-9244) nearby. DVBIC can answer questions about TBI or can direct Soldiers to medical providers.

For more information on Traumatic Brain Injury, visit:

- U.S. Centers for Disease Control and Prevention, www.cdc.gov/Concussion
- Defense and Veterans Brain Injury Center, www.dvbic.org/TBI---The-Military/TBI-Facts.aspx
- University of Washington Traumatic Brain Injury Model System - TBI Patient Education Brochures: <http://depts.washington.edu/uwtbi/Education/patiented.htm>
- Brainline.Org, www.brainline.org/index.html
- Deployment Health Clinical Center, www.pdhealth.mil/TBI.asp

National Nutrition Month 2012

By Lt. Col. Sandra Keelin, Registered Dietitian

U.S. Army Public Health Command

March is National Nutrition Month. This annual campaign, sponsored by the Academy of Nutrition and Dietetics, reinforces the importance of good nutrition and physical activity. The academy also helps consumers understand how to implement the 2010 Dietary Guidelines for Americans. The theme for this year, "Get Your Plate in Shape," encourages Americans to return to the basics of healthy eating by consuming the recommended amounts of food essential for performance and health.

This year's theme coincides with the U.S. Department of Agriculture's MyPlate, which replaced MyPyramid in June 2011. MyPlate is the government's primary food group symbol and is an easy-to-understand visual cue used to show Americans how to incorporate the recommendations of 2010 Dietary Guidelines into every meal. MyPlate uses the familiar image of a place setting for a meal to illustrate the five food groups. The plate is divided into four sections (fruits, vegetables, grains and proteins) and includes a glass representing dairy products.

Simple key messages of MyPlate include:

Balance your calories by managing calories in with calories out. Enjoy your

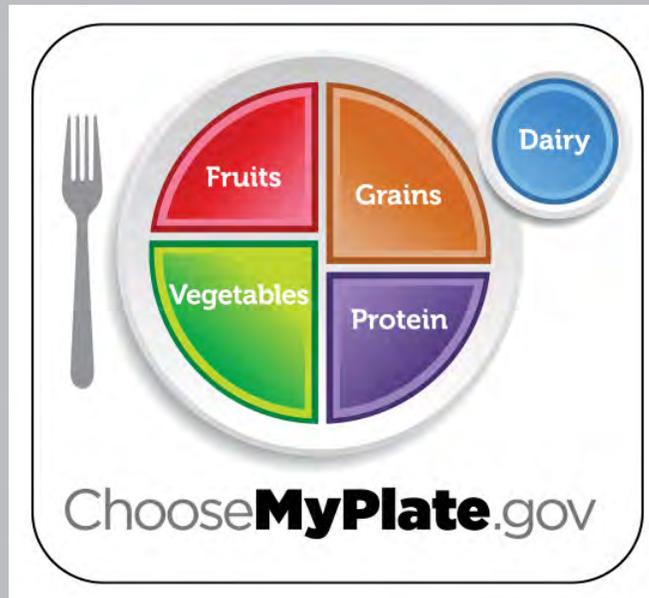
food, but eat less. Eating fast or when distracted may cause you to eat more calories than you need. Take the time to fully enjoy your meal by eating slowly. Downsize your portion sizes by using a smaller plate, bowl or cup. When eat-

promoting nutrients such as potassium, calcium, vitamin D and fiber. Switch to fat-free or low-fat (1 percent) milk and dairy products. Fill half your plate with a variety of colorful fruits and veggies (to include beans and peas). Make at least half your grains whole grains by substituting whole-grain foods for refined (Switch to whole-wheat bread from white bread or to brown rice instead of white rice).

Choose foods to eat less often. Foods that are high in solid fats, added sugars and salt should be used as occasional treats, not everyday foods. To reduce salt in your diet, use the Nutrition Facts label to compare sodium in foods, and choose lower sodium versions of foods such as soup, bread, frozen and other convenient foods. Drink fewer sugar-sweetened beverages, such as soda, energy drinks and sport drinks, which are a major source of added sugar and calories in the American

diet. Consume smaller portions and substitute with water or other unsweetened beverages.

To help you get your plate in shape, check out the Super Tracker, an online tool where you can get a personalized nutrition and activity plan. Find the SuperTracker and more information about MyPlate at www.ChooseMyPlate.gov.



ing out, choose smaller-sized options, share with a buddy or save part of the meal for later. Include physical activity into your daily routine; this too helps you balance calories.

Choose foods to eat more often. Eat foods that are nutrient-rich more often, and make them the basis for meals and snacks. These foods contain health-

Changes to restricted, unrestricted reporting

Special to the Gazette

HEIDELBERG, Germany -- A revised directive was released from the Department of Defense allowing dependents of service members to report sexual assault under the Sexual Assault Prevention and Response Program.

Under the SAPR program dependents can report a sexual assault one of two ways, restricted and unrestricted. Restricted reports allow sexually assaulted victims to confidentially seek help and only report to selected individuals without starting an investigation. Unrestricted reports follows the

same procedures as restricted however a full investigation will be launched.

Before the revision, under the program military dependents could not report a sexual assault through the military channels using the restricted reporting option.

The stipulation of reporting are that military dependents must be 18 years or older and eligible for healthcare. in the military system.

U.S. Air Force Awards Banquet recognizes Excellence

Special to the Gazette

The U.S. Air Force held their annual Awards Banquet February 17 in the SHAPE Club ballroom. Dressed in their best uniforms, members of the U.S. Air Force and a broad range of guests from all over SHAPE turned out to celebrate the hard work of various servicemembers.

“This event happens every year within the Air Force to recognize our best and brightest,” said Master Sgt. Paul Matkke (USAF), the Banquet coordinator. “It is a time to celebrate their sacrifices and hard work with their families, and reward them for their efforts.”

Guests were treated to events during the ceremony such as the parading of the U.S. and Belgian colours, a Prisoner of War (POW)/Missing in Action table ceremony, the announcement of the year’s award winners, and a speech

by Chief Master Sergeant Richard Lien, the Fire Chief of the 52nd Civil Engineering Squad Fire Department, during which he discussed inspirational leadership.

“I feel it is important to remember that we [the U.S. Air Force community] actively view what the Air Force has to offer, which is to say what our nation has produced and to take the time to pay respects to the care and concern these individuals give to their workcenters and the community around them,” said Matkke. “This event gave our allies an opportunity to experience something they could never have before and possibly take to their homes or units. I think showcasing these individuals sets us all up for success.”

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

TOP III MVP’s Initiative Proves Critical

Special to the Gazette

The SHAPE TOP III Association presented their monthly “Most Valuable Professional” (MVP) award to Corporal Rob Farquhar, British Royal Air Force, an NCSA Service Desk Technician, February 23. Farquhar is the first non-U.S. military member to receive the award.

“Given the fact that TOP III was initiated by the U.S. I think there’s a misconception that it’s for the U.S.,” said Senior Master Sgt. Marion Shell, U.S. Air Force, one of the TOP III executive members. “That couldn’t be further from the truth. Corporal Farquhar was nominated by his chain of command because of his professional and exemplary performance. TOP III applauds this kind of performance – whoever you are, and wherever you’re from. And we want

to use this award as a mechanism to continue inspiring excellence in all of our SHAPE personnel.”

During the award period, Farquhar completed nearly 300 IT requests, which resulted in uninterrupted communications to approximately 2,500 users. Further, during a recent exercise, he remotely installed essential software to 60 computers in two days – 48 hours ahead of schedule.

“‘Core Values’ is not a U.S. Air Force exclusive phrase,” said Master Sgt. Colin Hopkins, USAF, the NCO who nominated Farquhar. “Corporal Farquhar demonstrates these values daily by volunteering as a personal trainer, helping people reach their fitness goals, while working to better himself through education – earning six credits toward his Bachelor of Science in IT.”

KEEPING YOU CONNECTED
 The Official Website of the American Forces Network Benelux

benelux.afneurope.net

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

USAG Benelux and local community briefs

Army Traffic Safety Training Program

- MSF Basic Rider Course at the classroom Bldg. 134, CAB / Range Training May 24-25 (2 days / 16 hours)
- MSF Experienced Rider Course at the classroom Bldg. 134, CAB / Range Training April 26 (1 day / 8 hours), June 21 (1 day / 8 hours), September 20 (1 day / 8 hours)
- MSF Motorcycle Sport Bike Rider Course at the classroom Bldg. 134, CAB / Range Training July 11 (1 day / 8 hours)
- Intermediate Driver Course (under 26) at the classroom Bldg. 220, SHAPE. For all Soldiers under 26-years-old, including non-drivers, April 25 (2.5 hours), July 25 (2.5 hours), October 24 (2.5 hours)

Registration for all courses will close ten calendar days prior to the scheduled training. For MSF program information and course visit www.imcom-europe.army.mil/webs/sites/staff_org/safety/atstp/index.html. To enroll in a course, online registration is mandatory at https://apps.imcom.army.mil/AIRS/usg_disclaimer.aspx. For further assistance, call the USAG Benelux Safety Office at DSN 361-1470.

Brussels clinics

The Brussels Health Clinic will be closed March 16 at noon for patient care and see acute care only, due to a training holiday. The Brussels Dental Clinic will also be closed on that day. The Brussels Dental and Health Clinics will be closed March 19 for patient care due to internal construction and pharmacy system updates. On training holidays, the following applies: acute care only due to minimal staffing and limited services. Pharmacy services will be available, however. 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, you may 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 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.

SHAPE traffic pattern disruption

The SHAPE 700 area of the SIS Campus playground and parking lot on Avenue d'Ankara are now fenced off as the construction site for the new SIS Elementary School and Middle School. Access to this area will be exclusively for construction vehicles only. Other traffic to include vehicle, motorcycle, bicycle and/or pedestrian will be strictly prohibited. Traffic on Avenue de Vilnius and Avenue d'Ankara will have priority over the construction vehicle traffic crossing to and from the lay down area and construction site. Nevertheless, all traffic on Avenue de Vilnius and Avenue d'Ankara must

be mindful of the construction site and construction traffic by utilizing extreme caution when driving around this area. Construction vehicles are restricted from moving between 8 - 9 a.m. and 3 - 4 p.m. Monday through Friday, only when school is in session.

AFCU opens 2012 Scholarship Program

Andrews Federal Credit Union announced the opening of its 2012 Scholarship Program. Eight \$1,500 non-renewable college scholarships are available to students who are Andrews Federal members or dependents of members in good standing as of Feb. 1.

Applicants must be accepted to or enrolled in an accredited college or university. In addition to the application, applicants must write an essay on either the necessity of gaining and maintaining financial security or on their plans to reach their short-, medium, and long-term goals. The deadline for receipt of applications is April 27.

Scholarship applications and instructions are available in Andrews Federal branches or can be downloaded at www.andrewsfcu.org/scholarship2012.

Free and reduced-price lunches

All U.S. families of all ranks and family size attending the DoDDS schools are invited to complete an application for Free and Reduced-Price (.40 cents per meal) Lunches for the current school year. This program can help you save money, while your kids enjoy a hot meal at the Brussels American School or SHAPE American Elementary/High School cafeterias each school day. Please contact the School Liaison Officer (SLO) at slobenelux@eur.army.mil for an application and additional information. The SLO can also be reached at DSN 423-5635 or civilian 065-44-5635 at SHAPE, or DSN 368-9670 or civilian 02-717-9670 in Brussels.



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

Monday through Friday at 12:15 p.m.

Brussels area

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

III BELGIAN NEWS III III BELGIAN NEWS III

By Donovan Abrassart
USAG Benelux Public Affairs

Train faster than plane

Last Wednesday, Belgian politics went to visit a naval base in Den Helder, the Netherlands, approximately 300 km from Brussels. The Belgian deputies decided to go by plane to the exception of two ecologist deputies who suggested to go by train putting forward the ecological aspect. They took the high speed train Thalys to Amsterdam and then a regular train to Den Helder. The entire trip lasted about 3 hours and a half. To their great surprise, they were the first to be welcome by their Dutch counterparts. Indeed, the deputies who took the plane arrived 30 minutes later as their flight had been delayed because of the weather conditions and technical problems.

A Fire in Mons claims a life

Mons' firemen discovered a corpse in the debris of the building burned down on Place Léopold in Mons this Sunday around 9:30 p.m. The identity of the victim is not known yet but it is thought that it is probably the tenant of the building.

Warren Carter leaves Mons basketball team

Warren Carter, the American basketball player has left Mons/Hainaut basketball team for personal reasons. The club will have to find someone to replace the player who had joined the team at the beginning of the 2011-2012 season.

Dexia becomes Belfius

Dexia bank Belgium has changed its name to become Belfius. The new name was chosen amongst 4,073 proposition. The aim was to find a name easy to pronounce in the

three national languages. According to Jos Clijsters, deputy director, the entire re-branding will cost the company 35 million euros. By changing its name, the bank wanted to create a break-up with the past and its bad reputation in people's mind due to its recent financial issues.

Budget: 2 thousand million euros more

The cabinet confirmed that there would be another 2 thousand million euros effort to make in order to limit the deficit to 2.8% of the GDP. This is due to the fact that the economic growth for 2012 is thought to be less than first expected.

Deadly road accidents increase

According to the Institut Belge pour la Sécurité Routière (Belgian Institute for the road safety) the number of people killed in a road accident in 2011 increased by 3.8% compared to 2010. The Flanders (+1.1%) and Wallonia (+8.8%) registered an increase in deadly accidents. The number of people who died on the site of the accident increased by 28 people in 2011 to reach 770. The Flanders and Wallonia respectively registered 382 and 371 deaths while 17 people died in road accidents in the Brussels-Capital Region. The total number of deaths in 2011 might reach 875 if people who died within 30 days following the accident were taken into account. The European objective to reduce the number of deadly road accidents by 50% in 2020 compared to 2010 seems to become out of reach. The 2011 increase is a net stop after the decrease of 10.9% observed in 2009 and 2010. Heavy rainfall in December 2011 partially explain this negative evolution.

III BELGIAN NEWS III III BELGIAN NEWS III

DO YOU SPEAK "DOG"?

Here are a few tips you should keep in mind in case, one day, you meet an « aggressive » dog... A dog will bite out of fear, it is a self-defence mechanism for it. **ALL dogs** are capable of biting; part of it is the ignorance of human beings.

- Let the dog sniff you if it tries and don't move
- Never run, do not turn your back
- Don't touch its belly, nose, ears or feet (paws)
- Don't look at him in the eyes
- Do not smile at the dog
- Use a soft voice
- Do not ignore warning signs

In a dog's mind...
"I'd like to check you..."

"Why do you want to escape, you're my prey!"

"That's intimate parts!"

"Do you challenge me?"

"Are you baring your teeth for a fight?"

"I'm barking and growling but you're still challenging me, you really want a fight!"



If you are on the ground, curl into a foetal position and stay

If you are bitten:

- Remain calm
- Do not pull away
- Don't hit the dog, rather spray it with water or put a cloth over its head (give him your shirt, your shoe etc..., always better than your flesh!)
- Wash the wound thoroughly
- Go to your GP

Don't forget children are most at risk so **WARN** them with these tips and teach them to respect dogs. Would you like a stranger to walk around in your garden, start being familiar I bet not!

The SHAPE Federal Police & the SHAPE International Military Police, partners for your security.

"It's ok for this time, you're giving up"



Through 18 March

- **"The Magic of the Orchid" display in Brussels.** The exposition will be held in the National Basilica of Koekelberg on the Parvis de la Basilique 1. Open every day from 10 a.m. to 7 p.m. and from 1 to 7 p.m. on Sundays. Price ranges from €2.5 to €8. More information on www.basilicakoekelberg.be/documents/events-items/orchid-exposition.xml?lang=en (page in English).

Through 20 May

- **Painting exhibition "Per Kirkeby and the forbidden paintings of Kurt Schwitters"** in Brussels at the Fine Arts Museum BOZAR on Rue Ravenstein 23. Closed on Monday, open the other days from 10 a.m. to 6 p.m. and to 9 p.m. on Thursday. Entrance fee is €10. More info on www.bozar.be/activity.php?id=11527&lng=en.

Through 3 June

- **Exhibition "Dinner's Served! From Field to Plate"** - An exhibition that asks today the questions for tomorrow with a rich scenography. A multi-modal museography: graphic frescoes, audiovisual productions, exceptional items, photographs, electro-mechanical interactive displays, windows of discovery, tactile monitors etc. Contemporary art works mark out the exhibition halls. More information on www.expo-atable.be.

Through 11 June

- **Paintings Exhibition in Tournai at the Fine Arts Museum on Enclos Saint-Martin.** - You'll have the opportunity to admire 100 paintings from Manet to Monet, Seurat or Van Gogh, among others. Open every day from 10 a.m. to 5:30 p.m. except on Tuesday. Price ranges from 1 to €2.5.

Through 5 March

- **Brussels book fair in Brussels** at the Tour et Taxis on Avenue du Port 86 C. Open from 10 a.m. to 6 p.m. Entrance fee ranges from €5 to €7 (free under 6).

Through 11 March

- **Batibouw (building and renovation) in Brussels** at Brussels Expo. Open from 10 a.m. to 6:30 p.m. and to 11 p.m. on March 8. Entrance fee is €12 (€10 if you buy your ticket online). More information on www.batibouw.be.

6 March

- **Classic music concert "Philharmonia Orchestra" in Brussels** in Brussels at the BOZAR on Rue Ravenstein 23 at 8 p.m. Price ranges from €18 to €78. More info on www.bozar.be/activity.php?id=11189&lng=en.

7 March

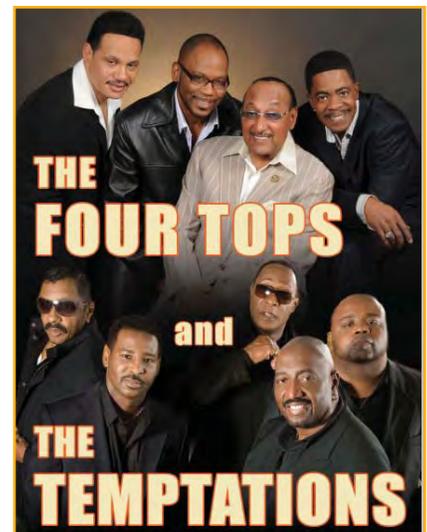
- **Violin-Piano duo in Brussels** at the Fine Arts Center BOZAR from 12:40 to 13:30. More information www.bozar.be.

10 March

- **Volksmarch in Tubize** for 6, 12, 21, 30, 42 km. Departure is from the stadium Leburton on the Allée des sports, parking lot A, from 7 a.m. to 3 p.m.
- **Volksmarch in Thirimont** for 6 and 12 km. Departure is from the square from 2 to 7 p.m.
- **Volksmarch in Souvret** for 4, 6, 12, 21 km. Departure is from the Rue Paul Janson 2 A from 8 a.m. to 1 p.m. for 21 km and from 8 a.m. to 3 p.m. for the other routes
- **Run & bike in Froidchappelle.** Departure is from the soccer field at 2:30 p.m.
- **The Four Tops and The Temptations concert in Brussels at 9 p.m.** at the Fine Arts center BOZAR. More information on www.bozar.be/activity.php?id=11776&selectiondate=2012-3-10.

11 March

- **Volksmarch in Tubize** for 6, 12, 21, 30 km. Departure is from the stadium Leburton on the Allée des Sports, parking lot A from 8 a.m. to 3 p.m.
- **Volksmarch in Hyon** for 6, 12, 20, 30 km. Departure is from the Place d'Hyon 15 from 7 a.m. to 3 p.m. for 6 and 12 km, from 7 a.m. to 2:30 p.m. for 20 km and from 7 a.m. to 1 p.m. for 30 km.
- **Volksmarch in Ganshoren** for 5, 10, 20 km. Departure is from the school Athénée royal on Rue de Cock 1 from 9 a.m. to 6 p.m.
- **Volksmarch in Baisy-Thy** for 5, 10, 20 km. Departure is from the Place d'Hattain from 9 a.m. to 6 p.m.
- **Volksmarch in Genval** for 5, 10, 15, 20 km. Departure is from the hall Salle du Mahiermont on Rue J.B. Stoffs 12 from 9 a.m. to 6 p.m.
- **Volksmarch in Anderlues** for 5, 10, 20 km. Departure is from the Rue du Douaire 40 from 9 am. to 6 p.m.
- **Volksmarch in Jumet** for 5, 10, 20 km. Departure is from the Place du Chef-Lieu from 9 a.m. to 6 p.m.
- **Volksmarch in Chimay** for 5, 10, 20 km. Departure is from the Boulevard Louise 23 from 9 a.m. to 6 p.m.
- **Volksmarch in Ronquières** for 5, 10, 15, 20 km. Departure is from the Rue Jules Dekeyn from 9 a.m. to 6 p.m.



March 11 continued

- **Volksmarch in Lens** for 5, 10, 20 km. Departure is from the Place de la Trinité from 9 a.m. to 6 p.m.
- **Mountain bike ride in Diest** for 18, 30, 47 km. Departure is from the Ecocentrum Halve Maan Diest on Leopoldsvest from 8:30 to 10:30 a.m. Showers and bike-wash available.
- **Mountain bike ride in Wemmel** for 25, 40, 60 km. Departure is from the football stadium on Brusselsesteenweg 111 from 8 to 10:30 a.m. Showers and bike-wash available. Participating fee ranges from €2.50 to €3.50.
- **Mountain bike ride in Korbeek-Dijle-Bertem** for 30, 45, 60 km. Departure is from the football club FC De Volle Pot from 7:30 to 10:30 a.m. Showers and bike-wash available. Participating fee is €4 to €6.
- **Mountain bike ride in Grez Doiceau** for 15, 25, 50 km. Departure is from the sports center on Chaussée de Wavre from 8 a.m. to noon. Showers and bike-wash available.
- **Mountain bike ride in Beignée** for 20, 30, 40, 50, 60 km. Departure is from the Rue de Jamioux 8 A. Showers and bike-wash available. Participating fee is €5.

17 March

- **Volksmarch in Epinois** for 5, 10, 25 km. Departure is from the local school on Rue du By from 8 a.m. to 2 p.m. for 5 km, from 8 a.m. to 1 p.m. for 10 km and from 7 to 11 a.m. for 25 km. Participating fee is €0.75.
- **Run in Stambruges** for 10 km. Departure is on Rue du Gripet at 9 a.m.

18 March

- **Volksmarch in Ophain-Bois-Seigneur-Isaac** for 4, 7, 10, 20, 30, 40 km. Departure is from Rue des Combattants 3 from 6:30 a.m. to 9 a.m. for 40 km and to 2 p.m. for the other routes. Participating fee is €0.75.
- **Volksmarch in Lesdain** for 6, 12, 18, 24, 30, 36 km. Departure is from Rue de la forêt 6 from 7 a.m. to 5 p.m. for 6, 12 and 18 km and from 7 a.m. to 2 p.m. for the other routes. Participating fee is €0.75.
- **Volksmarch in Baulers** for 5, 10, 15, 20 km. Departure is from the local school André Hecq on Rue de Dinant 6 from 9 a.m. to 6 p.m.
- **Volksmarch in Nil-Saint-Vincent-Saint-Martin** for 5, 10, 20 km. Departure is from Rue Saint-Vincent from 9 a.m. to 6 p.m.
- **Volksmarch in Saint-Jean-Geest** for 5, 10, 20 km. Departure is from the school on Rue Saint-Georges 11 from 9 a.m. to 6 p.m.
- **Volksmarch in Braine-Le-Comte** for 5, 10, 20 km. Departure is from the Ecole Normale (school) on Rue des Postes 101 from 9 a.m. to 6 p.m.
- **Volksmarch in Presles** for 5, 10, 20 km. Departure is from the local school on the square from 9 a.m. to 6 p.m.
- **Volksmarch in Seneffe** for 5, 10, 15, 20 km. Departure is from the Ecole Saints Cyr et Juliette (school) on Rue du Miroir from 9 a.m. to 6 p.m.
- **Volksmarch in Montignies-Sur-Roc** for 5, 10, 15, 20 km. Departure is from the sports center La Roquette on La Roquette 6 from 9 a.m. to 6 p.m.
- **Volksmarch in Pipaix** for 5, 10, 15, 20 km. Departure is from the hall L'écourché on the square 2 from 9 a.m. to 6 p.m.
- **Volksmarch in Quaregnon** for 5, 10, 20 km. Departure is from the school on Rue du Plat Rie 345 from 9 a.m. to 6 p.m.
- **Mountain bike ride in Oud-Heverlee** for 30, 40, 53, 60, 70 km. Departure is from Don Boscolaan 15 from 7:30 to 10 a.m. for 70 km and to 11 a.m. for the other routes. Showers and bike-wash available. Participating fee ranges from €2.5 to €4. (2000 participants in 2011).
- **Mountain bike ride in Luttre** for 20, 35, 45, 55 km. Departure is from sports center on Avenue de la Gare from 8 to 11 a.m. Showers and bike-wash available. Participating fee ranges from €3 to €5.
- **Mountain bike ride in Thieulain** for 25, 35, 50 km. Departure is from the square from 7:30 to 10:30 a.m. Showers and bike-wash available. Participating fee ranges from €3 to €5.
- **Mountain bike ride in Thuin** for 22, 37, 42, 58 and 75 km. Departure is from the Tennis Club on Route des Biesme 55 from 8 a.m. to 10 a.m. for 58 and 75 km and to 11 a.m. for the other routes. Showers and bike-wash available. Participating fee ranges from €3 to €5.
- **Collectors fair in Baileux** on Rue des Battis 34 from 8 a.m. to 5 p.m.
- **Books fair in Evere** at the sports center on Avenue anciens combattants from 9 a.m. to 3 p.m.



Dorovan Abrassart

SHAPE Trips & Tours

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

- **Medieval Dinner in Brugge, March 10** - Experience a medieval evening in Brugge with a festive banquet, a dozen attractions, medieval costumes and music, delicious food and drinks. Get transported back to 3 July 1468 as Charles the Bold and Margaret of York invite you to the wedding feast enlivened by jesters, minstrels and dancers. There will be also sword fighting, falconry, flame swallowing, a witches' dance, jousting, parrot shooting and more. Prices: €92 adults, €65 youth (11-14), €45 children (6-10), €35 children (0-5). Departs SHAPE at 1 p.m. and returns SHAPE at 1 a.m. on Sunday. Departs Brussels at 11:45 a.m. and returns Brussels at 2 a.m. on Sunday.



- **Maastricht, March 17** - Visit the oldest town in the Netherlands and experience a cruise on the Meuse river followed with a guided tour of the caves under the St. Pietersberg hill. Departs SHAPE at 8 a.m. and returns at 7:30 p.m. Departs Brussels at 7 a.m. and returns at 8:30 p.m. Price: adults €50, children (4-12) €45, children (0-3) €37. Departs SHAPE 8 a.m. Returns SHAPE 7:30 p.m. Departs Brussels 7 a.m. Returns Brussels 8:30 p.m.
- **Paris, March 24** - Stroll along the Seine or soak up city life from a sidewalk cafe while visiting the capital of France. Enjoy the Eiffel Tower, the Arc de Triomphe, Notre Dame or the Louvre. Spend a relaxing moment in the Jardin de Tuileries. Price is €40. Departs SHAPE at 8 a.m. and returns at 11 p.m. Departs Brussels at 7 a.m. and returns at midnight.
- **Spain, 5-14 April** - Spend a week in Spain and stay at the 4 Star Hotel Olympic Parc located a few minutes from the beach. Spend your days relaxing on the beach, exploring nearby villages or just hanging out the pool. During your stay, you'll visit the Parc Marineland, a zoo with variety of water attractions. You can watch dolphin, fur seal and parrot shows. The park also features a small zoological garden and an open air aqua park with waterslides. There is also special water attractions designed for small children. A visit to Barcelona is also scheduled. Visit the Gaudi's Park Guell, Gaudi's apartment, the Barcelona Zoo and the Sagrada Familia cathedral. Prices: single €630, double €500, triple €475, quad €475. Children 0-1 years €190 (when sharing a room 2 full paying adults). Family pricing varies. All prices are per person and include transportation, 7 night hotel stay, plus breakfast and dinner. Departs SHAPE and Brussels 5 April. Returns SHAPE and Brussels April 14.

SHAPE Travel Group

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

- **Brussels Craft Fair Expo, March 15** - Creativa exhibition has 200 exhibitors and offers workshops for adults and children from scrapbooking to floral art. Price is €20 including entrance to the expo and transportation.
- **Amsterdam, March 27** - Enjoy the city, its museums, go shopping or walk along its canals. Price is €40.
- **Le Creuset and Champagne, April 17** - Visit Le Creuset factory outlet in France. Spend a couple of hours in Reims to tour the cathedral then head to the Pommery champagne house for a guided tour. Price is € 35.

5 March

- **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.

6 March

- **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.

7 March

- **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.

8 March

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

9 March

- **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.
- **Mary Queen of Peace Parish** will be having Stations of the Cross every Friday during Lent at the SHAPE International Chapel (East Chapel) at 6 p.m. followed by a meatless soup supper. All are welcome to participate in this Lenten devotion. For more information, contact the parish coordinator at DSN 423-6019 or civilian 065-44-6019.



Parenting Corner

Parent/child communication

Potty Training

Discipline



Network with other parents

Picky Eaters

Parents self-care

Date March 27, 2012

Time 1130-1300

Location Army Community Service (ACS) Center Building 318, SHAPE

Join Us! Bring your lunch and learn parenting tips for children ages 1 to 3.

Contact ACS at 065-44-5324 or DSN 423-5324 to register.



10 March

- **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.

12 March

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- **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.
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- **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.

15 March

- **The Illuminati** - Meets at SHAPE International Library at 4:30 p.m. for teens and preteens to explore popular young adult fiction chosen by members. The group will discuss *Death Cloud* by Andrew Lane. For more information or to reserve a copy of the book call the library at DSN 423-5631 or civilian 065-44-5631, e-mail at shape.library@eur.army.mil or stop by during regular hours.

21 March

- **Page turners book discussion group** - Meets at 5:30 p.m. at the the SHAPE International Library to discuss *The Language of Flowers* by Vanessa Diffenbaugh. For information call DSN 423-5631 or civilian 065-44-5631, e-mail at shape.library@eur.army.mil or stop by during regular hours.

HOW MUCH FOR YOUR LIFE? Part I

On a cycle, it might just be a handful of coins...

Indeed, when you are a cyclist, you are much weaker than a car driver. Your life can hang on few little factors.

Bicycle **MUST BE** fitted with :

- a bell
- brakes on front & rear wheel
- reflective strips on wheel sides
- yellow or orange reflectors on pedals
- a white reflector at the front
- a red reflector at the back

Between dusk & dawn : you **MUST HAVE** lights on your bike

- FRONT : white or yellow
- REAR : Red

(also to be used when it is not longer possible to see clearly up to 200 m)

Make sure you are clearly noticeable, wearing a safety vest or putting some reflective stickers to your back pack.

Wearing a helmet can do you much good too ...

MAKE SURE OTHER ROAD USERS CAN SEE YOU

Tips for the car or motorcycle driver...

- you **must not endanger** cyclists or moped drivers using the public highway in a correct manner
- you **must show extra** care for cycling children and elderly people
- **must approach a crossing** for cyclists at **low speed** and must stop to allow them to cross
- if traffic is stuck, don't drive onto a crossing and don't stop on it
- **must keep a sideways distance** of at least **1 m** between his vehicle and cyclist
- Don't overtake a driver which has stopped for a cyclist! *To be followed.*

HOW MUCH FOR YOUR LIFE? Part II

Don't forget ... as a cyclist, the **Highway code** is for you too!

- RESPECT road markings, signs, traffic lights, orders by police officers
- DO NOT
 - ride without holding handlebars
 - ride with feet off the pedals
 - be towed
 - ride with an animal on a lead
 - carry persons if there isn't any seat and no side saddle
 - ride on pavements though cyclists and drivers of A-class moped (no faster than 25 km/h with yellow plate at the back) may follow unraised verge & parking lane : cyclists may follow side walks & raised verges outside built-up areas
- USE the cycle lane if there is one
- **DON'T DRINK AND RIDE**

Some more ...

- Children under 9 years-old using bicycles with wheels no larger than 50 cm in diameter **MAY** ride on side walks and raised verges even if there is a cycle lane BOTH inside & outside built-up areas.
- In pedestrian areas : cyclists must get off their bike when there are many people around & riding around is made harder

Keep your eyes open, drive & ride carefully...

The SHAPE Federal Police & the SHAPE International Military Police, partners for your security.

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.

LIBRARY

Due to temporary staffing levels the Library will be closed March 18. For more information please contact the USAG Brussels library at DSN 368-9705 or civilian 02-717-9705. The library is looking for applicants to fill a vacant Library Technician position. If interested, call the library for more information.

CYSS

Registration for the following sports will be accepted until Mar. 12:

- **Soccer Camp**, season April 16 - May 25, ages 7-9, 10-15 - Cost \$20.
- **Tee Ball**, season April 17 - Jun. 8, ages 5-6, cost \$40.
- **Start Smart Baseball**, season April 24 - June 5, ages 3-4, cost \$40
- **Girls Softball**, season April 16 - June 8, ages 9-12, Cost \$45.
- **Baseball Camp**, season April 17 - May 26, ages 7-12, Cost \$20.

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, contact the shop at brusselsconsignmentshop@gmail.com.

BRUSSELS AMERICAN SCHOOL PROUDLY PRESENTS
THE GREEK MYTHOLOGY OLYMPIAGANZA
 BY DON ZOLIDIS
 FRIDAY, MARCH 9 & SATURDAY, MARCH 10
 AT 7PM IN THE BAS MULTI-PURPOSE ROOM
 FREE TO ATTEND!
 PRE-SHOW DINNER ON FRIDAY FOR \$5 OR €5
 ALL PROCEEDS & DONATIONS BENEFIT FRIENDS OF THE ARTS
 CONTACT PEG RUDY (PEG@RUDYHOME.COM) FOR DINNER RESERVATIONS
 ARTWORK BY JULIA VITALE & VERONICA MUKOSI

USAG Brussels
St. Patrick's Day Party
 SATURDAY
 MARCH 17
 2012
 Happy St. Patrick's Day! **18:00-23:00**
Free Entry
 at the
3 STAR RECREATION CENTER
 Come by and enjoy some delicious Irish fare!
 IMCOM MWR
 For more information contact Angie at
 Comm. 02-717-9822 or DSN 368-9822