

# THE GAZETTE

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

## Intervention Services Information Table

September 17 representatives of a variety of community services will have information tables at the Chièvres Exchange from 11 a.m. to 2 p.m.. Representatives from the New Parent Support Program, Exceptional Family Member Program, Department of Defense Schools Special Education Program, and Educational and Developmental Intervention Services will be available to field questions and concerns that parents may have about their child's development and to provide information about available programs and services.

## Case Lot Sale

The Chièvres Commissary is holding a case lot sale September 30 and October 1.

## School 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 coming school year. Contact the School Liaison Officer at [slobenelux@eur.army.mil](mailto:slobenelux@eur.army.mil) for an application or call DSN 423-5635 or civilian 065-44-5635.

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Keith Houin

# International community remembers 10th Anniversary of 9/11 attacks



Sgt. Christa Baron

The SHAPE/Chièvres community recognized the 10th Anniversary of the September 11 attacks with a day of activities. International Flags at Supreme Headquarters Allied Powers Europe flew at half staff along with the US flag in recognition of those lost. (cover photo) A lone Sailor stands watch over the Wreath at the US Flag in front of SHAPE Sunday. Guards from all branches of the service took one hour shifts at the Flag for 24 hours. (left) Chaplain (Maj.) Leo Mora lights a candle at the SHAPE International Chapel Remembrance Service Sunday evening. (below) Runners take off at 9:11 a.m. at Chièvres Community Recreation Center Freedom Run.



Keith Houin

## THE GAZETTE

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SHAPE International Chapel musicians and singers perform under the big tent at SHAPE Fest 2011. (below left) Tops in Blue perform at the Alliance Auditorium during SHAPE Fest. (below right) Spanish Paella coming out the pan to serve to hungry customers.

Keith Houn

# SHAPE FEST 2011



Keith Houn

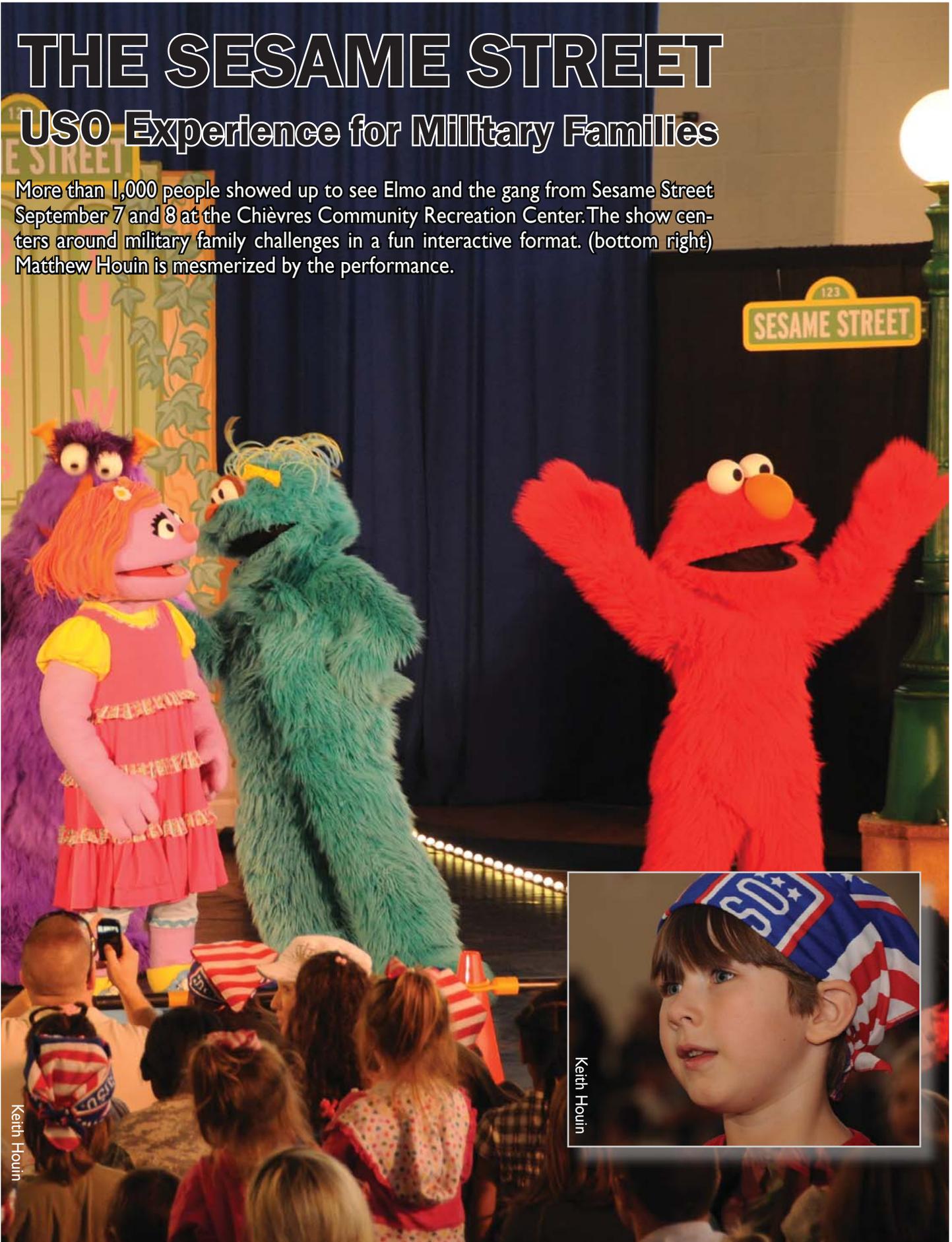


Keith Houn

# THE SESAME STREET

## USO Experience for Military Families

More than 1,000 people showed up to see Elmo and the gang from Sesame Street September 7 and 8 at the Chièvres Community Recreation Center. The show centers around military family challenges in a fun interactive format. (bottom right) Matthew Houin is mesmerized by the performance.



# USAG Benelux and local community briefs

## American Community Chorus

The Brussels American Community Chorus is seeking new singers. Adults and students 12 years and older are welcome, and all nationalities can join. No audition, and no experience needed. The group rehearses every Monday beginning Sept. 26 from 7:30- to 9:00 p.m. in Kraainem.

Fall music includes "Christmas on Broadway," "Medieval Carol Fantasy," and traditional holiday carols and songs. For details, contact Lamdm@attglobal.net.

## Dance workshops in Quevaucamps

Several dance workshops will start for the new season on September 13 in Quevaucamps. The workshops are:

- *Children's dance & rhythm workshop* for ages 6 to 9 are held every Tuesday from 6 to 7 p.m.;
- *Youth folk dance workshop* for ages 9 to 12 are held every Tuesday from 5 to 6 p.m.;
- *World Dance workshops* are held every Monday from 8 to 10 p.m.;
- *Sword Dancers workshops* for men

## 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

as of 13 years old are held every first and third Wednesday of the month from 8 to 10 p.m.;

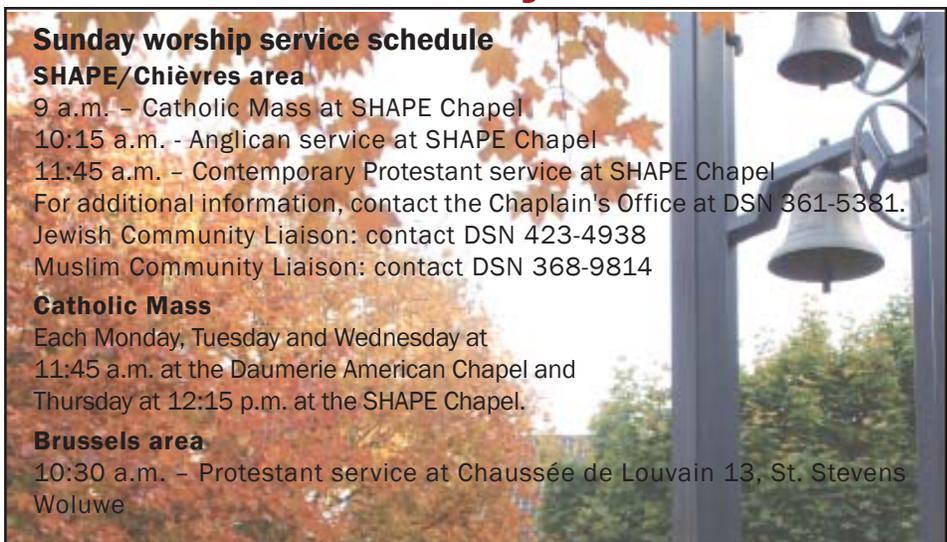
- *Folk dance group* with performances in Belgium and abroad as of 13 years of age are held every Tuesday from 8 to 10 p.m.

You can come and watch the rehearsals at "Le Harby" on Rue Georges Mauroy to see if you're interested in joining a

workshop.

## Combined Federal Campaign Training

This IMCOM-E training is open to all CFC representatives and leaders or anyone just wanting more information about CFC whether assigned to SHAPE, Chièvres or Caserne Daumerie. Training is held on September 19 starting at 10 a.m., Bldg. 30, Auditorium, Caserne Daumerie.



## SHAPE HIGH SCHOOL SCHOLARSHIP COMMITTEE POLISH POTTERY BINGO

Adults: \$10/10€ per pack  
Children: \$5/5€ per pack

Family pack: \$15/15€  
(1 adult pack, 2 child packs)  
Special adult 3-pack: \$25/25€

Dinner and snacks available  
for purchase



Food!  
Fun!  
Prizes!

Doors Open at 18:00 Games Start at 18:45

Tuesday, 20 September SHAPE International School Cafeteria

# ACE, Suicide Prevention for the Army by the Army

**James W. Cartwright, Ph.D.**  
U.S. Army Public Health Command

Sgt. Smith allowed his negative emotions to direct his life. One evening while tackling the mounting bills, he was hit by the reality that his wife had maxed out their credit cards.

He was frustrated and confronted her about her spending habits. As she struggled to explain, Smith became angrier with each excuse she offered and demeaned her with hateful names. His wife was outraged and fought back with a tirade about the sergeant's personal shortcomings.

Smith did not like his wife's angry retaliation. He became even more angry, lost control in an instant and hit her.

Rather than calm himself, the fictional Sgt. Smith acted on his negative emotions, and this led him to a destructive outcome. Emotions are legitimate and valid when they are pleasurable and even when they are painful. However, acting on emotions can often create destructive outcomes.

Acting on angry impulses can lead to hostility and even failed relationships. Acting on your emotions often intensifies your negative feelings and does not provide relief from distress.

Emotions are simply signals in your body that tell you what's happening in your environment. They can be good or bad, pleasurable or distressing.

Sometimes they are strong feelings that come on quickly as a reaction to a situation without much thought or consideration for what's going on. Our initial reactions to what's happening are referred to as primary emotions.

However, we may also experience secondary emotions. Secondary emotions are reactions to your primary emotions. For example, Smith's primary emotion was anger in response to his wife's overspending.

He expressed his anger in harsh words aimed at his wife and then escalated his anger to the point that he ended the episode by hitting his wife. Later, he felt guilt and shame about his actions.

These were secondary emotions. To make matters worse, a primary emotion can set off a whole chain of secondary distressing emotions.

For example, Pfc. Jones received a "Dear John" letter from his girlfriend. At first he felt angry and betrayed.

He thought, "How could she break up with me?" Later, as he thought about the loss of his girlfriend he felt abandoned,

lonely and even worthless.

He began to have self-critical thoughts: "I'm such a loser." Soon he began to think, "I can't live without her." As his thoughts became more irrational, he began to feel overwhelmed by his emotions.

At this point he is placing himself in danger. He may engage in destructive activities like binge drinking, or even think that life isn't worth living.

It is easy for emotional reactions to escalate out of control. Often, an individual in emotional pain blames someone or something else for the pain in the first place.

Generally, the angrier you get, the more pain you will experience.

Getting angry or upset over a situation also stops you from accurately perceiving what's really going on. When you get angry and think that a situation should have never happened in the first place, it frequently means that you're missing the point: it did happen, and you have to deal with it.

Regulating your emotions is the way to deal with it. When feeling overwhelmed emotionally, one way to regulate your emotions is to accept the moment or event for what it is.

The troublesome moment may have been due to a long chain of events and decisions made by you and others. You can't really fight it, get angry at it, or try to change it into something that it is not.

The events leading to the moment have already occurred. For Smith, his debts are debts no matter how he reacts. For Jones, the letter is what it is, in the moment.

This doesn't mean that you have to give in to every bad thing that happens to you, but it frees you to accept the moment for what it is and choose to respond differently.

In order to get started with regulating your emotions, remind yourself of a few coping statements like, "This situation won't last forever," or, "The present moment is the only moment I have control over." Other coping statements include "I'm strong and I can handle anything," or "I've survived other bad situations before, and I'll survive this one too."

Accepting the present moment allows you to be objective about the part you have played in the situation.

Most importantly, it gives you the well deserved opportunity to respond to the situation in a new way that's less painful for yourself and others. It opens the door for you to change things for the better.

“  
This situation won't  
last forever...”



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

# Education

## University of Maryland

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 this month. This hybrid class will meet on SHAPE from 9 a.m. to 4 p.m. on September 24, 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, September 16. DSN 423-5173 or Civ 065-44-5173 shap@europe.umuc.edu

### Field study

Field study courses give students the opportunity to explore fascinating locations in Europe while earning university credit. Upcoming field study courses include ENGL 288B/388B Expatriate Writers in Venice: 1800 to Present, held on October 15-22 in Italy, and ENGL 288J/388J Dublin, Ireland: A Brief Literary History, held on October 15-22 in Ireland. The registration deadline for both courses is September 25. For details, visit [www.ed.umuc.edu/fieldstudy](http://www.ed.umuc.edu/fieldstudy).

### Contact Information

For more information on registration, book awards, field study and services, contact a local UMUC Europe field representative, visit [www.ed.umuc.edu](http://www.ed.umuc.edu), or contact UMUC at DSN 314-370-6762 or civilian +49-(0)6221-3780.

### Functional Academic Skills Training

The FAST Class is an on-duty education program that assists Soldiers in improving their reading, writing, mathematical and test-taking skills. The goals are to:

- Raise GT scores for career advancement and reenlistment purposes.
- Improve writing and mathematical skills in preparation for ALC.
- Enhance education related skills in preparation for enrolling in college, vocational apprenticeship and/or technical training.

A Soldier may be referred by a commander or may self-elect to enroll in the FAST Class. The Soldier will then schedule and take a Test of Adult Basic Education (TABE) with the Education Center Testing Office (DSN: 423-5501). An enrollment form signed by a supervisor/commander is required for attendance. Stop by the USAG Benelux Education Center on SHAPE, Bldg. 212, Room 128 for more details and to enroll. Deadline to enroll is September 14. Classes start September 28.



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

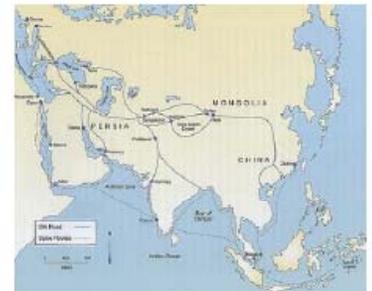
Course for Master of Arts, International Relations:

## Seminar in Economic Geography: Plants and Man

GEOG 6230 September 27– October 2, 2011

### Professor: Bruce Hoagland, Ph.D.

- Discover why there was such greed and political manipulation to control the spice trade nearly 400 years ago
- Explore the ever-evolving economic, political, and cultural relationship between Americans and their timber resources
- Understand the use of plants as economic commodities



For more information about the Master of Arts, International Relations, please contact:



Carrie DiStefano  
USAG Benelux Education Center  
Building 212, Room 109  
DSN 423-3654 or 065.44.3654  
[apshape@ou.edu](mailto:apshape@ou.edu)

The University of Oklahoma  
OUTREACH  
[www.GOOU.ou.edu](http://www.GOOU.ou.edu)





May the Fun be with you

**FANWARS GARRISON**  
SOUTH BELGIUM  
**501st**

Come celebrate the Blu-Ray release of the entire STAR WARS SAGA with the 501st South Belgium FanWars Garrison; members of the elite 501st Star Wars costuming group.

**STAR WARS EVENT**

**501ST SOUTH BELGIUM FANWARS GARRISON**  
WHERE: CHIEVRES MAIN EXCHANGE  
DATE: SUNDAY, 18 SEPTEMBER 2011  
TIME: 1100-1400

**EXCHANGE**  
The only on post

## ADHD Support Group

September 20, 2011  
1230-1330



**NEW LOCATION!!!**  
Chievres Army Lodge  
Conference Room

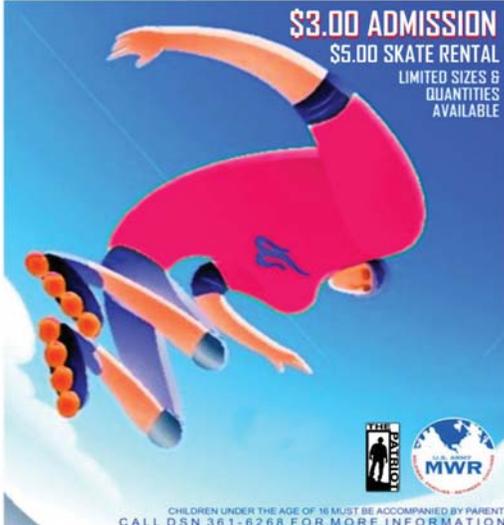
Come meet other families facing similar issues.

Living with ADHD is challenging.  
You don't have to do it alone.

For more information and to register, call ACS at 423-7598 or 065.447598



ACS provides reasonable access within our programs for individuals with disabilities. Please specify any need for special accommodations when registering.



**\$3.00 ADMISSION**  
**\$5.00 SKATE RENTAL**  
LIMITED SIZES & QUANTITIES AVAILABLE

CHILDREN UNDER THE AGE OF 16 MUST BE ACCOMPANIED BY PARENT  
CALL DSN 361-6268 FOR MORE INFORMATION

**COMMUNITY REC CENTER**  
**Family Fun Night**  
**CHIEVRES AIR BASE**  
**SAT, 17 SEP, 1730-2100**  
SKATING, GAMES & BOUNCY CASTLE  
**PATRIOT DINNER SPECIALS**

# School Pictures

**The school pictures have arrived!**  
**Come take a look at them !**

**Who:** PTSA will set up a picture store  
**Where:** International Teachers Lounge (building 716)  
**When:** *Wednesday Sept 14 and Thursday Sept 15*  
**What time:** 15:30 to 17:00

The picture set which includes different sizes and a key chain is **13€**. You will be able to take the pictures home with you and also have the possibility to order more. Please bring the exact change (no checks).

**||| BELGIAN NEWS |||**

**||| BELGIAN NEWS |||**

**By Cis Spook**

*USAG Benelux Public Affairs*

**Belgian politics**

Progress in the negotiations by representatives of the eight parties taking part in the government formation, is extremely slow. The negotiators hope to strike a deal on state reforms first. It appears that two main stumbling blocks remain: the splitting of the controversial Brussels Halle Vilvoorde Constituency (BHV) and Judicial District and the appointment of mayors in Flemish municipalities around Brussels where French-speakers enjoy special rights.

**Mechelen Cathedral graveyard reveals its secrets**

The archaeological dig that has been underway in the graveyard adjacent to the Mechelen Cathedral for the past two years is the subject of an exhibition that opens on Sunday. The find includes a city grave that yielded 41 skeletons. Research has shown they are the remains of farmers who resisted the French invader and were executed in 1798.

**Road works on Vilvoorde Viaduct at an end**

A week earlier than planned road workers have completed renovation work on the Vilvoorde Viaduct that forms part of the outer Brussels orbital ring road.

**Chièvres in Wikileaks**

Several Belgian newspapers reported the following on Sept. 7:

According to Wikileaks, who regularly publishes information about U.S. diplomacy, over 1,200 U.S. service members would be stationed in Brussels and Chièvres. Over 1,200 U.S. service members were stationed in Belgium in 2009, mainly in Brussels and Chièvres, but also in Antwerp and Kleine Brogel (Limburg Province), according to a diplomatic cable that was published by Wikileaks. The main two U.S. garrisons in Belgium are located in Brussels – home to NATO – and the U.S. air base in Chièvres that is primarily

used by the U.S. Army in support of the nearby SHAPE headquarters in Casteau.

Wayne Bush, U.S. chargé d'affaires in Belgium, explained that those 1,200 individuals are providing support to the U.S. Forces at NATO or SHAPE in a message he sent in July 2009 to U.S. Admiral Stavridis, SACEUR, as he was ready to hold his first meetings with host nation officials soon after he took command. Mr. Bush also informed the admiral that Chièvres is also home to a U.S. Air Force organization, the 309th Airlift Squadron that flies a C-37 “Gulfstream-5” in support of NATO, SHAPE and SACEUR.

**Terminally ill sedated**

One of Belgium’s leading experts in palliative care for the terminally ill has said that it regularly happens that people who are in unbearable suffering are heavily sedated until this results in their death. This happens in all hospitals and in many residential care centers. The families are not always informed. Complete sedation of terminally ill patients occurs twice as often in French-speaking Belgium than in Flanders.

**Cement factory in Obourg**

This past weekend, the Obourg cement factory celebrated its 100th anniversary. The celebrations kicked off with the official visit by Prince Laurent on Friday. Saturday, the plant was open to visitors. In the 70s, some thousand people worked at the cement factory. Today, personnel members have been reduced to 202. Among those, many have succeeded to their father and grandfather who also worked in the Obourg factory. The factory produces some 1.4 million tons of cement per year. Per year, it also produces 1.3 million tons of clinker, a kilned then quenched cement product. The Obourg plant is part of Holcim Belgium which in turn is one of the three major cement factory groups in Belgium and owns 25% of the market.

**||| BELGIAN NEWS |||**

**||| BELGIAN NEWS |||**



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**[benelux.afneurope.net](http://benelux.afneurope.net)**

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**Until 30 September**

- **Harvest your raspberries, strawberries and flowers yourself in Anderlecht** on Rue du Pommoeur 463B. Open Mondays, Tuesdays, Wednesdays, Saturdays and Sundays from 2 to 6 p.m. For additional information and to check what is available for harvest, check <http://www.fruit-time.be/index.php/en>.

**Until 2 October**

- **Labyrinth in a corn field in Barvaux-sur-Ourthe.** On Rue Basse Commène, open every day from 10:30 a.m. to 7:30 p.m. throughout 31 August as well as weekends in September, 27 September and 1 and 2 October. Entrance fee is €9.50 per adult, €7 per child under 1m50, free for children under 3. This year's theme is Robin Hood. For additional information, check <http://www.labyrinth.be/en/home.html>.

**16 September**

- **Evening local products market in Deux-Acren** on Rue Culant from 6 p.m. to midnight.
- **Evening flea market in Soignies** (100 booths) on the main square from 4 to 10 p.m.

**16-18 September**

- **Medieval fest in Forest at the Abbey on Place St Denis** from 5 to 11 p.m. on Friday, 10 a.m. to 11 p.m. on Sunday and 10 a.m. to 8 p.m. on Sunday

**17 September**

- **Flea market in Bauffe** (120 booths) on the square from 7 a.m. to 6 p.m.
- **Flea market in Jette** (150 booths) on Rue Vandenborgh from 9 a.m. to 6 p.m.
- **Flea market in Saint-Gilles** (300 booths) on Place Van Menen from 9 a.m. to 6 p.m.
- **Annual market and flea market in Uccle** (100 booths) on Chaussée St Job from 10 a.m. to 6 p.m.
- **Flea market in Watermael-Boisfort** (150 booths) at Quarter Arcades-Visé from 8 a.m. to 6 p.m.
- **Flea market in Woluwe St Lambert** (500 booths) on Avenue des Constellations and neighboring streets from 8 a.m. to 4 p.m.
- **Sports Event in St Ghislain** – All kinds of sports activities can be tried out free of charge at the Hall Omnisports, Stade St Lô and at the Jean Rolland School from 10 a.m. to noon and 1 p.m. to 4 p.m. Free access.
- **Volksmarch in Flobecq for 5, 8, 14 or 20 km.** Departure is from the Parking Bus Geenens on Chaussée de Ninove-Houpe from 8 a.m. to 3 p.m.
- **Farmer's market and arts & craft in Maisières** on the square from 10 a.m. to 6 p.m.



Flea Market

**17-18 September**

- **Food market in Antoing** on Chemin de St Druon from 10 a.m. to 7 p.m. Entrance fee is €3.
- **Annual sales in Soignies** on Rue de la Station and Rue de Mons from 9 a.m. to 7 p.m.
- **Beer, bread & cheese festival in Durbuy.** Discover the regional products during a sampling trail, all weekend. Open from 10 a.m. to 6 p.m. on Place aux Foires 25.
- **8th Pumpkin Fair in Nivelles (Baulers)** on Avenue de la Gare 7 at Baulers from 10 a.m. to 9 p.m. on Saturday and from 10 a.m. to 6 p.m. on Sunday.
- **Wine Fest at the Château de Trazegnies in Chapelle, Rue de Piéton 171/173.** Visit the wine yard, taste de Château de Trazegnies wine from 10 a.m. to 10 p.m. both days.

**18 September**

- **Car Free Sunday in Brussels.** Brussels region which includes 19 municipalities will be closed to all traffic from 9 a.m. to 7 p.m. The Brussels ring will remain open to the traffic. The only authorized vehicles will be taxis, buses, emergency services and police vehicles and they will have to respect a 30 km per hour limit. Public transportation provided by the STIB and De Lijn will be free.
- **Flea market in Bonsecours** on the square from 8 a.m. to 7 p.m.
- **Flea market in Cuesmes** (60 booths) on Place de la Fraide from 9 a.m. to 6 p.m.

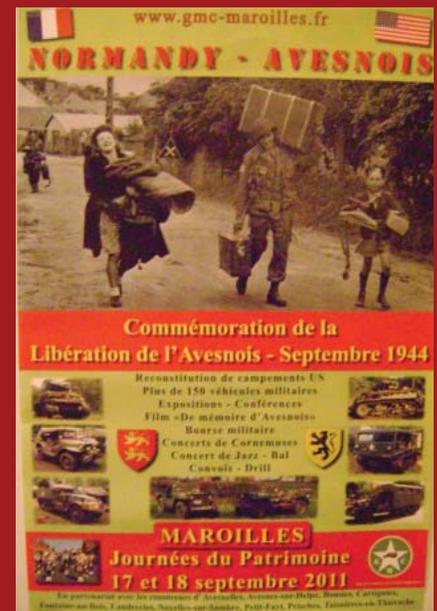
18 September continued

- **Flea market and local products** (60 booths) in Ellezelles on the square from 10 a.m. to 6 p.m.
- **Agricultural Fair in Frasnes-lez-Buissenal** on Route de Frasnes from 10 a.m. to 7 p.m.
- **Flea market in Horrues** (100 booths) on Rue du Tram from 8 a.m. to 6 p.m.
- **Flea market and annual sales in Ixelles** (200 booths) on Quartier St Boniface from 7 a.m. to 10 p.m.
- **Radio transmitters fair in Mons** from 9 a.m. to 4 p.m. at the Mons Expo on Rue Th. Edison.
- **Volksmarch in Jurbise for 8 km.** Fee is €1 that will go to the research for scleroderma. Departure is at 9:30 a.m. at the Dessily pond on Rue des Martyrs, 42.
- **Flea market in Maisières** (250 booths) on the square from 8 a.m. to 6 p.m.
- **Flea market in Nivelles** (200 booths) on the main square and pedestrian area from 7 a.m. to 4 p.m.
- **Volksmarch in Stambruges for 5, 10 or 20 km.** Departure is from 9 a.m. to 6 p.m. from "Salle du Mercredi des Cendres" on Rue des Courtils.
- **Mountain bike ride in Baisieux for 20, 40 or 60 km.** Departure is from Rue Scouvemont. Participating fee is €3 or €5 pending of distance choice.
- **Gastronomic tour in Chièvres.** You can tour the route on a bike, by car, on a motorcycle, on a horse,....and stop at several locations to taste local products. The cost is €32 per adult and €16 for children under 12. Departure will be at 10:30 a.m. from Cercle Notre Dame on Rue Notre Dame but prior registration is recommended at 0477/799846 or [www.saintjosephchievres.be](http://www.saintjosephchievres.be).
- **Children's flea market in Soignies** on the square from 9 a.m. to 6 p.m.
- **Flea market in Ecaussines** (50 booths) on Rue de Soignies from 8 a.m. to 4 p.m.
- **Flea market in Strépy-Bracquegnies** (80 booths -- all profits go to the children in the Tivoli hospital) on Vieille place de Bracquegnies from 12:30 to 8 p.m.
- **Flea market in Harmignies** (200 booths) on Rue Vieille Eglise from 7 a.m. to 6 p.m.
- **Flea market in Maisières** (380 booths) on the square and neighboring streets from 7 a.m. to 6:30 p.m.
- **Flea market in Ormeignies (Ath)** (300 booths) on the square from 8 a.m. to 5 p.m.



17-18 September

Commemoration of the Liberation in Maroilles (France – 50 km from Mons). The village was liberated by the 1st ID and 3rd AD. Event includes a formal wreath laying at the monument on Place Verte at 2 p.m. on Saturday, a World War II U.S. bivouac, displays, drill, memorabilia fair, participation of some 150 vintage vehicles, jazz concert, all accessible between 3 and 8 p.m. both days, bagpipes concerts Saturday from 8 to 9 p.m. etc. For additional information, check [www.gmc-marailles.fr](http://www.gmc-marailles.fr)



# SHAPE Trips & Tours

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

Events & Happenings

- Knight's Meal at Cochem Castle, September 17.** First stop is at the village of Cochem for free time to explore the narrow streets and cute shops. Then, off to Cochem Castle. After a short tour, the Lord of the Manor will welcome you with a goblet of Moselle wine and make you familiar with medieval customs and table manners. Servants and maids in period costumes serve you lavishly and pass you water to wash your hands so that you can eat with your fingers. Bread and lard make the rounds while a hot and spicy soup is steaming in the cookery pot. Hug drumsticks are served for the main course. Jesters will entertain while a traditional knighting ceremony entertains. The feast comes to an end with cheese, grapes, nuts and biscuits. Price is €105 Adults, €80 Youth (6-17), €50 Child (0-5). Departs SHAPE at 7:30 a.m. and returns at 1:30 a.m.



Courtesy Photo

Cochem Castle

- London, September 24.** (Saturday) A day of free time in the city of endless attractions: Buckingham Palace, Big Ben, Westminster Abbey, Trafalgar Square, Tower Bridge, St. Paul's Cathedral. Price is €65. Departs SHAPE at 6 a.m. and returns at 1 a.m. (Sunday).
- Windsor Overnight with Ascot Racecourse, October 1-2** (Saturday – Sunday) For almost 250 years, Royal Ascot has established itself as a national institution, being the ultimate stage for the best racehorses in the world. Enjoy viewing a horserace on day one of this trip. After a night and a breakfast in a nearby hotel, explore the city of Windsor or the Windsor Castle, which is the largest and oldest occupied castle in the world and is one of the official residences of the Queen. Price is €200 Single room, €175 Double/Twin/Triple, €150 Child 3-12 years\*, €110 Child 0-2 years\* when sharing with 2 adults. Departs SHAPE at 6:15 a.m. (Saturday) and returns at midnight (Sunday).
- Belgium's Only Castle Wine-tasting and Dinner, October 8** Visit the only wine castle in Belgium. The Genoels-Elderen wine castle is situated next to the old Roman military highway between Tongeren and Maastricht. The climate here is apparently ideal for the cultivation of the best grapes. Even the Romans made wine here. With about 24 hectares of vineyards the Genoels-Elderen castle is the largest wine domain in the country. Expert guides take you through the park, the vineyards, the rose garden, the distillery, the press house and the 13th century wine cellars. You'll have a nice wine tasting here. Around noon we'll have a dinner with fresh pink salmon and parma ham, Maincourse Rumsteak with cave mushrooms a la crème and dessert. After the dinner we head to the historic farm "Apostelhoeve". "Apostelhoeve" is located in the South of Maastricht near the Belgian border. During the Roman time the vineyard of the Apostelhoeve was already covered with grapevines. Productive vineyards settled in Maastricht in 1967 after a long period of neglect. You can view the vineyards and the wine cellar followed by a wine tasting. Price: 80 €. Departs SHAPE at 6:15 a.m., and returns at 7:15 p.m.



Archive Photo

Amsterdam

- Amsterdam With optional Anne Frank House, October 15** Explore Anne Frank's hiding place. Wander around the labyrinth of hallways, stairs and little rooms. Inspect the furnished rooms and listen to the stories of those who hid there, and their helpers. Or visit the Van Gogh Museum, sip coffee at the worlds best cafes and enjoy a day of leisure in this beautiful city. Price: Amsterdam only: €42, with Anne Frank House: € 52 adult, € 47 10-17 years, € 42 0-9 years. Departs Shape at 7 a.m. and returns at 11 p.m.

**14 September**

- **Alcoholics Anonymous** - The English speaking SHAPE Alcoholics Anonymous Group meets on Wednesdays, from 7 to 8:30 p.m. at SHAPE, ASAP (Army Substance Abuse Program), Bldg. 342. Members support one another's 12 Step recovery program and freely share their AA story with newcomers. Family members, friends, and anyone interested in AA are welcome to attend. For a recorded message with telephone contact numbers, call 049-405-8137. For English speaking meetings in Brussels and throughout Europe see [www.aa-europe.net](http://www.aa-europe.net).
- **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.
- **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.

**15 September**

- **Asperger/Autism Support Group** will meet from 12:30 to 1:30 p.m. at the Rendezvous Café next to GB on SHAPE. If you or someone you know has been diagnosed with Asperger Syndrome or Autism Spectrum Disorder, join us for education and support in a safe, confidential environment. For more information and to register, contact ACS at DSN 423-7598 or civilian 065-44-7598.

**16 September**

- **Alcoholics Anonymous** - The English speaking SHAPE AA Group meets on Fridays from 4:30 to 5:30 p.m. at SHAPE, ASAP (Army Substance Abuse Program), Bldg. 342. Members support one another's 12 Step recovery program and freely share their AA story with newcomers. Family members, friends, and anyone interested in AA are welcome to attend. For recorded message with telephone contact numbers, call 049-405-8137. For English speaking meetings in Brussels and throughout Europe see [www.aa-europe.net](http://www.aa-europe.net).

**19 September**

- **Stroller Time.** Bring your child and stroller for a walk on the SHAPE path from 10 to 11 a.m. Meet at Bldg. 318.

**Protestant Women of the Chapel**

Every Monday from 6 to 8 p.m. and Tuesday from 9:30 to 11:30 a.m. Protestant Women of the Chapel Ladies meet for fellowship, worship and Bible study at SHAPE Chapel. Summer study is Fingerprints of God by Jennifer Rothschild. Free childcare provided. Call 0493-46-4604 for more information.

**ACS New Operating Hours**

The new operating hours for Army Community Services are Monday through Thursday from 8 a.m. to 5:30 p.m. and Friday from 11 a.m. to 5 p.m.

## AT USAG BRUSSELS

- **Flu Shots** Flu Season will be upon us soon. The Brussels Health Clinic is expected to receive the flu shot sometime in the September time frame. Immunizations of the community have been pre-arranged for some. Military employees of both the garrison and NATO please ask your supervisor about your scheduled dates. Parents of School Aged Children please contact the school nurse. The FluSeason Tab of our Facebook page will provide further guidance and updates for all community members.
- **Brussels Library new operating hours** are Tuesday-Friday from noon to 6 p.m., Sunday from 11 a.m. to 4 p.m. Closed on Mondays, Saturdays and U.S. Holidays.
- **The Brussels American Community Chorus** is seeking new singers. Adults and students 12 years and older are welcome, and all nationalities can join. No audition, and no experience needed. The group rehearses every Monday beginning September 26 from 7:30 to 9 p.m. in Kraainem. Fall music includes "Christmas on Broadway," "Medieval Carol Fantasy," and traditional holiday carols and songs. For details, contact Lamdm@attglobal.net.

## 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.

## SHAPE Trips & Tours

USAG Brussels Family & MWR is now partnering with the SHAPE Trips and Tours program. Now you can enjoy the great tours SHAPE offers and catch the bus from either USAG Brussels or the Sterrebeek Annex depending on the tour. Reservations/Payments are made by calling SHAPE Trips and Tours at 32 (0) 65-44-3884 Monday - Thursday 9 a.m. to 5 p.m. and on Fridays from 9 a.m. to 3:30 p.m. Tell them that you will be catching the bus from Brussels and if you have a SHAPE ID card. If you don't have a SHAPE ID card, you will be placed on an access roster for the trip.

The Brussels Chapel sponsors "Marriage Enrichment Night" on September 10 at the USAG Brussels Chapel, Fellowship Hall from 5:30 to 7:15 p.m.

The subject will be "Good & Bad Patterns of Communication". Child care and sandwiches are provided at no cost.

For more information and to register, call DSN 368-9747.

## Brussels Info Fair 2011

Join us for the Community Information Fair at the United States Army Garrison Brussels.

Over 100 organizations will be in attendance, including: Local Clubs, Communes, Churches, Employment, Youth Organizations, and much more.

Come and pick up free local information and resources.



Photo by Matthias Zepper

Friday, September 16th, 2011  
11 a.m.-2 p.m.

For more information, please contact ACS at CIV: 02-717-9783/9729 or DSN: 368-9783/9729 or the CLO at CLOBrussels@state.gov

