

THE GAZETTE

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

PX, PX-Tra closed on Jan. 17

Both the PX and the PX-tra will be closed Jan. 17 in order to conduct annual inventory. Saliha's grill will remain open regular Monday hours on that date.

Northern Law Center

The Northern Law Center will be operating at minimum staffing Jan. 18-21 and will be closed Jan. 25-27. Normal operations will resume Jan. 28.

Road and weather conditions

There are several means to find out about the current road and weather conditions.

The first is the Benelux Website (under "road conditions" in the left navigation column) or on the homepage itself (box on the right) if the weather conditions are amber or red with related information. The second option is a new phone messaging system with current conditions that you can access by calling DSN 361-6827 or civilian 068-27-6827. The third option is to listen to AFN at 101.7 FM in Brussels, 107.9 FM at Chièvres and 106.5 FM and 104.2 FM at SHAPE. In addition, when the road/weather conditions get amber or red, a post is made on the USAG Benelux Facebook page you can access via the USAG Benelux homepage or at www.facebook.com/pages/USAG-Benelux/113926241978535.

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A vision for the future - Installation Management Community



Like many others this time of year, I have been reflecting on the past twelve months and looking forward to the new year. In my professional capacity, I am focusing on the future of the Installation Management Community. Specifically, what should the Installation Management Community look like a year from now?

I have been asking this question of Installation Management personnel during meetings, town halls, and garrison visits. After all, the dedicated professionals at the garrisons and headquarters are doing the work on a daily basis; they know what it takes to deliver the facilities, programs and services that support our Soldiers and Families.

I have also been seeking feedback from Soldiers, Families and leaders through a number of avenues, including installation visits, the Family Forums at the Association of the United States Army annual conference, the Army Community Service focus groups I recently held, and the Army Family Survey. This feedback is critical because everything we do is focused on providing Soldiers and Families the programs, services and facilities that support their well-being, resilience and readiness. We need to know where we are on target and where we are missing the mark.

I urge everyone—Installation Management personnel, Soldiers, Family members, leaders—to continue to send me solid ideas that help answer the three fundamental questions: Are we doing the right things? Are we doing things right? What are we missing?

The point of asking for input from so many different people is to build a shared vision of where we are going in the next year. I am meeting with senior Installation Management Community leaders this month to develop that vision based on all of this input. The shared vision will enable us to begin with the end in mind. Once we have a shared vision of what right looks like, we can figure out how to get there from here. We can eliminate random activities and focus all our efforts on the initiatives that will have the greatest impact on Soldiers, Civilians and Family members.

Continued on next page

Defender 6 sends | Continued

We started 2010 by producing version one of the Installation Management Community's Campaign Plan. The Campaign Plan laid out a vision, strategy and way ahead for providing the programs, services and facilities that support Soldiers and Families. With the Campaign Plan and the three fundamental questions as our guides, we have continually challenged ourselves to improve our performance.

Some of our efforts are visible to those we serve. For example, based on feedback from Soldiers and Families, we have enhanced delivery of several vital programs, including the Exceptional Family Member Program, Survivor Outreach Services, the Total Army Sponsorship Program, the Army Substance Abuse Program and the Army Continuing Education System.

Many of our efforts will not be immediately apparent to those outside of our workforce. For example, we are reducing the number of administrative regions from six to four and integrating the Family and Morale, Welfare and Recreation Command into IMCOM Headquarters. Soldiers and Families will see

no difference in the quality of support or number of services they receive, but behind the scenes, we will be working smarter. We will streamline delivery of services to our customers and generate savings that can be applied to Soldier and Family programs.

Now, as we build a shared vision of what the Installation Management Community should look like in November 2011 and lay out the plan to achieve that vision, we will continue to challenge ourselves to go beyond what we already know and are comfortable with. We will continue to look at the shape and size of our organization and workforce. We will continue to reach out and build relationships with others committed to supporting Soldiers and Families, including universities, businesses, non-government organizations, and other government agencies. We will continue to identify, develop and align the resources, policies and processes needed to support Family programs, safety, sustainability, energy security and other priorities.

The process of developing a shared vision can be difficult for some, since

it carries the possibility of change, but it can also be energizing, and it is important for us to do if we take our jobs seriously. For one, we owe it to our fellow citizens to be good stewards of all the resources entrusted to us. We always have to be mindful of how we impact the environment, how we treat our people and how we spend taxpayer dollars. If we do our job well, if we are good stewards of the resources entrusted to us today, then we will have the resources we need in the future.

An even more important reason is the Soldiers and Families we support. We are committed to providing a strong, supportive environment in which they can thrive. We do not chase change for change's sake, but if the only reason we do something is because we have always done it that way, then we can do better. We owe it to our Soldiers and Families to ask what right looks like and to make sure we are on track to get there.

Support and Defend.

Lt. Gen. Rick Lynch, Defender 6



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THE GAZETTE

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Santa visited local orphans on Chièvres Air Base



Thank you to all the volunteers and generous donators of the SHAPE/Chièvres community for giving joy to the children of the La Fermette orphanage.

Each of the 55 children received a Christmas gift and spent an afternoon of fun at the Chièvres Recreation Center, Dec. 22.

(U.S. Army Photos by Sylvia Williams)



How to protect yourself from the seasonal flu

Special to the Gazette

Influenza, commonly called the “flu”, is a contagious respiratory illness caused by influenza viruses. Every year there are several strains of flu circulating in the world that can result in mild to severe disease depending on the type of virus spreading, the number of people vaccinated and how well the vaccine is matched to the current viruses. In the United States and Europe, seasonal flu epidemics occur almost every winter peaking anywhere from late November through March. However because flu viruses are constantly changing and new strains evolve over time, flu seasons are unpredictable in their intensity and duration. In 2009, the emergence of a new and different flu virus called novel influenza A H1N1 spread rapidly worldwide causing the first pandemic in more than 40 years.

The best way to prevent the flu is by getting a flu vaccination each year. Getting a flu vaccine can protect you against flu viruses that are the same or related to the viruses in the vaccine. The 2010-2011 influenza vaccine will protect against the 2009 H1N1 and two other influenza viruses, an H3N2 virus and a B virus. There are also everyday preventive actions that can help slow the spread of germs that cause respiratory illness like flu.

- Cover your nose and mouth with a tissue when you sneeze or cough. If a tissue is not available, then sneeze or cough into your sleeve or elbow - not your hand.
- Wash hands often with soap and water or use an alcohol-based hand sanitizer/gel.
- Try to avoid touching your eyes, nose and mouth as germs spread this way.
- Avoid close contact with people who are sick.
- If you or your child gets sick with a flu-like illness, limit contact with others as much as possible.

If you get sick with flu-like symptoms, you should stay home and avoid contact with other people except to get medical care or other necessities. It is best to stay home for at least 24 hours after your fever is gone. Fever should be gone without the use of a fever reducing medication such as Tylenol or Advil. Most people with the flu have mild illness and do not need a clinic visit or antiviral drugs. Over-the-counter cold and flu medications can lessen symptoms such as fever, cough and congestion. However, those at higher risk for flu complications should talk to a health care provider for further guidance if they get flu symptoms. The following persons are at higher risk for severe illness or complications from flu:

- Children younger than 5 years of age, but especially under age 2
- People 65 years of age and older
- Pregnant women
- People who have:
 - Asthma (even if it is controlled or mild)

- Diabetes
- Blood disorders (including sickle cell disease)
- Heart disease (except isolated hypertension)
- Kidney and Liver disorders
- Chronic lung disease [including chronic obstructive pulmonary disease (COPD)]
- Neurological and neuromuscular disorders (such as seizures, spinal cord injury, cerebral palsy)
- Weakened immune systems (including people with cancer, HIV/AIDS, or on chronic steroid)
- Are younger than 19 years of age receiving long-term aspirin therapy
- Are morbidly obese (Body Mass Index of 40 or greater)

Individuals who are at higher risk for serious illness or flu complications should contact their healthcare provider or seek care early if they develop flu symptoms. Clinical evaluation may be indicated for anyone who reports severe illness. Your provider will determine if flu testing or antiviral treatment is needed. Beneficiaries can call the Nurse Advice Line at 0800-17920 24 hours a day for advice about influenza.

For more information about seasonal influenza visit the following websites:

- Europe Regional Medical Cmd at <http://ermc.amedd.army.mil/>.
- US Army Public Health Command at <http://phc.amedd.army.mil/>.
- Centers for Disease Control and Prevention at <http://www.cdc.gov/flu/>.
- World Health Organization at <http://www.who.int/topics/influenza/en/>.

Flu symptoms

Fever (temp >100° F or 37.8° C)	Headache	Chills
Cough	Sore throat	Fatigue
Runny or stuffy nose	Body aches	Sometimes diarrhea and vomiting

Emergency Warning Signs

In Children	In Adults
Fast breathing or trouble breathing	Difficulty breathing or shortness of breath
Bluish or gray skin color	Pain or pressure in chest or abdomen
Not drinking enough fluids	Sudden dizziness
Severe or persistent vomiting	Confusion
Not waking up or not interacting	Severe or persistent vomiting
Being so irritable that the child does not want to be held	Flu-like symptoms improve but return with fever and worse cough
Flu-like symptoms improve but return with fever and worse cough	

Transition Assistance program (TAP)

This program was established to meet the needs of separating service members during their period of transition into civilian life by offering job-search assistance and related services. A three day workshop will be held Jan. 11-13 at USAG Brussels, Bldg. 4 in the ACS conference room. Registration is required at ACS, DSN 368-9788 or civilian 02-717-9788.

SHAPE Players

Auditions will be conducted for roles in Molière's Tartuffe Jan. 11 starting at 6:30 p.m. Roles are available for ages 13 and above. Southern accents will be necessary. Call civilian 065-44-3312 for additional information.

Fitness Classes

Starting January, the following fitness classes will be available at the Chièvres Fitness Center:

Spinning: Tuesday and Thursday from 9:30 to 10:15 a.m.

Circuit Training: Monday and Friday from 10 to 11 a.m.

Stretching: Monday and Friday from 11:15 to 11:45 a.m.

Crossfit: Monday, Tuesday, Thursday, Friday from 5 to 6 p.m. Saturday from 2 to 3:30 p.m.

Yoga: Tuesday, Wednesday, Thursday from 6:15 to 7:15 p.m. The opening hours of the Chièvres Fitness Center are Monday through Friday from 6 a.m. to 9 p.m.; Saturday and Sunday from 9 a.m. to 5 p.m. For information, contact DSN 361-5643 or civilian 068-27-5643.

In-Processing Class

Learn about Belgium, SHAPE and Chièvres every Tuesday and Thursday. Stop by ACS to set up an appointment with the relocation readiness program manager or call ACS at DSN 423-4332 or civilian 065-44-4332 to pre-register.

Black History Month Celebration

USANATO SHAPE BN is the lead for coordinating this year's SHAPE/Chièvres Community Black History Month celebration which will be held Feb. 9 from 1 to 3 p.m. at the SHAPE Events Center. The battalion needs volunteers to prepare ethnic/cultural foods for the food tasting at the end of the program and also volunteers to donate items to show on display that reflect African American History. The displays will be returned. For more information, call civilian 065-44-8167 or 065-44-7634.

Emergency Placement Care

The Emergency Placement Care program provides children and youth with a supportive and safe home environment on a temporary basis when they are unable to remain in their own home due to abuse or neglect issues. Army Community Service Family Advocacy Program has begun recruiting for Emergency Placement Care Families. Interested families should:

- be U.S. ID cardholders.
- be able and willing to complete the assessment, background check, and training process.
- understand there is no flat rate fee for care, only reimbursement for actual reasonable expenses incurred.
- live either on or off an installation.

Contact the ACS Family Advocacy Program Manager for additional information at DSN 423-5263 or civilian 065-44-5263.



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

Tax preparation Assistance Volunteers needed

If you are looking for something interesting and challenging to do, come be a tax center volunteer. The Northern Law Center is looking for volunteers to assist during the upcoming tax season. Build your resume, meet interesting people and learn all about taxes. For more information, call the Northern law Center at DSN 423-3502 or civilian 065-44-3502.

University of Phoenix Free Seminars

Free seminars on Effective Writing, Resume Writing, Professional Continuing Education and Business Law are offered by the University of Phoenix at the Education Center, Bldg. 212, room 120, SHAPE, Jan. 11. First seminar begins at 4 p.m. and each run one hour in length. For more information, call DSN 423-4645 or civilian 065-354597.

Grandma's Attic January Special

Time to get in shape for summer. Get 50% off TSP (Thrift Shop Property) sportswear and gear for the family. We are open Tue, Thu and Sat from 11 a.m. to 3 p.m. If you are cleaning out your "attic", we gladly take donations during those store hours.

Chièvres Burger King

Chièvres Burger King will be opening early Tuesday thru Friday for breakfast at 7 a.m. to better support the lodge, barracks, SOF campus members and other Chièvres/Daumerie tenants beginning Tuesday, Jan. 18.

CYSS instructors needed

Child, Youth and School Services is looking for qualified instructors for the following classes and activities:

- | | |
|------------------|--------------------|
| Guitar | Music |
| Language classes | Driver's Education |
| Piano | Violin |
| S.A.T. prep | Computer skills |
| Tap dance | Public Speaking |

For information, call DSN 423-6091 or civilian 065-44-6091.

BELGIAN NEWS

By Cis Spook

USAG Benelux Public Affairs

New NATO Headquarters

NATO Secretary General Anders Fogh Rasmussen laid the first stone for the new €480 million headquarters of the military alliance, which will be built across the road from the current premises. Scheduled for completion by 2015, the new building will host NATO's 4,000 full-time workers, including 1,200 from the delegations and military organizations of the 26 NATO members.

Rochefort Abbey badly damaged by fire

Firefighters battled to save the Abbey of Rochefort in Namur last week. The abbey is badly damaged but the chapel, the brewery and the library were saved. The fire was probably caused by a short circuit in an emergency generator. This generator was only recently installed after power failed on several occasions due to bad weather conditions.

Winter Sales

The winter sales have officially started throughout Belgium and will last until the end of January.

Belgium to beat Europe record

Belgium scooped the record for Europe's longest political crisis when it hit 209 days without a government, a record last accomplished by neighboring Netherlands.

Walloon Floods

Heavy rainfall and melting snow have resulted in floods across Wallonia. In some areas, the water raised to one meter in the basements.

Nominations for Soldier Show due Jan. 18

By William Bradner

FMWRC Public Affairs

Nominations for performer and technician positions in the 2011 U.S. Army Soldier Show are being accepted through January 18.

AED is seeking vocalists, dancers, and musicians to perform, as well as lighting, audio, video, costuming and stage technicians to support the performers. The Soldier show is a high-energy live musical that showcases the talents of Soldiers. National Guard and Army Reserve Soldiers must be activated by their units to be eligible.

"It's the toughest job you'll ever love," explained Army Entertainment Director Andy Gilliam.

"The courage it takes for these Soldiers to get on stage and perform a 75-minute routine is tremendous," he explained. "Not only do we take them out of their comfort zone and make them do things they are not used to, we ask them to do it in six weeks. This includes the vocal training, choreography, scene/costume transitions, set build and tear down, and more."

The Soldier performers and technicians also are their own road crew, setting up and breaking down the stage and lighting at each of the 70-plus stops the tour makes worldwide each year. They tour primarily by bus in the continental U.S., with a handful of overseas performances at the end of the season.

"To successfully manage this tour, all soldiers gain strength from each other, Family members, religious beliefs, physical training, and self preservation," Gilliam said. "Once a Soldier becomes comfortable with the daily routine and confident with their performance, they shine. They shine because they put their heart and soul into something they love to do for the many men and women who play a part in protecting our way of life, be it military, civilian, Family members, or retirees."

The selection of nominees through local installation and/or regional level competitions is encouraged, but not required. Interested Soldiers may self nominate by sending their packets directly to the AED offices.

All nominations must include a DA Photo, copy of the Soldiers enlisted or officer record brief, current physical test scores, and a copy of the latest NCO Evaluation Report or Officer Evaluation Report. Performers must also submit a video-audition on DVD and technicians are required to submit a resume and photos of past work.

Complete details on the nomination process are available on ArmyMWR.com.

AED Officials will review all packets and select 12-20 Soldiers to travel to Fort Belvoir, Va., for live auditions. All travel costs will be paid for by the Family and MWR Command. Soldiers selected through the audition process will be attached to AED through Nov. 30, 2011, and must have a letter of release from their command endorsed by a battalion-level or Lt. Col or equivalent officer.

Nominations should be sent to: U.S. Army Soldier Show, Attn: 2011 Selection Committee, PO Box 439, Fort Belvoir, VA 22060.

For more information, visit: http://www.armymwr.com/reclisure/entertainment/soldiershow/audition_info.aspx.

WINTER SAFETY
TRAVEL & ROAD SAFETY

- Check weather, listen to forecasts.
- Winterize your car.
- Plan trip ahead and tell friends where you're going and time of arrival.
- Visibility - see and be seen (lights, fog lights, reflective items for pedestrians).
- Use public transportation.
- Reduce speed on icy roads.
- No alcohol.
- Use seatbelts for all occupants.
- Maintain following distances.
- Black ice - dangerous because you can't see it (on bridges, overpasses, underpasses, shaded areas).
- Always take food, water and blankets.
- Have plenty of fuel.
- Know what your breaks will do: Firmly press antilock breaks, pump non-antilock breaks.

ICE & SNOW
TAKE IT SLOW

14 January

- **Trio Grande concert in Ronquières**, at the Chapelle de Verre de Fauquez on Rue Arthur Brancart. Concert starts at 8 p.m. Entrance fee is €14.

15 January

- **Concert by the Liège Philharmonic Orchestra in Mons**. Concert is at 8 p.m. at the Mons Theater. Tickets range from €11 to €20. Get your ticket ahead of time at the Mons Theater.
- **Volksmarch in Flobecq for 5, 8 or 14 km**. Departure is from 2 to 7 p.m. from 'Maison du Village' on Rue Abbé Pollart, 4.

16 January

- **Classical Music concert in Quevaucamps** by the Quevaucamps Philharmonic society at the Cultural Center on Rue Joseph Wauters, 20. Concert starts at 5 p.m. Entrance fee is €8 (pre-registration) or €10. For more information, call 069-576387.
- **Volksmarch in Sirault for 5, 10 or 20 km**. Departure is from 9 a.m. to 6 p.m. from Rue des Déportés, across from the church.
- **Volksmarch in Nivelles for 5, 10, 15 or 20 km**. Departure is from 9 a.m. to 6 p.m. from Rue Clarisse 10.
- **Dolls and Teddy Bears Fair in Brasschaat**, at the Ruiterhal on Gemeentepark, 10 at 2930 Brasschaat. One can find all materials needed to make dolls and teddy bears and find accessories for antique dolls. Open from 11 a.m. to 5 p.m. Entrance fee is €3.5.

Through 16 January

- **Snow & Ice Events in Brugge** on the Stationsplein. Ice village made by 40 international artists who used up to 300,000 kg of ice and 400 tons of snow. Open from 10 a.m. to 7 p.m. Entrance fee is €13 per adult; free for children under 4 years old.

17 January

- **'An evening in Vienna', New Year's Concert with ballet in Colfontaine**, Espace Magnum on Rue Pont d'Arcole. Tickets range between €30 and €45. For more information and booking, call 065-323861.



'An evening in Vienna', Jan. 17 in Colfontaine

UPCOMING

22-30 January

- **Antiques and Fine Arts Fair in Brussels** at Tour et Taxis (130 booths) on Avenue du Port 86c. Open from 11 a.m. to 7 p.m. Late night openings on Jan. 25 and 27 until 10:30 p.m. Entrance fee is €20.

23 January

- **Zumba Master Class in Braine-le-Comte**, at the Hall Omnisport du Champ de la Lune on Rue d'Horrues, 53 from 3 to 6 p.m. Pre-registration is €20 to be transferred on bank account 068-2444708-44 with mention of name and first name. Entrance fee is €25 on the day of the event.

ONGOING

Until 9 May

- **"America - it's also our history" exhibition in Brussels**, at Tour & Taxis on 86 Avenue du Port. Three centuries of relations between Europe and the United States. Open from 9 a.m. to 5 p.m. on weekdays and from 10 a.m. to 7 p.m. on Saturday and Sunday. Entrance fee is €10. For additional information, visit www.expo-europe-usa.be.

Until 30 July 2011

- **United States Army in the Persian Gulf War / Operation Desert Storm 1991 display at the Heverlee (Leuven) Army installation** (25 km east of Brussels). The display includes various items from U.S. Army units deployed during Operation Desert Shield, Desert Storm, Provide Comfort I and the home front Support to the Troops. Free entrance. Because the display is located on a military post, it is only accessible upon request via e mail at flashesandovals@hotmail.com or phone at 0477-463730. For more information, visit www.desertstorm1991.com.

SHAPE Trips & Tours

For information on the trips below, call DSN 423-3884 or CIV 065-44-3883.

- **Brugge Snow and Ice Sculpture Festival, Jan. 15.** Come see 300,000 kilos of ice and 400 tons of snow, kept at minus 5 °C, that a team of 40 international artists have transformed into an Ice Fantasy. You'll even be able to enjoy a drink "on the rocks" at their very own ice bar. Then head into town to explore the prettiest town in Belgium, eat some Belgian Waterzooi, take a carriage ride or visit the frites museum. Price: €43 per adult, €40 per child 4-12, €30 per child 0-3, which includes entrance to the Snow and Ice Festival 2010. Departs SHAPE at 9 a.m. and returns at 8 p.m.
- **French and Belgian Cooking Class, Jan. 22.** The day begins in Brussels for free time to explore the many sights that Brussels has to offer. After lunch, learn the art of French cooking in an animated course that allows everyone to participate actively in a stimulating environment. After the welcome drink of French quality sparkling wine, the class starts to cook three courses. Tasting will follow. Space is limited. Price: €100 per person. Departs SHAPE at 10:30 a.m. and returns at 8:30 p.m.
- **Shopping in London, Jan. 29.** Hit the sales in London. Price: €62. Departs SHAPE at 6 a.m. and returns at 1 a.m. on Sunday.
- **Belgian beer tour, Feb. 5.** The day begins at the Dupont Brewery famous for its Saison beer, to sample their beer and cheese followed by a short tour of the brewery. The next stop will be at the majestic Abbey of Maredsous for lunch, free time to explore the beautiful monastery and time to purchase their Maredsous beer. After the Abbey, visit to the Du Bocq Brewery, brewers of many fine beers that are only available in Europe. The final destination is the Brasserie De Fagnes, home of Super Des Fagnes beer. Price: € 50. Departs SHAPE at 7:45 a.m. and returns at 8 p.m.

Events & Happenings

Allstar Weekend



January 18
Chièvres Recreation Center
7 p.m. (doors open at 6 p.m.)

Allstar Weekend is an American pop/rock band from Poway, California. The band gained its popularity from the Disney Channel television network.

Open to all U.S., SHAPE (green) and NATO ID cardholders

WINTER SAFETY

WINTER SPORTS SAFETY

- Get in shape before the season starts.
- Obtain proper equipment.
- Wear a helmet.
- Take a lesson from a qualified instructor.
- Drink plenty of water to avoid dehydration.
- Curb alcohol consumption.
- Dress in layers (e.g. polypropylene underwear, turtleneck, sweater and jacket)
- Wear headband or hat and gloves or mittens.
- Wear sun protection even on cloudy days.
- Know your limits.
- Ski with a buddy.
- Follow the rules. Don't go off trail.

11 January

- **Resiliency 101: What is Resiliency** - Learn how to grow and thrive in the face of challenges and bounce back from adversity from 2 to 4 p.m. at ACS, Bldg. 318, SHAPE. Call DSN 423-7598 or civilian 065-44-7598 to register.
- **Coffee Connection** - If you are new to the community or you are separated from your sponsor due to TDY or deployment, join us for a cup of coffee, friendly conversation, and find out more about living in Belgium from 10:30 to 11:30 a.m. in Chièvres Army Lodge breakfast room. For more information, call ACS at 423-4332 or civilian 065-44-4332.
- **Play Morning** - sponsored by ACS New Parent Support Program. This program is offered from 9:30 to 11:30 a.m. in the CYSS Teen Center, Bldg. 503, SHAPE. No pre-registration is required. Parents and their children (0-3 years) play together in a group setting. The program teaches parents developmentally appropriate play to help children improve their social, cognitive, and motor skills. Another benefit of Play Morning is the friendships that form among parents and children. No pre-registration is required. Open to all U.S., SHAPE and NATO ID cardholders. For more information, call ACS at DSN 423-4274 or civilian 065-44-4274.

12 January

- **How to be a Good Sponsor Class** - Learn from ACS Relocation Program how to be a great sponsor for newcomers to the Benelux. The class held from 10:30 to 11:30 a.m. at ACS, Bldg. 318, SHAPE, equips you with practical information and useful resources to ease the transition to Belgium. Call DSN 423-4332 or civilian 065-44-4332 to sign up.
- **Alcoholics Anonymous** - The English speaking SHAPE Alcoholics Anonymous Group meets on Wednesdays from 7 to 8:30 p.m. at the Religious Support Center, Bldg. 353 (behind Bldg. 318 - AFN, ACS). For more information, contact DSN 423-2474 or civilian 065-44-2474.

13 January

- **Enhance your Emotional Readiness** - These one-day concept blocks are designed to build strong minds, improve resiliency and enhance leadership skills. Meet on Thursdays from 8:15 a.m. to 3:15 p.m. in the ACS Training Room, Bldg. 318, SHAPE. Pre-registration is required by the Monday before each concept block. Call 423-5324 or civilian 065-44-5324 to reserve your seat.
- **Asperger Support Group** - sponsored by ACS EFMP. If you or someone you know has been diagnosed with Asperger Syndrome or other Autism Spectrum Disorder, join us from 12:30 to 1:30 p.m. in the ACS Conference room, Bldg. 318, SHAPE, for education and support in a safe, confidential environment. Please register at DSN 423-7598 or civilian 065-44-7598.

14 January

- **Building Resiliency in Adults and Children** - Offered by the Military & Family Life Consultant (MFLC) from 11 a.m. to noon in the ACS Conference Room, Bldg. 318, SHAPE. Learn how to rise above challenges and soar. Call ACS at DSN 423-5324 or civilian 065-44-5324 to pre-register.
- **Alcoholics Anonymous** - The English speaking SHAPE Alcoholics Anonymous Group meets from 4:30 to 5:30 p.m. at the Religious Support Center, Bldg. 353 (behind Bldg. 318 - AFN, ACS). For more information, contact DSN 423-2474 or civilian 065-44-2474.

18 January

- **ADHD Resource Group** - Living with ADHD is challenging but you don't have to do it alone. Join the ADHD Resource Group from 12:30 to 1:30 p.m. at ACS, Bldg. 318, SHAPE. Call DSN 423-7598 or civilian 065-44-7598 to register.
- **Anger and Conflict Management Part II** - Pre-requisite for this class is Anger and Conflict Management I. Class is from 10:30 a.m. to noon at ACS, Bldg. 318, SHAPE. The class focuses on building skills that will support positive relationships at work, home and community. To register, call DSN 423-5263 or civilian 065-44-5263.
- **Allstar Weekend Concert** - Concert is at 7 p.m. at the Chièvres Recreation Center. Doors open at 6 p.m. Allstar Weekend is an American pop/rock band from Poway, California. The band gained its popularity from the Disney Channel television network. Open to all U.S., SHAPE (green) and NATO ID cardholders.

21 January

- **Register now: Coping with Winter Blues** - Offered by the Military & Family Life Consultant from 11 a.m. to noon at ACS, Bldg. 318, SHAPE. Get some ideas to become more energized and deal more effectively with the winter time. Open to all U.S. ID cardholders. Call DSN 423-5324 or civilian 065-44-5324.

22 January

- **Family Fun Night** - at the Chièvres Community Recreation Center from 6 to 8 p.m. Activities include skating (\$5 admission, \$5 skate rental) and a bouncy castle as well as board and video games in the Patriot. The Patriot will be serving a spaghetti dinner at \$7 for adults and \$5 for kids under 12 as well as fries, salad and drinks. Skaters under 16 must be accompanied by an adult. Parents must supervise their children at all times. For more information, call DSN 361-6268 or civilian 068-27-6268.

AT USAG BRUSSELS

All ACS services and classes are open to the tri-Mission Community and are free.

11, 12 and 13 January

- **Transition Assistance Program Workshop** - A three day workshop for those looking to get out of the Military. Gain the skills to compete in today's job market.

13 January

- **Tacos & Trivia** from 5:30 to 7:30 p.m. at the 3 Star Lounge. Trivia follows at 7:30 p.m. Make a team or join one.

18-21 January

- **Newcomer's Orientation Week** - Receive a key agency brief, guided tours of Leuven Hospital, Delhaize market and learn basic customs and phrases in the local languages.

18 and 25 January

- Due to training requirements, the USAG Brussels Northern Law Center will be closed Jan. 18 and 25.

19 January

- **Ready, Set, Go** - A series of six hands-on workshops designed to prepare you to re-enter the workforce. Workshop is from 9:30 to 11:30 a.m. To sign up, call DSN 368-9735 or civilian 02-717-9735.

22 January

- **Texas Hold'em Tournament** at the 3 Star Lounge. Buy-ins start at 6:30 p.m., play begins at 7 p.m. Buy-in is \$20. Register by calling DSN 368-9819/9822 or civilian 02-717-9819/9822.

24 January

- **Metro Madness** - Learn how to navigate Brussels public Transportation System from 9:30 a.m. to 2 p.m. For more information or to sign up, call DSN 368-9729 or civilian 02-717-9729.

UPCOMING

- **Army Family Action Plan (AFAP)** is coming this February. AFAP is a program designed to solicit community issues of concern or suggestions on improving and effecting Military life locally in our Brussels Tri-Mission Community or the Army as a whole. We need issues and delegates to participate in the grass-roots program. Childcare and lunch is included for participants. The one-day working group is a fun and rewarding program. For more information, call DSN 368-9783 or civilian 02-717-9783.

6 February

- **Super Bowl Party** from 8 p.m. to 2:30 a.m. at the 3 Star Lounge. Wing Cook-off at 9 p.m. Sign up now at DSN 368-9819/9822 or civilian 02-717-9819/9822.

NEW

- **Brussels MWR is now on Facebook.** 'Like' Brussels MWR and receive up-to-date information on what's happening.

LEARN ABOUT AFAP ISSUES

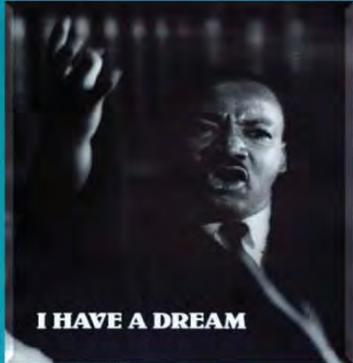
Issues are solicited from the community year-round via the red boxes throughout the community or directly to ACS. Submitted issues generally include a clear statement of the problem, what are the facts of the problem, and how you would fix the problem. Submitted issues should fall within the USAG Benelux, IMCOM-Europe, or Department of the Army HQ purview to resolve. Of the submitted issues, each workgroup will choose three issues to prioritize.

Prioritized local issues will be retained locally and worked. Prioritized regional or higher issues will be elevated to the IMCOM-Europe conference in the next AFAP cycle. The issues prioritized there will be elevated to the next HQDA Conference in the cycle. Prioritized issues require time to research and resolve, if possible. AFAP can sometimes be a slow process, but a significant vehicle for change.

For information about AFAP, call DSN 423-5324 or civilian 065-445324 for the SHAPE/Chièvres area or call DSN 368-9783 or civilian 02-717-9783 for the Brussels area.

**Brussels Community Celebrates
Dr. Martin Luther King Jr.**

FOOD
(Fish and Chips
for purchase at
the door)



DJ
Dave Patterson

FREE Admission

Guest Speaker

Come out and join us for a
"FISH FRY"







WHEN: 19 January 2011 (Wednesday)
WHERE: 3 Star Rec Center (USAG Brussels)
TIME: 1830
(First come first served, food quantity Limited to 100 persons)

For additional Information Contact:
EO or EEO at 368-9761