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Dear Shapians,

November is usually considered as a transition month that opens the floor to the much expected Christmas time, the end of the year celebrations. We all are already somehow excited while at the same time start preparing our travel plans, our family time, the Christmas shopping, the home decoration… All these, together with the captivating festivity mood, bring light to this particular moment in time.

Most homes are blooming with trees and candles, creating an enchanted atmosphere. It is a time to cheer, to share, to enjoy the simple things of life with family and friends, gathering around a table. But please, remember that the pandemic situation is not as good as it should be, and therefore we should make every effort to be cautious and to follow the regulations and recommendations set out by our principals and by the different governments. Only in this way we will protect ourselves, our loved ones and our colleagues.

Maria José Tezanos Bustamante
Office of Communication & Community Affairs (OCCA)
Base Support Group

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All the events announced could be postponed or cancelled due to security reasons related to COVID-19 outbreak. Please, visit SHAPE2day website, SHAPE Base Support Group Facebook Page for a more accurate and updated information.
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Photo: SHAPE/ACO Public Affairs Office
Getting to Know Katherine Cleo Gonzales – the Vice President for Public Relations
By Treasurer James Hsiau

Cleo has been tirelessly working for the SHAPE Toastmasters Club since she joined. Her energy and passion for public speaking is contagious. We have been blessed to have her dynamic skills working towards bettering our club even though we have yet to meet in person this year. Cleo adds so much diversity with her background. This month we delve into what motivates her and her aspirations for the SHAPE TM Club.

How did you find out about SHAPE TM and what made you join?
I found SHAPE International Toastmasters Club online. I moved to Belgium two years ago and one of the first few things I had to find was toastmaster community to join.

I’ve been a Toastmaster since 2015 while I was still living in Singapore and one of the most impactful communities and group of people I came across with and of whom I still have very strong friendship with are the ones I met and worked with in Toastmasters. So as soon as I settled in Belgium, I started attending different Belgium toastmasters club to try to replicate this experience.

When I joined one of the meetings of SHAPE Toastmasters Club for the first time, I felt the same vibe and welcoming feeling by the members as I did in my previous club, most especially from Else Marie and Rima. It didn’t took too long for me to decide to join and be part of this inspiring community.

As Toastmasters, the skills we learn translate to many areas in life. Can you provide some examples of how you have benefitted from TM in your work, or family, or as a newlywed?
In my early years as a toastmaster, I happen to also be an adult law student who juggles full time work with full time law degree. I’ve always found the law exams extremely daunting until I learned a trick in Toastmasters. I started writing my legal answers as if I was writing a speech, with a beginning, middle and end, following the rule of threes, flavoring with a call to action and evincing emotions. By this time, I have crafted a lot of speeches that it became more comfortable to think that I’m just writing another speech and not answering a grueling exam. Suffice to say that it worked, I graduated, and still grateful for the learning that I borrowed from Toastmasters.

And recently, at work, as one of an international employees of my company, I was invited to do a short testimonial in front of about 200 colleagues. And of course, as a Toastmaster, instead of giving a simple testimonial, I did a full blown 5 minute “candid” speech that got people out of their seats, smiling and breaking in applause. The impact seem to stay on even months after as colleagues will still come up to me to say that they can’t forget my short statement.

And of course, in our day to day life, I always consider conversations fundamental. In important conversations, I try to think that I’m actually doing an impromptu speech like how we do it for table topics: short and succinct without losing my personality. All in all, not only did I apply the technical learnings I have from Toastmasters, but more importantly, the silent confidence it has extended to my life beyond toastmasters.

What are your hopes of the TM club and officers?
I hope to help the officers lead the club to its greatest potential. I am fortunate to be surrounded by an enthusiastic and relentless group of people and so I won’t be surprised that SHAPE Toastmasters International Club will continuously be successful in helping and inspiring ambitious individuals like myself.

The SHAPE International Toastmasters is an English speaking club offering new possibilities.

Presently, we hold our club meetings online, on the 2nd and 4th Tuesday of each month. We meet and greet from 18:45 hours and start the meeting at 19:00 hours (Belgian times).

If you want to know more about SHAPE International Toastmasters Club, its meetings and the members like Cleo, send an email to toastmastersshapeclub@gmail.com and follow us: https://www.facebook.com/shapetoastmasters/

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On a late summer day, around 50 Shapians of all ages gathered at the SHAPE lake for the SIAC Family Fun Day.

Ordinarily this is an annual event but of course, because of the pandemic, it hadn’t been held since 2019. In appreciation for the patience and loyalty of our members, who couldn’t fish for several months during lockdown, the SIAC Committee had decided to make this an entirely free event to say a big thank you to our members.

In brilliant sunshine our families took part in the fun fishing contest. Teams of 2 people, either the main member/angler with his or her child or partner set off around the beautiful lakeside to set out their rods, poles and nets.

In the ensuing 3 hours, many fish were caught. Every team’s keepnet saw fish of all different species and sizes. At the end of the match was of course the all-important weigh-in. There were lots of smiles from onlookers as the growing troupe of anglers and their children followed the weighing scales around the lake, all eager to see what everyone had caught.

In the end the prizes were awarded to...everyone! But the winners of the competition with a massive weight of over 12KG was Team Atha, with dad Richie and son Joshua.

After the match we all enjoyed a marvelous Barbeque, a fishing kit giveaway for the children and games for everyone. By far the most popular game was the maggot racing – again, prizes for everyone!

What a great day and it marked the end of too long a period when our members and their families were unable to enjoy each other’s company in such a beautiful setting.

Membership of the SHAPE International Angling Club is open to all Shapians. We have Family, Student and Child membership plans, which allow you to fish every day of the year in our own, well-stocked and private lake in St Denis, close to SHAPE.

For the well-being of our fish, we operate a strict catch-and-release policy.

**Our priorities are, fun, friendship and safety!**

For more information: shapeanglingclub@gmail.com
The SHAPE International Women’s Club held their Totally 80’s night on October 27, 2021. COVID safety measures were performed upon entry, in accordance with Host Nation requirements. The women were very stylish and glamorous with colorful outfits reflecting their 80’s style, and everyone was very excited to go back into time to relive the fun style of the 80’s. Before the party started, cocktails were drank, colorful outfits were discussed, conversations were held and photos were taken in front of the 80’s photo display board. The women did not forget to buy tombola tickets either, and everyone was interested in finding out the names that would be drawn as winners!

When the doors opened, the atmosphere inside was very lively and incredible! Everyone was assigned a seat at a table; the beautifully colorful tables with balloons and glitter gave the night a glamorous effect. During the delicious meal, music from the 80’s was played and a competition was held to guess the singer and song. Tombola drawings were done and the beautiful gifts found their new owners. The DJ played 80’s music throughout the night, and soon the tables were empty as the women raced to the dance floor. The dance floor was always full of ladies in their colorful 80’s clothes. Everyone had a great time at this well-planned SIWC event. Reminiscing of popular 80’s hits made everyone happy as they sang to the music.

We hope to see you at our upcoming events. The next event scheduled is the Holiday Luncheon. For more information, please follow us on Facebook@SHAPE International Women’s Club.

On Tuesday, 19th October, a donation ceremony to support the Make-A-Wish was held at the entrance of Building 102. The donation of 2115€ was possible thanks to the generated funds collected during the SHAPE Fest at the game park area.

The wish of Jean-Jacques, a young patient with sickle cell disease, could then be achieved. and he could receive the Playstation 5 he was dreaming of to play with his twin brother and his two younger brothers and sisters. Additionally, he was surprised with a big TV screen, 3 extra controllers, a sound bar and different games. This unexpected gift was presented together with the volunteers of Make-a-Wish South Belgium, in a great moment of joy for them all.
NMR Echelon’s Visit SHAPE International School (SIS)

By Aline Rouvroy - SIS - General Services
Photo Credits: Maria Ramirez Clemente, Office of Communication & Community Affairs (OCCA)

On 12 October 2021, the SHAPE International School had the great honor to receive the visit of the NMR Echelon.

The National Military Representatives were greeted by cadets of the Junior Reserve Officer Training Corps (USA High School) at their arrival in the building of SIS General Services.

The programme started with a presentation by Mrs Lutgardis Claes, Director General, about the functioning of the SHAPE International School.

After the signing of the guest book, and a few pictures, the visit to the sections started off with the visit of the USA Elementary School where the visitors had the opportunity to see several classrooms as well as the library.

After this, the NMRs were guided to the new building shared by both Canadian and British School Units, a typical example of integration as promoted by SIS. They were welcomed by the Head Teacher of the British School and the Principal of the Canadian School, and were also escorted by the student representatives from both schools.

Further to that, the delegation visited the German School where the Principal led the group to a science lab and explained how her section is organized. The visitors received a photograph made by students in their art class as a keepsake.

As a conclusion of the programme, the NMRs were welcomed at the Four Nations building, dedicated to the Norwegian, Italian, Polish and Turkish sections. A much appreciated singing and dancing show had been prepared by the children of the Norwegian School to their intention.
On October the 9th, the “Amigo de España” award was presented to Father Remo Pristin at the SHAPE CLUB. The award ceremony took place on occasion of the Spanish community at SHAPE gala dinner celebrating the Spanish National Day.

The “Amigo de España” award was established in 2019, to recognize those non-Spaniards who have demonstrated their affection for Spain by providing support to its Community. This year, the award went to Father Remo Pristin, an Italian Capuchin friar, who has been serving the Spanish community spiritual needs for more than 20 years. Father Remo, a very well known person, treasured by the Spaniard Community at SHAPE, has been unconditionally serving for that long period the needs of our families, both in joyful occasions and in the painful moments of personal loss. This award conveys our love and gratitude to such a remarkable friend of Spain.
On October the 12th, a military ceremony was held at SHAPE to commemorate the Spanish National Day. The event was presided by Major General Rodriguez Roca (DCOS STREN and ESP SNR) and was attended by several Flag Officers from SHAPE.

This commemoration started in 1987, when the Spanish Parliament established the 12-O as the National Day to commemorate the historical moment in which, being Spain on the verge of concluding the integration of all its kingdoms under the same Monarchy, it started its linguistic and cultural projection beyond the limits of Europe. During the ceremony the Spanish NMR, Brigadier General Chueca, stressed the importance of this celebration for the Spanish military personnel, and the significance of the ceremony for those Spaniards who work at SHAPE. He finished by encouraging the Spanish contingent to keep improving NATO by their day-to-day work, giving their maximum from the position of each one occupies through the rewarding collaboration with the rest of the allied personnel.
Greek National Day
Ochi (OXI) Day
By GRC KASTELLIANOS Nikolaos OF-4

On Tuesday 28th of October, a Holy Liturgy was held at Orthodox Church of Saint Nectarios in Mons, in order to celebrate the 81th anniversary of the Ochi (No in English) Day. In the act of remembrance the majority of Greek community of SHAPE and Greek residences of Mons participated in this ceremony for the first time, after the burst out of Covid-19 Pandemic. The ceremony concluded with the Message of Greek Minister of National Defence Mr Nikolaos Panagiotopoulos, which was read by a GRC Officer. In this message Greek MoD emphasised the meaning of the Day, praising the National Armed Forces, called them «The sword of Greece». As he highlighted:

«The national Armed Forces are powerful, combative and poised, sending a powerful message of deterrence, to every direction. The security of our country is being achieved not only by the upgrade of military equipment and the vigilance of all GRC military personnel but also via diplomacy such as the sign of significant Strategic Cooperation Agreements with USA and France».

The «Ochi» Day which is called «OXI» in Greece is come from Prime Minister of Greece, Ioannis Metaxas’s refusal on 28th of October of 1940, to the Mussolini’s blackmail who demanded to use Greece as base for his offensive plans against neighbouring countries. The answer of GRC Prime Minister to the Fascist ambassador in Greece who delivered the Mussolini’s message was: «No we will never permit that» and as he was confident about Greek Armed Forces and the willing of all Greek population: «So from now and on we are at war».

This evolution was fully predicted by the national information agency, particularly after the provocative action of Fascism Government, which ordered to torpedo the Greek warship «Elli», as it was in the port of island Tinos on August 15th, 1940. Elli was anchored in the port of island to participate to the exceptional meaning religious ceremony, the Dormition of Virgin. This action neither frightened Greeks nor gave them the excuse to surrender. On the contrary it revived their moral and it speeded up the preparations for war.

The refusal of Greece to surrender to the Axis Powers, very quickly turned into an enthusiasm action by the Greek population, who immediately took arms to defend its homeland and families. The result of that was the transportation to the battlefield of 230.000 soldiers most of them spontaneously, although the Fascism Information Agency had predicted that Greek Armed Forces couldn’t manage to mobilize more than 30.000 soldiers.

It was 28 05:30 October 1940, two hours before the blackmail of Mussolini was expired, that the stationed Fascism troops in Albania attacked to the Greek boarders with their most trained and equipped military formation, the 3rd Alpin Division «JULIA» (Italian: 3a Divisone Alpin «JULIA»). This Division was a formation of the Royal Italian Army during WWII, which specialized in mountain warfare and was highly decorated elite mountain corps of the Fascism Army, comprising both infantry and artillery units.

Against this formation, Greek Armed Forces had poorer equipment and less specific training of this kind of war but on the other hand they had the initial advantage of shorter lines of communications and supply, better discipline, higher morale and high acknowledged of the battle field. Additionally from the first time of the war Greek Armed Forces were more concentrated to their mission, the fire of the artillery support were more accurate and the superior of Greek Leadership was obvious at every stage of the battle.
By the fully support of Greek population and the logistic network of women who transferred ammunition, food supplies and helped injured soldiers, all the aforementioned advantages fully overcame all the disadvantages. After extraordinary battles that took place all over the battlefield, Greek Armed Forces not only managed to seize the offensive violence of Fascism Forces but also since the middle of December they had occupied the one third of Albanian territory. This was the first real defeat of Axis Powers and forced Hitler to engage a huge number of Nazi Forces in order to occupy Greece in an effort to restore the fame of unbeatable Coalition, with significant impact to the evolution of WWII.

October 28th, 1940 indicates the faith of Greek population in the ideals and values of their history such as the belief of freedom and human dignity, the sense of responsibility for defence of Homeland and the vigour that overcomes fears and fuels hope. All this in conjunction with the discipline, the faith to the unity and the combativeness of Greek soldier, can overcome all difficulties and pave the path for victory. In our era with all this hybrid threats we have to confront not only as separate Nations but also as an Alliance, we have to learn from our history and use all this paradigms as lighthouse for future decisions and actions.

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29th October 1923:
Republic Day of Türkiye
By HASER, Burak Emre OF-3 TUR-Army

“Gentlemen! We shall declare the republic tomorrow”

That is what Türkiye’s founder Mustafa Kemal ATATÜRK said on the night of October 28th, 1923 as he addressed lawmakers. One day later, on 29 October 1923, it was proclaimed by the Grand National Assembly of Türkiye (GNAT) that the form of government in Türkiye would be republic and its official name to be the Republic of Türkiye. On the same day, ATATÜRK who led Turkish War of Independence between 1919 and 1923, was unanimously elected as the first president of the Republic of Türkiye. In essence, Türkiye had effectively been a republic since the establishment of the GNAT on 23 April 1920 upon the principles of popular sovereignty and the rule of law. The official proclamation of the republic, therefore, consolidated these principles and sealed the governance model of the country with law, eventually bringing its founders ideal and words to life “Sovereignty unconditionally belongs to the nation”.

As addressed at his famous quote: “We do not need anything, we need only one thing: To be hardworking!” following years passed in the light of ATATÜRK’s principles and his revolutionary leadership. The newly founded republic accomplished numerous of enormous tasks and made significant progress within political, social, legal, cultural and economic aspects of life in short time. With this momentum, Türkiye implemented broad reforms ranging from education system and state administrations to legal regulations and further to industrial and agricultural developments which directly affected the economic growth. The principle of equality of all citizens before the law became an essential feature of the Turkish Republic. Most significantly, Türkiye, in 1934 was one of the earliest countries around the world to ensure equal political rights to women with men to elect and be elected as deputy, the right to participate in municipal elections was in practice even before. The proclamation of the Republic, ultimately, led Türkiye’s way to a secular, modern and democratic country, as it’s today.

Traditional Celebrations

Since 1923, Türkiye celebrates Republic Day every year on October 29th with excitement and enthusiasm. All state institutions, nongovernmental organizations as well as private companies commemorate the Republic Day. While municipalities decorate streets and cities, people decorate their houses with Turkish Flags. Schools hold events previous to the date; children take the stage, draw paintings, write and sing poems with the themes of ATATÜRK and the Republic. Similarly, many institutions and individuals organize various exhibitions and events for weeks to commemorate the history of the Republic and those who fought for it. Traditionally, on October 29th, commemorations start with the state officials visit to Mausoleum of ATATÜRK (ANITKABİR) in the morning. Simultaneously, local administrations organize ceremonies and parades in each city and town. Musical bands perform across the country to mark the day. Thousands of people celebrate this special day by attending these performances and participating in traditional processions with flags. Many people visit ANITKABİR to show their gratitude to the founder of the country. At the end of the day, commemorations end with receptions held by the state officials in Ankara and by embassies all over the world. Yet, the enthusiasm and glow of the public continues for days.
98th Anniversary of Republic Day

In 2021, Türkiye commemorated 98th anniversary of Republic Day throughout the country. This year’s celebration of Republic Day, however, was unprecedented under the shadow of the COVID-19 pandemic, but the fervor was still there. Across the country, streets were adorned with Turkish Flags and ceremonies were held in every city under the pandemic regulations with masks and social distancing. From the quiet depths of Lake Van in the east to the vibrant streets of Istanbul in the west, Republic Day celebrations were everywhere in Türkiye. The Ataturk Cultural Center (AKM), a landmark of Istanbul, reopened its doors on Oct. 29th, with the “Mimar Sinan Opera”. Mapping and Light Shows was seen on famous Galata Tower in Istanbul and balloons took off in Cappadocia in the memory of Republic Day.

The Republic Day of Türkiye was also commemorated in other countries and in SHAPE. Ceremonies and parades were held in Turkish Republic of Northern Cyprus, Turkish Flag was reflected on the famous buildings of Baku, the capital of Azerbaijan and the historical library of Vijecnica in Sarajevo, the capital of Bosnia and Herzegovina. Celebrations at SHAPE spotted joyful scenes. Turkish NMR Brigadier General Birol ARSLAN gave a speech about 98th anniversary of The Republic Day on ECHELON meeting, Turkish Armed Forces personnel held a ceremony on Oct. 29th and Turkish delight was presented to guests at SHAPE. The Republic Day is a public holiday throughout Türkiye, commemorating the proclamation of the republic remembering the eternal words of Mustafa Kemal ATATÜRK: 98th Anniversary of Republic Day

“One day my mortal body will turn to dust, but the Turkish Republic will stand forever.”

Turkish Republic Day Celebrations, SHAPE
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SHAPE Village Inauguration

By John Dehon - Housing Management Section
Photo Credits: SHAPE/ACO Public Affairs Office

October 19

The reconstruction project for the 600 dwellings in SHAPE Village started in 2020 with the demolition of 84 apartments and almost 200 garages. This project is scheduled to be achieved in 3 phases from 2020 until 2026 gradually replacing the existing and aging estate. With the demolition of 264 houses and 336 apartments, the construction of 300 new houses and 300 new apartments will be integrated in a totally redesigned environment adapted to the needs of the tenants. This environment will be provided with wide green spaces and large open areas designed to favor soft mobility and thus ensure the well-being of the families.

These buildings will be equipped with efficient heating systems as well as thermal and acoustic insulation, which will enable them to obtain a high efficiency label.

It is also interesting to point out that unlike the old accommodations, the kitchens will be equipped with electric household appliances.

The SHAPE authorities inaugurated on Tuesday, in presence of the Belgian Ministers of Finance and Defense, the 2 first new houses of SHAPE Village. However, the first few houses will not be offered to people on the waiting list before mid-December this year.
Supreme Allied Command Transformation (SACT) visits SHAPE

GENERAL PHILIPPE LAVIGNE

By Office of Communications & Community Affairs (OCCA)

Photos: Courtesy of SHAPE/ACO Public Affairs Office & OCCA

General Philippe Lavigne, new Supreme Allied Command Transformation (SACT), visited SHAPE on Wednesday, 20th October. During his first visit to Allied Command Transformation (ACT) Staff Element Europe (SEE) in SHAPE he was invited to a lunch hosted by BGen Franz Chapuis, Director of SEE and DACOS Defence Planning.
After attending the hosted lunch, General Lavigne was warmly welcomed with an Honour Guard by General Tod D. Wolters, SACEUR, which followed with an office call among the Heads of the two NATO Strategic Commands.
This visit strengthens the ties between ACT and ACO and reinforces the cooperation in benefit of the joint Alliance at all levels. The existing interaction and synergies amid both Strategic Commands provides the forum for continued support on a short, medium and long term basis.

General Lavigne concluded his visit with an address to the ACT SEE community at SHAPE on a ceremony held at the Montgomery Auditorium where commendations certificates were delivered to some of the SEE team participants for their outstanding achievements.
The names of the awardees are as follows:

1. Defence Planning Target Review (DPTR) branch represented by LTC Pedro SANTOS (POR) for NDPP Step 3 success.
2. CDR Vicky MANDERS TRETT (GBR) Coordination and Support Cell (CSC) branch head.
3. CDR Finn LARSEN (DNK) of Defence Planning Requirement Determination (DPRD) Branch.
4. CDR Alessandro PAPA (ITA) of Defence Planning Requirement Determination (DPRD) Branch.
On Wednesday 27th October, Deputy Supreme Allied Commander Europe (DSACEUR), Sir General Timothy Buchard Radford, was presented with the Serge Lazareff Prize – Legal Services by the NATO ACO Office of Legal Affairs Director, Mr. Andrés Muñoz Mosquera. The British National Military Representative at SHAPE, Brigadier Jonathan Biggart, Brigadier General Pavel Kriz (Senior Legal Advisor at the NATO ACO OLA) and members from DSACEUR Office were also present at the ceremony.

General Radford’s sensitiveness for legal matters affecting the decision-making process makes him an exceptional NATO leader. DSACEUR is always taking into account in his decision the short and long–term legal risks that make affect SHAPE and the Allies. His legal awareness makes him meritorious of the Serge Lazareff Prize for Excellence for Legal Services.

Since 2017, the NATO ACO Office of Legal Affairs hosts this Prize which aims to recognize the efforts made by people (both lawyers and non-lawyers) to achieve common interests and concerns within and outside NATO. The NATO ACO OLA wants to inspire individuals to pursue this path of collaboration, research and work by taking pride in hosting this Prize. SHAPE and the NATO ACO OLA once again congratulate Deputy Supreme Allied Commander for this well-deserved Prize and wishes him all the best for future endeavours.
Lecture by Ms. Anne Verhelst on NATO Institutionalization to NATO ACO Legal Advisors

On Tuesday 9th November, Ms. Anne Verhelst (Research Foundation Flanders (FWO) and Researcher at Ku Leuven) gave a lecture on NATO and International Institutional Law offering a critical appraisal of the Alliance’s legal and institutional foundations and transformations at SHAPE. Ms. Verhelst reminded the unique and sui generis status of NATO and explained different national and international judgements that have assessed the expansion of NATO activities in relation to the North Atlantic Treaty, such as the German ruling from the Constitutional Court on strategic concepts. She put special emphasis on how these judgements evince that NATO has been acquiring new functions based on subsequent strategic concepts. On the other hand, the process for the admission of new NATO members was discussed and how established practice among members (within decades) shapes the Rules of the Organization (RoO) step by step.

ACO legal advisors exchanged fruitful discussions with Ms. Anne Verhelst, who has been cooperating with SHAPE since two years ago as part of the Legal Clinic Cooperation Programme that the NATO ACO OLA holds with Ku Leuven University. These academic talks are a unique opportunity to gather both practitioners and scholars and enhance legal knowledge. Countering hybrid threats requires having a 360-degree picture of existing international law, both conventional and customary, and these activities enable the Alliance to be ready for the challenges ahead.

e-LAWFAS Training in Aix-en-Provence

The International Society of Military Law and Law of War held the ‘Dealing with tensions, crisis and war in accordance with international law and humanitarian principles’ international conference in Aix-en-Provence (26-30 October 2021). This conferences gathered military and scholar experts (Wolff Heintschel von Heinegg, Michael Meier, Tobias Vestner, Yvette Issar, Aurel Sari, Paul Ducheine, among others) where they discussed current challenges for military operations such as Fighting non-state actors, Military activities within Outer Space, Hybrid Threats to Maritime Security, Emerging and Disruptive Technologies or Civilians Trapped in Hostilities. These events are an excellent platform to exchange ideas and concerns among scholars and legal advisors from nations and international organizations. LAWFAS held a presentation e-LAWFAS Team provided a presentation on its functionalities to the scholars and practitioners present during the conference. The audience welcomed the training received and exchanged ideas and opinions with the e-LAWFAS Team regarding the pillars of this capability. e-LAWFAS has played an essential supporting role throughout NATO legal community (and nations) during the COVID-19 in order to fulfil their daily tasks in compliance with the information security requirements. e-LAWFAS enables direct paralegal support to more than a 100 legal offices including NATO IS/IMS, Agencies, ACO and ACT headquarters and thirty NATO military representatives offices and other NATO-related personnel.
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“The importance of these NATO Day visits to Partner nations has significant and far-reaching value. They provide invaluable opportunities to learn from each other, consolidate our understanding and reinforce interoperability. The quality, expertise and professionalism of the Azerbaijani forces are recognized at all levels where their contributions to NATO activities are most welcome”

said Rear Admiral Bulent Turan, Deputy Chief of Staff Partnerships Directorate.

“I and my team have been hugely impressed by the level of engagement in our discussions, where following our briefings, a high level of professional awareness has been demonstrated. Furthermore open and fruitful dialogue has taken place where we have discussed current level of cooperation but also explored other areas where we can benefit each other”.

NATO relations with Azerbaijan started in 1992, when Azerbaijan joined the North Atlantic Cooperation Council. This forum for dialogue was succeeded in 1997 by the Euro-Atlantic Partnership Council, which brings together all Allies and partner countries in the Euro-Atlantic area. Bilateral cooperation began when Azerbaijan joined the Partnership for Peace (PfP) programme in 1994. Thanks to regular participation in PfP activities, Azerbaijan has been able to contribute actively to Euro-Atlantic security by supporting NATO-led peace-support operations.

The Azerbaijani Armed Forces have a strong relationship with NATO in many areas having supported the KFOR Mission, the Resolute Support Mission in Afghanistan and future involvement in other NATO-led missions.

They have played a key role in August 2021 when securing the Hamid Karzai International airport during the evacuation of people from Allied and Partner countries and Afghans who worked with NATO.

“Azerbaijan fully understands its role and contributions as a partner in NATO’s operations and activities and we are proud to be part of a wider security framework. This first visit in 2021 after a year marked by the COVID-19 pandemic has been extremely useful and even more important reflecting 27 years of Azerbaijani NATO co-operation. The NATO team has engaged with junior, middle and senior military management to participate in very informative briefings. Every engagements have been a great venue to create awareness in different aspects of the Azerbaijan-NATO practical cooperation which will further contribute to effectiveness of future activities”

said Lieutenant-Colonel Ramil Shukurov, Partner Nation Military Representative for the Republic of Azerbaijan at SHAPE.

Permanent Military Representatives within PD provide a vital role in facilitating NATO Partner events and are crucial in representing their respective countries. The Partnerships Directorate, based in SHAPE (Mons, Belgium), provides an important capability to the Supreme Allied Commander Europe (SACEUR) through the establishment and enhancement of relationships with NATO’s Partner nations.
As the great leader and supreme commander Atatürk said:

We must continue to implement the measures that we’ve enforced to develop and extend our defence industrial capabilities; and we must in particular keep military requirements in mind in the context of our industrialisation efforts.

IDEF 2021, 15th International Defence Industry Fair was held on 17 - 20 August 2021 at TÜYAP Fair and Congress Center which is located in Istanbul, the biggest city of Türkiye, under the auspices of the Presidency of the Republic of Türkiye, hosted by the Ministry of National Defence and under the management and responsibility of the Turkish Armed Forces Foundation, organized by TÜYAP Fairs and Exhibitions Organizations Inc.

IDEF 2021, like all trade shows this year, took into account the constraints linked to COVID 19, but the fair had a magnificent participation despite the pandemic. The 2021 edition brought together 1238 exhibitors from 53 countries, 163 delegations and 614 delegation members from 81 countries have walked the aisles of the show.

IDEF, which is carried out every two years, was first performed in Ankara Türkkuşu Facilities in 1993, but has started to be organized in Istanbul since 2009. In addition to the increase in the number of companies and visitors participating in the fair over the years, Türkiye’s nationalization rate in projects has increased significantly.

As stated by Mr. Hulusi Akar, the Minister of National Defense, in his opening speech, it is an important detail that the nationalization rate has reached 80% within the scope of the projects currently being carried out. With the air weapons and systems projects that will reach a certain level in the near future, this rate is expected to exceed 90%. Türkiye has made great progress in UAV/AUAV systems in recent years and has even attracted attention and admiration throughout the world.

Although Türkiye is not the first country to develop an UAV/AUAV system, it has turned this technological breakthrough into a force multiplier by producing it with its own means, and the Turkish Armed Forces has successfully implemented the results of these efforts in the field. AUAVs, developed by Türkiye and equipped with its own ammunition, have made it possible to achieve significant success in a short time in the fight against terrorism and in the operations carried out in most areas. In particular, these locally and nationally produced weapon systems and smart, sensitive ammunition have a great share in the execution of the operations without harming innocent civilians, the environment, historical and religious structures.
In IDEF 2021, Turkish companies were present such as FNSS\(^1\), OTOKAR\(^2\), ROKETSAN\(^3\), MKE\(^4\), SARSILMAZ\(^5\), ASELSAN\(^6\), TUSAS\(^7\) or HAVELSAN\(^8\). A number of innovations, especially presented by Turkish companies, have made this show a very attractive technological event, which showcases the great dynamics of the local industry, in all fields, with a particular focus on drones, whether terrestrial, naval or air. Another point of interest, Türkiye offered several hybrid military devices and also infantry fighting vehicles, robots, small arms, ammunitions, laser weaponry systems, and many innovations in the naval and air fields.

Through the IDEF 2021, Türkiye, one of the most powerful members of NATO has once more showed its unique characteristic that inspires trust in its allies and fear in its enemies. In the future, whilst Türkiye continues to strengthen in defense and weapons technologies, it will continue to contribute to the power of NATO.

\(^1\)FMC-NUROL Defense Industry  
\(^2\) Automotive and Defense Industry  
\(^3\) Rocket Industry and Trade  
\(^4\) Mechanical and Chemical Industry Corporation  
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Keep Your Eye Open:
Broken or Breached

 Courtesy of ACCI SHAPE Field Office

It happens all of the time. You are talking to a loved one your cell phone, when all of the sudden it does something strange. Perhaps, it drops the call in the middle of your conversation. Sometimes, it may echo the words you are saying. Other times, the words you say seems to be recorded and played right back to you. Unfamiliar applications may show up on your screen. Are these are basic electronic errors, or is this the work of the adversary using your cell phone to gain information about you, your family or your job?

Given the frequent upgrades in cellular phone technology, electronic errors can happen all of the time. Nevertheless, there are instances where the adversary can use your cell phone against you or your unit. When your cellular phone is used by adversarial forces, your mobile device is called “compromised”. This means that the nefarious actors have found a way to get information from your phone without your knowledge or consent. It happens more than you think. This is especially true if you have recently traveled to countries outside of the European Union.

Once your phone begins to malfunction, how can you tell if it has been compromised, or is simply broken? Here are some tips to note:

**Your mobile device may be compromised if:**

1. Your mobile device battery usage is very high. If you have a modern cell phone, you should expect about 6-8 hours of battery life before recharging. This is especially true if you are at home using your Wi-Fi, and all Bluetooth and unnecessary apps are not in use. However, if you fully charge your battery, and it is indicating a low battery after an hour, this could indicate either a faulty battery, or another source draining your phone’s power. Tip: Check the data or text (SMS) usage. If it is higher than you are expecting, you should have the device examined.

2. Your mobile device runs abnormally hot. This may not apply if you frequently use high end applications such as mobile gaming for more than 20 minutes. However, if you only use your phone once or twice a day to check the news or social media accounts, your cell phone should not operate at high temperatures. Tip: If your cell phone runs hot (like a stove burner), check your data usage. If it is high, your phone could be compromised.

3. New applications on your phone. If you notice that there are unfamiliar applications on your phone, first check to see if a loved one installed them, or they are automatic with a technological upgrade. If neither of these apply, your phone could be victim to a malware app used to get information. Tip: Research the unknown app to ensure it is safe. If you are concerned, have your cellular phone examined.

4. User device connects to a 2G network, despite being in a country with 3G or 4G connectivity. It is highly recommended that no mobile device operate on a 2G network due to the vulnerabilities inherent with 2G network connections. Tip: Shut down your device immediately and do not power it up again until you are out of the area. Continuing to operate on a 2G network can lead to your device being compromised.

5. Applications open and operate by themselves. If you notice that an application is opening and operating without your direct input, turn your device off IMMEDIATELY. Do not turn it back on until you have spoken to your local Counterintelligence unit. Your phone has definitely been compromised, and needs to be examined.

**Usual occurrences that DO NOT mean your device is compromised:**

1. The device is on 3G or LTE network and you hear an echo or repeat of your conversation while talking on the phone. This is not a direct indicator of compromise. It can mean that the device is moving between cell towers and is lagging.

2. The mobile device receives duplicate emails or texts. This is a common technological error.

3. The user receives calls from unfamiliar numbers. At times, a user will receive a call connecting them to a switchboard or simply hear the other line hang up. There have been high instances of this from country codes 686, 678,676,674,372 and 216. These are scammers. The criminals only receive money, if the user calls the phone number back. Tip: Block the number. If the calls continue, consider changing your phone number.

If you feel as if your mobile device has fallen victim to compromise, please do not hesitate to contact the SHAPE Field Office for assistance. Please be prepared to tell them how often the strange occurrence has happened, places you have traveled before it occurred, and the last time the event took place. The Allied Command Counterintelligence Team is here to help.

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From your Community police

What you should know about biking in Belgium

Cyclists use the road all year, here in Belgium. It is important to know a few tips about bicycle safety and regulations. Your bike must be equipped with a bell to signal your presence; and good front and rear breaks for your safety.

You are required to have a white front light and a red rear light; and a front white and a rear red retro-reflector to ensure you are visible. Reflectors on the pedals, in the wheels or tires with reflective sidewalls are also required. As for you, the cyclist, even if not mandatory by law, it is recommended to wear bright, self-reflective clothing and a helmet.

All children under the age of 10 may use the sidewalk with their bike. All other riders must use the road.

Child car seat clinic!

On November 23\textsuperscript{rd} 2021, from 1000 hrs to 1400 hrs, come to the Carrefour parking to have your child car seat inspected by the International Military Police and SHAPE Federal Police.

Stay safe!

Source: Shape directive TRAFFIC AND PARKING REGULATIONS; number 100-001

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SHAPE International Band
By Sergeant McKay (U.S. Army)

The SHAPE International Band is a joint-service, international military band comprised of twenty musicians representing NATO member nations, dedicated to performing in support of SHAPE, SACEUR, and the NATO Alliance. To mitigate the spread of COVID-19, the SHAPE International Band has temporarily postponed some upcoming public performances. However, as operations slowly resume, we are once again performing for official and public functions – some of which are featured here.

Unveiling

Radmila Šekerinska (North Macedonian Minister of Defense) and the SACEUR, General Tod D. Wolters (U.S. Air Force) in front of the SHAPE International Band.

The SHAPE International Band helped welcome North Macedonia as the newest member of NATO by participating in the unveiling ceremony of Skopje Street in honour of their capital city. The North Macedonian Minister of Defense, Radmila Šekerinska, spoke of their commitment to NATO and their 30 year endeavour of diplomacy and sacrifice that their inclusion represents.

Halloween

The SHAPE International Band had the opportunity to support Trunk Or Treat at the 3 Star Recreation Center in Brussels with a performance from the show band TFX. In addition to the fantastically decorated trunks, they had hamburgers and hotdogs as well as a costume contest. Members of the SHAPE International Band dressed up as well to get into the spirit. It was a fun night for family and friends to enjoy Halloween.

Spanish National Day

The SHAPE International Band had the chance to produce a video in collaboration with Captain María del Mar Moreno Omiste (Spanish Army) to celebrate Spain’s National Day. It is a day to celebrate Spain’s culture, history, and contributions to the world. The day, October 12th, was chosen in commemoration of the day Christopher Columbus first landed in the Americas, initiating the permanent connection between the hemispheres. Captain Moreno sang “El Universo Sobre Mi”, a song about wanting to be free to choose what you want to do and who you want to be. Check out our other videos on our facebook page, https://www.facebook.com/SHAPEInternationalBand.
Band Member Spotlight: SFC Miguel Davis

Sergeant First Class Miguel Davis was born in Caracas, Venezuela and moved to London, England in his childhood. In 1992 he moved to the United States and began his musical journey in South Florida.

He is a musical by-product of the Royal College of Music in London and has been featured as a Concert Pianist, Choral Conductor, and Vocalist in Europe, the Caribbean, and the United States.

In 2009 he enlisted in the U.S. Army and has served with the Army Bands at Fort Rucker, Alabama, USA; Fort Wainwright, Alaska, USA; The United States Army Training and Doctrine Command Band at Fort Eustis, Virginia, USA; and as Senior Instructor at the United States Army School of Music.

Throughout his career he has performed for many high profile dignitaries to include United States Vice Presidents Pence and Cheney, and was honored to be selected in 2009/2010 as keyboardist and vocalist to deploy to Kuwait with the USA Express Band (United States Naval School of Music), to inspire and motivate our troops overseas. At the SHAPE International Band, Sergeant First Class Davis performs as the keyboardist in the NATO Jazz Orchestra, Task Force X, NATO Jazz Combo, and solo piano missions.

Want to request the SHAPE International Band?

☎ 0032 065/44 3322
✉ shapeband@shape.nato.int

Visit our website: shape.nato.int/shapeband, download our request form and email it duly completed to us!

The SHAPE International Band features the following ensembles:

**NATO Jazz Orchestra:** Large jazz ensemble performing big band music from the 1930's through today.

**NATO Jazz Combo:** Small jazz ensemble performing R&B and traditional & modern jazz.

**Solo Vocalist:** Soloist performing anthems for ceremonial and official events.

**Solo Instrumentalist:** Soloist performing a variety of styles for socials, balls, and official events.

**Task Force X:** Show band performing Popular, Rock, and Dance music for large events.

**NATO Chill:** Small popular music group specializing in soul and contemporary classics.

**Ceremonial Band:** Traditional military marching band performing marches, anthems, and ceremonial music for large indoor and outdoor ceremonies.

**NATO Brass Ambassadors:** Small ceremonial brass ensemble performing anthems, marches, and chamber music.
I don’t attend church. I’m not religious. But I’ve been chasing a 12th century nun around Germany.

A few years ago on a chilly October day I discovered Hildegard of Bingen, or at least an abbey and trail along the Rhine River bearing her name. I wasn’t particularly hungry, matter-of-fact I remember wishing I was. Entering the abbey’s cafe, I was greeted by the scent of earth tinged with sweetness. Chestnut soup. A nun ladled the homemade “soup of the day” into a bowl and placed it gingerly on a tray in front of me. I plucked a small bottle of Spätburgunder wine from a basket. I would discover later, the sisters tend and cultivate the vineyards on the property. I paid for my meal and shuffled on to a table under a painting of Mary and baby Jesus. I’m not one for the darkness religious art often carries, but the vibrant palette of colorful strokes made this piece feel alive, happy even.

The soup matched my mood in shades of muted gray and beige. It didn’t look particularly appealing, but it was served by a cheerful nun, so I ate. And I ate. I mopped up the puddles left with the slice of dinkel bread that appeared at my table. In between bites, I drank the garnet wine. For the first time since moving to Germany, I felt nourished. By what? I couldn’t say. It didn’t matter. I left the cafe with a sense of satisfaction and a lighter disposition. Before leaving the grounds I found myself in the abbey gift shop, a large light infused space filled with beautiful works created by the sisters: statues, paintings, pottery, and jewelry culminating into an abundance of color. As I made my way through the store I noticed packages of consumable Hildegard locally sourced remedies: lavender, fennel, hyssop, nettle, dinkel, galgant and dandelion. Moving along, there were dozens of books on Hildegard and a wine shop tucked into the back corner, where nuns poured tastings. All this made me more curious - who was Hildegard? Their book selection was abundant, but only one was in English, a small children’s picture book.

I took home two bottles of red wine, and the picture book. Since that cold fall day, I’ve returned to the abbey many times, read multiple books on Hildegard and spent time in a museum dedicated to her. I continue to be inspired and mesmerized by a woman many have never heard of.

Hildegard of Bingen, An Autumn Tincture

By Judy Rae Merhar
What makes her special? Depending on where you search, the answer changes. Hildegard was canonized by the Catholic church on May 10, 2012, but I don’t believe the title “Saint” is her crown and glory. Poet, philosopher, prophet, abbess, polymath, and physician - these are the words that drew me into her realm. Add to her resume: composer, herbalist, healer, painter, and mystic and you’ve got a “Renaissance Man” that didn’t exist during the 12th century. Her varied interests and depth of knowledge continue to inspire nine centuries later. In 1979 when American artist Judy Chicago created her famous installation, The Dinner Party, which celebrated monumental females throughout history, guess who has a place setting on the table? Hildegard of Bingen. She was the epic “Medieval Woman.”

While the Eibingen Abbey nuns did not relinquish their chestnut soup recipe, I’m happy to share the one I whipped up in my kitchen. I hope this hearty nourishing soup finds a seat at your table and brings comfort where it’s needed. This is Autumn’s bounty in a bowl.

From SHAPE With Love
Your monthly Recipe

Ingredients:

- 1 Tbsp vegan butter (or oil)
- 2 shallots chopped
- 1 large leek chopped
- 1 large carrot chopped
- 1 lb. potatoes cubed
- 500g shelled roasted chestnuts (reserve a few for garnish)
- 6 cups vegetable broth
- 1/4 tsp ground cloves
- 1 tsp ground celery
- 1/4 tsp ground ginger
- 1 tsp salt
- 100g soft tofu
- 1 Tbsp maple syrup
- Handful of chives (for garnish)

Preparation:

1. Melt the butter/oil in a large pot. Add shallots, leeks and carrots. Sauté the vegetables for approximately five minutes.
2. Add potatoes, chestnuts, broth and seasonings. Bring to a boil, then simmer for 25 minutes. When potatoes easily split with a fork, puree soup with an immersion blender, then add tofu and continue pureeing until smooth and creamy.
3. Garnish with chopped chives and reserved crumbled chestnuts. Enjoy.

*Note: Be sure after chopping leeks to rinse in cold water to remove dirt/sand.
Concerts, Theater, Comedy shows, Dance,… It’s all happening at the ‘Théâtre Royal de Mons’

The beautiful Théâtre Royal de Mons, of neo-classic style, was inaugurated in 1843. At that time, this theater with warmed colors, had a big place in the heart of people with their operas, operettas. This cultural place in Mons has known a lot of transformations year after year. Today, the theater showcases all types of shows, with an improved acoustic quality and more comfort for the spectators, permitting access to everybody, also for people with reduced mobility! Culture must be accessible for everybody!

I had the chance to interview Mr Salvatore Anzalone, the Director of the Theater. Let’s discover his career together, how the leading of shows works and how culture has lived during the Covid Period.

Mr. Anzalone, you have been the Director of the TRM (Théâtre Royal de Mons) for a little over 4 years now, but you have also been the manager of the SPRL Médiascène for over 25 years. The world of entertainment no longer holds any secrets for you… Could you please describe your professional career in a few words and your arrival at TRM?

I arrived at Les Halles de Jemappes in 1991 where I started my first shows. Then, because the Halles were “requisitioned” to welcome the basketball club “Mons-Hainaut”, I moved to the Edgard Hismans Hall in Quaregnon. In 1998, I received a proposal from the City of Colfontaine to operate the Espace Magnum. Finally in 2017, I became the Director of the Théâtre Royal de Mons. In the meantime, in 1993, I created the company Médiascène which organizes shows all over Belgium…

As Director, can you explain your daily tasks and responsibilities? How many people are in your team and what are their profiles?

The tasks are diverse, ranging from the programming of a season (looking for artists on tour), the preparation of ticket sales, the promotion of shows, but also the maintenance of the building, the logistics of the infrastructure etc. I am assisted by four technicians and an assistant, as well as a cleaning team. Every week we have about 20 freelancers working for us (press officers, catering, drivers, technicians, etc.)

How does the programming of a season work? How do you decide which artists and shows will be presented? Are you contacted by the artists’ agents or do you have a calendar of upcoming artists or shows and do you offer to book them?

There are several ways and you have mentioned them in your question. Either we are contacted to inform us of an upcoming tour of an artist, or we keep up to date with the artists on tour and solicit them.

On the evenings of the shows, how is the preparation day that precedes them?

In the morning, the trucks with the technical equipment arrive around 8am. The handlers unload them and the technicians install the material. Around noon, the equipment is installed, the technical team has lunch and from 1:30 pm onwards, the adjustments begin. Usually around 5pm, the artist arrives at the theater and the rehearsals begin from 5:30pm until 6:30pm.

At 6:30 pm, the public reception team arrives (hostesses,…). At 7:00 pm the doors are opened. The public enters and the show starts at 8pm. Around 10pm, the show is over, the technicians dismantle the equipment and the handlers reload the truck.

How did you live during the 18 months of closure of the Theater, following the COVID-19? Many shows had already been scheduled and paid for by the audience. How did you manage the deprogramming, postponements and refunds? It must have been a titanic task…

It was a succession of feelings, since the rules changed from month to month and one time we thought it was going to work out and the next month we were disappointed. For the postponements, we didn’t have too much work because the ticketing is managed by Ticketmaster and they are the ones who did the work. On our side, we had to find new available dates to reschedule the postponements.

On September 4, 2021, the TRM was finally able to reopen its doors and relive the joy and excitement of its first post-pandemic show. How did you experience the event? Did the audience respond?

We were naturally happy. And the audience was just as happy…
The 2021 program is complete until the end of December, and the 2022 program is already well developed, with shows scheduled until November 30. This promises beautiful cultural moments, emotion and sharing. Despite the official imposition of the health pass on October 15 and the rise of some cultural actors who oppose the measure, it seems that you have already adopted the control of QR codes, given the big productions planned at the TRM. Are you satisfied with the revival of the sector despite this measure? Are ticket sales for future shows good?

The health pass is only a problem for 2 or 3% of the population and we find that at the show level, 2 or 3 cases out of 1000 people that can cause a small problem and are easily resolved. People continue to buy their tickets +/- normally.

I have read that you have resigned as Director of the TRM until 2029, a great proof of your confidence, your involvement, your passion and your professionalism. How do you see the continuation of this journey at the head of the Theater? Are you confident in the future of the sector, now that the worst seems to be over?

I think that we will still be operating between two waters for another year or so, before we can hope to return to a certain normality. For my extension, it is indeed a recognition of the work done in this place that had been asleep for almost 20 years.

Thank you very much for your collaboration Mr Anzalone, I wish you the best for the future and we will come without a doubt to attend the big shows announced.
“The Show Must Go On!”

Interview with Brett Harwood, new Artistic Director at SHAPE Performing Arts Centre

By Nicola Knight

It is apt, during these Covid times, that I should meet SHAPE Theatre’s new Artistic Director, in a lifeless, empty auditorium. We sit at an awkward social distance, among rows of plush red velvet seats, before a lifeless stage. The only performance to be heard is a lawnmower through the fire-exit doors, wide-open for Covid ventilation.

With good humour and a twinkle in his eye, softly spoken Brett Harwood experiments with shutting the doors. This is just another minor challenge to add to the list of many which have beset the world of theatre.

New in post and fresh from his success as Special Events Coordinator, Chievres, (the September 2021 Airfest, attended by 17,000 people, his pièce de résistance), Harwood, aged, as he says with a wry smile, “somewhere between 30 and death”, is hitting the ground running. Last month he swept the floor in the US Army One Page Play Festival. Out of a field of 12 contestants, he brought home prizes for “Best Show” and “Audience Choice Award for Best Show” for a short play written, cast and directed by him within 24 hours. Quickly pointing out that he has big shoes to fill, his self-deprecating manner lavishes praise on his predecessor, Dan Lamont. Together with Associate Director Olivier Galloo, Harwood believes they created “the best performing arts school in Army theatre anywhere in the world.” Having spent many years working in Army theatre in Stuttgart and then the South Pacific theatre anywhere in the world.” Having spent many years working in Army theatre in Stuttgart and then the South Pacific before arriving in SHAPE, he should know.

After 5 years away from community theatre, Harwood feels he has returned “home” to where he belongs. Thrown in at the deep-end with a production of Annie, one of the most ambitious feel-good family musicals, already in full swing, his passion is palpable. His eyes light up, laughter lines twitch skywards, and his face becomes animated as he talks about the power of theatre and what it can do for people.

“I absolutely adore the work. It’s a joy to work with kids and soldiers and watch them better understand themselves, becoming more confident in their delivery. Theatre teaches you to walk out on stage and do something scarier than death!” he laughs. “It allows you to practise presentation and to learn from great orators – many of our Presidents were great military men.”

The way you speak to people says a lot about leadership. It’s equally important for the young boy with a stutter or the shy girl at the back of the class. Even if you’re not the one in the limelight, but you’re in the cast, you learn to pick up confidence traits and carry them over into your personal life.

“I love watching the parents’ faces, too, when they see their children transformed on stage,” he chuckles, “they say: ‘in one hour you did that?’”

Visibly moved, he stops to show me a video. Two younger siblings of an Annie cast member are running around a kitchen singing a song from the show. “I love the positivity within the community which producing a show like this brings.”

Harnessing this positivity is vital, as Harwood grapples with both Covid challenges and budget cuts. In his words, a “big jewel” like Annie, is “our holiday present for the community”.

“Broadway is back, and we’re coming back BIG,” he says defiantly. “Covid presents many challenges, but we’ll run with it. Annie is perfect after what we’ve been through over the last 18 months – it puts optimism back on our plates. It speaks to our hearts about the importance of family and the need to connect. Every country has been hit hard by Covid – our batteries are so empty.” He draws parallels with the historical context of the show. Set in the time of the Great Depression, in the show Annie influences President Roosevelt’s “New Deal” reforms with her song, “The Sun Will Come Out Tomorrow.”

Under the talented direction of Harwood and Galloo, “tomorrow” for SHAPE Players looks bright. A linguist, speaking fluent German with a good knowledge of French (“in the days before dinosaurs”, he proudly tells me, “I was President of my school French club”), Harwood has big plans for widening international appeal. Many nationalities are represented in the current Annie cast, a trait he wants to encourage by introducing multilingual musical revues. “SHAPE Players is open to anyone with a SHAPE ID card,” he enthuses.

“Music is an international language – a multilingual evening of songs – a concert with a theme, such as love songs for Saint Valentine’s Day, will be a lot of fun and speaks to everyone: no matter what your nationality, you can still come and enjoy it...”

SHAPE Players relies on its ticket sales revenue. Annie is open over two weekends, 3 to 5 and 10 to 12 December. In the words of the song, “...clear away the cobwebs and the sorrow”, embrace some sunshine and book your tickets now. Call Perla Simmons on 06544 Ext 5710 or turn up in person at the Box Office; opening hours are Tuesday, Wednesday, Thursday, 1330 to 1730 hours. With Harwood at the helm, ably supported by Galloo, a warm welcome awaits you. Theatre at SHAPE, post Covid, is poised to come alive once more.
Have you met Ed?

By Jutta Duewel
Photos provided by 4Balzanes ASBL

Edouard is a wonderful maroon Belgian draft horse sharing a shed with his dear friend Shamrock, an almost blind Irish Cob. They were lucky to find a place at the 4Balzanes ASBL animal shelter for old, neglected, ill or mistreated animals. The non profit organisation was founded by Sandra Godfried in 2007.

It all started with helping friends taking care of their horses. Over the years she was taking in more and more old and abandoned animals. This is now home to 18 horses, 17 ponies, 15 donkeys, 3 mules, 2 cows, 11 goats, 12 sheep, 4 dogs, 12 cats, 4 geese, 2 ducks, 12 hens and 3 rabbits.

Most of the animals are rescued from farms in Belgium. Some are taken in on request of their owners. Others are rescued from animal traffickers or markets. Since summer 2019 I am a volunteer at the shelter, helping one day a week with everything that is needed. Over the last 2 years, I saw some really shocking states of animals; coming from ugly places, standing for months in mud and debris, almost starving and dehydrated, hooves grotesquely overgrown, the fur and skin infested and with a very sad and indifferent expression in their eyes.

After a careful examination and treatment in quarantine, slowly you can see the recovery of coming back to life. Not all of them will make it.

The maltreatment could be so severe, that they don’t have the strength to survive. But at least they were offered some blessed time in a warm, friendly and tranquil environment.

Working at the shelter during all seasons, I’ve experienced a lot of different challenges coming with the responsibility of running such a place.

Besides the daily care of all the animals with their basic needs of water, hay, straw and grains, the costs for the Ferrier, the Veterinarian and the permanent medical treatments, there was the hot and very dry spring and summer of 2020, which doubled the prices for hay. There was the icy winter 2020/21 in which the supply of water was critical, cause to the frozen water pipes. There is the constant need of repairs of fences, buildings and stables. The heavy rainfalls this year caused a lot of flooded prairies and damaged alleys. And of course, there was the pandemic with the sudden shortage of volunteers and sponsors. For offering such a safe haven for animals, the 4Balzanes as a non profit organisation is dependent on donations. Therefore it offers several opportunities to get involved. Every Sunday it is open to the public from 1 to 6 pm. You can visit the shelter, see all animals, get information with a coffee and cake or a beer in the cafeteria.

Besides the possibility to donate money, some of the animals can be adopted, that means you can take them in for good.

For the adoption process there are existing strict rules for the safety and wellbeing of the animals. A way to get constantly involved is being a sponsor for one or more animals. For a monthly amount you can choose an animal to whom you would be a godparent to (for example 10€/month for a donkey or pony). That will help cover some of the daily costs for the animal. If you would like to donate new or used equipment in good and clean condition like (covers, blankets, buckets...) or if you have too many apples in your garden - it is always appreciated to bring it to the shelter on Sundays.

As a volunteer, I feel blessed to be part of a wonderful community of people and animals, having a purpose to help and make the life of the sweet big ones and very cute small ones comfortable. There is always one who’s approaching for a cuddle or grooming session. It is satisfying to watch them being happy and jolly on the pastures or relaxed while chewing on hay in a warm and dry box. They all deserve a peaceful life.

If you want to find out more about the shelter, please visit the website www.4Balzanes.be. Find pictures, stories and more information about upcoming events on Facebook 4BalzanesASBL or on YouTube.

CONTACT DETAILS:
4Balzanes Refuge agréé - Chaussée Brunehault 45 - 7060 Horrues /Email: info@4Balzanes.be /Tel: 0032 498 180233
Dear all, this month we will discover a new cell called SHAPE Infrastructure Development Office (SIDO), with the interview of its Cell Head, LTC Martin Hales, who has kindly accepted to answer my questions.

Cyprus, the Falkland Islands, Afghanistan, the United States, Canada, African/South American continents, Europe and the wider Middle East.

How did you get to SHAPE?

My role prior to this assignment was as the Deputy Area Facilities Manager of UK Military Airfields. Due to my key skills and experience I was promoted to Lt Col. I knew that a NATO post at SHAPE was becoming available so I applied for the position, as I considered it a fitting place to complete my last 3 years of service in the Army.

You were Cell Head of Works Coordination and Inspection (WCI) for nearly two years. Now you have a new challenge, you are responsible for a new section called SIDO. Could you please explain why this new section was created, what is this section responsible for, and what will be your main tasks?

You are correct. I was initially posted as the Cell Head of WCI, where I enjoyed working with the team on a variety of interesting tasks for 2 years, like the Gym refurbishment. For the last year I have moved as Section Head of SIDO.

SHAPE has no global centralised infrastructure coordination element encompassing the whole estate to ensure a comprehensive picture, synchronised work and construction flow to coordinate the drivers required to provide long term estate development. ISS in the current setup and tasking is solely responsible for the maintenance of existing infrastructure. NCS Adaptation, the new SHAPE HQ, expansion of the PD, the HN BEL MinFin Housing and other current and future constructions requires close coordination between all entities on the SHAPE Campus. This requirement for coordination covers various areas from traffic flow, security to space management and it is becoming more apparent as the transition phase develops, a clearer picture about the future scope of remaining works and operations is required. Therefore evidence suggests that current infrastructure proposals and developments would significantly benefit from an improved and coordinated approach. COM

Dear Colonel, can you please explain your career to us?

My career in the Army has been what you may consider as being quite long, so I will try to be brief. I first joined the British Army as an Infanteer in 1982, where I reached the rank of Platoon Serjeant. I then transferred to the Corps of Royal Engineers as a Combat Engineer/Plant Operator Mechanic, where I was trained to conduct Bridge Building, Fortifications, Route Denial, Demolition and other essential military field engineering skills. Royal Engineers are trained to be soldiers first, then Combat Engineers and are also trained in an Artisan skill. My Artisan role was as a Plant Operator Mechanic, which was work predominantly involved in road/airfield building and all other related earthwork tasks that you would expect to see in the construction industry. As I progressed through the ranks I eventually qualified as a Civil Engineer in 2000, designated in the Royal Engineers as a Military Plant Foreman (MPF). This role involved the management of civil works from design concept to delivery in a variety of theatres around the world. In 2009, I commissioned to the rank of Captain and acquired the position of a Garrison Engineer, I was still heavily involved in Civil Engineering but now became more involved in Construction, Electrical and Mechanical Engineering. My role as a Garrison Engineer also meant that I would be employed within Facilities Management across the UK Defence Estates. In this role and throughout my career, I have deployed to a variety of places worldwide,
BSG ordered the development of a static and enduring Section within the group to ensure constant Infrastructure coordination for the SHAPE estate.

SIDO is responsible for coordinating construction, rehabilitation, alterations and/or maintenance activities. Representing COM BSG, it provides the liaison function with BEL MoD, POSH, INE, NCIA, NSHQ, SHF, and other local/national agencies. It establishes practices and procedures in accordance with current policies and is capable of drafting policy proposals for approval by authority with regard to receipt, processing and completion of construction, maintenance and alterations to SHAPE installations and support facilities.

SIDO will be the main focus with regard to coordinating conflicts/issues with clients by collating supporting information in order to gain a satisfactory resolution.

Through administrative processes SIDO coordinates asset management, real estate development, work proposals, energy management control, work management systems support and technical design via liaison with other SHAPE agencies.

On behalf of COM BSG, SIDO will also process all Space Management requests and processes for the SHAPE estate outside of the 100 Area.

How many people are working with you in this new section and what will their role be in it?

We are a small team, still in the process of development. It is anticipated that the Section will be at Full Operational Capability, (FOC) by early 2022. The team currently consists of me, 3 personnel and a contracted SHAPE Development Plan (SDP) Baseline Survey Team.

Maj Dominique Servatius, as the Engineer Works Coordinator, is the focal point for all coordinating activities related to BEL Public Utility organisations and projects on SHAPE predominantly regarding those related to BEL – PMT and Ministry of Finance, such as the SHAPE Village regeneration; Mr Robert Devenyi is the Asset Facilities Manager. This work includes recording of all information that is required for each facility on SHAPE with regard to condition, whole service life, occupancy and the future intent of each asset. Currently Robert’s work is closely aligned with the analysis and outcome of the work being conducted by the Baseline Survey Team; Ms Ola Velaj is the Technical Staff Assistant, who is very busy and valued on a daily basis coordinating all the key stakeholders for the delivery of the modular facility that you will see being constructed within the 100 Area.

SDP Baseline Survey Team are a contracted team currently conducting an analysis of the whole of the SHAPE estate to identify and report the potential opportunities and future town planning proposals of the site with regard to environment, traffic management, building potential and efficiency beyond the currently planned major infrastructure works.

What are your expectations or objectives for the future of the section?

In addition to the objectives stated above, as part of the transition to FOC the Peacetime Establishment (PE) adjustment is in the process of administration and SIDO will be further publicised to enable all stakeholders on SHAPE to benefit from its functional role. To enhance this awareness, the office is due to relocate to Building 217 early next year. Once FOC has been achieved, SIDO under my successor will coordinate and monitor the implementation of the REM SLA after the handover of responsibilities in line with the HNS concept, deconflicting issues where apparent to ensure efficient future real estate planning and resources.

For you, what are the main values to succeed as a LTC? What qualities are required?

Primarily, I would say that belief and confidence in your own abilities is a good starting point, never underestimate what you can achieve, if your energy and commitment is pointed in the right direction. In addition, we are mentored to follow the principles of a sound moral code, Courage, Discipline, Respect for Others, Integrity, Loyalty and Selfless Commitment, which if applied are good values to follow in order to succeed. In addition, I have been most fortunate in that I have worked with and for some great people who have supported me throughout my entire career. Something that I will always appreciate and shall miss when I retire next year.

I want to thank LTC Hales for his detailed and interesting answers. This helps us understand how the new cell will be useful for and how important it will be for SHAPE.
1. Managing Your Stress

Everyone experiences stress. However, if it is affecting your life, health and wellbeing, it is important to tackle it sooner rather than later.

**How Can I Identify the Signs of Stress?**

While stress affects everyone differently, there are common signs and symptoms you can look out for according to MentalHealth.gov:

- feelings of constant worry or anxiety
- feelings of being overwhelmed
- difficulty concentrating
- mood swings or changes in your mood
- irritability or having a short temper
- difficulty relaxing
- depression
- low self-esteem
- eating more or less than usual
- changes in your sleeping habits
- using alcohol, tobacco or illegal drugs to relax
- aches and pains, particularly muscle tension
- diarrhoea and constipation
- feelings of nausea or dizziness
- loss of sex drive.

**Three Steps to Take When Feeling Stressed**

It is important to understand the signs to look for when you are under stress. According to MentalHealth.gov, these are the steps that you can take when you find yourself feeling stressed.

1. **Realise when it is causing you a problem**

   - Try to make the connection between feeling tired or ill and the pressures you are faced with.
   - Look out for physical warnings such as tense muscles, over-tiredness, headaches or migraines.

2. **Identify the causes**

   Try to identify the underlying causes and sort the possible reasons for your stress into three categories: 1) those with a practical solution, 2) those that will get better given time, and 3) those you can’t do anything about. Try to release the worry of those in the second and third groups and let them go.

3. **Review Your Lifestyle**

   - Could you be taking on too much?
   - Are there things you are doing which could be handed over to someone else?
   - Can you do things in a more leisurely way?
   - To act on the answer to these questions, you may need to prioritise things you are trying to achieve and re-organise your life.
   - This will help to release pressure that can come from trying to do everything at once.

2. Building Your Winter Wellbeing Plan

1. **Review Your Diet**

   - Follow the 5=2 rule. Eat 5 portions of vegetables and 2 portions of fruit per day. Avoid eating processed and fast foods.
   - Take vitamin D supplements to boost your immune system.
   - There is a growing amount of evidence showing how food affects our mood and how eating healthily can improve this.
   - You can protect your feelings of wellbeing by ensuring that your diet provides adequate amounts of brain nutrients such as essential vitamins and minerals, as well as water.
   - Try not to, or reduce the amount you smoke and drink alcohol - even though they may seem to reduce tension initially, this is misleading as they often make problems worse.

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**By Ingrid Covington**

Now that the clocks have changed to their winter setting, we are seeing temperatures dropping and the nights are drawing in. This marks a good time to take extra special care of your wellbeing and to prepare for a fresh start in the new year. The first step is to identify what causes you stress and look for ways to reduce and manage it. The second step is to develop a wellbeing plan to build resilience and to stay happy and healthy during winter.
2. Exercise in the daylight
- Try and integrate physical exercise into your lifestyle as it can be very effective in relieving stress
- Try to get at least 30 minutes daylight each day. If this is not possible, try working out or eating your meal using a sun lamp
- Even just going out and getting some fresh air, and taking some light physical exercise, like going for a walk to the shops can really help

3. Stay Socially Connected
- Spend time with friends and family doing the things that bring you pleasure and help you to relax
- When was the last time that you laughed? Laughing can be very therapeutic. Watch a comedy or play a board game.
- Resist the tendency to text - pick up the phone and meet in person or on video instead
- If you are feeling lonely, tell someone
- Join a group doing something that you enjoy, such as dancing (see below)

4. Take time out
- Take time to relax
- Strike the balance between responsibility to others and responsibility to yourself, this can really reduce stress levels
- Tell yourself that it is okay to prioritise self-care. Are you needing time out but saying ‘I just can’t take the time off’ - if so, read more about how taking a break is important for good mental health

5. Be mindful
- Mindfulness is a mind-body approach to life that helps us to relate differently to experiences. It involves paying attention to our thoughts and feelings in a way that increases our ability to manage difficult situations and make wise choices.
- Try to practice mindfulness regularly
- Mindfulness meditation can be practiced anywhere at any time
- Research has suggested that it can reduce the effects of stress, anxiety and related problems such as insomnia, poor concentration and low moods, in some people
- See the Mind and Body Programme @ SHAPE (see below) to learn more about the mindfulness and meditation support that we have here at SHAPE

6. Get some restful sleep
- Are you finding you are struggling to sleep? This is a common problem when you’re stressed
- Could your physical or mental health be impacting your ability to sleep? Could you amend your environment to help improve your sleep?
- Could you get up instead of staying in bed when your mind is worrying at night?
- Could you make small changes to your lifestyle to help your get a restful sleep? Introduce healthy sleeping habits such as, no technology at bedtime
- Leave a pen and paper by your bedside and write down the things causing you to worry before you go to sleep

7. Be as kind to yourself as you are to others
- Try to keep things in perspective.
- Remember that having a bad day is a universal human experience
- When your inner critic or an outer critic finds faults, try and find truth and exception to what is being said
- If you stumble or feel you have failed, don’t beat yourself up
- Act as if you were your own best friend: be kind and supportive
- Take a few minutes each day to appreciate yourself

For more information – visit mentalhealth.org.uk or join @SHAPE Staying Well Together on Facebook

Groups In and Around SHAPE
Did you know that these adult groups and activities exist in and around SHAPE? Contact shapecomlife@gmail.com for more information.

Football (soccer) club, basketball team, netball team, running clubs (Strava group – International Runners on SHAPE), book club, choir, dancing, cycling, foodie club, language buddies club, bowling, tennis, volleyball, badminton, golf.

Mind and Body @ SHAPE
As part of our Staying Well Together @ SHAPE Programme, we are offering a series of workshops to all members of SHAPE. These workshops have been designed and delivered by Paola Turrión (Kinesiologist & Naturopath) and Yolanda Charlan (Certified Life Coach).

The first workshop ‘How to prepare your mind, emotions & your body for Autumn’ took place last month. It helped individuals to prepare for the change of season by allowing the mind, body and spirit the opportunity to shift gears and refocus the energy.

Don’t miss the next workshops – book mindandbodyatshape@gmail.com:

Thursday 18 Nov 1330-1500 – SHAPE Cinema – ‘Healthy ways to manage stress during the long winter days’

Friday 10 Dec 1330-1500 – SHAPE Cinema – ‘Mindful eating & thinking during the winter holidays’.

Pregnancy and Infant Loss Awareness

Baby Loss Awareness Week runs from the 9th to 15th October every year and is an opportunity for those affected by pregnancy and baby loss and their families and friends to unite with others across the world to commemorate their babies’ lives and lost pregnancies.

Fiona Webster and Keri Cressotti from the SHAPE Clinic led a very moving ‘Wave of Light’ remembrance service at the Chapel. The service was recorded and is available for your personal viewing. Later in the evening, parents were invited to light a candle with their loved ones at home, to take part in the annual International Wave of Light.

At this time, people around the world light a candle at 7pm local time in memory of the baby or babies they have lost. Photos of these candles on social media create a wave of light that spreads across the globe.

SUPPORT @ SHAPE

We are here to provide support and information to anyone affected by pregnancy loss, however recent or long ago. If you would like to talk with one of us, here are our details:

Fiona Webster (Midwife) – 0460 97 22 47
Fiona.e.webster.ln@mail.mil

Keri Cressotti (New Parent Support) - 0456 23 62 59
Keri.m.cressotti.ctr@mail.mil

Ingrid Covington Chartered and Registered Psychologist
+44 7739 79 14 04
ingridcovington@gmail.com

Kindra Cook +32 498 20 26 55
Military & family life Counselor
SHAPE Bookclub

By Michelle Uecker and Ashlee Fowler
Here you go! Great news! The Chièvres Book Club is meeting again. Our next meeting will be on Wednesday, November 10, at 2pm at the Chièvres Library. We will be discussing the first part of the book Sarah’s Key by Tatiana de Rosnay. On Wednesday, November 24 we will discuss the second half of the book. Copies of the book are available at the Chièvres Library and anyone with a Shape ID can access the Chièvres Library.

For more information, check out our Facebook page Chièvres Book Club 2.0. Sarah’s Key by Tatiana de Rosnay: Paris, July 1942: Sarah, a ten year-old girl, is brutally arrested with her family by the French police in the Vel’ d’Hiv’ roundup, but not before she locks her younger brother in a cupboard in the family’s apartment, thinking that she will be back within a few hours. Paris, May 2002: On Vel’ d’Hiv’s 60th anniversary, journalist Julia Jarmond is asked to write an article about this black day in France’s past. Through her contemporary investigation, she stumbles onto a trail of long-hidden family secrets that connect her to Sarah. Julia finds herself compelled to retrace the girl’s ordeal, from that terrible term in the Vel’d’Hiv’, to the camps, and beyond. As she probes into Sarah’s past, she begins to question her own place in France, and to reevaluate her marriage and her life.

Homecoming at SHAPE American High School

The High School students celebrated Homecoming at the end of October! Homecoming is one of the most important events in the school calendar. It involved students decorating the hallways, dressing up each day according to a chosen theme, attending a bonfire and supporting the Homecoming football game on Saturday. These pictures capture some of these activities, including students working on hallway décor – the 10th grade hallway tied for 1st place, pajama dress up day, lunch time musical chairs and limbo, elementary classes bringing their parade posters down on Friday, and shots from the game on Saturday.

With our brand new initiative Life @ SHAPE Hacks, we are sharing hints and tips to make life at SHAPE better as we enter the winter months. The first hack is for everyone to take vitamin D supplements and have breakfast using a sub lamp!

You can share your life hacks too!
ANCIENT GREEK THEMES

Aristophanes

By Vasileios Manousakis, OF-4 (GRC)

The theatres

The theatres in ancient Greece didn’t look like as they are now. Vessels made of copper were put at the back of the audience so as to reflect and circle the sound in order to be easy to listen during action. And the seats were made in such an angle so as to assist actors’ sound and speech, to reach faster to the audience’s ears.

Of course the theatres weren’t built for dramas purposes only. They were the venue of every single meeting of the public in cases of discussing and decision taking as a city-state.

The purpose

The ancient Greek comedy was the mean by which the citizens of the city-state could raise their self-esteem and prestige by protesting about the political and social situations or the religious beliefs of those days.

More than this, in these dramas the audience finds a great opportunity to sur-pass himself and laugh, cry, exercise and challenge its beliefs and values and the most important to spend a 3 day event of joy, delight and pleasure.

We shall arrange it some time !!!

The language

This article has walked to a safe path for the time being. Things change.

The language of these comedies, compared to recent times was astonishing rude…That doesn’t mean that the citizens and the spectators were impolite too. The contrary…But the satire, rough, sharp and unmanageable dialect made them laugh and watching gestures and mannerism which had never seen before. That’s why they laughed and had a cheerful time, because they were attending a drama con-trary to their personal living.

Actors with no ethical suspensions could use rude words and tease each other, fart, retch and portraying of shitting on stage. These seem extremely impolite and rude to us as they were to ancient Greeks too, who really laughed at a lot by these scenes.
Although they didn't accept such manners on everyday life, the Greeks were not modest. They were not shocked by a naked appearance as we can see on the structures of their statues and the semi-naked way they were exercising for the Olympic Games in Olympia.

At this point a comparison with our epoch may spontaneously and subconsciously occur to our mind but we need to emphasize that we are referring to an era 2500 years ago, which was totally different from our modern ideas and beliefs.

The themes

The comedy in Athens had a political character and because the city-state was related with religion, Aristophanes feels that he has to protect it. Undoubtedly, he was struggling to preserve tradition that it is consist of democracy, education and peace. Having special evidence from the Peloponnesian war, he emphasizes that war provokes the lack of some very simple, elementary but invaluable things such as food, drink, joy and love. Although he wants to preserve religion he criticizes the ancient Greek gods sarcastically and makes fun of them. He does the same thing reactivity with philosophy and philosophers, because he felt that the Ionian philosophy in his days was succeeding ancient Greek religion.

That doesn't mean that the ancient didn't have faith in their polytheistic gods. They did believe in them, although there were no sacred books for their religion, which coexisted with society and city-state by the use of ritual.

At this point we need to state that it is really difficult to understand the relationship and the contact that people had with the ancient Greek gods, and the faith in them.

Anyhow, drama was a venue where people celebrated the circles of life with a naive and innocent way, in a free and spontaneous manner. It is therefore, absolutely difficult to be transferred 2,500 years ago, so as to comprehend all these functions, celebrations and dramas of this magnificent civilization.

Epilogue

In any case, these dramas still exist, as long as they have guided many other writers to proceed and to come up with much more sophisticated products for the sake of people's education and of spiritual improvement universally.

To be continued with Euripides...

With great respect, tribute was paid to the grave of the Unknown Soldier in Brussels on Thursday, November 11, Armistice Day. THE CITY OF Bruges played an absolute leading role in the choosing of this mysterious war hero. Not only did the designation ceremony take place at Bruges station, it was a blinded war veteran from Assebroek (Bruges) who was to select the final Unknown Soldier from five coffins.

But what happened to the four others? In the search for the other four warriors there are even more unknowns. After France, the United Kingdom, the USA and Italy, the Belgian government decided in 1922 to also designate an unknown soldier. The unknown serviceman was to be buried at the foot of the Congress Column in Brussels, the monument designed by Jozef Poelaert that symbolises the birth of Belgium. The burial would be a tribute to all those who died for the fatherland. To prevent the identity from ever becoming known, a special procedure was devised. In five cemeteries from villages where the Belgian Army had fought in significant battle, one coffin was dug up at random, containing the remains of an unidentified soldier. Even the rank and category were to be unknown. These 5 coffins were then to be brought to the station of Bruges, after which a blind veteran was to tap one coffin. This then became the Unknown Soldier following the procedure carried out on November 10, 1922.

Waiting Room as Mourning Chapel

That Friday morning several representatives of the military authorities are standing on the platform of the Bruges station. They silently stare at the tracks, where a train from De Panne is approaching in the distance. On board are five coffins: from Liege, Namur, Antwerp, the battlefield on the Yser and the area of the liberation offensive in Flanders. At 9:15 a.m., the squeaking sound of the stopping train is heard. Under clarion call, disabled war veterans carry the five coffins to the first-class waiting room, which has been set up as a funeral chapel. Dozens of war mutilated keep watch inside; armed troops stand outside. All military and civilian authorities flock to St. Salvator’s Cathedral, where a funeral service for all the fallen soldiers takes place at 10 a.m.

Fourth Coffin from the Left

At about 4 p.m. a wagon stops at the home of war-blind Renold (Raymond) Haesebrouck. The Assebroek native, who lost his sight during battles around Diksmuide, has been chosen to point out the Unknown Soldier. At 4:31 p.m. sharp, Minister of National Defence Albert Devèze welcomes him at the Bruges train station and then escorts him to the improvised funeral chapel with the five acajou coffins. One by one Haesebrouck touches the coffins, takes a seat in the middle and says: the fourth coffin from the left contains the mortal remains of the unknown soldier of Belgium, Mr. Minister, while pointing to the coffin with his white stick. Not a random choice. For him, the fourth coffin symbolizes the four groups - first lancers, first division, first squadron and first section - to which he belonged. After he places a laurel crown on the coffin, the people have the opportunity to salute the coffins from an open doorway. The corridor, dressed with laurel wreaths, turns out to be much too small.

Eight Invalid Wars

Minister of National Defense Devèze brings a long military salute to the five coffins on Saturday morning around 7.40 a.m. Eight invalids - four of whom had their left arm amputated and four of whom their right arm - carry the coffin of the Unknown Soldier out of the building, while the field march and Brabançonne are played on clarion. First the coffin was loaded on a wagon, then the representatives of the various authorities step up. When the train starts
moving, the national anthem is played, slowly and in hushed tones. When the train leaves Bruges, the victory bell sounds. At all stations on the route between Bruges and Brussels, the Belgian flag hangs at half-mast and the platforms are full. As the train passes, men remove their headgear. In a field, farmers stopped their ploughing for a moment to show their respect with their heads bowed down and their hands folded.

King Albert I

On the 11th November at about 9:50 a.m., the train arrived at Brussels North Station. The eight war invalids carry the coffin to a funeral chapel, under a guard of honour of 70 regimental flags. Halfway through, they stop and a male voice lists the names of the villages and towns where the Belgian soldier was glorified, whether he came out victorious or died with honour. At 10.10 a.m. King Albert I, with helmet and sword, and Prince Leopold entered the funeral chapel, where the highest authorities and parents of missing soldiers are standing. They bow to the coffin and then stand for some time saluting the remains. Then the procession - with the coffin of the Unknown Soldier on a cannon carriage - is formed, appearing at 11:05 a.m. at the Congressional Column, which is encircled with tricolour draperies. A pit has been dug between the two large bronze lions. Before the actual burial, the king attaches the highest military medals to the Belgian flag on the coffin. The generals of all the Allied armies follow his example. Gunshots resound in three places in Brussels. A five-cubic-meter balloon, with the Belgian flag attached, is launched in the Park of Brussels. At 11.25 a.m. sharp, all the bugles stop for a minute of silence. It was an impressive moment, because the traffic also stopped for a minute. Even in coffee houses people stand up. After the minute of silence, several men lower the coffin into the cellar using ropes. On top of it a stone is placed, with bronze plate. The encryption: ‘1914–1918. Here rests an Unknown Soldier, fallen for the Fatherland’. It cannot be read for too long because it immediately disappears under a mountain of flowers. First from prominent people, then from families, who join in until late in the evening.

Four Sand Graves

But what happened to the other four unknown soldiers in the meantime? We return to Bruges November 11, 1922. At the moment that the coffin of the Unknown Soldier arrives in Brussels, a small ceremony takes place in Bruges for the other four unknown soldiers. Afterwards the four coffins are brought to the military cemetery in Assebroek. Along the route all the street lamps are lit, which have been wrapped in mourning flags for the occasion. Here and there, Belgian flags are flying at half-mast, schools and associations are lined up along the side. And even though it is raining, all the men are holding their headgear in their hands. The earth road on the north side of the cemetery is full of citizens. Next to the four graves - due to lack of space - only the authorities and a few invited guests, including... Raymond Haesebrouck stand. He preferred the burial of the four unknown soldiers in Bruges to that of the Unknown Soldier in Brussels. At 11 o’clock sharp the coffins are lowered. Two cannon shots are heard. Life - or at least where the shots were heard - fell silent for one minute. The trains, street cars and carriages switch off their engines until all the bells in the city ring out at 11:01. No plan or register describes where the graves of the four remaining unknown soldiers are located. After days of detailed study of the statues and the cemetery, we did find the place: four ordinary sand graves - two by two, separated by a grassy path - with a plain cap in Tournaï stone as a tombstone. It says: Unknown, military, died for Belgium. For them there are no columns with lions, eternal flame and royal salute. We will remember them!

Many thanks go to the author ‘Olivier Neese/De Krant van West-Vlaanderen’ for giving the permission to use his article.

Why Renold Haesebrouck?

Renold Haesebrouck - called Raymond - was born on 5 October 1892 in Saint-Michiels, the eldest in a family of eight children. He began working for Jagers, later Brugoeoise/Bombardier, but on October 1, 1912, was conscripted as a private in the lancers at Beverlo. A few months before the end of his military service, war broke out. On 24 October 1917 he and his patrol reconnoitred the enemy positions at Diksmuide. In the ensuing battle, shrapnel pierced his eyes. Doctors would eventually remove 42 shards from him. One shard they left in his head because it was too risky to remove. He remained in the military hospital until late 1918; in the records of the National Association of War Invalids, he is listed as number 1. After the liberation Raymond married Clara Van de Cayzele. He lived in Wantestraat in Assebroek, in a house that according to some sources had been given to him by Queen Elisabeth. He maintained contact with the queen for quite some time and had a very strong connection with the royal family. Why may never be known. Some say he threw himself into the trenches on King Albert I when shots were suddenly fired during one of his visits. This connection would also have allowed him to designate the Unknown Soldier, which is mentioned on his tombstone: On 10 November 1922 he designated the Unknown Soldier. Renold Haesebrouck, who died in Assebroek on 25 August 1951, was buried in Oostkamp, near his parents. His last wish. His archive was donated by the family to the City of Bruges in July 2013.
The Norwegian community will once again host the Christmas market called “A taste of Norway” at the SHAPE chapel on 27th of November between 12:00 to 17:00.

This is a wonderful opportunity to welcome the holiday season and enter the Christmas spirit. Bring your friends and family along and experience Norwegian Christmas traditions. Traditional Norwegian food and drinks will be available. The kids are also invited to join us for arts and crafts session!

Out of ideas for Christmas presents?

Don’t worry, you will find plenty of options at our event, such as homemade knitted woolswear, Christmas decorations and much more!

You can also try your luck by buying a tombola ticket. Proceeds from this year’s market will go to a local charity in our neighborhood.

*At the entrance you will be asked to present your COVID Pasport or a negaive COVID Test(from the age of of 16)
The brightest and most sparkling time of the year is finally coming and the Christmas atmosphere is already starting to be felt. The streets are filled with lights, the shops are full of shiny packaging, red, green and gold will become the colours that characterize our days.

Enjoy the magical atmosphere of SHAPE’s Christmas visiting the Italian Christmas market!!

You will able to experience the authentic Italian Christmas charm in a romantic atmosphere: traditional handicrafts and wonderful culinary Italian specialities, peaceful moments with friends and family, these are the ingredients of the Italian Christmas Market.

Enjoy a plate of Lasagna, one of mozzarella caprese, the extraordinary Tiramisù or our SPRITZ and the mulled wine in good company in one of the small houses.

Your children will be able to enjoy the Christmas atmosphere with Santa Claus who is coming to visit us! Cotton candy, Christmas tree, desserts, savoury food will help us to relish Christmas time, but only the bagpipers and the Christmas choir will bring you in a magic atmosphere that glades and warms your heart!

In addition, all the stalls will be set up with many products from many Italian enchanting places holding the secrets of many culinary recipes that only by going to Italy it’s possible to discover.

But in the Italian Christmas market you will able to discover much more!! This year there you will find also artefacts made in Florence, Rome and in Murano (the island, near Venice, is famous all over the world for its fine handmade products made of glass which are sheer work of art!).

Furthermore, you will meet one of the most beloved Italian icons! A timeless symbol that has crossed the history of the country and that has partly written its custom, from cinema to television. A myth of over half a century which still represents today, the “Made in Italy” well known everywhere: the FIAT 500!!

Only in this fascinating environment you and your loved ones will be able to live the spell named Christmas!

In this atmosphere of joy and happiness, the Italian community, on the occasion of the traditional Christmas market, is pleased to organize a solidarity lottery again this year. The proceeds from ticket sales will be donated to Telethon which is a Leading Charity Foundation committed to developing partnerships with public and private health institutions through the work of researchers aiming to successful Scientific results, and to make life easier for every patient.

The Italian Christmas Market organized in the International School Cafeteria will be open on the 4th December 2021 from 11:00 to 18:30 TBD.

Join us, you will be able to buy a lottery ticket that will give you the opportunity to do charity ...you’ll be twice lucky!!

We wait for you to exchange Christmas wishes!!

News of the Italian Christmas market 2021!!

TAKE AWAY

Order your take away in advance and collect your food directly at the Italian Christmas Market.

You will able to book your food in different places inside SHAPE from 29th November to 2nd December.

The take away menu and instruction will be published by November 25th on the website www.shapicola.it
Can you help our SHAPE Charity Bears find gifts for local children?
By SHAPE IC3

W hen our Board met to seek stories about Saint Nicholas to share, in preparation to launch our Gift Program for 2021’s celebration, one appealed to a few new Shapians she had the pleasure to meet—a German, a Belgian and an American who gladly responded with family traditions and legends, that we included with this article for publication.

You will note how some of their stories differ in detail, but consider how the spirit of giving went overseas? In North America, stockings are hung on a fireplace mantle, hoping for a man in a red suit, they call Santa Claus, to bring little presents and, sometimes, a Mandarin in its toe!

Then, think about the message—Charity and Compassion and Community Goodwill—is the same. An amazing legacy, that third century Greek bishop gave us. In 2020, IC3’s St. Nicholas Gift Program with all the “hands and feet” that give towards its success, was “locked down”. Earlier that year, we had received a special donation from someone who had passed, which inspired us to virtually invite you to give, and candy and knit gloves were stuffed into small candy bags by IC3 Board volunteers in their living rooms. These were bagged and safely dropped onto a charity’s sidewalk; local children in need “were not forgotten”. “Teddies” (a word that is also used for any soft toys) will bring IC3’s approach to Saint Nicholas this year—two, Mo and Delilah, were gifted to us and featured in our first flyer.

The American, shared a link instead that spoke to the origin of their name for a favourite child’s stuffed toy, the teddy bear. We thought we’d share:

“In November of 1902, the United States President of that time, Theodore Roosevelt, was invited to join a hunt. But when the President was invited to shoot a bear that was cornered, he refused. When the story was picked up by the Washington Post, it was read by the wife of a candy shop owner in Brooklyn, New York. She was a maker of stuffed animals and created a toy bear which the couple dedicated to the President, calling it “Teddy’s Bear”. So popular that it was, she received permission to use the name, and the “Ideal Toy Company” was founded.” Fifty small teddies have been donated simply to ensure that Saint Nicholas visits one charity this year, where the children under the age of five will receive one stuffed in a little bag, and hopefully accompanied by a gift yet to be donated.

Not only did this charity recognize its 20th Anniversary this fall, built from the ashes of a condemned building in Maffle, but its President who leads the volunteers and finds support for those in need, recently survived a heart attack.

Can you imagine our surprise to see that the new teddies have a heart emblazoned on each of their little knitted suits! This November issue, we are late looking for people to ensure no child is missed. When for some burdens may seem heavier, we often live far away from our families, joy, can sometimes be eroded by the continuing pandemic.

Consider these words exclaimed by another new Italian on SHAPE that gave last hope: “Charity is fraternity!” (Gesturing to open his arms wide!!)

**We may still need if you ask?**

* A little boy(s) or girl(s)
* Age(s) *Buy a gift or give money by bank transfer (we can shop for you)
* Gift/Toy Cost – 10 - 30
* Size (It Must Fit Under Your Bed)
* Can you have a CAN for COINs at your office? Volunteer an hour of your time?

Thank you for having a “heart for charity” by helping us to bring some cheer with Saint Nicholas to local children in need. Like us on FB or email us (shape.ic3@gmail.com) to be added to our EBLAST.

St. Nicholas day in Germany: How Germans pass the day of Saint Nicholas
By Ronnie Weber

On St. Nicholas Eve, there is joyous excitement in German homes! Will St. Nicholas come tomorrow? In many parts of Germany, shoes are polished for that purpose. If the children have behaved well, they will find sweets and little presents in their polished shoes the next morning. If they haven’t done well, they receive a little switch and coal as a warning. But most of the times, all children have been
good and get sweets and the daddies have a switch inside the shoes. In other regions of Germany, St. Nicholas comes in person. His loyal companion is called "Knecht Ruprecht" ("Knecht" means "servant").

While Bishop Nicholas is dressed in red with a miter on his head, his servant is wearing black clothes, has a sooty face (due to the coal) and is equipped with a switch.

The children will then be questioned, if they have been good and if the answer is yes, they are praised and given presents. If they have been bad, they are reprimanded by Knecht Ruprecht and only get a little sack of coal. But this is very rarely the case!

There is a legend about St. Nicholas in Germany: Bishop Nicholas wanted to give some gold to three girls, so that they could get married. It is said that he threw the gold through the chimney into the flat of the girls. The gold fell into socks, which the girls have hung on the fireplace to dry. The girls found the gold inside their socks the next morning and were overwhelmed by joy due to this surprise.

Does this ring a bell?

On the left, shoes of a good child, on the right, shoes of a bad child.

In Belgium, children will often write a letter to St Nicholas to ask to bring presents. The evening before the 6th December, every child will put a shoe with some food for the horse of St Nicolas in the living room. Next morning, the food disappeared and is replaced by gifts coming from St. Nicholas.

Although St Nicholas is by far the best known child feast in Belgium, in some other Belgium regions the celebration of St Martin replaces the celebration of St Nicholas. This is the case around the city of Alost and the eastern part of the country (Eupen). The legend of St. Martin is based on the fact that he shared part of his cloak with a poor man to help him against the bitter cold.

Have you been a good boy or girl and you want St Nicholas to bring you a present? Write him a letter and see what happens! Also, do not forget to sing a song for him to encourage him to pay you a visit!

Send your letters to Sinterklaas, Spanjestraat 1, 0612 Hemel: BPost treats this letters and normally every child writing a letter to St Nicholas should receive an answer with a small gift from St Nicholas offered by BPost (this was the case in 2020). For that reason it’s important that the return address is mentioned on the back of the envelope. The personal data are kept during maximum 6 weeks to be able to provide the answer. After that period these data are deleted (in dutch): www.bpost.be/nl/sinterklaas).

St. Nicholas day in Belgium

By LTC Carl Vandepitte (BE)

Sinterklaas / Saint Nicolas / Saint Nicholas, is the protagonist of the Saint Nicholas feast, celebrated on 5 December in the Netherlands, and on 6 December in Belgium. The person of Saint Nicholas is based on the Bishop Nicholas of Myra, a Greek saint who lived in Lyca in Asia Minor in the third century AD. Here are a few more of the many different legends about this saint!

A Dutch schoolteacher Jan Schenkman (1806-1863) was the first to bring St Nicholas from Spain. He also introduced the servant and the steamboat that brought St. Nicholas to Belgium or the Netherlands. Today, St Nicholas still arrives by boat in the Flemish part of Belgium, via the Antwerp harbour. In the Netherlands, St Nicholas changes his entry point every year! But, his arrival is covered in both countries during a live television show.

Saint Nicholas is typically represented as a stately old man with white beard and hair, red miter and cloak. He rides a grey (St Nicolas horse), and has one or more helpers. These helpers are black with soot from the chimney, through which they crawl to bring children their presents.

Schimmel Amerigo met Sinterklaas (Bram van der Vlugt)
Enjoy our Christmas Magic

- Remarkable 19th century mansion house
- Concept store in the heart of an estate awarded « outstanding garden »
- Specialized in garden decoration
- Specialized in home decor gifts & fashion accessories
- Relaxing & peaceful walk in the park
- Gourmet restaurant

Route de Beaumont 56, 7041 Givry (Mons)
065/97.10.16
quintessence-deco.be
info@quintessence-deco.be

Wed-Thu: 13.00 PM - 18.00 PM
Fri-Sat: 10.00 AM - 18.00 PM
Sun: 9.00 AM - 13.00 PM
As we approach the joyous atmosphere of Christmas time, on the 6th of December we celebrate the feast of Saint Nicholas, one of the most popular saints memorialized in Eastern and Western churches. Saint Nicholas was born in Patara in 270 and he was the bishop of Myra in Lyca, now modern Turkey. He participated in the Council of Nicaea, the first ecumenical council of the Christian church, summoned by the emperor Constantine I in 325, to discuss the Arian heresy. The cult of St. Nicholas spread throughout the Mediterranean and several legends and devotions have joined its hagiography. In 1087 the saint’s relics were stolen and brought to the city of Bari, where the beautiful Basilica in Romanesque architecture style dedicated to him stands near the sea and has become an important place of pilgrimage over the centuries. In northern Europe, particularly in Belgium and Holland, the cult of St. Nicholas or “Sinterklaas” is particularly prominent and every year he is remembered as the holy bishop dressed in red.

Art history has also celebrated the life of Saint Nicholas, as for example in the panels painted by Beato Angelico for the altarpiece in the church of San Domenico in Perugia (1437). Two of these panels are found in the Vatican Museums, the first shows three episodes of his youth: the Birth of St Nicholas, his Vocation, the Gift to The Three Poor Girls and the second shows the Meeting of St Nicholas with the imperial Legate, the Saving of a load of grain for the city of Myra, and lastly, the Miraculous Saving of a Ship from Sinking.

In the scene of The Gift to The Three Poor Girls Beato Angelico portrays an emblematic episode in the life of the saint, illustrating a symbol of his Charity, when he gave gold as a dowry to three girls who had been destined for prostitution due to poverty. The artist depicted the moment when the saint let the gold fall out of his their window.

Another interesting Tuscan artist, Bicci di Lorenzo, a contemporary of Beato Angelico, also painted the life of San Nicola in the panels that formed the base of another altarpiece for a monastery in Florence. In particular, the panel painting with the episode of Three Youths (1433-1435), now kept in the Metropolitan Museum of Art in New York. The artist focused on the figure of Saint Nicholas who resuscitated three youths who had been pickled by an innkeeper.

Beato Angelico and Bicci di Lorenzo are two important artists of the early Italian Renaissance but were also two great storytellers. StNicholas’ connection with children, his protective sense of the weak and his unconditional generosity united him with the legend of Santa Claus, so this giant of Christianity has also become an “icon” for the contemporary society.
Alzheimer’s disease

Alzheimer’s disease is the most common cause of dementia - a group of brain disorders that cause the loss of intellectual and social skills. In Alzheimer’s disease, the brain cells degenerate and die, causing a steady decline in memory and mental function. Increasing forgetfulness or mild confusion may be the only symptoms of Alzheimer’s disease that you notice. But over time, the disease robs you of more of your memory, especially recent memories. Brain changes associated with Alzheimer’s disease lead to growing trouble with:

-Memory: Everyone has occasional memory lapses. However, the memory loss associated with Alzheimer’s disease persists and worsens, affecting your ability to function at work and at home.

-People with Alzheimer’s may: Repeat statements and questions over and over, not realizing that they’ve asked the question before. Forget conversations, appointments or events, and not remember them later. Routinely misplace possessions, often putting them in illogical locations. Get lost in familiar places. Eventually forget the names of family members and everyday objects. Have trouble finding the right words to identify objects, express thoughts or take part in conversation.

-Thinking and reasoning: Alzheimer’s disease causes difficulty concentrating and thinking, especially about abstract concepts like numbers. Multitasking is especially difficult, and it may be challenging to manage finances, balance checkbooks and pay bills on time. These difficulties may progress to inability to recognize and deal with numbers.

-Making judgments and decisions: Responding effectively to everyday problems, such as food burning on the stove or unexpected driving situations, becomes increasingly challenging.

-Planning and performing familiar tasks: People with advanced Alzheimer’s may forget how to perform basic tasks such as planning, cooking a meal, dressing and bathing.

-Changes in personality and behavior: People with Alzheimer’s may experience: depression, apathy, social withdrawal, mood swings, distrust in others, irritability and aggressiveness, changes in sleeping habits, wandering, loss of inhibitions, delusions, such as believing something has been stolen. Many important skills are not lost until very late in the disease. These include the ability to read, dance and sing, enjoy old music, engage in crafts and hobbies, tell stories, and reminisce. This is because information, skills and habits learned early in life are among the last abilities to be lost as the disease progresses.

Risk factors: Scientists believe that for most people, Alzheimer’s disease is caused by a combination of genetic, lifestyle and environmental factors that affect the brain over time.

-Age: Increasing age is the greatest known risk factor for Alzheimer's. Alzheimer's is not a part of normal aging, but your risk increases greatly after you reach age 65.

-Family history and genetics: Your risk of developing Alzheimer’s appears to be somewhat higher if a first-degree relative. Less than 5 percent of the time, Alzheimer’s is caused by specific genetic changes that virtually guarantee a person will develop the disease.

-Down syndrome: A gene contained in the extra chromosome that causes Down syndrome significantly increases the risk of Alzheimer’s disease.

-Sex: Women seem to be more likely than men to develop Alzheimer’s disease, in part because they live longer.

-Past head trauma: People who have had a severe head trauma seem to have a greater risk of Alzheimer’s disease.

-Lifestyle and heart health: There is no lifestyle factor that has been definitively shown to reduce your risk of Alzheimer’s disease. However, some evidence suggests that the same factors that put you at risk of heart disease also may increase the chance that you will develop Alzheimer’s.

-Lifelong learning and social engagement: Studies have found an association between lifelong involvement in mentally and socially stimulating activities and a reduced risk of Alzheimer’s disease.
Prevention: Right now, there is no proven way to prevent Alzheimer's disease. Research into prevention strategies is ongoing. The strongest evidence so far suggests that you may be able to lower your risk of Alzheimer's disease by reducing your risk of heart disease. Many of the same factors that increase your risk of heart disease can also increase your risk of Alzheimer's disease and vascular dementia. Important factors that may be involved include high blood pressure, high blood cholesterol, excess weight and diabetes.

-The Mediterranean diet — a way of eating that emphasizes fresh produce, healthy oils and foods low in saturated fat — can lower the risk of death from cardiovascular disease and stroke. This diet has also been associated with a reduced risk of Alzheimer’s disease.

-Keeping active — physically, mentally and socially — may make your life more enjoyable and may help reduce the risk of Alzheimer’s
This time we will travel to a unique land full of surprises: the Sabina. Sabina is a historical-geographical region of central Italy, geographically located among Umbria, Lazio and Abruzzo, bounded by the course of the Tevere river to the south-west, the Nera river to the north-west, the Apennines to the north-east and the river Aniene and the Turano lake to the south-east, crossed by the ancient Via Salaria (today SS4 Salaria), with the current capital Rieti.

It is easy to get lost in the beauty of Sabina, a unique land full of surprises. From Rieti’s subterranean areas to the millenial olive tree in Canneto, through Amatrice which is being reborn after the earthquake, then climb up to the top of the Longobarda Tower in Poggio Catino and admire the whole valley get to Rome and glimpse the dome of St. Peter’s on the horizon. Explore history and traditions, combining the pleasure of an outing with that of the palate, experiencing the profound soul of ancient Lazio through Villages and cities perched on mountain ridges, borned around lakes or set in green woods an hour from Rome. The Sabina wait for you and it invites you to experience the good life and serenity of the ancients among mountain walks, brathtaking panoramas, sports and foods.

**Rieti**

Rieti is located about 80 Km from Rome, in the middle of a valley brimming with history. The city stands on the banks of the Velino River which, in Roman times, thanks to the large bridge at the entrance to the city, was the main link with Via Salaria, a direct connection to the capital. The link with the Roman world is also visible in Rieti’s Subterranean areas, which preserve the remains of the Roman viaduct, an impressive artefact that allowed for direct entry into the city, avoiding the swamping of the Salaria. After the Romans, the city flourished during the Middle Ages as well. Beyond the city walls, dating back to the 13th century, we come to the historic centre. Our trip starts from the Cathedral of Santa Maria with the Andrea Sacchi’s ‘Angelo Custode’ and the marble angels of the ‘Immacolata Concezione’ oval that dominates the altar of Santa Barbara, designed by Gian Lorenzo Bernini, to the angels of Antonino Calcagnadore. Then it continues on to the 18th-century church of San Rufo, on the square of the same name, where a plaque indicates that right there is the centre of Italy (UMBILICULUS ITALIAE).

If you want to find out more, visit:
The walk continues on to Piazza Mazzini, where the war memorial is characterised by a harmonious angel and then on to the church of San Giovenale, where you can admire a work of Bertel Thorvaldsen, a Danish neoclassical sculptor who is considered one of the best students of Canova. The bas-relief depicts the ‘Genio della Morte’ (Angel of Death). Do not forget the Oratory of San Pietro Martire that contains a magnificent fresco depicting the Last Judgment painted by the brothers Lorenzo and Bartolomeo Torresani.

The subterranean route starts in Piazza Cavour at the statue of the Lira, unveiled on 1 March 2003 to commemorate the historic Italian currency, made with more than two million old 200 lira coins. From this square you continue on to Via Roma where, accompanied by a guide, you can enjoy a wonderful glimpse of Italy’s underground: the remains of the Roman viaduct built in the 3rd century BC as a result of the Roman conquest after the drainage of Lake Velinus. This artefact, passing over the river Velino, allowed the Via Salaria, the ancient salt route, to reach the city and avoid flooding and swamping.

The walk winds through the structure, incorporated into the basements of some noble Rieti dwellings, formed by grandiose arches built with huge square blocks of travertine to support the road surface of the Salaria.

Among the things to see in Rieti are the Palazzo di Governo, with its elegant double loggia, the 12th-century Cathedral with its grandiose bell tower and Palazzo Vescovile, the Episcopal Palace, heralded by a majestic portico divided into two parts by pillars. Definitely worth a visit is Teatro Flavio Vespasiano, Rieti’s main theatre, inaugurated in 1893, after 10 years of work.

**Attractions and surroundings**

The tourist offerings do not stop in the city centre: the surroundings are rich in history, culture and places to practice sports (Sport fishing, boat trips, boating, Trekking and mountain bike, cycling, swimming). Behind the city is Monte Terminillo for sport in every season. For skiing it has 5 ski lifts within its park suitable for beginners and intermediate levels, including snowpark enthusiasts.

Rieti is also known for gliding, the updrafts of the Piana Reatina are particularly favorable to gliding and offer the best conditions to practice it, which is why Rieti airport (Giuseppe Ciuffelli) is known and frequented by glider pilots from all over the world. The 1985 and 2008 editions of the absolute world gliding championships organized by the FAI, the 2007 edition of the FAI junior world championship, as well as the 1982, 1994 and 2015 editions of the European championships were held in Rieti. A glider flies over the Turano lake

In the valley there are the Franciscan Shrines, also reachable on foot in the warm seasons. Worth mentioning is the Convent of Fonte Colombo, called “the Franciscan Mount Sinai” because in 1223, after fasting for 40 days, St. Francis dictated the Rule of the Order there. Also not far from Rieti there several lakes, Salto, Turano and Piediluco (the Italian Rowing Federation has chosen the Piediluco Lake as the site of the National Center Remiero because it is ideal for boating. Here is established the National Olympic rowing).

You absolutely must taste the typical dishes of the province of Rieti. There is something for everyone: stracciatella pasta in broth, spaghetti alla carrettiera and the famous stewed lamb, without forgetting the fregnacce noodles alla sabinese, pasta with a sauce of olives, mushrooms and artichokes and above all the very famous Amatriciana and Gricia pasta!!

We cannot speak of Sabina without mentioning the extra virgin olive oil produced in its territories. Sabina DOP extra virgin olive oil is a Protected Designation of Origin (PDO) that applies to the extra virgin olive oil produced mainly in two provinces, Rieti and Rome, and follows the borders of the ancient Sabine territory. It is considered to be the first Italian PDO to gain this status. Techniques used to produce the oil are almost the same as in pre-Roman times with necessary technological innovations. For the production of the extra virgin olive oil Sabina, the soil and the mild climate are of fundamental importance. To celebrate the ancient olive culture of the Sabina, in 2001 the Sabina Oil Museum was inaugurated in the medieval village of Castelnuovo di Farfa. The museum, very close to the Farfa Abbey that we discovered a few weeks ago, brings together in a single path of art and architecture the most representative places of the history and traditions of the medieval villages of the Bassa Sabina.

Rieti and its province are rich in strong flavors that speak of an authentic and intense land!
I can only describe this last month of football travels as nothing short of amazing. Not only did my travels take me to games in four different countries but I also managed to see a couple of Champions League games.

The month started in the Lithuanian capital city of Vilnius. Duty called and I was up there for work but decided to travel a day early so that I could meet up with my Danish football buddy, Kare, and catch a couple of games before the seminar began.

I arrived at the airport and caught a taxi to the hotel with no thoughts of seeing a game that day. It was already getting late and besides, I knew of no games going on in Vilnius. But there is this brilliant app called Futbology that will let you know what games are in your area, all the way down to the fifth division. I decided to check it and to my surprise, there was in fact a game in town but kick off was in less than an hour. It was time for some quick thinking. First I called Kare, who was already in the city. When I called and asked where he was, he said that he didn’t know. He was wandering around as one does in a new place and as I later found out, Vilnius isn’t always easy to navigate once you get out of the well-known downtown area.

I ended up sorting transportation to the Venue BFA Maniežas but when we pulled up in the small parking lot, I didn’t see a football field but a giant bubble made of some type of canvas where the field should have been. And to my surprise it was, but covered by this giant bubble.

Under the canvas dome BFA (Baltijos Futbolo Akademija), who are a second division team, hosted Šilas, a team that sounded like a George Eliot novel. To say it was a covered stadium would be stretching the truth a bit too far because there was only one row of seats for us, the fans. That was all that was needed because the teams and staff far outnumbered the paying customers.

The setting was somewhat surreal and the goals that flew into the back of the net were plentiful, making it quite an entertaining game. The visitors were relentless and put four past the BFA keeper, giving up only one in the intermission but the Citizens scored three more in the second half. Club’s captain Hans Vanaken got one back from the penalty spot. The game was already won before the clock struck 30 minutes and Algeria international Ryad Mahrez doubled the lead 13 minutes later from the spot.

It was not to happen on this Tuesday night. The Belgian champs played well and managed to hold off the team owned by the United Arab Emirates for a half hour before the goals started to flow. João Cancelo scored when the clock struck 30 minutes and Algeria international Ryad Mahrez doubled the lead 13 minutes later from the penalty spot. The game was already won before the intermission but the Citizens scored three more in the second half. Club’s captain Hans Vanaken got one back for the hosts but it made no difference in the end.

A week later it was time to have some much needed time off, so my wife and I jumped on a plane and headed down to the Portuguese Algarve to enjoy the food, the sunshine and those spectacular beaches. Of course I also had some football to enjoy.

We spent about a week in the seaside town of Portimao and lucky me, their top flight team, known as Portimonense, was playing at home that Sunday. The stadium, which holds, 9,500, was just a short walk from
their end of the 19th century. It was first called Sociedad Jerez Foot-Ball Club back at United Kingdom and Jerez because of sherry exporting. of the first in Spain due to the relationship between the and now flounder in the fifth division. The team was one La Liga in the 2009-2010 season but were relegated of Xerez CD, a team that has only spent one season in Domecq Stadium, the oldest one in the city, is the home football before watching bikes or cars going around in known for its annual Motorcycle Grand Prix but I’ll watch known as sherry. In the sports world the city is well de la Frontera, the home of that famous Spanish drink Football was on offer. We spent a few days in Jerez see what Spain and Andalusia had to offer. The Algarve was beautiful and we were both enjoying game that I didn’t mind the hour drive back to my hotel. I asked what it was, the answer was “meat”. So I had a meat sandwich. I later found it that it was called a “bifana” and was quite popular in the Algarve region. Turns out the meat was grilled pork. That grilled pork sandwich was the highlight of what wasn’t a very exciting game in the end. The game against Estoril didn’t go very well for the home side as they couldn’t get on the score board and ended up losing 2-0.

That was to be my only game in Portugal but I received a message from a friend in Brussels who told me that there was a big game at the Algarve Stadium midweek. This particular stadium was built for the Euros 2004 that Portugal hosted. The trouble was that there were no top flight teams in the area to take over the place after the tournament. So a vast amount of money was spent to build the 30,000 seater so that three games could be played there. To be fair, the national team had since played here and Gibraltar were the tenants for four years, playing a dozen games there. I was there for the derby clash of Louletano against Olhanense. Louletano plays in the third division and is from the nearby town of Loule, although the stadium is situated in the suburbs of Faro. A few hundred fans showed up for this one and most seemed to be French, British and German tourists. Of course there was also at least one American. We were all treated to a very entertaining game with both teams scoring a pair of goals. I was so happy with the game that I didn’t mind the hour drive back to my hotel.

The Algarve was beautiful and we were both enjoying the country but it was time to pop across the border and see what Spain and Andalusia had to offer. Football was on offer. We spent a few days in Jerez de la Frontera, the home of that famous Spanish drink known as sherry. In the sports world the city is well known for its annual Motorcycle Grand Prix but I’ll watch football before watching bikes or cars going around in circles any day of the week.

Domecq Stadium, the oldest one in the city, is the home of Xerez CD, a team that has only spent one season in La Liga in the 2009-2010 season but were relegated and now flounder in the fifth division. The team was one of the first in Spain due to the relationship between the United Kingdom and Jerez because of sherry exporting. It was first called Sociedad Jerez Foot-Ball Club back at the end of the 19th century.

Their opponent that night was from an interesting place. Ceuta II actually had to cross the Mediterranean because they are located in the autonomous city of Ceuta, which is in the northern part of Africa and shares a land border with Morocco. It belongs to Spain however. For me, the highlight of the stadium was outside, where there was a lot of street art all over the walls. I did have trouble finding a ticket though because everyone seemed to have a card that was scanned to get in. When I asked about buying a ticket, the ticket checker pointed to the right, so I walked right. I saw nothing and turned around and asked somebody else. He pointed in the other direction. They were both right. The ticket window was just a hole in a brick wall that was painted white that you would have trouble squeezing a football through. A ticket fit however and I bought mine and headed through the only gate to watch a 5-0 thrashing of the poor guys who had to cross the sea to get there. The last game of this trip was actually in November, but I’m going to tell you about it anyway.

A couple of days ago we relocated just about an hour or so north to the fantastic city of Sevilla. It’s said to be the most beautiful city in Spain and that would be hard to argue with though I would rank it in the top five. Although I wasn’t expecting to go to this next game, a Champions League one with Sevilla CF hosting a team that I have seen on several occasions, Lille OSC, again luck was on my side. There were actually tickets available on the night of the game at the stadium. I just checked my app to confirm that I have seen Lille play seven times already but this was the first time that I have seen them playing away from home. And what a fantastic away venue this turned out to be. Estadio Ramón Sánchez Pizjuán has been the home of Sevilla FC since 1958 although the 44,000 seater has since been renovated. This, I would say, was my favorite game and not just because American international and son of the President of Liberia, Timothy Weah, was starting for Lille. It was an exciting game where both teams played hard and did their best to claim the victory. In the end it was the Frenchmen who came out on top, which made me a very happy guy sitting among Sevilla supporters. My mask came in handy not only to fight off any Covid infection but also to hide my happiness when Lille scored their two goals. The Spaniards only managed one.

Traveling isn’t just about football but experiencing different countries and cultures. I also learn a lot when going to games such as the histories of the teams, the songs that they sing and best of all, the local stadium and street food. If you ever want to go to a game, either in Belgium or a nearby country but haven’t yet been, just contact me and I would be glad to give you any information that you need. I’m always happy to tag along as well.

Belgium has a decent rugby team and they’ll host Canada in November, so I’m hoping to get to see some rugby. Hope to catch you in a stadium soon!
While you enjoy your stay in Belgium, we set up your current account

Join the Belgian bank most trusted by expats. Join ING.

ing.be/expat
SHAPE will host its annual International Basketball Tournament (IBT) from Sunday November 28th through Saturday December 4th.

With an exception of a few years, this competition has been reoccurring yearly since 1960 and involves NATO Nations sending their basketball teams composed solely by military members. This year’s competition will welcome for the third time female teams.

Male and females teams will be coming from Belgium, France, Great Britain, Latvia, Lithuania (Just male), the Netherlands, SHAPE, and United Stated of America. With a grand total of 15 international teams, the IBT week is bound to be unforgettable!

Retired US Air Force Colonel Pat Rosenow, received his FIBA referee license in 1984 and has been coming to SHAPE to officiate in the IBT for more than 20 years. Rosenow said “It’s a wonderful week for military athletes who come as competitors and leave as friends. The staff and volunteers are wonderful. They make it all possible and bring top notch basketball to SHAPE at the same time they help develop friendship through sports and further the SHAPE and NATO missions.”

At the end, everyone should get what they’re hoping for with its great sports entertainment, delicious food vendors, and crazy workout music.

Such event won’t be manageable without the support of our volunteers. Should you wish to take part in this year’s team, don’t be shy, and send us an email at shapesportsandfitness@gmail.com

More information on games schedules will be posted on the SHAPE Sports & Fitness Facebook page.

We’re looking forward in seeing you!
Get stronger in November!

By Karin Toevere, Anette Hestdal Loso & Hillar Pliiats

Hi, my name is Karin, and I am from Estonia. I have lived in Belgium for three years. Last year, I started the Half an Hour Gives Me Power initiative, which promotes a healthy and active lifestyle. Half an Hour Power invites you to be active and take part in monthly challenges. Exercise for at least 30 minutes (run, walk, swim, dance, play tennis, do yoga, etc.) and collect points. You get extra points for exercising outdoors, for distance covered, and calories burned. Each month there is a tombola, and if you have collected at least 30 points, you may win some prizes.

I am inviting you to join Half an Hour Power because it’s the right time to build good habits and get stronger, especially now that you belong to the SHAPE community. There are so many different possibilities to be active on SHAPE. For example, I started to play golf and go bowling. Before coming to Belgium, I had never done CrossFit, but now I am ready to wake up very early to attend the class. Through different activities, I have met many people from all over the globe, and with some of them, I am still close, even now when they have returned to their home countries.

It’s my pleasure to introduce you to my Norwegian friend Anette. We met on the tennis court in 2019, and here is Anette’s story.

Half an Hour Power Community member Anette
(written in March 2021)

Hello, all you beautiful people participating in the great challenge: Half an Hour Power

I am Anette from Norway, currently living in Belgium. I have been exercising, mostly running, and cross country skiing/roller skiing during my whole life. As I am soon turning 50, my body couldn’t withstand running as much as earlier, and I have been “forced” to find new activities (and there aren’t conditions for skiing here in Belgium...) Here on SHAPE I have been introduced to new activities like tennis, yoga, golf, road biking, and cross-fit that I combine with running and roller skiing for the past years. I also love hiking, and we have a dog that is more than happy to join me. For me exercising is an essential part of my daily life; I like the feeling of getting tired, using my body, and being outside. I believe that in the years to come and by the time I get old, I will be thankful that an active lifestyle will have health-promoting effects! Even though I am pretty active, I find it hard to get out (especially when it’s raining...).

But after joining Half an Hour Power, I pull myself together and do one or two activities every day. And I feel really great being a part of an international group; to share and work together across the borders.

My whole family is active, and as parents, it’s been important to introduce different physical activities ever since the children were small. All of them have had the chance to try many different sports activities. As they became older, they chose to continue with the ones they found most joyful. Keeping teenagers active can be hard. It’s important that they can do something together with friends and understand the long-term health effects (physical and psychological). And that we encourage them and teach them the secret that it’s never too late to learn a new activity and new skills.
My name is Hillar Pliiats, I am from Estonia and I work in SHAPE J2 2. Since I am an Aikido trainer, I try to explain briefly the connections between motivation and human behavior in the context of starting training.

Quite often we find ourselves at the beginning of some activity with the idea that “I have no motivation to do so”. And that's how most people give up certain activities. However, when it comes to motivation, it should be remembered that motivation plays an important role in the development of sports and the sustainability of the chosen activity. There are many different approaches to motivation, but one of the most common is Sage’s (1977) definition of motivation as an internal state that initiates and directs behavior, defining its direction, intensity, and persistence.

Self Determination Theory (SDT) is an approach to human motivation and personality that highlights the importance of people’s advanced internal resources personality development and behavioral self-regulation (Ryan, Kuhl, & Deci, 1997). According to the Self-Determination Theory (SDT), it is a significant criterion towards the goal in the pursuit and achievement of the level at which people are able to satisfy their psychological basic needs (Deci & Ryan, 2000). These needs are:

1. **Autonomy** (how one’s perceptions and choices are perceived as behavior in support of autonomy creates self-initiated activities that make physical activity practitioners feel accepted and increase self-determination). Ensuring autonomy means, above all, attitude enthusiasts as personalities who would feel self-determined. Enthusiasts’ need for autonomy is also respectable and reliable (Mageau and Vallerand 2003).

2. **Feeling of belonging** (connection and caring by other people, communication with team members and feeling of belonging to a group).

3. **Competence** (that I am capable of something and get it to handle). The need to perceive competence is a key motivating aspect. If the enthusiast feels that he is competent in his sport, then his inner motivation also increases. (Deci & Ryan, 1985, 1991).

Having practiced aikido for 18 years and been a coach for 14 years, it is easier to explain this whole motivational story through aikido. In Aikido (but certainly in many other martial arts), motivation is about choices and achieving goals that could be closely related to commitment. In Aikido, the term “Masakatsu agatsu” is used, which means „True victory (is) victory over yourself. This is also one of the reasons why there are no competitions in Aikido. Everything I do, I do for myself! In view of the Japanese martial arts, this explanation is very simple: all the disciplines that end in do are the path of choice. Because do is translated as a journey. Aikido, Kendo, Judo, laido, etc. The choices need to be clear in your head and you need to move forward with those choices. For athletes, price motivation is the most valuable intrinsic motivation. Deci and Ryan (1985) argue that intrinsic motivation stems from the innate psychological needs for competence and self-determination. Thus, sport and physical activity deal with intrinsic motivation, as it allows people to experience a sense of competence and autonomy. Athletes whose training is motivated by an interest in and satisfaction with the sport, or athletes who engage in sport in order to constantly outperform themselves, are considered to be internally motivated athletes in their sport.

So what about that intrinsic motivation? Perceptions of intrinsic motivation are different for everyone. Who thinks it is necessary to take care of their health, who thinks that they want to belong to some kind of group, who wants to achieve something, and who just likes the approval of others. The reasons are different, but we still have to take the first step ourselves, setting ourselves (never to anyone else) real goals (including milestones if necessary) and the resources to achieve these goals. For example, if you have decided for yourself that you exercise twice a week, then you are present twice a week. It is all about self-discipline and dedication.

Unfortunately, the following are already sad statistics and Overweight and obesity by WHO (World Health Organisation). the inclusion of which in this article is not intended to intimidate anyone, but to make you think critically about your physical activity habits. Think wisely about how not to be part of it and start today. One is always better than nothing and as many of you already know the motto:

*“Half an Hour Gives Me Power”.*

*Find more information https://linktr.ee/halfanhourpower
Activities & Services for the SHAPE Community
COMING IN NOVEMBER – DECEMBER

**Clifford: The Big Red Dog**
- 1h 36 min | Animation
- A young girl’s love for a tiny puppy named Clifford, makes the dog grow to an enormous size.

**Eternals**
- 2h | Fantasy, Action, Sci-Fi
- For the first time in the cinematic history of Spider-Man, our friendly neighborhood hero is unmasked and no longer able to separate his normal life from the high-stakes of being a Super Hero.

**House of Gucci**
- 1h 50min | Drama, Fashion
- Tracking the lives of the Gucci clan, known for creating one of the elite fashion houses and putting its stamp on the fashion business over the course of decades.

**West Side Story**
- 2h 33min | Musical, Romance, Drama
- Steven Spielberg’s adaptation of the Broadway musical “West Side Story.” The original was inspired by William Shakespeare’s “Romeo and Juliet.”

**Resident Evil**
- 1h 47min | Horror, Zombies
- A reboot of the ‘Resident Evil’ films based on the popular horror video game series by the same name.

**Ghostbusters Afterlife**
- 1h 57 min | Fantasy, Supernatural
- The saga of the Eternals, a race of immortal beings who lived on Earth and shaped its history and civilizations.

**Sing**
- 1h 45 min | Animation
- Buster Moon and his friends must persuade reclusive rock star Clay Calloway to join them for the opening of a new show.

**Ghostbusters**
- 1h 45 min | Action, Comedy, Spy Film
- A collection of history’s worst tyrants and criminal masterminds gather to plot a war to wipe out millions, one man must race against time to stop them.

**King’s Man**
- 1h 50min | Drama, Family
- 1st Sgt. Charles Monroe King, before he is killed in action in Baghdad, authors a journal for his son intended to tell him how to live a decent life despite growing up without a father.

**Schedules available at:**
www.SHAPE2DAY.com

*Subject to change*
Please follow us on Facebook at: SHAPE International Library for up-to-date hours, library news, and virtual programs to include story times, STEM programs, and much more!

The Library is open without appointment on Monday, Wednesday, Friday 1000-1700.

Contact tracing sign-in is required. Masks are required for patrons ages 13 and older. Limit of 3 families at a time in the children’s room. Limited seating is available. Public computers are available in limited numbers.

Chievres Branch Library is also open!
The Chievres Branch Library is open for in-person browsing, returning to its pre-COVID schedule: Tuesday-Friday 1200-1800 and Saturday 1000-1700. Contact tracing sign-in is required. Patrons are limited to 16 people at a time inside the library. Masks are required for unvaccinated individuals and for children in kindergarten or older. Limited seating is available. Public computers are available in limited numbers.

At both libraries, quarantine periods for returned items are no longer required. Materials can be returned in the drop box in front of either library, or in the Return Items slot at the Circulation Desk inside. And of course, you can continue to access our online resources 24/7 to include: eBooks, eAudiobooks, eMagazines, eNewspapers, Language Learning, educational resources for children and adults, and much, much more!

To search our catalog for either physical or online resources, please, visit: http://mwrlibrary.armybiznet.com

If you are clearing from SHAPE and Chievres, we can process these requests by email. Please email us with your name and account information at: usarmy.shape.library@mail.mil

UPCOMING PROGRAMS

WEEKLY STORYTIMES
(Required registration) Storytimes are back this fall at both SHAPE and Chievres!

Storytimes are held weekly in French, German, or English for a range of age groups. French, German, and Infant storytimes resume the week of October 18. English storytimes resume November 2. Please see our calendar online or on the SHAPE International Library Facebook page for the most up-to-date information.
Purchasing a fuel card means you have purchased 100 or 200 liters of fuel at a set price. You have until the card expires (generally 9 to 12 months) to pump the fuel into your authorized vehicle(s).

Fuel Type

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**FUEL CARD PRICE INFORMATION**

Please note the EXPIRY DATE on the face of your card.

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**VALKENBURG**

*27 November*

**Cave Christmas Market & Night Parade**

Be swept of your feet by the largest under-ground Christmas Markets in Europe; Valken-burg’s enchanting underground caves. Hundreds of decorated stalls, gifts, lights, but also historical charcoal drawings and other cave art makes this underground experience unsurpassed!

€60

Depart Brussels: 09:35 - Return: 22:30
Depart SHAPE: 08:30 - Return: 23:30

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**PARIS IN WINTER**

*11 December*

The City of Light shines year-round, but Paris has a special appeal in winter. Take in all the sites of this grand city when covered in white.

No matter what you do, winter in Paris will warm your hearts!

€65

Depart Brussels: 06:30 - Return: 00:45
Depart SHAPE: 07:30 - Return: 23:45

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**REIMS WITH CHAMPAGNE**

*04 December*

Join us on a visit to Maastricht, the capital of Limburg-Netherlands. Enjoy your free day in a big and old town situated at the river Maas, which is famous for its culture and its wealth of monuments. Maastricht is very nice for shopping, food and drinks as well!

Adults €100 / 12-17 80 €/0-11 65 €

Depart Brussels: 09:00 - Return: 21:30
Depart SHAPE: 08:00 - Return: 22:30

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**ROTTERDAM**

*15 December*

First, enjoy free time in the city. Then in the afternoon sail across the Rotterdam waters. From the water you can not miss the famous and bold architecture of Rotterdam’s large buildings! During the cruise tour, you can eat as many pancakes as you want.

€60 ADULTS / €55 CHILDREN 3-11 years / €45 CHILDREN 0-2 years

Depart Brussels: 08:30 - Return: 20:00
Depart SHAPE: 07:30 - Return: 21:15
**NEW PROMOTIONS**

**Whiskeys:**
- Carlos I 40% 1L GP: €7.92
- Chivas Regal 12y 40% 1L: €29.46
- Glenfiddich Select Cask 40% 1L Tub: €34.80
- Jameson *** 40% 1L: €18.50
- Whitley Neill R&G Gin 43% 1L: €16.10
- Beluga Vodka 40% 1L: €33.90
- Jameson ** 40% 1L Tub: €29.46
- Bombay Sapphire 47% 1L: €14.20
- Whiteley Nell R&G Gin 43% 1L Tub: €26.40
- Gin:
  - Beluga Vodka 40% 1L: €33.90
  - Plantation 20th Anniv 40% 0.7L: €23.90
- Liqueur:
  - Ricard 45% 1L: €16.30
  - Cointreau 40% 1L: €11.90

**Wine:**
- Graham’s LBV Port 20% 0.75L: €6.70
- 19 Crimes The Uprising 0.75L: €4.50
- B&G Rés.Cab. Sauvignon 0.75L: €4.30
- Masi Campofiorin 0.75L: €4.60
- Masi Rosa del Masi 0.75L: €5.90
- Skiarelli Mod. r. 0.75L: €8.99
- Mionetto Pros.Vald.Sup. 0.75L: €8.50
- Masi Nect.Campofiorin 0.75L: €7.80
- Masi B&G Mod. r. 3L: €14.60
- Faustino I Gr. Reserva 0.75L: €12.40
- Montecillo Gran Reserv.0.75L: €14.90
- Montecillo Reserva 0.75L: €6.99
- Tattl.Brut Réserve GP 0.75L: €25.20
- Mionetto Pros.Valid.Sup. 0.75L: €8.56
- Wars.Prem.4x0.5L Can-€3.30

*Alcoholic drinks will only be sold to customers age 18 and over.
Only available to SHAPE ID full privileges card holders.
Please contact Mr. Thierry Weymers at SHAPE Ext. 3624 should you have any questions.

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**FUEL CARD INFORMATION**

- Purchasing a fuel card means you have purchased 100 or 200 liters of fuel at a set price. You have until the card expires (generally 9 to 12 months) to pump the fuel into your authorized vehicle(s). **Please note the EXPIRY DATE on the face of your card.**
- Belgium publishes a daily maximum cost per liter which businesses must not exceed. SHAPE contracts with Total to provide a fixed monthly price. Your price will always be well below the maximum daily cost published by Belgium as it excludes taxes.

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Your SHAPE Identity & Ration Cards are required to purchase fuel per SHAPE Directive 40-9.

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**INTERNATIONAL CONTINENTAL MESS MENU**

**NOVEMBER - DECEMBER**

**MON**
- 22 Grilled meatballs - Sauce provençale Farfalle with herbs
- 29 Pork filet - Sauce « Grand-mère » Vegetable mix - Parsley potatoes
- 06 Chicken stew - Side sla Rice

**TUE**
- 23 Grilled Steak - Sauce Archiduc Side sla - French fries or rice
- 30 Grilled Steak - Garlic butter French fries or Oven baked potato - Side sla
- 07 Grilled Steak - Sauce “Diane” Side sla - French fries or Oven baked potato

**WED**
- 24 Spaghetti Bolognese or Oven baked Macaroni
- 01 Spaghetti bolognese or Lasagne
- 08 Spaghetti bolognese or Oven baked Macaroni

**THU**
- 25 DÜRUM - FRENCH FRIES
- 02 CHILI CON CARNE
- 09 DÜRUM - FRENCH FRIES

**FRI**
- 26 Tanagra - Sauce Remoulade Side sla - Mashed potatoes
- 03 Breaded Tanagra - Remoulade sauce Mashed potatoes
- 10 Fish of the day

**Opening Hours 0700 - 1330**

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**THIS MENU CAN BE ALTERED DUE TO LAST MOMENT DELIVERY CHANGE. FOR MORE INFORMATION VISIT WWW.SHAPE2DAY.COM**
# SHAPE Sports & Fitness

CHECK SHAPE2DAY.COM FOR SHAPE POOL SCHEDULE, FOR BOOKING YOUR SWIM LANE & FOR MORE ACCURATE INFORMATION

<table>
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* Payment required

Required: Online Booking:
Barbell/Olympic Weightlifting
Indoor Cycle/Spin
Muscle Pump
Yoga
Zumba

https://www.shape2day.com/community/shape2day/shape-sports-fitness-centre

info@crossfitness@gmail.com

For more information or bookings, please call the SHAPE Gym Hotline: 05 44 53 25

First Timer or Climbing Legend? You need to attend to one of our sessions to use the Wall!

DISCOVER CLIMBING

SHAPE SPORTS & FITNESS
BASKETBALL MADNESS
JAN 11TH THRU FEB 28TH
16:30PM & 26:00
AT THE MAIN GYM
BLOC, 3/13
TEAM A VS TEAM B
LINE UP FOR TEAM B: SUBMIT:
DEFENDER 101
TEAM LEADER:
STEFAN S. SUBMIT
EMAIL:
sf@shape2day.com

SHAPE IBT 2021
INTERNATIONAL BASKETBALL TOURNAMENT
COMING NOVEMBER 28

www.shape2day.com
SHAPE ACTIVITIES

Ongoing

Boy Scout Troop #325
Come to a meeting and check us out! 1830-2000 in SHAPE Green Gym (2nd floor). Contact us at: SHAPETROOP325@gmail.com

Catholic Women of the Chapel (CWOC)
Ladies meet for fellowship and bible at SHAPE Chapel at 1000 hrs, Bldg. 353 at 1800 hrs. Childcare is provided in the morning. All books are provided. Contact our Parish Coordinator: 065/44.60.19

SHAPE Sharks Volleyball practice in the SHAPE Gym every Monday and Wednesday. We are welcoming new players from the SHAPE community. For more info: PerAslak.LOSO@shape.nato.int

SHAPE International Dancing Club @ the gym in the Aerobic Suite. Dancing lessons: Advanced Salsas: 19h-20h. Currently we only teach Salsa Cubana. If you would like to teach a dancing style or become a member, contact: taxi: Shapetiscid@gmail.com

SHAPE International Toastmasters Club meets ONLINE every 2nd & 4th Tuesday. Due to the pandemic the SHAPE Club Pathfinder Room is not available. Therefore, the virtual door opens at 18.45. Meeting begins at 19.00 and concludes at 20.45. This English-speaking club is for people who want to boost their communication, leadership and linguistic skills in a supportive and friendly environment. This club looks forward to welcoming members of SHAPE and the surrounding community! For Zoom online meeting link, please send an email to toastmasters@shapeclub@gmail.com

SHAPE International Women's Club (SIWC)
All women of the SHAPE community are invited to attend. For more info: call X5602 (or Civ. 065.44.5602) for US Chaplain Fr. Vincent Manuel Chapel, Office 33/34 (Alternative location: social-work conference room).

SHAPE International Bridge Club
Informal and duplicate bridge sessions in the SHAPE Club. Contacts: Stephen Smith1@gmail.com or stephen.smith1@gmail.com

SHAPE International Dancing Club
Every 1st and 3rd Tuesdays
Mom2Mom SHAPe meets for Breastfeeding Cafe on the 1st and 3rd Tuesday of every month to offer breastfeeding support and discuss pregnancy and infant care in a relaxed, social environment. 1330-1430 hrs at the SHAPE Healthcare Facility Room 2B122 (2nd floor, social-work conference room).
Contact: Fina Webster 065/32.52.24
Mom2MomSHAPE@gmail.com
www.facebook.com/Mom2MomSHAPE/

Every 2nd and 4th Tuesday

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Every Wednesday

Infant Massage Class
For infants (birth to approx 1 year) and their parents. 1030-1130 hrs - Room 2B122 (old physical room) 2nd floor: Fina Webster 065/32.52.24

1st SHAPE International Beavers (6-8)
Beaver Scouts are our youngest members. They meet at the Green Gym 1715-1830 to take part in a wide range of activities that build their confidence, including games, crafts, visits, along with plenty of outdoor activities, camps and sleepovers.
SHAPE Community Chapel (East Chapel)
1st Sunday of every month, 12h00

YOGA Classes
YOGA classes for all levels at the SHAPE gym (in the aerobics suite).SHAPE YOGA
SHAPE Agenda

Fall Trips

SHAPE Travel Group

The SHAPE Travel Group members are available every Wednesday and Friday from 1100-1300 in the Rendez-vous. They can only accept cash payment for trips.

The SHAPE Travel Group is a non-profit activity run entirely by international volunteers for SHAPE and NATO ID card holders and their guests.

<table>
<thead>
<tr>
<th>Date</th>
<th>Destination</th>
<th>Price</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Wed, 1 Dec</td>
<td>COLOGNE, DE</td>
<td>45€</td>
<td>The magic of Christmas can be felt throughout this festively decorated city. With hundreds of stalls lining the streets, it's easy to see why it is one of the most popular Christmas markets in Europe. Twinkling lights and the aroma of roasted almonds and glühwein invite you to browse in the festively decorated center of Cologne. There are several markets within walking distance.</td>
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<tr>
<td>Fri, 3 Dec</td>
<td>MONSCHAU, DE &amp; MAASTRICHT, NL</td>
<td>50€</td>
<td>Come with us to Germany’s best kept secret: the Christmas Market in Monschau, a quaint village nestled in the Eifel Hills along the River Rur. We will spend a couple hours here before moving onto Maastricht, Netherlands, in the afternoon. Explore the city, shop the stalls, and then follow the beautifully illuminated Trail of Lights in the evening. Perhaps take a ride on the ferris wheel to see the Christmas lights from above. Great picture opportunities abound!</td>
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<tr>
<td>Thu, 9 Dec</td>
<td>STRASBOURG, FR</td>
<td>60€</td>
<td>Discover the old world charm of Strasbourg, France. The Strasbourg Christkindelsmärk is the oldest Christmas market in France, dating back to 1570, and the city is considered the Capital of Christmas. Every year, shop windows are transformed into winter wonderlands and the streets are decorated with twinkling lights and festive garlands. The market is located around Cathedral Square and Place Broglie where hundreds of stalls sell ornaments and authentic gifts, with plenty of tasty treats or mulled wine to keep you warm as you browse.</td>
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<tr>
<td>Tue, 14 Dec</td>
<td>LUXEMBOURG CITY</td>
<td>40€</td>
<td>Enjoy the magic of Christmas at Luxembourg’s Winterlights Festival. More than 20,000 lights adorn some 220 trees (including 36 Christmas trees) on the cobbled streets of Luxembourg’s 1,000 year old capital city during this festive season. This UNESCO World Heritage site, with its medieval fortifications and amazing squares, is filled with more than 400 decorations and 45 km of wreath which creates an enchanting atmosphere and sparkling skyline. Lux City makes the perfect backdrop for a memorable winter break.</td>
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Dates for Your Diaries

Movember Charity Football Match

Base Support Group vs Belgian Federal Police
21 Nov 21 - 1500
SHAPE Track and Field (400 Area)
Mustache is suggested but not required

Come support your local emergency services for this great cause!
Cash donations will also be accepted at the event.

Movember
Change the face of men’s health

27th November 2021

Handmade wreaths & crafted gifts
Christmas decorations
Cakes, cookies & liqueurs
Bratwurst, Schupfnudeln & mushrooms
Gluhwein

All proceeds will go to charity!
Only cash payment possible

German Christkindlmarkt
12 p.m to 5 p.m
behind Bldg.312
<German Support Unit>
Covid Safe Ticket mandatory for entering the event
Are you a nature loving and/or attachment parenting family? Or trying to be? To meet like-minded people please contact us for more information at: rainyplay@gmail.com or 0489/27.41.85

International Bible Church, Jurbise
We’re a friendly English speaking evangelical church just a few streets away from SHAPE. We’ve been serving the SHAPE community for more than 50 years now. Our Sunday services start at 11 am each Sunday. Please contact pastor@ibc-jurbise.org or find more information on our website www.ibc-jurbise.org.

Alcoholics Anonymous
“If you drink that’s your business, but if you want to stop maybe we can help” SHAPE Group of Alcoholics Anonymous (English Speaking Meeting)
“The only requirement is a desire to stop drinking.” Tuesday evenings from 1900-2000 hours. We meet at the International Baptist Church, Chemin Du Prince, 284; 7050 Jurbise 0470-470-790 or AA Bruxelles 0032 (0) 487/35.45.72.

The International Jewish Center offers a weekly educational program in English for children from 10:00am - 12:30pm. This is a great opportunity to meet and befriend other international Jewish children and families. We introduce students to Hebrew, prayer, religious traditions, and the modern Jewish experience. We begin with a Tots class for children from 3 years, and we provide Jewish education through Bar/Bat Mitzvah with an emphasis on creative expression. The school is led by our Israeli Head Teacher and our American Rabbi and staffed by dedicated and experienced teachers. Please contact info@ijc.be or www.ijc.be

Attachment Parenting/Green Families Group
Are you a nature loving and/or attachment parenting family? Or trying to be? To meet like-minded people please contact us for more information at: rainyplay@gmail.com or 0489/27.41.85
## HOURS OF OPERATION

**OPENING HOURS ARE SUBJECT TO CHANGE**

FOR MORE ACCURATE INFO VISIT [WWW.SHAPE2DAY.COM](http://www.shape2day.com)

<table>
<thead>
<tr>
<th>MWB ACTIVITIES</th>
<th>SHAPE CONCESSIONAIRES</th>
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<tr>
<td><strong>MWB OPS</strong></td>
<td><strong>CARREFOUR</strong></td>
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<tr>
<td>Mon-Thu: 0830-1730</td>
<td>Carrefour Market</td>
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<tr>
<td>Fri: 0830-1530</td>
<td>Mon-Fri: 0730-1900</td>
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<tr>
<td>065/44 8340 or 8341</td>
<td>Sat: 0730-1730</td>
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<tr>
<td><strong>SPORTS &amp; FITNESS CENTRE</strong></td>
<td><strong>Garage for repairs</strong></td>
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<td>Gym Annex:</td>
<td>Mon-Fri: 0900-1900</td>
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<td>Mon-Thu: 0600-2100</td>
<td>Sat: 0900-1730</td>
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<tr>
<td>Fri: 0600-1930</td>
<td>065/44 5696</td>
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<tr>
<td>Sat-Sun: 0830-1300</td>
<td><strong>SNOW CINEMA</strong></td>
</tr>
<tr>
<td>See schedule &amp; bookings at:</td>
<td>Fri-Sat: 1700-2230</td>
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<tr>
<td><a href="http://www.shape2day.com">www.shape2day.com</a></td>
<td>065/44 5697</td>
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<tr>
<td><strong>B3’S</strong></td>
<td><strong>BEAUTY SHOP</strong></td>
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<tr>
<td>Mon-Thu: 1630-2200</td>
<td>Sarina: Tue – Sat: 0900 – 1800</td>
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<tr>
<td>Fri: 1530-2300</td>
<td>Silvana: Tue–Thu: 0930-1900</td>
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<tr>
<td>065/44 8301 or 4133</td>
<td>Wed: 0930 – 1200</td>
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<td><strong>SILVER SPOON</strong></td>
<td><strong>By appointment only</strong></td>
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<td>Mon-Fri: 0730-1400</td>
<td>065/44-5983</td>
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<tr>
<td>Bar: 0815-1530</td>
<td><strong>BED &amp; BREAKFAST</strong></td>
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<tr>
<td>065/44 5114</td>
<td>BLDG 102</td>
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<tr>
<td><strong>RENDEZ-VOUS</strong></td>
<td>Tue–Thu: 1000 – 1700</td>
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<tr>
<td>Mon-Fri: 0730-1630</td>
<td>Fri: 1000 – 1400</td>
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<tr>
<td>Sat: 0900–1500</td>
<td><strong>By appointment only</strong></td>
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<tr>
<td>SH: 0900–1300</td>
<td>065/44-5498</td>
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<tr>
<td>Limited seating area available for consumption</td>
<td><strong>BARBER SHOP BLDG 102</strong></td>
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<tr>
<td>065/44 5220</td>
<td>Tue–Thu: 1000 – 1700</td>
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<tr>
<td><strong>SHAPE CLUB</strong></td>
<td>Fri: 1000 – 1400</td>
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<tr>
<td>Mon-Fri 0800-1000 Breakfast</td>
<td><strong>By appointment only</strong></td>
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<tr>
<td>Mon-Fri 1130-1330 Lunch</td>
<td>065/44-2614</td>
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<tr>
<td>Thu-Fri 1800-2100 Dinner</td>
<td><strong>INSURANCE MERAINI</strong></td>
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<tr>
<td>065/44 4133</td>
<td>Mon/Wed/Thu: 0930-1300/1400-1630</td>
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<tr>
<td><strong>PIZZA BOWL</strong></td>
<td>Fri: 0930-1300</td>
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<tr>
<td>Pizza Bowling Lanes</td>
<td>065/44 5355</td>
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<td>Mon-Thu: 1130-2100</td>
<td><strong>FLOWER SHOP</strong></td>
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<tr>
<td>Fri: 1130-2200</td>
<td>Tue–Fri: 1000-1800</td>
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<tr>
<td>Sat:1200-2200</td>
<td>Sat: 1000-1300</td>
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<tr>
<td>Snack Bar (Indoor + Outdoor)</td>
<td><strong>For any emergency throughout Europe 112</strong></td>
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<tr>
<td>Mon: 1130-1400 - Pizza only</td>
<td><strong>EMERGENCY NUMBER FOR SHAPIANS</strong></td>
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<tr>
<td>Mon: 1500-2000 - Full kitchen</td>
<td>065/44 3333</td>
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| Tue-Fri: 1130-2100 | **NOTICE:**
| Sat: 1200-2000 | **CUSTOMERS MUST RESPECT THE COVID-19 SAFETY MEASURES** |
| 065/44 5696 | **BARBER SHOP BLDG 504** |
| **SHAPES INN** | Tue - Fri: 1000 - 1700 |
| 0830-1300/1400-1645 Tue-Thu | Sat: 1000-140000 |
| 0830-1200/1300-1445 Fri | **By appointment only** |
| 065/44 4385 | 065/44-2614 |
| **LANGUAGE CENTRE** | **OPTICAL SHOP** |
| Mon - Thu: 0830-1600 | Tue-Fri: 1030-1600 |
| 065/44 4971 | Thu: 1030-1300 |
| **LIBRARY** | 065/44 5621 |
CLEARANCE SALE
UP TO -70%
ALL STOCK MUST GO!

FROM OCTOBER 1, 2021

Come to visit our shop, we are just few meters away!

English speaking staff
VAT exempt for eligible SHAPE members