

# SCL



SHAPE Community Life

March 2024



## KING FELIPE VI VISIT TO SHAPE



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# EDITOR'S Letter



Dear Shapians,

*As March unfolds, it brings a dual celebration of profound significance: International Women's Day and the 75<sup>th</sup> Anniversary of NATO. These milestones intersect, highlighting the invaluable contributions of women throughout history, particularly within the context of NATO's journey, reflecting the essential role of women within the alliance.*

*International Women's Day is a global tribute to women's achievements and ongoing fight for equal rights. A day to honor the courage and resilience of women from all walks of life that shatter barriers on a daily basis. Since its inception in 1949, NATO has been at the forefront of promoting peace, security, and cooperation among its member states. Throughout NATO's history, women have contributed to the alliance in multifaceted ways, playing a vital role in shaping NATO's legacy. From military and civilian personnel to analysts and engineers, women have brought diverse perspectives, skills, and expertise. Their unwavering dedication and professionalism have been instrumental in advancing NATO's mission of collective defense and transatlantic solidarity.*

*Today, NATO is making strides towards greater gender equality and inclusivity, so let me honor the trailblazers who opened the road for future generations.*

*Let's celebrate the accomplishments of women past and present. Let's reaffirm our commitment to parity within NATO and beyond.*

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

Addendum: On page 9, the caption: "UK School Section's Denise kicks off the food for the Pop UP IC3 Events." should read "Cindy (BSA, left) and Hortensia (ESOP, right) loading the ESOP van with Scout Drive food."

On page 40, the article credited to SHAPE Federal Police should be credited to Ingrid Covington (CPsychol, HCPC reg.), Chartered Psychologist, Founder of Staying Well Together @ SHAPE/Co-Founder Centre for Psychology at Work

The editor of the SHAPE Community Life magazine apologizes for the typo and the inconvenience that it could have caused.

Thank you very much for your understanding.

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**All the events announced could be postponed or cancelled due to security or any unforeseen reason.**

**Please, visit our SHAPE2DAY website or SHAPE Base Support Group Facebook Page for a more accurate and updated information.**

## COMMUNITY NEWS

3. MĂRȚIȘOR

4. THE BOOKSHOP



## MILITARY NEWS

6. VISIT OF FELIPE VI TO SHAPE

10. CELEBRATING OUR UK VOLUNTEERS

12. BULGARIA IN NATO

15. CISM DAY RUN 2024

16. NATO AWACS FLIGHT

18. HOW THE 1821 GREEK REVOLUTION CHANGED THE WORLD

22. SHAPE MILITARY HISTORY SOCIETY (SMHS)

25. LEGAL NEWS. IN MEMORIAM OF PROFESSOR DR. YORAM DINSTEIN



## SHAPELIFE

26. FROM YOUR COMMUNITY POLICE

27. SHAPE NEWCOMERS' ORIENTATION BRIEFINGS

28. 2024 OKTOBERFEST LOGO WANTED

29. WHAT IS TOASTMASTERS

31. STAYING WELL TOEGTHER AT SHAPE

32. WORKPLACE EYE WELLNESS

34. A CULINARY DUO: BAKLAVA AND TURKISH DELIGHT SWEET TREASURES OF TÜRKİYE

37. TORTILLA DE PATATA. SURVIVAL VERSION RECIPE

38. FROM YOUR FAMILY LIFE COUNSELING CENTER

40. SHAPE INTERNATIONAL BAND



## TRAVEL

42. FRANK ABNEY HASTINGS. A DISTINGUISHED PHILHELLENIC PERSONALITY OF THE GREEK REVOLUTION OF 1821

46. DISCOVERING THE BEAUTY AND HISTORY OF ABANT AND GÖLCÜK: AN EXPEDITION THROUGH TIME AND NATURE

48. LET INTERNATIONAL WOMEN'S DAY INSPIRE YOU: BE A FEMINIST AND "COME WITH A MILITARY SPOUSE TO KATHMANDU"

52. SHAPE TRAVEL GROUP



# CONTENTS

## MARCH 2024

## SPORTS & FITNESS

55. THE SPORTING LIFE



## MORALE & WELFARE

57. SHAPE CINEMA

58. RIS

59. MWB FEEDBACK. SHAPE INTERNATIONAL LIBRARY. SHAPE LANGUAGE CENTRE

60. PERFORMING ARTS CENTRE. ARTS AND CRAFTS

61. SPORTS & FITNESS. SILVER SPOON MENU

62. FOOD & BEVERAGE

63. TRIPS & TOURS



## SHAPE AGENDA

64. DATES FOR YOUR DIARIES

65. SHAPE TRAVEL GROUP. INTERNATIONAL CONTINENTAL MESS MENU

66. ONGOING SHAPE ACTIVITIES

67. OPENING HOURS: MARCH

68. FORUM. MISCELLANEOUS & SERVICES



\*Photo Cover: SHAPE J10/Media Ops



# Welcome March *Mărțișor*

By Julia Suci, OCCA Section

"What can I do for you now that it's spring? Out of the clouds I sew you a light dress. From snowdrops I'll make you a belt. I'll put a bunch of primroses around your neck. I'll make you shoes of violets. To be the prettiest girl in town You want bracelets too? And earrings? I'll make you a complete set out of charms."

*Out of the white of snowflakes  
and out of the sunny bliss  
I've braided you a Mărțișor  
that will bring you happiness*

*The little charm of Mărțișor  
Is offered you since ancient time,  
In order to protect your spirit  
your home and your beloved ones*



These are just a few of the rhymes written on the greeting cards that usually accompany the small symbol called „Mărțișor”, when it is offered to mothers, sisters, grandmothers, wives, girlfriends, friends, mothers-in-law, work colleagues. March 1<sup>st</sup> is celebrated beautifully in Romania by offering this little charm and it is believed that the wearer will be strong and healthy for the coming year, a beautiful tradition that continues every year and that is carried forward by all of us. It is a day full of joy, full of colour and cheerfulness, kindness and giving are the feelings that characterise us on this day. The streets are filled with „Mărțișor” brooches and flowers, everyone is celebrating spring and the ladies are spoilt with gifts. We usually wear it pinned to our clothes, close to the heart, until the last day of March, when we will tie it to a fruit-tree twig.

With the coming of March we forget winter, forget the long, dark days and look forward to the warm days of spring, full of sunlight that warms the plants and makes the dull landscape colourful again. Spring is an explosion of colour and of flower's perfume, of butterflies flying in the warmth of the sun, attracted by the fragrance of flowers and their sweet nectar. The birds sing happily and we look forward to spring and feel joy and cheerfulness flood our souls again and our spirits seem more alive again. With these thoughts in our hearts and with the hope of these days the ladies of the Romanian community, met to prepare the

Mărțișor brooches that we lovingly gifted to those who came to celebrate with us on Friday, March 1<sup>st</sup>. It has already become a tradition to prepare this event and to share the joy of the arrival of spring together with the international community in which we now live.

Every year, a group of talented women from the Romanian community meet and have creative workshops to prepare these little charms, so we cut, sewed, embroidered, glued and crochet the wonderful Mărțișor brooches. This year our Mărțișor workshop was joined by children who created one-of-a-kind charms. The creativity outcome of these workshops resulted in the creation of more than 300 Mărțișor brooches. The Mărțișor is made of a variety of materials, colors, sizes, shapes and any form of art that can be converted into a brooch from carefully stitched miniature canvases, to pressed flowers, painted eggshells, stitched beads, braided leather, velvet, silk flowers, crocheted flowers, printed messages. The artist can create anything, the only rule from which absolutely no one deviates is the red and white thread that accompanies this brooch. The red color symbolizes the love for the beautiful and the white symbolizes the health and purity of the snowdrop flower, the first flower of spring.

This year the table was only decorated in white and red chromatic palette, the representative colours for the Martisor, colours that are found in the brooch string, that was converted into a decorative flower curtain along with embroidered handmade tablecloth with traditional red ethnic motifs. Talent and creativity did not stop at the hand making of brooches, but continued in the preparation of the cakes with which the guests were served. The red and white colour and even the style of the Mărțișor string were also found on the sweet treats served during the event.

The organisers thank all those that made this event possible and the SHAPE community who attended the event on the first day of spring with joy and happiness.

Until the next Martisor event, wear the brooches received and tie the red and white string to a fruit tree for health and luck for the coming year.





# THE BOOKSHOP

*Mons*

## MORE THAN A BOOKSHOP

By Julia Suci, OCCA Section

**B**ooks are true friends, they are always by our side, books are free tickets to other worlds and other times, books give us the opportunity to live several lives in one, and the list could go on and on. Many of us have special memories with and about books, the energy they gave us when we read them, the way they inspired us and helped us at some point in our lives.

If you're going to open this topic with a book lover you'll have to set aside some time because they're going to string together a lot of arguments for books and reading. For English-speaking book lovers we have good news – the first English-language bookshop in Walonia has opened in Mons – The Bookshop.

It's a rainy evening but the atmosphere in the bookshop is warm and welcoming. The shelves house books in all literary genres from classics to modern, from art and travel albums to books inspired by true stories, detective stories, thrillers, graphic novels and biographies. Children's Corner creates the illusion of retreat into nature, an escape from our tumultuous everyday lives. The furniture in the children's corner follows this theme. Everyone becomes a reader and immerses themselves in reading, while sitting comfortably in a colourful and soft armchair, through a very suggestive design even the very mouse on the wall is immersed in reading. The bold colour palette adds energy to the place, the yellow, orange and turquoise armchairs and the multicoloured carpet give you a feeling of well-being, a euphoric mood. Everything here is designed to make the visitor feel at home in the living room, a place where we retreat after the hustle and bustle of the day and enter a second world, the world of book lovers, transporting us to new worlds and different times. We travel with our favourite characters, through the world of Tolkien, experience the feelings of love described by Jane Austen, we cry together with Heathcliff and Catherine in Wuthering Heights.

The wall of black and white photographs depicting a bygone world where even in the midst of disaster books made their way to the reader, a world where bookstores traveled on a bus to allow readers everywhere access to the newest releases,

The art of writing blends seamlessly with graphic art, the paintings on display are highly evocative and explain the writing styles in detail: poetry, dystopian, biography, graphic novel, mystery, short story, science fiction and horror; the book rules: hug your book when walking, be careful turning pages, use a bookmark; women in literature and the superpower of culture and literature upon our lives.

The owner Jerry Systemans, a book lover himself by profession a teacher, has combined these passions in the idea of setting up this bookstore, which offers the reader more than just a place to buy a book, it is intended to be a meeting place, a place to share a common passion: the love for books, a place to promote artists, a place where abandoned or let's say once-read books get a







new chance to find new owners, new readers. This wonderful project is called give second hand books a second home, books brought into the shop will be welcomed and in return you will receive a voucher for a new book.

Listening to him, my mind goes back to the first English-language bookshop in Paris, Shakespeare and Company, which opened in the interwar period and is still in business today. The Bookshop is also the first bookshop with English books in Wallonia. Both booksellers opened their bookshops out of a passion for reading, a desire to give and offer those who cross their threshold a wonderful experience, a place to relax, an escape, a meeting place for artists and writers. New writers and poets will be given a chance to participate in poetry and prose competitions, all of which are a springboard for young and timid artists. Its projects are manifold and through them it aims to bring readers together through a reading club, conversation groups conducted in English and French, and reading moments accompanied by an artist sketching during these events.

Notebooks, postcards, seasonal cards will soon be found in the shop arriving from Montpellier itself from the studio of the French artist who will be translating his art and drawings for us here.

The owner shared with us some of his projects as well as two main goals he had in mind when opening this bookshop " We created our bookshop as a second home for every english reader. The size of our selection is intentional as we wish to offer only vetted quality books."

The traditional and the new are intertwined through posters created by artists accompanied by Q-code with information about their work highlighting the artist.

All information is made available through their Facebook site, Instagram (The Bookshop Mons) for any online orders these

can be made through the bookstore website. So stay tuned for new information and when in Mons please step by to the new address on The Bookshop Mons - Rue de la chaussée 26-28, 7000 Mons.

I end with a few of my favorite quotes: quotes about books and quotes about reading that I hope will awaken your desire to read more, to seek out the right book for you.

*"A reader lives a thousand lives before he dies. . . The man who never reads lives only one."*

- **George R.R. Martin**

*"If you don't like to read, you haven't found the right book."* -

**J.K. Rowling**

*"Reading gives us a place to go when we need to stay where we are."* - **Mason Cooley**

*"An hour spent reading is an hour stolen from paradise."* - **Thomas Wharton**

*"A book is a friend who will never let you down."*

-**Oscar Wilde**

*"A book is a road to other worlds, a road to other lives and other minds."*-**C.S. Lewis**

**THE BOOKSHOP**  
Mons





# VISIT OF FELIP





# E VI TO SHAPE

# VISIT OF FELIPE VI TO SHAPE

Courtesy of Spanish NMR



On 20 February we were fortunate to welcome His Majesty King Felipe VI of Spain to SHAPE. This is the third time that SHAPE has been visited by His Majesty: the first was in 2002, when he was still crown prince, and the second in 2018 as monarch. It is well known that His Majesty Felipe VI is very interested in all matters related to the military.

The main reason for this visit was the interest aroused by the change that SHAPE has undergone in recent months to become a Strategic Warfighting HQ. His Majesty Felipe VI also came to learn first-hand about the challenges

and threats facing NATO at the strategic-military level. Finally, the visit was an opportunity for His Majesty to present the Grand Cross of Military Merit awarded to SACEUR, General Cavoli, on 16 June 2023 by Spanish Royal Decree.

The visit took place in three phases, the first of which was a visit to the headquarters where King Felipe was able to see the changes undertaken at SHAPE for its transformation into a Strategic Warfighting HQ. There was also a presentation of the most important challenges facing NATO from a strategic military point of view.





In the second phase, the imposition of the Grand Cross of Naval Merit took place at the SHAPE CLUB in a ceremony attended by both Spanish authorities and SHAPE Command Group personnel. All Spanish Civilian and Military personnel working at the SHAPE base were also invited to the ceremony. A total of 250 people attended the ceremony.

The award that was presented to SACEUR is the Grand Cross of Naval Merit. The Grand Cross of Naval Merit, until 1995, the Order of Naval Merit is the name of a Spanish military award divided into several categories whose purpose is to reward members of the Navy, the Army and the Civil Guard and other civilians for the carrying out actions and events or rendering services of outstanding merit.



The purpose of the Naval Merit Crosses is to individually reward and distinguish members of the Armed Forces and the Civil Guard Corps, for carrying out actions and deeds or providing services of outstanding merit or importance, as well as civilian personnel for their meritorious activities related to National Defense.

Finally, HM the King's visit ended with a meeting with the Spanish SHAPE members at the EVENTS Center where everyone was able to enjoy his presence and exchange a few words with this monarch who is so close to us. Let's hope that the next time he comes it won't take 6 years!



# CELEBRATING OUR UK VOLUNTEERS

## Volunteer Appreciation Evening 8<sup>th</sup> February 2024

By Rosie McEwan, UK CLO Coordinator  
Photograph credit: OCCA Section

**T**he history behind this celebration was to share gratitude to the UK Volunteers for giving their time, effort and energies making experiences on SHAPE an even better one for many people.

It was an honour that DSACEUR, Admiral Sir Keith Blount found time out of his very full schedule to join us. "It is clear the British community is thriving, underpinned in large part by the volunteer network. The inclusive atmosphere we have here at SHAPE enables a strong sense of belonging, and the volunteer appreciation evening was a great opportunity to show case this. The event highlighted the huge number of people doing good work, as well as the variety of support our community provides to each other." stated Admiral Sir Keith Blount, DSACEUR.

Working within the UK community team, it is a great privilege to get to know the volunteers and see them flourish as they go out of their comfort zone to learn new skills to set up groups or assist in something new.

Our facility offsite, SHAPE House has a very full schedule with Community Liaison Officer Rachael Evans facilitating many groups and activities with the help of the willing volunteers. On SHAPE, Community Liaison officers, Gemma Hough and Rosie McEwan rely on volunteers for events and activities. The UK britbar is open regularly due to a brilliant committee and volunteers. Shape parkrun never fails to get enough weekly volunteers, despite the rain and dark mornings. In the wider community, there were volunteers from SSAFA, scouts, sports clubs, charities, and general shape volunteers who make time in shape for all nations a far nicer community.

Volunteering enhances life experience and friendships. Paths are crossed with people that you may never otherwise get to know. It was a lovely event to have such a range of people here who volunteer, and it also gave the opportunity to say goodbye to volunteers who will be moving on in the next few months.

The UK WO & SGT's mess provided a wonderful venue with its lovely ambience and was nicely decorated with union jacks and spring plants. The evening began with welcome drinks followed by a buffet provided by Sgt Matemera, chef to DSACEUR who volunteered his time to contribute. The food was delicious and well received by all the guests. Short presentations followed and then an opportunity for the guests to get together in a relaxed atmosphere.





UK NMR Air Commodore Steve Kilvington spoke and commented “Our volunteers here are incredible. Whether delivering group activities, socials or support, they not only generate brilliant events for the community, but are, in fact, the foundation of the community. Their efforts are at the heart of British life here at SHAPE and this evening offered a small opportunity to say thanks.”

DSACEUR, Admiral Sir Keith Blount then handed out certificates and individually thanked each of the volunteers.

Hearing the conversations from the evening was so heartening to find out the reasons why people start volunteering.

“Volunteering has given me wonderful friendships and introduced me to lots of interesting people in the community. Also, due to frequent moves and family life, my current CV was looking a little bare. Becoming a volunteer broadened my experiences and gave me recent events to refer to when interviewing. It really boosted confidence in my abilities and reminded me of my strengths. I believe an up-to-date DBS and food handling certificate, needed for volunteering activities, is a positive bonus to an employer” explained Helen Gorman.

Lyndsey Fixer said ‘When the opportunity arose to take over the bumps to babies’ group, I jumped at the opportunity, a group close to my heart due to the massive support network it provided me during my pregnancy and after having my youngest daughter. I honestly do not know what I would have done without the group, and I wanted to offer the same opportunities for the women and babies in the community.

It can be difficult to be away from family and friends, and even more so when you are pregnant or have a newborn.

I wanted the group to be a warm and welcoming safe place for Mums to come and share experiences, talk anything and everything babies (or not), partake in planned activities such as sensory play, meet new people but most importantly be able to finish a brew while it was still hot! It has been an absolute honour to run this group and I cannot thank enough all the Mums and their beautiful babies who have come to the group. I hope it has supported others as much as it did with me.’

Thank you to all that have the passion to be a volunteer – it really is appreciated. If you would like to know more about volunteering opportunities, please contact:

**[gso-ejsu-belgium-communityhub@mod.gov.uk](mailto:gso-ejsu-belgium-communityhub@mod.gov.uk)**



## 20 years as part of the Euro-Atlantic family

Courtesy of acting BGR NMR Colonel GARKOV

In 2024, both NATO and Bulgaria will be celebrating yet another landmark anniversary. It is NATO's 75<sup>th</sup> birthday since its foundation and Bulgaria is marking 20 years of membership in the Alliance.

The Republic of Bulgaria has been part of the most powerful Alliance for 20 years now and is looking forward to deepening its contribution to regional and global security.

On March 29, 2004 in Washington DC, Bulgaria deposited its instruments of accession to the North Atlantic Treaty, thus formally becoming a member of the North Atlantic Treaty Organization.

In addition to Bulgaria, another six countries from Eastern Europe became full members of NATO at that time - Estonia, Latvia, Lithuania, Romania, Slovakia, and Slovenia.

As a family of shared values, NATO guarantees the peace in 31 Member States now (soon to be 32 and more in the future). The Alliance continues to adapt and evolve in order to be prepared to fulfil its main task - to safeguard the freedom and security of all its members by political and military means. Bulgarian people believe that it is only together that we can cope with crises and tackle the dynamics of the security challenges.

Since joining NATO, Bulgaria has benefited greatly from its membership, regularly conducting enhanced trainings and exercises of the Bulgarian Armed forces with Allied countries.

Moreover, Bulgarian service members took part in the execution of joint missions, operations, and allied exercises, which helped them to build capacities for guaranteeing the sovereignty of Republic of Bulgaria and NATO.

Following Russia's full-scale invasion in Ukraine in February 2022, Allies reinforced the existing battlegroups and agreed to establish four more multinational battlegroups in Bulgaria, Hungary, Romania and Slovakia. This has brought the total number of multinational battlegroups

to eight, effectively doubled the number of troops on the ground, and extended NATO's forward presence along the Alliance's eastern flank – from the Baltic Sea in the north, to the Black Sea in the south.

Allies are committed to deploying robust and combat-ready forces to the Alliance's eastern flank. The eight battlegroups demonstrate the strength of the transatlantic bond and the Alliance's solidarity, determination and ability to respond to any aggression.

A combat-capable multinational battlegroup was established in Bulgaria with framework nation Italy and Bulgaria providing the required host nation support. This is a demonstration of the national ambition to actively contribute to strengthening NATO's Deterrence and Defence Posture in order to protect the right of people to live in peace. This enables us to defend our national interest and to share the responsibility for assuring the security of NATO's Eastern Flank.

At the 2022 NATO Summit in Madrid, Allies agreed to scale up the multinational battlegroups to brigade size, where and when required. Allies are now exercising the ability to deploy rapidly available reinforcements in order to expand the battlegroups to brigade-size formations.

Today, more than ever, it is crucial that we commit more funds to security. In 2024, Bulgaria will increase its defence spending above 2% of its gross domestic product (GDP). Therefore, it will meet our commitments under the Wales Summit Defence Investment Pledge pertaining to increasing defence spending and sharing the financial burden of collective defence.





Bulgaria will be celebrating the 20<sup>th</sup> anniversary of its accession to NATO with a number of happenings in the country and abroad throughout the whole 2024. The events are connected by a comprehensive concept and common messages which demonstrate Bulgaria's affiliation to the most successful political-military alliance in history and to the community of shared values, interests and readiness for collective defence.

Along with the celebrations to mark the anniversary of Bulgaria's accession to the Alliance, the programme will include additional events and an accompanying information campaign aiming to promote, especially among the young generation, a better understanding of NATO and of the benefits Bulgaria derives from membership in the organization. Another important objective of the campaign is to counter disinformation narratives and build resilience against Foreign Information Manipulation and Interference.

The Bulgarian Ministry of Defence, Armed Forces, and structures subordinate to the Minister of Defence will be holding a number of events and happenings to mark the 20<sup>th</sup> anniversary of the accession of Bulgaria to the North Atlantic Treaty Organization. Among the key priorities in defence policy are people, modernization and active contribution to collective defence.



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# CISM DAY RUN 2024

“Friendship through Sport”

By Judit MALÁCSIK, OF-4 HUN A

The International Military Sports Council (Conseil International du Sport Militaire - CISM) was established on 18<sup>th</sup> February 1948 with the aim of bringing together their respective Armed Forces personnel to promote peace through various sport activities, endorsing friendship through sport amongst soldiers.

The ultimate goal of the CISM run is to bring military personnel from all its member country to get together to celebrate the CISM anniversary.



**This year, the military personnel of Hungarian Defence Forces currently serving at SHAPE compound also joined the sport event.**

# NATO AWACS

**F**or the first time ever, the NATO Airborne Early Warning and Control Force (NAEW&CF) conducted command and control (C2) operations on Friday, Feb. 9, 2024, with a majority all-female aircrew composition.

The flight was a regular mission sortie for the multinational crew in support of NATO's enhanced Vigilance Activities (eVA). With the flight NATO AWACS highlights the women working in the Airborne Early Warning community and shines a light on female aviation.

"The purpose of this flight encompassed our operational mission safeguarding NATO's borders," said Captain Béatrice, Aircrew Training Squadron Flight Commander. She explained that it is normal for the E-3A AWACS to have women on the flight or serve as maintainers for the aircraft.

"The flight demonstrates that the mission and every position on board the AWACS



can be executed by women," said Captain Ciara, Aircrew Training Squadron Simulator Operations Chief. "Showcasing the capabilities of the female crew will prove that women are able to perform in traditionally male-dominated occupations in equal capacity."

The flight was organised by the NAEW&CF Women's Initiative Team (WIT) who aim to champion equality





# FLIGHT

Story by AWACS Public Affairs Office

and inclusion and was the first attempt of a crew comprised of female aviators representing various backgrounds highlighting the achievements of women in aviation.

According to the 2020 Summary of the National Reports of NATO Member and Partner Nations, the average percentage of women in the armed forces of the NATO Alliance has more than doubled since 1998. As the Alliance's mission is to protect its one billion people, NATO believes that women play a vital role in all that is done to build a stronger Alliance that draws on the skills and talents of its diverse population.



**“Everyone is unique and brings individual talents to the team, which benefits our operational effectiveness within NATO,”**

said Technical Sergeant Maddie, 852<sup>nd</sup> Medical Dental Squadron Laboratory NCO In-Charge.

**“By recognizing strength in diversity, we can unleash its potential and positively impact the culture at NATO.”**

Since 2013, gender perspectives have been integrated in NATO defence planning, Strategic Intelligence Requirements, and in its work to counter terrorism. NATO believes every policy, program, or project can affect men and women differently, so understanding these differences can help improve the way work is pursued.



# HOW THE 1821 GREEK REVOLUTION CHANGED THE WORLD

Courtesy of GRC NMR

Original work: Roderick Beaton

Few realize the importance of the Greek Revolution of 1821 for the creation of nation states in Europe and around the world.

The 1821 Greek Revolution was the first liberal-national movement to succeed in the Old World of Europe – after that in the United States, more or less at the same time as similar liberation movements in South America (between 1811 and 1825), and before every one of the new nation-states that would soon become the norm throughout Europe emerged.

The ideological groundwork had been laid – mostly by thinkers writing in French and German – during the previous century. Greeks did not invent the nation-state. But it was in Greece and by Greeks that the experiment was first put into practice in Europe.

The French Revolution, which began in 1789, would more famously transform the political life of the continent, and perhaps of the world, in the long run. But after the rise and fall of Napoleon Bonaparte, and after the Congress of Vienna had established an international order for the whole European continent in 1815, it looked very much as though the clock had been turned back to before 1789.

It was the revolution in Greece, that broke out in the spring of 1821, that began to change all that. The outcome of the Greek Revolution was the pivotal point on which the whole geopolitical map of Europe tilted away from the eighteenth-century model of multi-ethnic, autocratically ruled empires and towards the twentieth-century model of the self-determination of nation-states.





# THE LONDON PROTOCOL AND THE BIRTH OF A NATION

One key date and event has often been overlooked or downplayed, even in histories of the Greek Revolution. The decisive moment came on 3 February 1830. It happened not on the battlefield or even in Greece at all, but in a dry conclave of dignitaries held at the British Foreign Office on Whitehall.

On that day, the foreign ministers of Great Britain, France and Russia signed a document known as the “London protocol”. It declared, for the first time: “Greece will form an independent State, and will enjoy all those rights – political, administrative, and commercial – attached to complete independence”.

Greece (or Hellas/Ellada in Greek) was born at that moment and took its place on the political map of Europe. The Revolution was not yet over – because it would take another two years for all the details to be worked out, including frontiers and the system of government. But that date in February 1830 marks the turning point.

After that, the list of new European states created on the same model is a long one: Belgium in 1831, Germany and Italy in 1871, Serbia, Romania and Montenegro in 1878, Bulgaria in 1908, Ireland in 1922, Turkey in 1923, to say nothing of the broader redrawing of the map of the continent in the wake of the two world wars and the Cold War of the twentieth century.



## AN EXCEPTIONAL NATION STATE

The simple fact of this achievement has been missed by historians of Europe, and of the world, because their focus has always been on the bigger players further north and west: France, Germany, Italy.

For quite different reasons, this aspect of the Greek Revolution has also not, so far as I know, been properly recognized by Greek historians either. According to the well-established historical narrative that was consolidated by Spyridon Zambelios and Konstantinos Paparrigopoulos in the 1850s and 1860s, but goes back to the time of the Revolution, Greece was different. Greece was a special case.

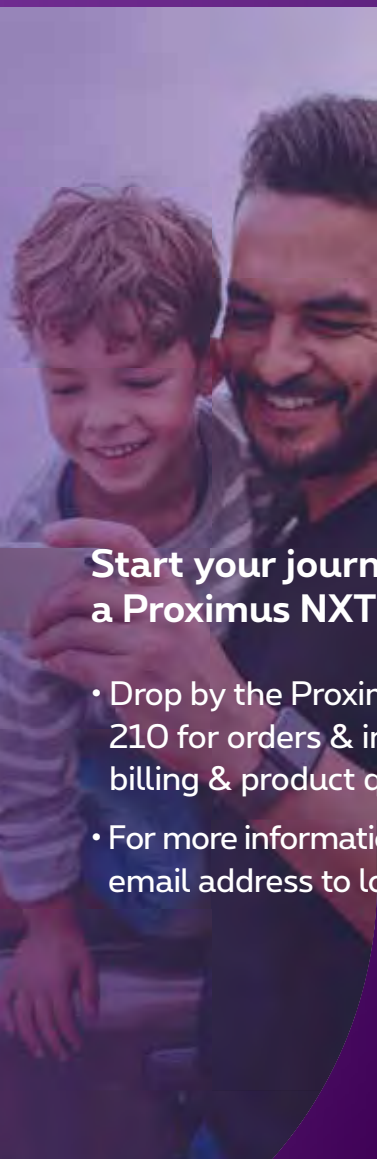
Historians call this approach “exceptionalism”. Exceptionalism isn’t unique to Greece and Greeks. Far from it, that’s the thing about exceptionalism – actually, everybody does it.

The Greeks, so the story goes, had formed a nation since ancient times; the struggles of the 1820s had been about restoring that nation to its former, rightful condition; at the time and often thereafter, Greek independence would regularly be described as the “revival”, “regeneration”, or even “resurrection” of the ancient Hellenic civilization.



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But the truth is that it wasn't a restoration at all. The Greek nation-state that we know and love today and which was created out of the Revolution of the 1820s, is like nothing that had ever existed previously in the three-and-a-half-thousand-year history of the Greeks, as we know it through records preserved in their language.

The ancients, with their fixation on the "autonomy" of self-governing, mostly small city-states, never managed to make that leap. The Byzantine state, for all its fabled wealth, power and geographical reach, was something else again, and certainly never chose to define itself as "Hellas" or its people as "Hellenes", as Greeks have done since 1821.

The nation-state that became a reality during the 1820s and 1830s was every bit as much of a novelty for Greeks – even if you accept the argument of Greek exceptionalism – as it was for the rest of the European continent at the time.



What made the Greek Revolution truly exceptional was that from the very start, it was never a matter for Greeks alone. In the very first declaration of independence, issued by Alexandros Ypsilantis at Jassy in Moldavia on 24 February / 8 March 1821, under the headline "Fight for Faith and Fatherland", the call went out to the "enlightened peoples of Europe", who, "full of gratitude for the benefits bequeathed by our Ancestors to themselves, eagerly await the liberty of the Hellenes".

A month later, in Kalamata, the leader of the Maniotes, Petrobey Mavromichalis, addressed this appeal, which was published in several languages:

"We invoke therefore the aid of all the civilized nations of Europe, that we may the more promptly attain to the goal of a just and sacred enterprise, reconquer our rights, and regenerate our unfortunate people."

The Revolution ultimately succeeded, after great sacrifices, because the wisest and most far-sighted of the Greek leaders during the 1820s saw the advantages of internationalizing their struggle. In this way, and through astute Greek diplomacy, the three great maritime powers of the day, Great Britain, France and Russia, became drawn into a conflict in which none of the three could afford to allow an advantage to either of the others.

When the three powers agreed in the spring of 1827 to send a joint naval taskforce into the Aegean, charged with enforcing a truce between the Greek revolutionaries and the Ottoman forces ranged against them, it was no surprise that the Greeks welcomed this sign of military intervention, while the Ottomans repudiated it. The unintended consequence was the battle of Navarino, which took place on 20 October that year.

The combined Ottoman and Egyptian fleets were all but destroyed by the guns of the British, French and Russian warships. It was a supreme victory for Greek diplomacy – since very few Greeks even had to take part, and very few Greek lives were lost.

## FREEDOM

From that day, the success of the Greek Revolution was assured. But of course this came at a cost: the eventual settlement had been taken out of Greek hands. It was now up to the three Great Powers to find a resolution. And so that protocol came to be signed in London, on 3 February 1830.

The powers had already decided that the new state must be a monarchy, not a republic as its provisional constitution had declared. Prince Otto, the second son of the philhellene King of Bavaria, Ludwig I, was named as its first king. Frontiers for the kingdom were determined at the same time. These included only the southern half of mainland Greece as it is today, and those islands closest to it in the Aegean. Neither the Greeks nor the Ottomans had any say in these decisions.

At the time and for long afterwards, even today, many Greeks have felt sore at this outcome. What had been won fell some way short of the absolute ideal of "Liberty or Death" that so many had fought and died for. On the other hand, the revolution had begun with those appeals to the conscience of Europe. And if the outcome had little to do with conscience, and everything to do with geopolitical calculation, it also firmly integrated the newly independent state into the evolving geopolitics of the continent, and indeed of the wider world.

Greece is not alone, among theoretically and legally "sovereign" states, in having so often been obliged to surrender some elements of its sovereignty in return for the security of alliances with others, or for the sake of "protection" by others that are larger and stronger. In practice, in the modern world, all independent states do this, to varying degrees. This is why "America First" and Brexit have brought such havoc, and so little of the promised gains, to their respective nations.

When the future king, Prince Otto, arrived at Nafplio aboard a British warship on 6 February 1833, to a rapturous reception on the shore, the event marked a double first: the first Greek state in all the long history of the Greeks; and the first new nation-state to follow the example of the Americas and win recognition in the Old World of Europe.

# SHAPE Military History Society (SMHS)

By Michael Rauschert (#15)

## 80 YEARS "THE GREAT ESCAPE"

**T**hump-Thump-Smack, Thump-Thump-Smack, Thump-Thump-Smack – floor, wall, glove ... floor, wall, glove ... floor, wall, glove. Steve McQueen playing the „Cooler King“, American Army Air Force Captain Virgil Hill, throwing his baseball while sitting in solitary confinement in the 1963 movie „The Great Escape“, is remarkable.

The movie is based on Australian Paul Brickwill's 1950 same-named non-fiction book. Brickwill was himself a POW (prisoner of war) in Stalag Luft III (STAm-LAGer, literally.: Main Camp Air III) during this mass escape in March 1944. Virgil Hill participated in planning and realising the escape, but he and a handful of others were disbarred from the escape itself because their claustrophobia would panic them and they might block the way in the tunnels for those behind them. Stalag Luft III was a POW camp near the town Sagan in Lower Silesia (now Żagań, Poland, 160 km South East from Berlin) which held captured Western Allied air force personnel. It was established in March 1942 and liberated in January 1945 by the Soviets. Today it is the 'Stalag Luft III Prisoner Camp Museum'.

This March 1944 escape wasn't the first, but it was the „greatest,“ from this camp. A second famous escape occurred in 1943 and became the basis of the film "The Wooden Horse" (1950), based on the novel by the escapee Eric Williams.

### TOM, DICK AND HARRY

The prisoners dug three tunnels named "Tom", "Harry" and "Dick". "Tom" was to be the most important and actual escape tunnel; the most intensive work was done on it. "Harry" was the reserve tunnel and "Dick" was the sacrificial tunnel; it was intended to be discovered if activities at the camp were linked to tunneling. If the camp management specifically searched for a tunnel, the prisoners would give indications toward "Dick" in order to distract from the other two. However, "Tom" was discovered by chance after just five months of construction. All work subsequently focused on "Harry", which had its entrance in the drain of a washroom. Little is known about the fate of "Dick" – American sources state that "Dick" was never discovered by the Germans, but only became known when the camp was liberated.



A dog tag of a Stalag Luft III prisoner (photo: Courtesy of The Robert Pinnell Collection, UK, gmic.co.uk). Photo #1.



## THE ESCAPE

On the night of March 24<sup>th</sup>-25<sup>th</sup> 1944, the escape through "Harry" began at around 10:30 p.m.. "Harry" was 102 m long, had three intermediate stations, measured 0.70 m x 0.70 m and ran around 8.5 m below the surface. The actual start of the escape, namely the run from the exit outside the camp, was delayed due to the fact that the ground was still frozen at this time of year. It took around four hours longer than planned to break through to the surface.

The tunnel was also around ten meters too short, so that it did not end in the forest as planned, but rather just before it. This in turn required synchronization of the exit run from the tunnel with the guard patrol routine. This once again delayed the planned course of the outbreak, and so it quickly became clear to those involved that not only approximately 100 of the planned 220 POWs would be able to escape. The escape was discovered around 4:55 a.m. At this point, 87 people had passed through the tunnel, but 11 of them were already found in an adjacent forest and were therefore not counted as escapees. Afterwards, 76 POWs managed to escape. However, due to the winter weather ice and snow, all but three of these (two Norwegians, one Dutch) were caught again.

While based on a true story, the real great escape did not take place in summer, as depicted in the film, but in winter weather conditions with ice and snow. Also, unlike the film, there were no Americans among the POWs. Numerous other details were changed for the film.

During the making of the film Donald Pleasence, acting Flight Lieutenant Colin "The Forger" Blythe (Royal Air Force - RAF), resorted to his own experiences as a POW. He had served in the RAF as a gunner and wireless-operator with the No. 166 Squadron, and after almost sixty raids over the occupied Europe, on 31. August 1944, his Lancaster bomber was shot down near Agenville (140 km west of SHAPE) and he was imprisoned in Stalag Luft I (Barth, North-East Germany).



A personnel dossier card of a Stalag Luft III prisoner (photo: Courtesy of The Robert Pinnell Collection, UK, gmic.co.uk). Photo #2.

<sup>1</sup> Wikipedia: Escapees' Cross 1940–1945, acc. 28.02.2024.

## ESCAPE MEDALS

While the British and American forces did not award medals for successful escapes from POW camps, the French and the Belgians did. The French "Médaille des évadés" was instituted 1926, retroactive from the French-German War in 1870, and has the status "titre de guerre" – a war decoration. Since WWI it was awarded together with the "Croix de Guerre avec palme en bronze". A famous holder of this medal with a second award star is Général Henri Giraud, who escaped from a German military hospital in 1914 after being captured badly wounded; and in 1942 after two years imprisonment from the German fortress Königstein.



The French Médaille des évadés (photo: wikipedia, public domain). Photo #3.



The Belgium Croix des Évadés 1940–1945 / Kruis der Ontsnapten 1940–1945 (photo: wikipedia, public domain) Photo #4.

The Belgium "Croix des Évadés 1940–1945 / Kruis der Ontsnapten 1940–1945" was established by the Belgium exile government in London in 1944. In contrast to the French medal, the Belgium cross mainly was given "to all Belgian citizens who, during World War II, escaped from occupied Belgium, from another occupied land or from Germany and that, following said escape, had proven their patriotism by joining and serving with a resistance group, or had been imprisoned for a minimum of three months following an act of patriotism, or for having travelled clandestinely to participate in a Belgian action aimed at promoting

the war against the enemy".<sup>1</sup> This included Belgians rescued from the beaches of Dunkirk 1940. Escaped POWs also could be awarded with this cross.

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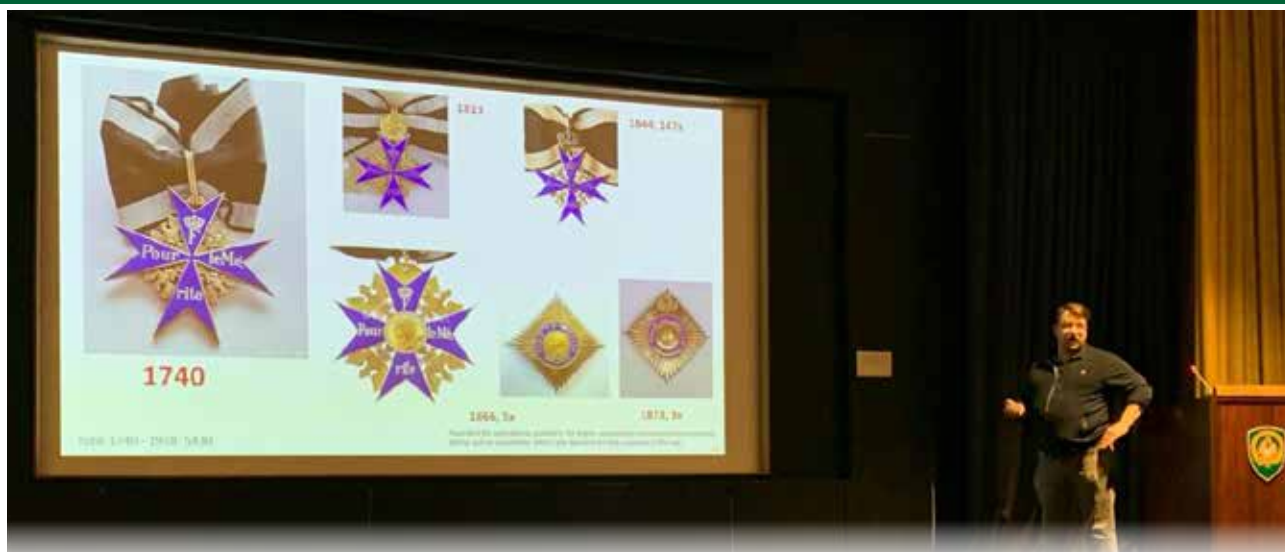
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# SHAPE Military History Society (SMHS)

By Michael Rauschert (#16)

## LECTURE INTERNATIONAL GALLANTRY MEDALS



**B**eside the monthly articles in the SCL Magazine the SMHS also presents a monthly lecture, usually announced through posters in front of the Silver Spoon, posts on Facebook (SHAPE Families, SHAPE Military History Society) and internal mails to all offices.

Topics are military education, equipment, weapons and of course important military campaigns and battles.

In February the lecturer talked about gallantry medals from the pre-WW1 era; the German Pour le Mérite and the Iron cross 1813/1870/1914, the British Victoria Cross and American decorations, he also mentioned the French Croix de Guerre which was instituted in 1915.

Further lectures are planned. On 26 March the lecture will be on the topic of the influence of the "Italian Trace" and French Marshal Vauban on modern military history and operations. It will explain to SHAPIANS the fortifications we see all around us in Belgium, France, Germany and the Netherlands.

## LEGAL NEWS



By Borja MONTES TOSCANO LAWFAS Content Manager ACO Office of Legal Affairs

### In memoriam of Professor Dr. Yoram Dinstein



**O**n Saturday 10 February, Prof. Dr. Yoram Dinstein left this world at the age of 88. He was a great eminence in international law, especially in the fields of jus ad bellum and the law of armed conflict. He wrote numerous books relating to the conduct of hostilities, as well as the law to self-defence. Professor Dinstein's academic imprint will inspire future generations to better analyse international law in the face of today's challenges.

For all these reasons, in June 2022, the Director of NATO ACO OLA, Mr. Andrés B. Muñoz Mosquera, presented Professor Dinstein with the Serge Lazareff Prize - Legal Services. We wish to express our deepest condolences to Professor Dinstein's family and friends and pay tribute to his memory.

# From your Community Police

## How can you be more visible on the streets?

During this time of the year, darkness is present late in the morning and early in the evening.

Here are some habits that can help you be more visible on the streets:

- walk on the sidewalk and avoid walking on the street; if there is no sidewalk, walk on the left side of the road;
- pay attention to traffic at all times, wear reflective clothing, use crosswalks and avoid running when crossing the street.
- look both ways before entering the roadway, wait for pedestrian lights at intersections and be aware of approaching vehicle noise.

Help yourself to be more visible on by using items such as a safety vest, wrist lamp, LED shoe clip, reflective light or armband.

Source: SHAPE Federal Police



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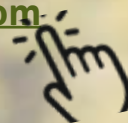


# SHAPE Newcomers' Orientation Briefings

18 July - 29 August - 19 September - 17 October

**SHAPE Base Support Group (BSG) welcomes you!**

If you recently arrived and would like to know more about SHAPE, register on [www.SHAPE2DAY.com](http://www.SHAPE2DAY.com)



Welcome Coffee, Information Booths, Induction Briefings, and a Guided Tour of Mons will help you make the most of your experience .

\*more detailed information upon registration







# 2024 Oktoberfest logo wanted GET INVOLVED!

Courtesy of The managing committee, dUk SHAPE

There are still a few months to go before one of the biggest and most popular events here at SHAPE, the German Oktoberfest is taking place on September 27<sup>th</sup> and 28<sup>th</sup>, 2024, but preparations are already in full swing. In order to involve the SHAPE community in the preparation, the German NCO Association (dUk) is looking for the Oktoberfest 2024 logo as part of a competition.

Hereby we invite the SHAPE community to design a logo for 2024!

Grab the pens, graphics programs, or whatever you need to design a new logo. The winning logo, which will be presented on mugs, posters, and the advertisement for the 2024 campaign, will be determined from all submissions.

The winner of the competition will receive two tickets for the Oktoberfest Friday.



## CONDITIONS OF PARTICIPATION

- You must be at least 18 years old.
- The dUk logo must be included in the design. Simply download from [www.duk-shape.de](http://www.duk-shape.de).
- Furthermore, the year 2024 and "54<sup>th</sup> Oktoberfest SHAPE" must be mentioned.
- The copyright is assigned to the dUk

Please send your suggestions to us by Friday, 17<sup>th</sup> May 2024 via the e-mail:

**Oktoberfest@duk-shape.de**

For any further questions you are welcome to contact Stefan Nix , Ext. 6845 or e-mail to [Oktoberfest@duk-shape.de](mailto:Oktoberfest@duk-shape.de).

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# What is Toastmasters?

By Staff

## 100 Years at a Glance

In October 2024, Toastmasters International turns 100! While Dr. Ralph C. Smedley introduced the concept of Toastmasters in 1905, the groups he subsequently established all dissolved—until he started up once again. Our condensed timeline begins in 1924.

**T**oastmasters International is a nonprofit educational organization that builds confidence and teaches public speaking skills through a worldwide network of clubs that meet online and in person. In a supportive community or corporate environment, members prepare and deliver speeches, respond to impromptu questions, and give and receive constructive feedback. It is through this regular practice that members are empowered to meet personal and professional communication goals. Founded in 1924, the organization is headquartered in Englewood, Colorado with approximately 270,000 members in more than 14,200 clubs in 148 countries.



Check out how SHAPE Toastmasters club can help achieve your personal and professional goals [www.toastmasters.org](http://www.toastmasters.org)

Our Club is an international club, and if you live outside SHAPE or Belgium, you can join the SHAPE Toastmasters online via Zoom.

The physical meetings will be held at SHAPE. Doors open at 6:30 p.m. and Zoom opens at 6:45 p.m. The meetings begin at 7:00 p.m. Belgian time.

March 12<sup>th</sup> at SHAPE library hybrid format, March 21<sup>st</sup> at SHAPE club Pathfinders room, March 26<sup>th</sup> virtual only.

By sending an email, you will receive the details of the meetings and a Zoom link [toastmastersshapeclub@gmail.com](mailto:toastmastersshapeclub@gmail.com) to join Toastmasters and Guests in-person and online.

You can also follow us on Facebook to read about our meetings and our members. <https://www.facebook.com/shapetoastmasters>

**As always, stay in SHAPE!**

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# STAYING WELL TOGETHER AT SHAPE

## Using Your Strengths to Live a Happy Life!

Ingrid Covington (CPsychol, HCPC reg.), Chartered Psychologist, Founder of Staying Well Together @ SHAPE/Co-Founder Centre for Psychology at Work



*'Too many people undervalue what they are. And overvalue what they are not.'*

What do we mean when we talk about strengths? Our strengths are those qualities that rejuvenate us, those things that we feel passionate about and enjoy. By concentrating on strengths our positivity and energy is increased. This can be useful when we encounter challenges and goals.

### Benefits of Focusing on Your Strengths

Focusing on your strengths is good for your health! You are more likely to achieve a goal when drawing upon your strengths because you don't have as far to reach it. It is easier to do than focusing on your challenges, which can leave you feeling overwhelmed and demotivated. It's the equivalent of reducing something versus giving it up completely. Psychologically, you are left feeling more motivated and resourceful when you are building on strengths.

Importantly, research reports that people who use their strengths:

- **Are happier** – those who adopt a strengths based approach report lower levels of depression, higher levels of vitality and good mental health.
- **Feel less stressed** – they report higher degrees of positivity; particularly in the character strengths of Kindness, Social Intelligence, Self-regulation, and Perspective. It is understood that these key character strengths create a buffer against the negative effects of stress and trauma.
- **Feel healthier and have more energy** – the positive reinforcement of character strengths is connected with a number of healthy behaviors including leading an active life, pursuing enjoyable activities, and eating well.

• **Are more confident** – strengths based approaches are significantly associated with self-efficacy, self-esteem, self-acceptance, and self-confidence.

• **Experience faster growth and development** – positive self-examination and strengths building are particularly helpful when learning something new, something difficult, or something believed to be difficult.

### Identify Your Strengths

Character strengths are the positive parts of your personality that impact how you think, feel and behave. Learning and discovering what your character strengths are can increase your self-awareness and allow you to be more accepting of yourself. By knowing what your signature strengths are, you can exercise these in your lives which can allow you to feel an increased sense of wellbeing. By knowing your lesser strengths, you can understand your past experiences better and learn how to further develop these strengths for the future.

Do you know what your strengths are? You can start by thinking about the things that you are good at and the things that bring you energy. Ask friends and family to tell you what they see as your key strengths. It might make for an interesting and inspiring conversation. They are a number of online assessment tools if you are interested in

exploring your strengths further.

### Play to Your Strengths

Once you have identified your character strengths, you will also have an awareness of your lesser strengths and there may be some that you would like to develop. You can take steps to create new habits and practice the strengths that you would like to see more of in your personality.

Play to your strengths by incorporating hobbies and activities into your life that bring you and those around you pleasure. If you are strong at orienteering for example, you may choose to join a hiking club and offer to plan a walk. Or become a volunteer at a local scouting group and teach them orienteering skills!

In summary, research shows that people who know their strengths and utilize them are happier, more productive, and more successful in reaching their objectives. Reflecting on your strengths is a great way to reenergize your life and leverage internal resources that you have developed during your lifetime. Cultivating your character strengths as a positive resource, has important consequences for your wellbeing. It will help you to experience fewer psychological problems and improve your state of mental health and wellbeing. Enjoy unleashing your unexplored strengths and have fun surprising yourself about what you can achieve!

## SHAPE Community Choir 2024

By Claire Visockis, SHAPE Community Choir

After its final 2023 engagement, the SHAPE Community Choir has already begun its 2024 schedule. On 22 January, the choir sang at the SHAPE International School's (SIS) New Year Reception receiving praise and thanks from the SIS Director for its performance. Two days later the choir members gathered for a fun evening where members had the opportunity to socialise. Each member brought a national dish and, with many nationalities represented in the choir, it was a real tour of culinary delights. The choir is now preparing its repertoire for their annual concert in May. This will be the first post-COVID event hosted by the Choir so you can imagine the choir is excited to learn new songs and eager to put on a first class performance for the SHAPE community. The choir hopes to welcome new members

as the choir embarks on this venture - no previous singing experience or ability to read music is necessary to join the choir just a passion for singing. So for those who are tempted to find out more, please come along to the **East Chapel on a Wednesday evening at 1900 hrs or contact the Committee at [shapechoir@gmail.com](mailto:shapechoir@gmail.com)**. The first two sessions are free so there is nothing to lose only a great deal to gain!



Choir singing at SHAPE Fest 2023.



Choir's social evening.

# Workplace Eye Wellness

By Antoaneta S. Lazarova, Environmental Health, SHAPE Healthcare Facility

**W**e are exposed to more risks of eye damage than we might think, and since we spend much of our time at work, this is where we may be at the highest risk of eye injury. According to the Centers for Disease Control and Prevention (CDC), over 2,000 eye injuries occur each day on the job. Work-related eye injuries are not isolated to outdoor jobs such as construction work, engineering, or landscaping; almost all occupations expose you to the risk of eye injuries. However, eye injuries not only happen in construction or manufacturing jobs. Nearly 40 percent of work-related eye injuries happen in offices, healthcare facilities, construction, or laboratory work environments. It is essential that proper eye protection is beneficial in preventing 90 percent of work-related eye injuries.

The workplace environment has significantly changed within the past couple of years, with most employees working remotely, increasing more screen time for projects, including meetings attended via Zoom. The increased screen time affects remote employees and the entire family, from the kids virtually learning to online entertainment.

For most employees in the corporate workplace, blue light remains a common eye hazard. More than 60 percent of people spend over 6 hours of their day in front of electronic devices that use LED backlight technology. These devices include digital screens (cell phones, computers, flat-screen televisions, and tablets), fluorescent and LED lighting, and electronic devices.

## 20-20-20 RULE

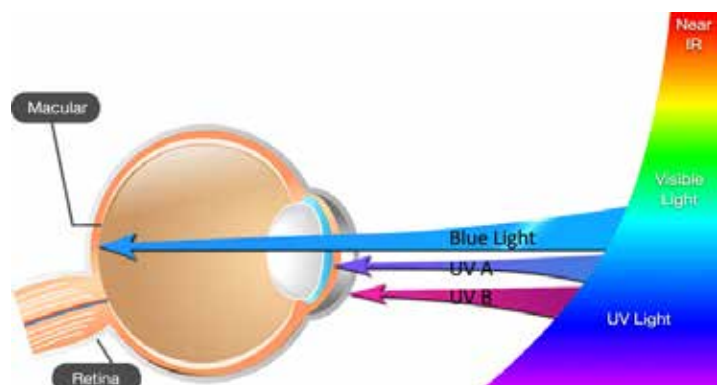


While blue light may have its benefits, such as elevating mood and boosting attentiveness, prolonged exposure to it may cause digital eyestrain syndrome and retinal damage, which may lead to permanent vision loss. A Harvard study states that this High Energy Visible (HEV) blue light, from these electronic devices, is the most dangerous light for the retina.

Studies show that people developing myopia have dramatically increased. Dry eye symptoms in digital device users are becoming more common, and computer use combined with smartphones and tablets' personal use increases the risk of digital eye strain.

Here are a few tips to create a healthy and comfortable work environment to avoid digital eye strain:

- Use an anti-glare screen for your computer screen.
- Make a conscious effort to blink as often as possible.
- Consider computer eyeglasses.
- Use eye drops to refresh your eyes; artificial tears may be necessary to prevent the eyes from becoming dry.
- Adjust screen brightness to match the light levels around you.
- Adjust your computer screen at a right angle, away from a direct source of light.
- Do not stare at your screen for a long time; take breaks off the screen every 20 minutes.
- Sit about 64 centimeters/25 inches from your screen.



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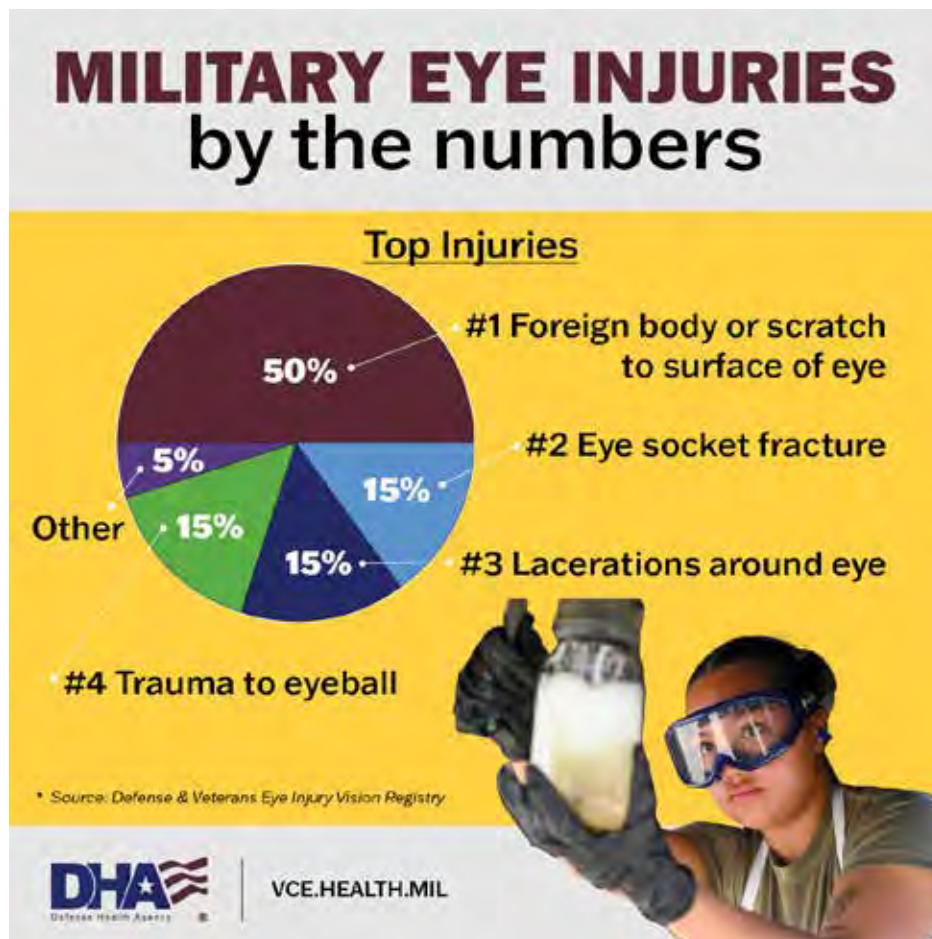


-Visit the eye clinic for regular comprehensive eye examinations at least once a year.

-Reduce eye strain by focusing on your eye health and give your eyes a break by adopting the 20-20-20 rule in your day-to-day office or remote learning routine, which is: every 20 minutes, take 20 seconds to look 20 feet away.

Working physically demanding jobs, we should eliminate potential hazards and isolate high-risk equipment, ensuring their safety devices are in proper positions and good working conditions. Where possible, replace toxic chemical substances and high-risk equipment with safer alternatives. Use exhaust hoods or extractor fans to manage dust or fumes on the work site and install safety barriers with the use of work site equipment. Keep safety eyewear in good condition and replace it when necessary. Always wear safety goggles or face shields when working with chemicals to protect against splashing.

Considering how invaluable our eyesight is to our quality of life and productivity at work, it encourages all of us to take proactive steps to ensure the safety of the eyes at work.



# A Culinary Duo: Baklava and Turkish Delight

## Sweet Treasures of Türkiye

By ÜNAL, Ahmet Özgür OF-5 TUR-Army





In the rich tapestry of Turkish cuisine, two sweet treasures stand out as iconic symbols of indulgence and cultural richness: Baklava and Turkish Delight. Originating from the imperial kitchens of the Ottoman Empire, these delectable treats have transcended time, enchanting taste buds around the world. Let's embark on a flavorful journey to explore the exquisite craftsmanship, unique flavors, and cultural significance of Baklava and Turkish Delight.

### Baklava: Layers of Indulgence

The journey of baklava begins in the royal kitchens of the Ottoman Empire during the 15th century. Initially reserved for the elite, this exquisite pastry quickly transcended social boundaries, becoming a symbol of opulence and indulgence. As the Ottoman Empire expanded, so did the popularity of baklava, spreading its influence throughout the Middle East, the Balkans, and the Mediterranean. The interplay of cultural exchange and culinary finesse during this period laid the foundation for the diverse and beloved baklava we know today.

The preparation of Baklava is an intricate dance of precision and patience. Thin layers of phyllo dough are carefully layered, each one brushed with butter to achieve a crisp and golden texture upon baking. Between these layers, a rich blend of chopped nuts, often pistachios or walnuts, adds a delightful crunch. The crowning glory is the sweet syrup, made from a blend of sugar, water, and fragrant flavorings like rosewater or orange blossom water. The result is a pastry that tantalizes the senses with its perfect balance of sweetness and texture.

One of the fascinating aspects of Baklava is its regional variations. In Türkiye, the city of Gaziantep is renowned for its distinct Baklava, where local pistachios and a touch of orange blossom water create a unique flavor profile. Whether enjoyed in Istanbul, Ankara, or the farthest corners of the globe, Baklava remains a testament to the adaptability of culinary traditions.

In Turkish culture, baklava goes beyond being a mere dessert; it is a symbol of celebration, generosity, and hospitality. It graces the tables during festive occasions, weddings, and family gatherings. The act of serving baklava to guests is a gesture of warmth and goodwill, embodying the spirit of Turkish hospitality. In many households, the preparation of baklava is a family affair, with generations coming together to pass down the art and tradition of creating this sweet masterpiece.

### Turkish Delight: A Symphony of Flavors

Known as "Lokum" in Turkish, meaning "throat comfort," Turkish Delight has a similarly rich history. Originating from the Ottoman court, it was initially created as a luxurious treat infused with floral essences such as rosewater and orange blossom water. Over time, Turkish Delight evolved to include a diverse range of flavors and ingredients.

Turkish Delight boasts an extensive array of flavors, from the traditional rose and lemon to exotic choices like pomegranate, mint, and more. The delightfully chewy and dusted confection often incorporates nuts, making each piece a miniature burst of flavor. Its versatility and diverse range of varieties make Turkish Delight a favorite among locals and international enthusiasts alike.

In Turkish culture, offering Turkish Delight is a gesture of generosity and hospitality. It is often served during special occasions, celebrations, and social gatherings, accompanied by tea or coffee. The act of sharing Turkish Delight signifies warmth and goodwill, creating a connection between hosts and guests.

### A Culinary Legacy

Together, baklava and Turkish Delight create a culinary harmony that epitomizes the sweetness of Turkish culture. Whether enjoyed individually or as part of a grand Turkish feast, these delights showcase the craftsmanship, history, and hospitality that define Turkish sweets. As you savor each bite, you embark on a journey through time, experiencing the flavors and traditions that have shaped the culinary identity of Türkiye, making baklava and Turkish Delight a duo of Turkish delights that transcend borders and bring joy to anyone fortunate enough to experience their sweet magic.



### Simple Turkish Baklava Recipe

#### Ingredients:

##### For the Baklava:

- 1 package of phyllo dough (about 1 pound or 450g), thawed
- 1 cup unsalted butter, melted
- 2 cups finely chopped walnuts or pistachios

##### For the Syrup:

- 1 cup water
- 1 cup granulated sugar
- 1 tablespoon lemon juice
- 1/2 cup honey

#### Instructions:

1. Prepare the Nut Filling: If using whole nuts, finely chop them or pulse in a food processor. Set aside.
2. Preheat the Oven: Preheat your oven to 350°F (175°C). Grease a baking dish (typically 9x13 inches or a similar size).
3. Prepare the Phyllo Dough: Unroll the phyllo dough and cover it with a damp kitchen towel to prevent it from drying out. Place one sheet of phyllo dough into the greased baking dish, brushing it generously with melted butter. Repeat, layering about 8-10 sheets, brushing each layer with butter.
4. Add the Nut Filling: Sprinkle a generous layer of chopped nuts evenly over the buttered phyllo layers.
5. Continue Layering: Continue layering phyllo sheets and nuts, brushing each layer with butter until all the nuts are used. Save a few sheets for the top layer.
6. Finish with Top Layers: Place the remaining phyllo sheets on top, making sure to butter each one. This will create a crispy and golden top layer.
7. Cutting into Portions: Before baking, use a sharp knife to cut the baklava into diamond or square-shaped portions. This makes it easier to serve after baking.
8. Bake: Bake in the preheated oven for about 35-40 minutes or until the baklava is golden brown and crispy.
9. Prepare the Syrup: While the baklava is baking, combine water, sugar, and lemon juice in a saucepan. Bring to a boil, then simmer for about 10 minutes until it slightly thickens. Add honey and simmer for an additional 2-3 minutes. Remove from heat.
10. Pour the Syrup: Once the baklava is out of the oven, immediately pour the warm syrup evenly over the hot baklava.
11. Cool and Serve: Allow the baklava to cool completely before serving. This allows the pastry to absorb the syrup and develop its signature texture.
12. Enjoy! Serve the baklava at room temperature and savor the delightful layers of crispy phyllo, sweet nuts, and fragrant syrup



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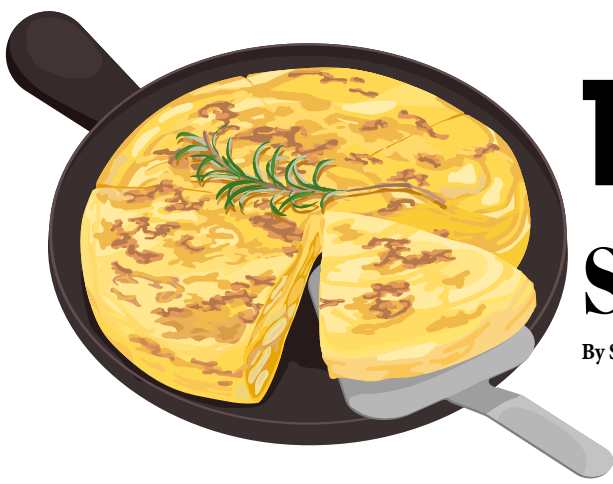
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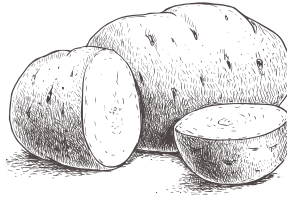
# Tortilla de patata

## Survival version recipe

By Sara Esteban Gayo, OCCA Section

### INGREDIENTS

- 2 half of tablespoon of olive oil
- A bit of salt
- 5 medium size potatoes
- 6 eggs
- 1 onion



### STEPS

1. First, **peel the potatoes** and chop them in very thin pieces. Also, **chop the onion** into small pieces.
2. Introduce them in a recipient compatible for the microwave with a **half tablespoon of olive oil** and a bit of salt.
3. Put the content in the microwave for **10-15 minutes**. Is recommendable to check how the cook point is at half of the process.
4. Meanwhile, **blend the egg** whites to stiff peaks and later, add the yolks and mix them. **Add a bit of salt** to the mix. Tip: For obtaining the egg whites to stiff peaks, use a blender.
5. Once the potatoes and onions are cooked, let them cold for **5-10 minutes** and then introduce the content to the blended eggs recipient.
6. For making the tortilla, take a **round pan with a deep bottom** and add a bit of oil. Put the cooking plate at medium power for heating the oil. Once heated, spread a bit the oil around the pan with a piece of paper (Be careful! Don't burn, please).
7. Add the content of the potatoes and eggs on the pan. Reduce **1 or 2 points the power** of the cooking plate and let it cook for **5-7 minutes**. For turning the tortilla, wait until the borders of it start to be **goldish** colour (You can check it by introducing a spatula, following the borders of the pan) and by checking if the egg is half-cooked.
8. Take a big plate, put it on top of the pan, and flip the pan on the plate. Take out the pan and let the tortilla sit on the plate.
9. Then, put again the tortilla on the pan on the side that is not cooked. Tip: approach the plate to the pan in order that it falls from the plate slowly. Do not frustrate if it is not perfectly round! Its needs practice.
10. Then let it cook for other 3-4 minutes and will be ready. Again, for taking it out, put the plate on top of the pan and flip it.

**Let it sit for 5 minutes and you can enjoy your fabulous tortilla de patata!**

**I recommend eating it with some red wine or beer and a piece of fresh bread.**



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# FROM YOUR FAMILY LIFE COUNSELING CENTER

## The Influence of Family on Well-being

ByCH (CPT) Gerald Igboanusi, Family Life Chaplain

**A**re you aware of your family's influence on your well-being? Are you cognizant of how you were raised affected and continues to impact your health - mental, spiritual, psychological, and even financial health? How has your family impacted your choices and lifestyle today? A family's influence on its members is significant. We learn how to be "civilized humans" in the family. Whether it is the families we are born

into or the families that we choose, it is in the context of the family that we learn helpful and dysfunctional behaviors. In the family, powerful seeds germinate, mature, and sometimes continue to grow throughout our lives. The family teaches us to be kind, empathetic, appreciative, and say, "Thank you." Unfortunately, it is also in the family that, intentionally or inadvertently, we learn to be hateful, unkind, self-absorbed, and self-entitlement. In other words, a dysfunctional

family has many effects on its members. Many years ago, while working as a prominent inner city church pastor with a Pre-K-8 grade parochial school, I would spend 30 minutes a day with each class. I was surprised to learn how much influence the family has on children. Some children would tell me some joyful memories and kind behaviors they have experienced at home. Still, sadly, sometimes, some children would innocently share some outrageous and mean behaviors they have experienced in the family or repeat some foul language used at their dinner tables.

As I reflect on my life, I recognize my family's positive and negative influences and how they continue to impact my mental and emotional well-being. I have had to ask myself hard questions about how my family of origin affects my decisions about money, relationships, marriage, and family life. Do you know what your family's influences are? Sometimes, the effects can be so strong that they are interwoven by many other factors, such as personality issues, communication dynamics, attachment issues, and sometimes domestic violence. No two families are alike. The people from the happiest families sometimes emerge with problems even though the happy environments they grew up in may have impacted them. For example, I grew up in a loving and happy home.

Because my parents expected compassion and kindness, one of my siblings struggled to set healthy boundaries that others took advantage of him.

As a Family Life chaplain and therapist, I am acutely aware of families' influence on their members because a family's influence on its members is lifelong. Whether good or bad, our families of origin or the ones we choose shape us somehow. The family's influence is one of the many factors we keep in mind as we work with patients who come to the SHAPE Family Life Counseling Center. We explore the family's contribution to their mental health and wellness. Because of our strict confidentiality policy, sometimes, with my patient's permission, we have to bring in a family member to discuss specific issues that the patient is going through - especially when the family member's behavior has been perceived as hurtful by the patient. Often, a family member is the reason a client is having a mental health issue in the first place. Other times, we elect to bring in a family member when we believe the family member may play a vital role in the patient's healing, growth, and wholeness.

Furthermore, the family may be the cause, or they may be playing a role in helping their family member/patient maintain a problem or a set of problems. For example, a mom who regularly feeds an



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overweight child junk foods may be helping the child maintain a negative body image and low self-esteem without realizing it. We would bring the mother into therapy with the child to help the mother support the child's healthy lifestyle and improve their self-esteem. In situations like this, we would have to treat the whole family as a unit because, from the systems perspective, people are just one part of the various systems that are constantly "running." A family runs by going about daily routines, interacting with other systems (such as school, job, government, etc), and influencing its members. Sometimes, the system runs smoothly, but other times, it does not. System theory believes that "a system in motion stays in motion, needs to stay in motion, and systems are self-perpetuating." Like every system, the family will keep running even if it is malfunctioning and hurting its members. Sadly, we have been hurt and broken in our families, and sometimes, we develop healthy or unhealthy coping mechanisms for dealing with our family challenges and traumas.

As human beings, we do not operate in isolation, so our stressors do not occur in isolation. Hence, there is a need to reflect or explore the impact of family dynamics on our mental and emotional well-being.

For us family life counselors,

everything is contextual: One of my goals at the beginning of a therapeutic relationship is to understand my client in the context of their family and to show my client how their family may be contributing to their challenges, but also how they can leverage their family as a resource for wellness, growth, and wholeness. For example, often, I look for family dynamics to be reenacted in the counseling room (such as when a spouse refuses to comfort their emotionally dysregulated partner during therapy) so we can identify the negative patterns, continue the healthy habits, and make changes to the things that are not working for the patient and their family. Reenacting family dynamics presents so much potential for healing and growth for my patients. It provides insight into where they may be stuck so that we can develop a roadmap for healing, growth, and wholeness.

What do we typically look for? We look for clues concerning why an individual, couple, or family struggles to resolve their problems independently and how we might help move them forward. For example, I might ask a family with trouble getting their child to bed to reenact their bedtime routine in my office. The spoken and unspoken details of the interactions unfolding in front of me allow me to devise alternative scenarios for the family to try. Often, changing the interactions allows the parents to understand what the child is trying to communicate

in a child's language by acting out and resisting going to bed or helps the parents approach bedtime routines differently - a win-win for the whole family!

Another consideration is the family life cycle's influence on our mental health. A family life cycle is the stages that families go through, such as getting married, pregnancy, the birth of a child, getting a new job, job promotion, relocating to a new military base or a new country, separation, divorce, or death of a family member. These life cycle events have positive but sometimes negative influences on our mental and emotional health. For example, an overseas assignment or deployment can lead to the displacement of support systems and significantly increase the stress on service members and their families. What life cycle or stage are you going through right now? And how are they impacting your well-being? What percentage of your current problems are linked to your family life cycles or stages? Sometimes, I wonder how much of our distress is tied to a family member - a father or mother's life cycle event rather than a spouse. Is it possible that we are attributing our anger, depression, and drinking problem to a spouse rather than seeing how it is related to unresolved issues with a parent or a caregiver? One of my mentors once said, "The past is always present when it comes to family therapy. Our families are always there even when they are not. They are ghosts in

a sense." Those ghosts might be more active than we sometimes realize, and their impacts can be very powerful! For instance, when we have unresolved issues and past grievances with family members, those issues often pop up or manifest in the present moment.

This month, I challenge you to reflect on the impact of your families of origin or your chosen families on your mental, spiritual, and emotional well-being. Our families shape who we are and who we continue to be. Our family will always be there in good and challenging times, even when they are really not. They enjoy the benefits of our well-being and suffer the negative consequences of it. Everything, including our journey through life, begins and ends with the family. This month, we want you to become aware of your family's influence on you and your well-being, develop helpful strategies for your wellness - including leveraging your family as a resource for healing, growth, and wholeness. We can often deal with our personal or family problems independently - which is excellent. However, other times, we may need professional help. Therefore, do not hesitate to leverage our SHAPE community resources, such as the Family Life Counseling Center, the Behavioral Health Clinic, and the Military and Family Life Counselors (MFLC), if you or your family needs additional support or assistance.

# SHAPE INTERNATIONAL BAND

By Sergeant Michael Robinson (U.S. Army)



**T**he SHAPE International Band is a joint-service, international military band composed of twenty musicians representing NATO member nations; dedicated to performing in support of SHAPE, SACEUR, and the NATO Alliance. In addition, the SHAPE International Band functions as a public relations tool, promoting its message through performances at civilian concerts, national celebrations, community festivals, and musical tours.

## 73<sup>RD</sup> ANNIVERSARY OF THE NMR

On February 1<sup>st</sup>, we had the opportunity to perform for the 73<sup>rd</sup> National Military Representative (NMR) Anniversary at the SHAPE Club. All of the national military representatives in NATO set up tables with various cuisines and drinks from their respective nations. This event had a very large number of attendees, and we really enjoyed performing for everyone who was there. We even took the time to prepare several tunes from various NATO member nations and performed them in their own language. The audience was singing and dancing along to the music, and it felt like a miniature SHAPE Fest! We had a great time performing for this event and really enjoyed experiencing some of the great tastes of the NATO alliance.



▲ The SHAPE International Band providing music during the 73<sup>rd</sup> NMR Anniversary.

## NORWEGIAN LUTEFISK PARTY

We had an amazing time performing at the annual Norwegian Lutefisk Party at the SHAPE Club! This tradition is very interesting and has a fascinating history. The origin of lutefisk is believed to have started back in the time of the vikings. Lutefisk is white fish, usually cod, that has been dried, pickled in lye, then rehydrated for consumption. It is infamous for its somewhat unusual smell.

We really appreciated the great Norwegian hospitality at this event. The lutefisk meal provided was excellent and the atmosphere from everyone in attendance was pleasant. Once everyone had plenty of lutefisk, amazing side dishes, and dessert to eat, our rock band kicked things up a notch with high energy dance music. We really enjoyed seeing everyone out on the dance floor. A very fun event!



▲ Staff Sergeant Ellis Hendrix (U.S. Army) looks at Sergeant Chad Deacon (U.S. Army) while he solos during the Norwegian Lutefisk Party.



## JAZZ COMBO AT ÉGLISE SAINT-NICOLAS DE NALINNES-HAIES

▼ The SHAPE International Band's Jazz Combo poses for a photo in the Eglise Saint-Nicolas de Nalannes-Haies.



Our jazz combo had the pleasure of performing for an event organized by the 51 International Club de Ham-sur-Heure-Val de Sambre in the Eglise Saint-Nicolas de Nalannes-Haies. The church was filled with over 200 lovers of classic and contemporary jazz, and we made sure not to disappoint. Half way through our performance we had the opportunity to speak to a local news outlet about who we are and what we do. We feel truly honored to be the musical ambassadors to NATO, and we love helping to build connections within and beyond our great alliance through the power of music. Additionally, at the end of the performance, the organizers were friendly enough to take the entire band out for a lovely dinner. We had a fantastic time.

## BAND MEMBER SPOTLIGHT: Staff Sergeant Elmer Castillo

We are excited to welcome Staff Sergeant Elmer Castillo (U.S. Army), our new pianist in the SHAPE International Band! Elmer enlisted in the U.S. Army in 2010 and has since served in several distinguished U.S. Army bands; including the Army Materiel Command (AMC) Band in Redstone Arsenal, Alabama, the U.S. Army Japan Band in Zama-Shi Kanagawa, Japan, and the 4<sup>th</sup> Infantry Division Band in Colorado. While serving at the AMC Band, Elmer deployed to Kuwait and the United Arab Emirates to support Operation Enduring Freedom. Before coming to Belgium, Elmer was the piano instructor for Soldiers attending their Advanced Individual Training at the U.S. Army School of Music in Virginia Beach, Virginia. Elmer has a Bachelor's degree in conducting from the National University of Colombia. He is pursuing a Master's Degree in Composition for Film, TV, and Video Games from Berklee Online. As a conductor, Elmer has achieved many accomplishments, including guest conducting with the Army Materiel Command Band, the U.S. Army Japan Band, the 4<sup>th</sup> Infantry Division Band, and the Army School of Music. He has also contributed his talents to the U.S. Army as an arranger and composer for various musical ensembles, including concert, marching, stage, jazz, and Latin bands. Elmer is very excited to be at SHAPE and is ready to explore Belgium! When not making music, Elmer enjoys spending quality time with his family.



▼ Staff Sergeant Elmer Castillo (U.S. Army).

## WANT TO REQUEST THE SHAPE INTERNATIONAL BAND?

☎ Office phone: 0032 065/44 3322

✉ [shapeband@shape.nato.int](mailto:shapeband@shape.nato.int)

Website: <https://shape.nato.int/shapeband>

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### 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.

**Ceremonial Bugler:** Solo bugler performing for ceremonies and official events.

# Frank Abney Hastings

## *A DISTINGUISHED PHILHELLENIC PERSONALITY OF THE GREEK REVOLUTION OF 1821*

By COL (GRC-A) Nikolaos BIRIS OF-5

It was 1821, almost 400 years under the Ottoman occupation, when the proud nation of Greece decided to express their need for independence one more time. The circumstances and the preparation seemed to be the right one, and the possibility of success was very high, but a great amount of external help was needed in order this dream for independence become true. A great information campaign was conducted, focusing Greeks living abroad and the foreign community as well, expressing not only the right for Greek independence but also the need for aid. The help required was not just financial and material, but also the recruitment of experienced and well trained men that were capable to lead, train and organize military revolutionaries.

The result of the campaign was an unprecedented wave of support amongst Europeans and Americans. Ever since the Renaissance, Europeans admired and identified culturally with the ancient Greek spirit and culture, and were thus prepared to defend the descendants of ancient Greeks in their fight for freedom against the Ottomans.

The Philhellenic movement flourished in a number of German states, France, Great Britain, Italy, Switzerland, the U.S.A., Scandinavia and as far as India, a British colony at

the time. In these countries, Philhellenic committees were set up to collect money, and send medical and food supplies for Greece; they also published Philhellenic articles in the press and helped hundreds of volunteers who wanted to join the war to travel to Marseilles and Livorno and from there to the Peloponnese, Hydra, or Messolochi. About 1,200 young men from Germany, mainly, but also from France, Italy, Switzerland, Britain, the United States, Netherlands, as well as from Poland, Hungary, Scandinavia, Spain, and Portugal, came to fight on the Greek side. Almost four hundred of them died in the battlefields or from diseases. Prominent authors and poets, such as Shelley, Byron, Pushkin, Goethe and Chateaubriand wrote fiery poems and works of literature inspired by the Greek cause. Painters, such as Delacroix, painted heart-rending depictions of their heroic deeds. Sculptors, composers, actors and directors produced works inspired by the Greek struggle, causing the wave of support for the Greeks to swell.

Among these Philhellenes, we will find the name of a young British Navy Officer, Frank Abney Hastings, who was one of the renovators of the Greek naval forces, one of its greatest warriors, finally died by his injuries on the battlefield, fighting for the liberation of Greece.



Frank Abney Hastings was the youngest son of Lieutenant-General Sir Charles Hastings. He was born on February 4, 1794, and entered the British Royal Navy at the age of eleven. At the time of the Battle of Trafalgar he was a midshipman on board HMS Neptune, where several men were killed by an explosion of powder. This disaster started the intelligent young officer studying the science of gunnery and explosives, which he continued to do for many years.

Fifteen years after Trafalgar he was sent to the West Indies in command of the HMS Kangaroo. Due to an unfortunate incident with his ship, he was dishonourably discharged from the ranks of the Royal Navy. The loss to the British

Navy became the greatest service to Greece, as on March 10, 1822, Hastings embarked at Marseilles for Greece,<sup>1</sup> arriving at the Island of Hydra on April 3. There he met the admiral Tombazis and, a few days later in Corinth, Alexander Mavrokordatos, who received him with great reserve, believing him to be a spy for the Turks. Hastings persisted and managed to convince Mavrokordatos who agreed to enlist the English Philhellenes in the navy.

On May 3, 1822, the Greek fleet left Hydra with Hastings as a volunteer seaman on board the Themistocles, a corvette belonging to the brothers Tombazis. By this trip he had the chance to obtain a first impression of Greek



maritime power. Despite the crew not being professional, exuding a sense of anarchy and confusion, he instilled courage and seamanship of the Greek sailors.

The Greek naval forces at that time consisted entirely of merchant ships fitted out at the expense of their owners, who either commanded the ship or put it into the hands of a near relation. There were no military ships belonging to the government.

Furthermore the Greek sailors were excellent fighters as long as they believed in their commanding officer and their cause. Make them trust you and show that you are absolutely just, and they will do anything for you and follow you anywhere. Fortunately, Hastings had an opportunity in the early part of his time of showing the metal that he was made of, and so winning the unstinted

admiration of his shipmates.

Hastings understood that the Revolutionary Navy needed to be modernized from the bottom up. Because of his knowledge and experience, he advocated the construction of steam-powered ships, which would carry guns on deck. Knowing firsthand the problem of the Greek revolutionaries at sea, Hastings realized in time that superiority in naval battles would decide the Revolution. Philhellenes sent several letters to Lord Byron and Mavrokordatos asking for political support for his proposals, but without response.

The Greek admirals, based on their own experience as raiders, and having the knowledge concerning the crews behavior and the way of their action didn't believe that any of the proposed ships



The prow of the Frigate Karteria.

could possibly be brought under discipline sufficient for long guns and hot shot.

However, what the arguments failed to achieve, the fall of Messolongio achieved, which was a consequence, from a naval point of view, of the fleet's inability to break through the narrow blockade.

With the second Independence loan, it was

decided to supply steam-powered warships of which only one out of the three purchased, the Karteria was received on time. In the matter of dealing tactically with the larger numbers of ships and guns of the Turkish-Egyptian fleet, the Greeks could be more agile and faster. Karteria was steam-powered and with the help of the steam engines, the operators could fire the projectiles of the ship's cannons, so that they could also be used as incendiaries. It is noted that in 1827 alone, the ship fired 18,000 rounds. The crew of Karteria consisted of 17 officers, 22 non-commissioned officers and 32 gunners. Her crew was composed of British, Swedes and Greeks, and although an enormous quantity of red-hot shot was fired, there was never a single accident. The Karteria was the parent of a new type of war vessel, which was eventually adopted by all the nations of the world.

In January 1827, Hastings became a navy squadron leader, and at this point he showed his bravery, his fighting spirit and his capabilities. A number of military achievements were to follow.

On September 10, for lack of coal, he sailed, first to Rio and then to the port of Salona, where seven Turkish ships were anchored. Within half an hour, Karteria and other Greek ships burned the Turkish ships and took their guns. Three Austrian ships also in the Amfissa Gulf, which were cooperating with the Ottomans, were seized by Hastings.



HS KARTERIA.



Painting of the naval battle of Agalis.

Egyptian General Ibrahim Pasha invoked Hastings's operations in the Corinthian Gulf to justify Hastings leaving the port of Pylos. These movements of Ibrahim, however, offered Admiral Codrington the pretext he was looking for to neutralize the Turkish-Egyptian fleet, since he was now officially violating the truce and continuing to attack the Greeks. Thus, the fleet of the allied forces entered Navarino where during the naval battle, the Egyptian fleet was completely destroyed with 60 ships being sunk.

On another occasion, Hastings sank an Austrian schooner that was protected by the guns of the Ottoman garrison at Patras.<sup>7</sup> With two Greek schooners and the three seized Austrian ships, Hastings carried out the orders of General Church to land Greek forces in Acarnania where

he conducted an attack against the isle of Vasiladi off Missolonghi. The Karteria blew up the powder magazine of the island, forcing the Ottomans to surrender.

At his last fight (May 1828), as Hastings was leading his men during a ground attack against the isle of Etolikon, was struck by a rifle ball in the left arm and fell. There was no surgeon or any expert to attend to the wound until he got back to the base, when a doctor was summoned from the camp on shore, who declared that the wound was not alarming, and that the arm need not be taken off. Unfortunately for Greece, his decision was wrong, for tetanus ensued, and on June 1, 1828, the man who had given his courage, work, imagination, and all his fortune for the cause of Greek Independence, died on board the vessel that his genius had brought into







The old Arsenal of POROS where Hastings were buried.



being, and on board which he had carried out so many wonderful achievements. He was transported and placed embalmed in the crypt of the Church of the Orphanage of Aegina. His funeral was held with great honours the following year in Poros, where his body was transported with the *Karteria*, in which Kapodistrias was on board, and with the escort of a squadron of warships. The funeral was conducted by Spyridon Trikoupi. Every honour was paid to him now that he was dead, but the honour that he himself would have loved best was given to him by the poor Grecian sailors who had served under him, and who had subscribed their drachmas to have a funeral service of the greatest pomp celebrated for him in the principal church of Egina, where most of them lived. The final words of the funeral oration pronounced by Mr. Tricoupis in 1828, were, "O Lord, in Thy Heavenly Kingdom, remember Frank Abney Hastings, who died in defence of his suffering fellow creatures."

Later in 1861, the bones of Hastings were moved to the naval station of Poros, where a monument was erected in his honor.

General Gordon, who wrote Greek revolutionary history, wrote about Hastings, stated, "If there was any truly selfless and useful Philhellene, it was Hastings. He was never paid. He spent most of his fortune to keep the *Karteria* fighting and strong, the only ship of the Greek Navy that observed the rules of naval discipline".



# Discovering the Beauty and History of Abant and Gölcük: An Expedition Through Time and Nature

By EROL, Orhan OF-3 TUR-Army

**T**ürkiye's diverse landscape is adorned with a plethora of natural wonders and historical treasures, each bearing testament to the rich tapestry of Anatolian culture.

Among these enchanting destinations, Abant and Gölcük emerge as gems waiting to be explored, where the serene beauty of nature intertwines with the echoes of a storied past.

## Abant - Nature's Embrace

Nestled within the verdant embrace of Bolu province, Abant unveils a world of tranquil beauty and awe-inspiring landscapes. At the heart of this natural sanctuary lies Abant Lake, a pristine expanse of water ensconced within the remnants of an ancient volcanic crater. The lake's crystalline waters mirror the azure skies above, creating a mesmerizing spectacle that captivates the soul.

Surrounded by dense forests teeming with diverse flora and fauna, Abant offers a haven for nature enthusiasts and adventurers alike. Hiking trails wind their way through the woods, offering glimpses of majestic pine and fir trees that stand sentinel over the landscape. Birdwatchers flock to Abant to witness the myriad avian species that call this tranquil oasis home.

## Unraveling Abant's Historical Mysteries

Beyond its natural allure, Abant is steeped in history, its landscapes bearing witness to the passage of civilizations across the ages. Ancient ruins and archaeological sites dot the countryside, serving as silent sentinels of bygone eras. From ancient Anatolian settlements to Ottoman influences, Abant's history is a tapestry woven with threads of time.

Explorers can embark on a journey through Abant's past by visiting archaeological sites and museums, where artifacts and relics unveil

the cultural heritage of the region. Ruins of ancient temples and structures whisper tales of civilizations long forgotten, offering a glimpse into the rich tapestry of Anatolian history.

## Gölcük - A Serene Sanctuary

Adjacent to Abant lies Gölcük, a tranquil oasis nestled amidst rolling hills and verdant meadows. Though smaller in scale, Gölcük captivates visitors with its rustic charm and idyllic landscapes. Gölcük Lake, with its serene waters reflecting the beauty of the surrounding landscape, serves as the centerpiece of this picturesque retreat.

Gölcük's countryside is dotted with quaint villages and historical landmarks, each bearing testimony to the sites that offer glimpses into the lives of those who once inhabited these lands. From churches to ancient tombs, Gölcük's historical treasures beckon the curious traveler.







### Tracing Gölcük's Historical Footprints

Gölcük's history is as rich as its natural beauty, its landscapes bearing the imprint of civilizations that have left their mark upon the land. The region's historical landmarks offer a fascinating journey through time, where ancient ruins and architectural marvels stand as testaments to the enduring legacy of Anatolia.

Explorers can uncover Gölcük's past by delving into its historical sites and museums, where artifacts and relics provide insights into the region's cultural heritage. From ancient settlements to medieval fortifications, Gölcük's historical tapestry is a testament to the resilience of the human spirit amidst the passage of time.

### Exploring the Synergy of Abant and Gölcük

The juxtaposition of Abant and Gölcük offers travelers a unique opportunity to

immerse themselves in the wonders of nature and the mysteries of history. Visitors can embark on leisurely hikes through Abant's lush forests, pausing to admire the tranquil beauty of the lake and its surroundings. As the day unfolds, a journey to Gölcük unveils a world steeped in history,

where ancient ruins and architectural marvels stand as testaments to the enduring legacy of Anatolia.

### Conclusion - A Journey of Discovery

In conclusion, Abant and Gölcük stand as beacons of Türkiye's cultural and natural

heritage, inviting travelers on a journey of discovery and wonder. Whether exploring ancient ruins or basking in the serenity of pristine landscapes, the charms of Abant and Gölcük promise an unforgettable experience that lingers in the hearts and minds of all who venture forth.



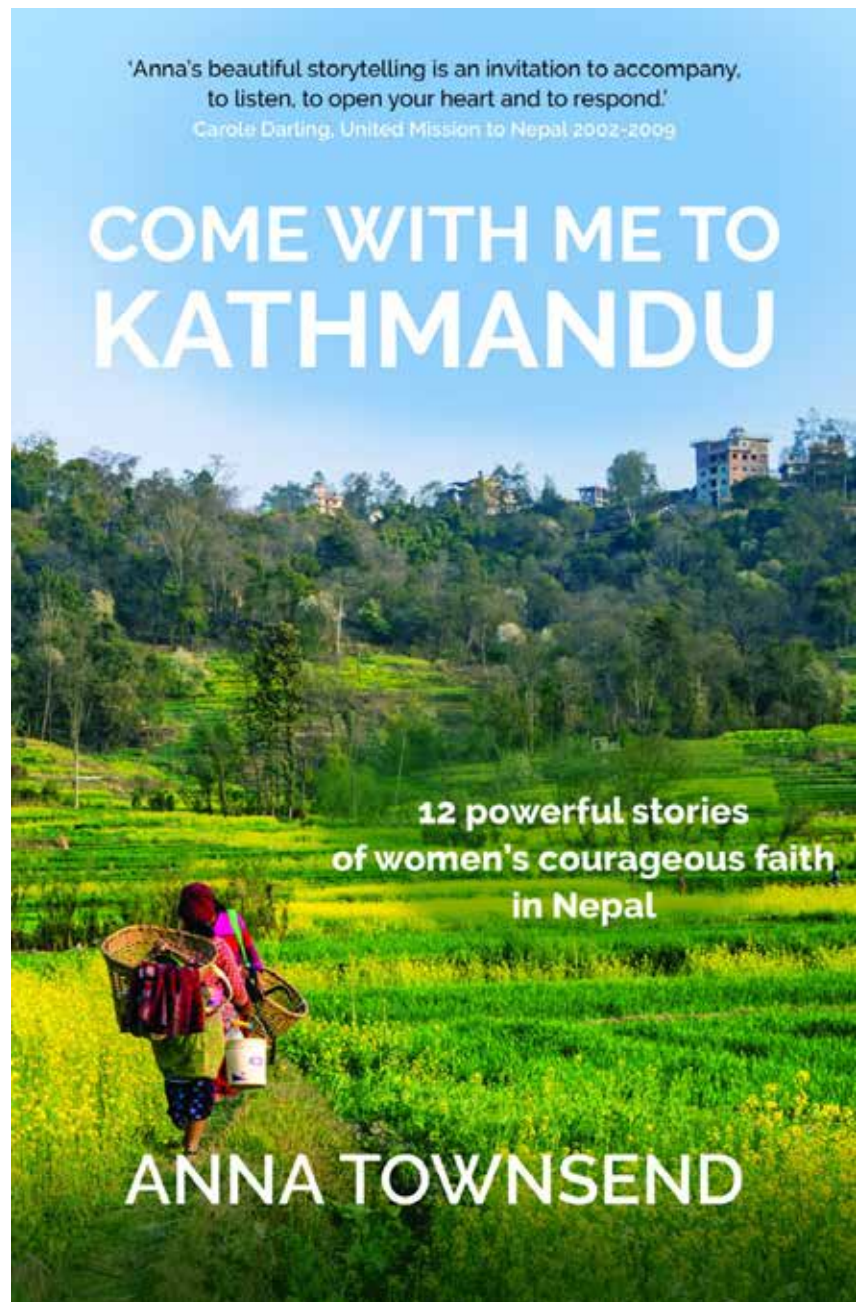


# Let International Women's Day inspire you: be a feminist and "Come With A Military Spouse To KATHMANDU"

By Nicola Knight

It's only a little book. Between its two covers, however, lies an enormous story of power and depth. Leaping from its pages is the vivid exploration of twenty-first-century deprivation and poverty, cruel treatment of women and girls informed by centuries-old superstitions but also the story of remarkable human resilience in the face of brutal adversity, of mental strength, hope and survival brought to us through the colourful narrative of a military spouse as interlocutor. It is also the story of a military spouse and an exposé of the skillset required to carve a career and meaningful life travelling around the globe in the wake of the serving person.

Fittingly published to coincide with the United Nations' International Women's Day one year ago, the appealingly titled "Come With Me To Kathmandu" is an easy-to-accept invitation to travel from the comfort of one's armchair into the vibrant, noisy, dusty streets of Kathmandu and to get to know the country of Nepal, its history, cultural complexities, arresting beauty and its people, through the gentle prose of its author, Anna Townsend. As a reader, one feels privileged to be an intimate voyeur of Anna's first-hand experience of living in this beautiful, enigmatic country and to be able to share in her infectious passion and love for it. This passion for the country is despite a personal journey where, at one point, she became seriously ill with typhoid and where, through digging down



to the roots of Nepalese society, she listened first-hand to the heart-rendering stories of those who have no voice. She had to earn the trust of the women she interviewed, build relationships, weep with them, and laugh.

As a committed Christian, Anna's faith illuminates her writing and directs her life. "At the age of five, I made a decision to accept Jesus as my saviour," she says. "I remember walking

to school one day and feeling safe and secure, knowing that I had him as my friend and I have felt that way ever since - my parents say they noticed a change in me from that day on."

"Having known God for a long time, I feel a huge responsibility and privilege to reach the least and the lost."

Encouraged at the age of



eleven by the headmaster of her British comprehensive school in Reading, she began to write to an Indian penfriend. Little did anyone know that this hobby and exchange of (pre-technology) physical letters would lead, years later, in 1997, as an undergraduate, to meeting her penfriend in person in Delhi and to the birth of a love affair and fascination for the Asian subcontinent.

"What struck me and intrigued me were the people," she writes. "Everywhere I looked, there was somebody doing something... surprising.

Perhaps there would be a man snoozing under a tree, traffic passing just inches from his face, maybe a family would be cooking food on a roundabout, or a peddler might be offering wet shaves to passers-by." During this visit, she began to notice a critical fact that would go on to change her life and, in the process, the lives of countless impoverished women whom she avowed herself to help: amid entrenched poverty, she observed, women remain hidden.

Inspired by her faith, a quest to



Anna Townsend, the author.

answer a seemingly impossible question began: why could a loving Christian God allow so much poverty and injustice? Years later, following a posting to Kathmandu with her Army Officer husband, Simon, and baby son, from 2004 – 2006, during which time she set up the charity, "Women Without Roofs", her book, published in 2023, is an attempt to answer this.

In a timeless speech given to Stanford University students in June 2005, Steve Jobs, American CEO of Apple and Pixar Animation, discusses the importance of connecting the dots in our lives. He says you can't do this looking forward; you can only do it looking back. In defiance of science, it is essential that, as humans, we make decisions in our youth by following our hearts. "In so doing," he says, "we can be more confident these dots will link up later in life to build an exciting and meaningful picture, although, at the time, we cannot imagine the path they may be taking us in."

Meeting Anna, it is quickly apparent that thanks to the decisions she made following her heart in her younger life, the dots in her life are indeed connecting to build a meaningful picture. As a military spouse, constantly moving house - nineteen different homes in all, in twenty-six years of marriage - to have a "dot-joining" meaningful matrix, sewing a thread of continuity through all the upheavals and changes of being a "trailing spouse", is a significant achievement.

A maths graduate from Durham University, Anna began life working in the financial sector as a credit/risk-scoring analyst. Unlikely, though it may seem,

being a mathematician is part of her dot-joining journey as an author. Her logical thought processes influence how she writes, so her prose has an inimical style. This natural flow is simple, well-explained and easy to follow, particularly appealing if English is not your mother tongue. Each chapter is a separate story, making the book highly accessible.

"I was on a conveyor belt through school and university, doing things that I was good at rather than what I was passionate about," she admits candidly. Only after graduating, inadvertently following Steve Jobs's advice, she began to study what she was genuinely interested in. "Development as Freedom" by the Nobel Prize Winner for Economics, Amartya Sen, inspired her to study for a Masters in Poverty Reduction and Development Management at the University of Birmingham between 2010-2012. For Sen, development philosophy is intrinsically bound up with democracy and the freedom in society to be able to make social choices: the freedom to choose the type of work you want to do and not to have choices dictated to you by the caste system; the freedom to practice your chosen religion without fear of persecution. For him, poverty is characterised by lacking at least one freedom. "No famine has ever taken place in a functioning democracy," he states.

It was the Masters programme which gave Anna the confidence that she could write. Students had to keep a daily diary reflecting on their initial thoughts as they embarked upon the course; astonishingly, she scored 100%. Spurred on by this, in 2016, she set up a blog entitled "Dislocated Christians".



Gyanu Ama, who sadly died last month, was supported by the charity, Women Without Roofs, for many years. Here she is pictured at her street-side stall, teaching herself to read, in her younger days and later in the charity's home, where she lived following the death of her husband.

Labelling herself on social media, "Introverts Rock", she explains that this is according to the Myers-Briggs personality profiling from her office days. "Introverts are people who get their energy from within; they don't mind being on their own; they like their own company; extroverts need the company of others and external validation," she explains. "My blog, therefore, is an opportunity for me to rationalise and get out of my head all the random thoughts that I have constantly going on within it," she laughs.

So, what are the other dots in her story? The connection between the church pastor in her home town, Reading, whose twin brother, Peter, lived for twenty-five years in Kathmandu as a missionary; her Army Officer husband, Simon, joining the Queen's Own Gurkha Logistics Regiment and taking the family on two

separate postings to Nepal with a gap of fourteen years between each; joining the International Church in Kathmandu on her first posting which led, through Peter's connection, to meeting 85-year-old, Eileen Lodge (more on Eileen later) and the catalyst to setting up the charity, "Women Without Roofs" (WWR), ([www-nepal.org](http://www-nepal.org)), in 2005 - the same year that Steve Jobs gave his motivational speech. Now officially registered in the UK and the USA, the charity supports two women's homes in Kathmandu and numerous women living independently in the community.

In addition to providing security through money to pay their rent and put, quite literally, a roof over their heads, consequently protecting women from the demands of unscrupulous landlords for sexual "payments in kind", the charity provides "social capital".

"We realised we didn't want to give the women we help just money; we wanted to give them fellowship opportunities and the chance to meet in safety, have fun and build relationships," Anna says purposefully. To receive help from the charity, women must meet specific criteria: they must be on their own, unsupported by a male sponsor and have no other sources of income, such as land in the village that they rent out.

"We inspect their living accommodation, and that tells you a lot," adds Anna.

At SHAPE, many of us share the irksome feeling of ignominy when we realise we need the "sponsorship" of the serving person to justify our lives here. For us, however, it is transient and only lasts while the serving person or civilian we live with is working here.

In Nepal, however, imagine the challenges women face throughout their lives, from the cradle to the grave, in a society that requires male-only sponsorship of women. If your husband dies or deserts you or you never marry, you have nothing. Many women are abandoned by their husbands and forced to bring up children on their own. They are thrown into abject poverty because they are unable to get even a Government job, such as being a bus driver, access education, or own any land without citizenship. Yet acquiring citizenship necessitates a birth certificate for which a woman needs sponsorship from a man. WWR employs a legal officer to help women navigate these cultural mores.

Eileen spent fifty years treating leprosy patients and running hospitals in Nepal as a missionary nurse. Despite



renouncing her British citizenship in favour of Nepali, she always had time for "tea" with beautiful porcelain cups and saucers, conjuring up images of the days of the Raj. When she met Anna, she was informally supporting a small group of former leprosy patients out of her private funds, helping them with their rent, medical bills, and other basic needs. They also counted on her to be their advocate: in Hindu culture, the law of Karma means that if something terrible such as leprosy happens to you, it is because you deserve it; even if you recover, you, therefore, remain stigmatised and ostracised by broader society. Concerned about what would happen to these people when she died, Eileen asked Anna for help. With a young baby to look after, digging deep, Anna courageously took up the baton, and WWR began.

Currently, the political situation in Nepal is sensitive where Christian charities are concerned. Missionaries like Peter have been asked to leave and can only return on a short-term tourist visa. "Ruling politicians tend to be of a 'higher caste' and do not appreciate the radical Christian message that all people are equal and made in the image of God," Anna explains. "The message that everyone has value goes against their belief that people from a 'lower caste' people are subservient," she adds. Despite this, the native Christian church, run by Nepalis rather than missionaries, is expanding rapidly. Since the early 1990s, Nepalis have also been appointed to run Mission Hospitals.

"I understand the sensitivities of the Nepalese Government,"

Anna says with empathy. "There is an interesting situation in Kathmandu where there are so many non-governmental organisations (NGOs) doing development work that if you put all their budgets together, it would be bigger than the Government's." Prescient considerations such as these illustrate the sensitivities and hurdles of operating a charity in a country like Nepal.

In addition to society sometimes forcing women to marry their rapists, perhaps the most shocking revelation emerging from the true stories recounted in Anna's book is the practice of chhaupadi. Despite being officially outlawed in 2005 by the Nepalese government, chhaupadi continues to grow in rural areas. Menstruating girls, considered impure, are banished to sheds called "chhaupadi" until they stop bleeding. They suffer in cold and isolation, often at risk of illness and animal attacks.

Alone, they have no contact with their families and are denied nutritious food; many die. In some areas, women are also forced to give birth in chhaupadi huts, where they remain for up to two weeks in the same restrictions, jeopardising the health and wellbeing of both mothers and infants.

With the focus this month on the UN-sponsored International Women's Day, the UN Trust Fund is appropriately working to educate rural societies away from this practice.

British actress Dame Helen Mirren, in a rallying speech to students at Tulane University in America in May 2017, urged them "to be a feminist".

"In every country and culture

that I have visited, from Sweden to Uganda, from Singapore to Mali, it is very clear that when women are given respect and the ability and the freedom to pursue their personal dreams and ambitions, life improves for everyone," she said. "I didn't define myself as a feminist until really quite recently; I have come to understand that feminism is not an abstract idea but a necessity..."

Anna is gentle and fun and no feminist zealot, and yet, the connecting dots in her life are quietly propelling her onto a life-changing quest with far-reaching implications both for her and those on the Asian subcontinent whom she befriends. With the help of Aid organisations based in Brussels, she is currently researching her next book, interviewing women in Pakistan over 'Zoom'. Who knows what path the dots in her life will take her next?

In the meantime, be a feminist, wrap a scarf around your mouth to protect yourself from dust and, from the comfort of your armchair, allow yourself to ride pillion on the back of Anna's moped: take up her invitation and "go with her to Kathmandu".

*If you're in the SHAPE area, Anna is happy to deliver a copy of her book to you, the cost is €13 and her email is [anna@wvr-nepal.org](mailto:anna@wvr-nepal.org). If you're further afield, her book is available through all online book retailers.*



By Stephanie Cook

# SHAPE TRAVEL GROUP

## Welcome to our travel blog!

In February our group took a short day trip to the lovely city of Tournai, Belgium. After our arrival, we took a group photo in front of the Cathedral of Notre Dame (built in the 12<sup>th</sup> century), and then our travelers were free to spend the day as they chose. Some participated in a scavenger hunt of the city, while others visited the city's museums such as the Musée de Beaux Arts and Musée de la Tapisserie. The group enjoyed lunch at various eateries around Tournai and some light shopping before returning to SHAPE.

We have some fantastic destinations planned for our 2024 Spring Season! To purchase tickets To purchase tickets online please visit [buytickets.at/shapetravelgroup](https://buytickets.at/shapetravelgroup) or email [frontdeskstg@gmail.com](mailto:frontdeskstg@gmail.com). For cash payments, our office hours are Mondays 1400 -1600 and Thursdays 1100 – 1300 (located in the Carrefour shopping complex).



## UPCOMING TRIPS

### PARIS, FRANCE MARCH 27

A day in Paris! Join your travel friends for a fun packed day of shopping, museums, bistros and sightseeing! You can explore on your own or join one of our escorts – the choice is yours. Paris highlights include the Louvre Museum, Notre-Dame Cathedral, the Eiffel tower, the Arc de Triomphe, the Champs-Élysées, or perhaps a cruise along the Seine. Whatever you do it will be a day to remember!

### KEUKENHOF, NETHERLANDS APRIL 18

A visit to the Netherlands is not complete without a visit to Keukenhof, the largest tulip garden in the world. Approximately 7 million flower bulbs are planted annually in this 79 acre park. Spend the day wandering through the vast, artistically styled gardens enjoying the beautiful and vibrant colors of spring.

### GIVERNY, FRANCE MAY 16

Travel to Monet's Garden in Giverny, France. The gardens are a world famous destination for art enthusiasts and nature lovers alike and served



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as a major source of inspiration for the renowned impressionist painter who lived in Giverny from 1883 until his death in 1926. Visitors to Money's Gardens can explore these beautifully preserved grounds and take in landscapes that inspired some of the artist's most famous painting.

### THE HAGUE, NETHERLANDS MAY 24

Explore the beautiful South Holland city of The Hague. Experiences the sights and explore popular activities such as Escher Palace, Mauritshuis, the Courtyard (seat of the Dutch Parliament), the Paleis of the King, the Palace Garden, shopping, restaurants, and other hidden gems. Don't forget about the beaches as well! The Hague offers 11km of shoreline and offers an opportunity to enjoy a meal and a relaxing beverage in a scenic setting.

### HAUTVILLERS, FRANCE JUNE 5

Join us for a champagne farewell to the Spring season of STG trips We will have a fantastic champagne tasting in the beautiful setting of Hautvillers. Choose to visit the little abbey to see the resting place of Dom Perignon, stroll the hilly streets admiring the numerous decorative iron signs, have a picnic lunch in the park with the unique statue of Dom Perignon, shop for souvenirs in the Tourist Office and/or a wine shop, or have a sit-down lunch at Au36 or Cafe d'Hautvillers.





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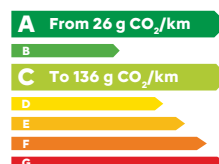
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# THE SPORTING LIFE

By Michael Adubato (USA-Civ)

Early in the year, when there is a hint of spring in the air I have something to look forward to. It's not the sunshine or longer days but the fact that it's time for the Six Nations. The British, Irish, French and Italians know what I'm talking about but perhaps others do not.

The Six Nations Championship is an annual rugby tournament contested between the national teams of England, Scotland, Wales and the others mentioned above. The tournament is perhaps unique for Ireland because the team is made up of players from both the Republic of Ireland and Northern Ireland, unlike in football tournaments for example, when they compete under their own flags.

This year I was able to get tickets to go see France vs Italy just down the road in Lille. The French usually play in their national stadium but with the Paris Olympics taking place this summer, their three home games are being played in different parts of the country.

On game day I went to pick up Milan, a fellow Shapian from the Czech Republic, and we headed out early enough to find a decent parking space and enjoy the Ch'tis cuisine outside the stadium – pommes frites. We soaked up the atmosphere and admired the attire of the French fans – some dressed as The Three Musketeers but most draped in French flags with their faces painted as the French flag and also a fair few with chickens on their head.

Jan outdid himself with our tickets because we were only a few rows up from the field, close to one of the corners. The only bad thing was that most of the action in the first half was at the other end of the field; the end where the French were attacking. I told Milan that the second half would be better when they came down our end. That didn't happen much however.

At the end of the first half a red card was given to Jonathan Danty and France had to play a man down the second half. And although it looked as though the Le XV de France would hold onto



their first half lead, Gli Azzurri had other ideas. They actually tied the game up at 13-13 and were awarded a last minute penalty. Unfortunately for them, their last minute penalty hit the post to deny them their first ever win on French soil. It was an interesting experience but honestly not one of the best games that I had ever seen.

A week later I was on my much needed vacation and while on the island national of Malta, convinced my wife to come with me to see a Maltese Premier League game. Maltese love football but seems that they don't really love Maltese football. The stadium had only one tribune with it being split in half for each set of fans. There were oversized flags and drums to add to the atmosphere. Nothing could change the fact that, as expected, the quality of play was not brilliant. Still, I will go to see a football game no matter where and no matter what level. I still enjoyed it, along with a local beer in the warm weather.

The game ended 2-0 to Sliema over Gzira. All that really separated the teams was a penalty that was converted on the hour mark. When the game past the 90 minute point, we got up to leave. As we left the stadium there was a muddled roar of the crowd. The second goal came in the 97<sup>th</sup> minute and the wife and I headed back to Valletta to find some local food.

Meanwhile in Belgium, the Pro League playoffs will get underway soon. Stand by.





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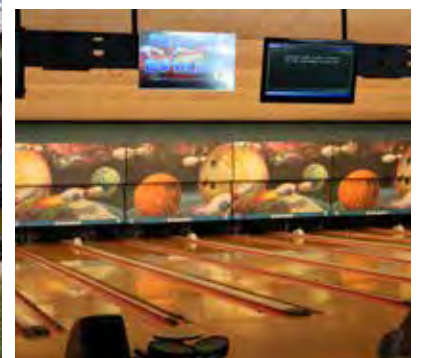
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# In Cinemas

## Kung Fu Panda 4

PG 1h34min Animation

After Po is tapped to become the Spiritual Leader of the Valley of Peace, he needs to find and train a new Dragon Warrior, while a wicked sorceress plans to re-summon all the master villains whom Po has vanquished to the spirit realm.

## Imaginary

R 1h44min Horror

A woman returns to her childhood home to discover that the imaginary friend she left behind is very real and unhappy that she abandoned him.

## Dune 2

PG 2h46min Action

Paul Atreides unites with Chani and the Fremen while seeking revenge against the conspirators who destroyed his family.

## Arthur the King

PG-13 1h30min Adventure

An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.

## Road House

R 1h54min Action

Ex-UFC fighter Dalton (Jake Gyllenhaal) takes a job as a bouncer at a Florida Keys roadhouse, only to discover that this paradise is not all it seems.

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# SPECIAL OFFERS



**Tanqueray Dry Gin 47.3% 1L** ~~18.30 €~~ 12.90 €

**The London N°1 43% 1L** ~~17.50 €~~ 10.62 €

**Baileys Irish Cream 17% 1L** ~~15.70 €~~ 11.20 €

**Disaronno Amaretto 28% 1L** ~~11.40 €~~ 7.48 €

**Havana Club 3yo Rum 37.5% 1L** ~~17.00 €~~ 13.40 €

**Danzka Red 40% 1L 31200** ~~11.00 €~~ 8.06 €

**Famous Gr 1L 40% 1L** ~~11.40 €~~ 6.80 €

**Jura The Sound 42.5% 1L GP** ~~25.10 €~~ 18.10 €

**Tullamore Dew 40% 1L** ~~15.00 €~~ 10.10 €

**Jameson Triple Triple 40% 1L** ~~27.10 €~~ 20.70 €

**B&G Rés. Shiraz rosé 0.75L** ~~4.20 €~~ 3.41 €

**22.68 € 18.41 € Promo/Case**

**Masi Rosa dei Masi 0.75L** ~~6.70 €~~ 5.72 €

**36.18 € 30.89 € Promo/Case**

**Masi Campofiorin 0.75L** ~~8.50 €~~ 7.32 €

**45.90 € 39.53 € Promo/Case**

**Masi Grandarella 0.75L** ~~15.40 €~~ 13.39 €

**83.16 € 72.31 € Promo/Case**

**Masi Fresco dM w. 0.75L BIO** ~~6.10 €~~ 5.12 €

**32.94 € 27.65 € Promo/Case**

**Masi Masianco 0.75L** ~~6.90 €~~ 5.92 €

**37.26 € 31.97 € Promo/Case**

**19 Crimes Red Blend 0.75L** ~~5.40 €~~ 4.65 €

**29.16 € 25.11 € Promo/Case**

**19 Crimes The Banished 0.75L** ~~7.20 €~~ 6.20 €

**38.88 € 33.48 € Promo/Case**

**19 Crimes The Uprising 0.75L** ~~7.20 €~~ 6.20 €

**38.88 € 33.48 € Promo/Case**

**19 Crimes Chardonnay 0.75L** ~~5.40 €~~ 4.80 €

**29.16 € 25.92 € Promo/Case**

**Freix. Cord. Negro brut 0.75L** ~~5.40 €~~ 4.71 €

**29.16 € 25.43 € Promo/Case**

\*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.

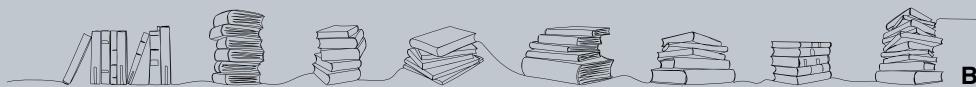


# Your SHAPE Morale and Welfare Branch requests your feedback!




Let us know what you think about our activities using the ICE comment system

 **SHAPE Base Support Group**



## SHAPE International Library

 SHAPE International Library

**Bldg. 307 - Community Activity Centre**

☎ 423-5631 or 065/44-5631

✉ [usarmy.shape.library@mail.mil](mailto:usarmy.shape.library@mail.mil)

Mon-Fri: 1000-1800 hrs / Sat: 1000-1500 hrs

Please follow us on Facebook at: **SHAPE International Library** for up-to-date hours, library news and much more!

**The SHAPE International Library is open: Monday - Friday 1000-1800 and Saturday 1000-1500.**

**The Chievres Branch Library is open: Tuesday-Friday 1200-1800 and Saturday 1000-1700.**

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: [mwrlibrary.armybiznet.com](http://mwrlibrary.armybiznet.com)

## SHAPE LANGUAGE CENTRE

📍 Bldg. 211  
☎: 065.44.4971

## SHAPE Language Centre

# YOU!

Are you interested?  
Learn or teach new  
Foreign Languages?

Which ones?

Let us know

Contact us 4916

✉ [languagecentre@shapemwb.be](mailto:languagecentre@shapemwb.be)





# A SHAPE PLAYERS PRODUCTION

SHAPE PERFORMING ARTS CENTRE  
BUILDING 207  
BOX OFFICE HOURS: MONDAY-THURSDAY, 15:30-17:30



# Amadeus

PETER SHAFFER'S  
AWARD WINNING TOUR DE FORCE

15 MARCH @ 19:30    22 MARCH @ 19:30  
16 MARCH @ 19:30    23 MARCH @ 19:30  
17 MARCH @ 18:00    24 MARCH @ 18:00

RECOMMENDED FOR MATURE AUDIENCES

**SHAPE PLAYERS**



# PERFORMING ARTS CENTRE

## ARTS AND CRAFTS

### Marbling ARTS WORKSHOP

20 March 2024

1100-1230  
For Adults

1600-1730  
For Children 6+



**€20 per class**  
**Price includes all materials**  
(Minimum of 5 people in a group)

Find your inner artist at the Arts & Crafts Centre.  
**TUFTING**  
Or  
Punch embroidery workshop

Tuesday, March 26  
**ADULTS 10:00-13:00**



- Hand tufting from "0"
  - You will make 1 work and take it home
  - All materials included
- PRICE: 35 Euro per class**  
**Maximum of 6 people**

Find your inner artist at the Arts & Crafts Centre.  
**Relaxing Acrylic Painting**  
With Agnes

27 March 2024  
**15:45-17:15 pm**



**30 € per class**  
**Age 14+**  
**\*Price includes all materials.**  
(Maximum of 6 people in a group)

Find your inner artist at the Arts & Crafts Center  
**Glass Mosaics**  
with Susan

March 27  
**10:00-12:00**

Come learn how to make glass mosaics on a wooden coaster  
Create your own design or make spring designs with us!

Adults class 16+ years  
**25 Euro**



\*Price includes all materials  
\*Spaces limited to 6 spots – please prepay

Find your inner artist at the Arts & Crafts Centre.  
**HOME BARISTA**  
Or  
How to make your home made coffee like  
in your favorite coffee shop

Thursday, March 28  
**ADULTS 10:00-13:00**



- You will know how to choose, buy and prepare exactly the coffee you expect without surprise
  - Instructor will teach you both hand brewed coffee and espresso based drinks
  - Instructor will teach you how to make quality milk foam.
- PRICE: 45 Euro per class**  
Price includes all materials

Find your inner artist at the Arts & Crafts Centre  
**FREE Crochet/Knit workshop**  
with Susan

March 28  
**10:00-12:00**

Come crochet or knit with us!  
Bring your own project or help us with our  
scene for a huge crocheted display to be in Normandy for the  
80th anniversary of D-Day



\*FREE and includes all materials too if helping with the  
D-Day project. Bring hooks or needles if you have some and  
any completed work if you've been helping before.





# SPORTS & FITNESS

## SHAPE GYM ANNEX OPEN 24/7

**WHO IS ELIGIBLE ?**

- ✓ SHAPE ID Card holders only
- ✓ Paper visitor passes are not eligible
- ✓ 18 years and over
- ✓ No Minors allowed, even in possession of a minor card

**HOW DO I GAIN ACCESS ?**

- ✓ Pick up the agreement form from
  - Main Gym Bld.313
  - Gym Annex Bld.301
  - download it thru SHAPE2Day.com
- ✓ Fill in the form and bring a front/back copy of your SHAPE ID
- ✓ Bring it to the Main Gym reception desk bld.313
- ✓ 24/7 access will be confirmed to you via email no later than 7 working days from submission

## Scan To View SCHEDULES

Scan To View
Scan To View

Classes schedules - Pool schedules  
Are regularly updated on our  
SHAPE Sports and Fitness Facebook Page.  
No Facebook Account needed to see it.

## March

### SILVER SPOON MENU OPENING HOURS 0730 - 1400



#### Monday

**18**  
SPAGHETTI BOLOGNAISE  
CHICKEN WATERZOOI

**25**  
POAST PORK ARDENNAIS  
STYLE  
BEEF GOULASH

#### Tuesday

**19**  
SEAFOOD RISSOTO  
PORK CHOPS

**26**  
GNOCCHI BOLOGNAISE  
VEAL LIVER ONION  
SAUCE

#### Wednesday

**20**  
BBQ RIBS  
CHICKEN LEG WESTERN  
STYLE

**27**  
BEEF ENCHILADA  
SPINACH RISOTTO

#### Thursday

**21**  
PASTA ARRABBIATA  
BREADED CHICKEN FILET  
ITALIAN STYLE

**28**  
CHICKEN PASTA  
SQUID ROMANA STYLE

#### Friday

**15**  
FISH AND CHIPS

**22**  
FISH AND CHIPS





# FOOD & BEVERAGE

**SATURDAY** JANUARY 20<sup>th</sup>  
**Latin Night** FEBRUARY 17<sup>th</sup>  
 MARCH 16<sup>th</sup>  
 APRIL 27<sup>th</sup>  
 MAY 18<sup>th</sup>  
 JUNE 22<sup>nd</sup>

*Salsa, Bachata, Kizomba, Reggaeton, Latin Pop*  
**DJ ASIS | DANCE SHOW**

FREE ADMISSION | FROM 8PM | FACEBOOK.COM/B3S.SHAPEMWB

**IF YOU WANT TO KEEP UP TO DATE WITH OUR DAILY MENU**  
[HTTPS://WWW.FACEBOOK.COM/MWB.SHAPECLUB/](https://www.facebook.com/mwb.shapeclub/)

**international restaurant**

**Rendez Vous Sandwiches**

**Specialities**

- Italian** ..... 4.90 €  
(Parma ham + Mozzarella + Tomato + Black Olive + Oregano)
- Italian 2** ..... 4.90 €  
(Parma ham + Dried Tomato + Parmesan + Olive Oil + Oregano + Eggplant)
- Gourmet** ..... 4.90 €  
(Meatball + Cheese + Egg + Salad + Tomato + Sauce)
- Greek** ..... 4.90 €  
(Feta + Onions + Peppers + Tomatoes + Olives + Cucumber)
- Meatball** ..... 4.90 €  
(Meatball + Cheddar cheese)
- Liégeois** ..... 5.00 €  
(Honey + Pear + Brie + Dried fruit)
- Salmon** ..... 6.50 €

**Extra items (Egg, meat, ...)** ..... 0.60 €

**Regular**

- BLT with eggs - Toast** ..... 3.00 €
- BLT Baguette** ..... 3.20 €
- Caprese** ..... 4.00 €  
(Mozza + Tomato + Pesto)
- Croque-Monsieur** ..... 3.00 €
- Cheese** ..... 2.80 €
- Chicken Tender** ..... 4.00 €
- Chicken Curry** ..... 4.00 €
- Chicken Mayonnaise** ..... 4.00 €
- Chicken Tender (4 pcs)** ..... 3.00 €
- Crab** ..... 4.00 €
- Ham** ..... 3.00 €
- Ham & Cheese** ..... 3.50 €
- Ham, Cheese & Salami** ..... 3.80 €
- Tuna** ..... 4.00 €
- Turkey** ..... 4.00 €
- Triangles** ..... 3.20 €
- Salami** ..... 3.00 €
- Veggies** ..... 4.20 €

**Paninis**

- Ham & Cheese** ..... 4.50 €
- Chicken** ..... 4.50 €
- Meatball** ..... 4.50 €
- Cheese** ..... 4.20 €
- Veggie** ..... 4.20 €
- Salmon** ..... 6.50 €

**Salads** ..... 5.00 €

**Breakfast**

- Breakfast Sandwich** ..... 4.00 €  
(Bun or wrap - Bacon, egg, cheese)
- Peruvian Club** ..... 4.90 €  
(Toast (3), Bacon, Fried Egg, Ham & cheese)

**Pastas**

- Smiling Cook Pasta:**  
Bolognese, Carbonara, 4 Cheeses, Pesto ..... 5.50 €

**Desserts**

- Crepes (1)** ..... 1.50 €

Sauce available: Mayo, Ketchup, Andalouse, Mustard, BBQ, Samourai, Brazil

You can place orders at ext. 5220/3775

**SHAPE Pizza Bowl**  
**New Operating Hours**

**Bowling (and Bar)**

Monday > Thursday	11h00-21h00
Friday	11h00-22h00
Saturday	15h00-22h00
Sunday	12h00-18h00

**Snack Bar**

Monday > Thursday	11h00-20h00
Friday	11h00-21h00
Saturday	16h00-21h00
Sunday	12h00-18h00

\* Pizza Day on Sundays, Monday & Tuesday 18h00 (Pizza only)





# Trips & Tours

## AACHEN 23 MARCH '24

Join us for a German breakfast, some shopping and relaxing times at Carolus Thermen



Depart Brussels 07:30  
SHAPE 08:30  
Arrive SHAPE 21:30  
Brussels 22:30

### PRICE

Adults (with Thermen) € 90  
Adults (no Thermen) € 70  
Kids 8-14 y.o. (with Thermen) € 70  
Kids 8-14 y.o. (no Thermen) € 50

Since the swimming pool contain very natural cold water, it's not recommended for kids under 4 years of age to bathe in this type of water

### Contact Us

+32 (0)65446040 / 8136  
www.shape2day.com  
@shape2daytours1@gmail.com



## A VISIT TO Efteling WORLD OF WONDERS

Experience enchanting moments with the magical attractions and the fairytale sceneries of Efteling (The Netherlands), one of the largest Amusement Parks in Europe.

March 30  
One Day Trip

Price: 85 €  
Children under 4 y.o. FREE

Depart SHAPE: 07:00  
Depart Brussels: 08:00  
Arrive Brussels: 21:00  
Arrive SHAPE: 22:00



+32(0)65446040 / 8136  
@shape2daytours1@gmail.com  
shape2daytours1@gmail.com



## KEUKENHOF GARDENS

The most beautiful spring garden in the world

- ✓ Flower museums and exhibits, Tulip Fields
- ✓ Prestigious bright colours
- ✓ Kids playground and museum
- ✓ Orchid & Artshum show

Adult € 70  
Child/Youth  
from 4-17 YO  
€ 55

### Contact Us

+32 (0)65446040 / 8136  
www.shape2day.com  
@shape2daytours1@gmail.com



## VERSAILLES - 27 APRIL

- Place of Versailles
- Triumphal Estate
- All the gardens
- Musical Fountains Show

**BOOK NOW**

Depart SHAPE 07:00  
Arrive SHAPE 22:30

Depart Brussels 06:00  
Arrive Brussels 23:30

Shape 2day is not an official travel agency

+32(0)65446040 / 8136  
shape2daytours1@gmail.com  
www.shape2day.com  
FB Group: shape2daytours1

## 30 April-6 May '24 EDINBURGH & HIGHLANDS

**INCLUDED:**

- Flights: Brussels - Edinburgh - Brussels
- All transfers in Scotland by coach
- Hotels in: Edinburgh (3 nights), Inverness (2 nights), Oban (1 night), breakfast incl.
- Guided tour of five castles: Edinburgh Castle, Urquhart Castle, Stirling Castle, Elgin Dorn Castle, Blair Castle
- Afternoon tea
- Culoden Battlefield
- Inverness Gardens
- Loch Ness
- Neptune's Staircase
- Glenelg
- Blair Athol distillery with whisky tasting

DOUBLE (P.P.) 1590 €  
SINGLE 1710 €  
CHILD\* 1020 €

+32(0)65446040/8136  
shape2daytours1@gmail.com

## MILAN

### 17 - 20 MAY 2024

Would you like to stroll in Milan? The city is known for the stunning architecture and for major fashion brands.

DOUBLE (P.P.) € 1000  
SINGLE € 1300

**A TRIP TO THE WORLD-FAMOUS CITY**

- the Last Supper
- the Cathedral
- the Fashion District
- the Galleria

Spaces are limited

Trips and Tours, Bldg.504  
+32(0)65446040/8136  
@shape2daytours1@gmail.com  
www.shape2day.com

Tel: +32(0)65446040 / 8136  
shape2daytours1@gmail.com  
Open from Monday - Thursday 9 - 15h | Bldg. 504  
We accept Visa, MasterCard, Bancontact and Euro  
For more information, please, visit: [www.shape2day.com/community/leisure/trips-tours](http://www.shape2day.com/community/leisure/trips-tours)



# Dates for *your Diaries*

## UPCOMING events

**WORLD CHILDREN'S DAY 2024**

Enjoy folk dances and songs by participating many nations' children

**WHEN:** April 25, 2024  
**WHERE:** SHAPE ALLIANCE AUDITORIUM  
**TIME:** 12:30-15:30

Celebration of World Children's Day (WCD) is an awaited spring activity in SHAPE. Every spring, SHAPE children stage their performance in a multicultural atmosphere. WCD has been initiated in SHAPE by Turkish National Military Representative and SHAPE International School in 1999 and since then organized with the support of Turkish community of SHAPE.

This year's celebration will take place on 25<sup>th</sup> of April 2024 in the SHAPE Alliance Auditorium with international choir and folk dance performances. This event proves that SHAPE children are the future of the world, altogether as a family, regardless of their nationalities, languages and religions.

**DISCOUNT**  
 On April 25-27, 2024 at SELEXION SHAPE, there will be 50% discount on specific items concerning children:

- \* Bluetooth speaker;
- \* Headphones;
- \* DJ Material;
- \* Merchandising (pop, game, t-shirt, posters);
- \* Gaming accessories (consoles/games not included);
- \* IT accessories (laptops/printers not included);
- \* Fun cooking (pop corn maker, ice maker etc.)

*Let's enjoy and celebrate WCD 2024 once more with great participation!*

**Join us**  
**to celebrate NATO 75th anniversary**  
**on May 2, 2024**  
**in front of Building 102**  
**at 14.00!**

**Kids' Day**  
**Eggstravaganza**  
**Saturday, March 23 | 11AM - 2PM**  
**Chievres Community Activity Center**  
**&**  
**Playground Area**

HOP into Spring with our Kids' Day Eggstravaganza!  
 Celebrate Month of the Military Child and take action for Child Abuse Prevention month!  
 FREE!! | Egg Hunts | Resource & Carnival Activities | Music | Food & Beverage Sales

**Egg Hunt Schedule**

11:20AM: EFMP at Bene Brew Lawn | 11:25AM: Age 0-2 | 11:30AM: Age 3-5  
 11:35AM: Age 6-9 | 11:40AM: Age 10+

No Registration Required.  
 Open to U.S. ID Card Holders, NATO, HN, SHAPE IDs and their escorted guests.  
 For more information, or interested in becoming a vendor, visit [www.chievres.armymwr.com](http://www.chievres.armymwr.com) or contact  
 ACS DSN: (314) 597-7370 CIV: +32 (0)85-75-7370  
 CYS DSN: (314) 597-7892 CIV: +32 (0)85-75-7892

Logos: U.S. Army, NATO, SHAPE, and various community partners.

**GREEK SUMMER NIGHT**

**June 14<sup>th</sup> 2024**  
**17.00h**

**SAVE THE DATE!**

**SHAPE HALF MARATHON**

**SATURDAY - 27 APRIL**

**SAT, MARCH 16TH**  
**AT CHIEVRES FITNESS CENTER**

**BACK TO THE 80's Party**

**8PM-Midnight**  
**\$10 per person / Ages 18+**  
**Tickets available at Shape Gym, Chievres Gym, and Bene Brew**  
**2 Bars + Back to Back 80's DJ's**

**THE FRENCH FESTIVAL**  
**WINE & GASTRONOMY 2024**

**Come for lunch and dinner**

**Shape Club 26-27-28 March**  
**12h00-21h00**

**FREE ENTRANCE**



# SHAPE TRAVEL GROUP

40 YEARS ON SHAPE PROVIDING TRAVEL, FRIENDSHIP & FUN

FIND US ONLINE AT:

 SHAPE Travel Group

The SHAPE Travel group members are available every Monday 1400 - 1600 and Thursday 1100 - 1300.

The office is located near Carrefour on base, between Trips and Tours and the Opticians.

Please come in to meet our friendly team of volunteers and pay by cash or via the following link:

<https://www.tickettailor.com/events/shapetravelgroup>



## PARIS, FRANCE MARCH 27

A day in Paris! Join your travel friends for a fun packed day of shopping, museums, bistros and sightseeing! You can explore on your own or join one of our escorts – the choice is yours. Paris highlights include the Louvre Museum, Notre-Dame Cathedral, the Eiffel Tower, the Arc de Triomphe, the Champs-Élysées or perhaps a cruise along the Seine. Whatever you do it will be a day to remember!



## KEUKENHOF, NETHERLANDS APRIL 18

**65 Euros**

A visit to the Netherlands is not complete without a visit to Keukenhof, the largest tulip garden in the world. Approximately 7 million flower bulbs are planted annually in this 79 acre park. Spend the day wandering through the vast, artistically styled gardens enjoying the beautiful and vibrant colors of spring.



## GIVERNY, FRANCE MAY 16

**65 Euros**

Canterbury is one of the most beautiful and historic cities in England and a UNESCO World Heritage Site! Spend the day strolling on cobblestone streets, having tea and scones in a quaint tea shop, imagining scenes from Chaucer's Canterbury Tales, and visiting the Canterbury Cathedral which was founded in 597 AD.

[www.SHAPE2DAY.com/GroupIIActivities/SHAPETravelGroup](http://www.SHAPE2DAY.com/GroupIIActivities/SHAPETravelGroup)

## International Continental Mess Menu

Opening Hours 0700 - 1330

March

MON

TUE

WED

THU

FRI

**CLOSED DUE TO EXERCISES**

\*Except breakfast

25. Meatballs Liégeoise  
Gingerbread Croquettes  
potatoes

26. Steak 3 sauces  
Chips or Celery puree.

27. Spaghetti  
Bolognese  
Osso Bucco

28. Lamb curry and  
chicken curry

22. Tanagra remoulade  
sauce, mashed potatoes  
- purée

**HOLIDAY**

This menu can be altered due to last moment delivery change. For more information: [www.SHAPE2DAY.com](http://www.SHAPE2DAY.com)

# ONGOING SHAPE ACTIVITIES

## SCOUTS TROOP 325

Troop 325 meets every Monday at 18:30 (when school is in session) on the second floor of the Green Gym (near the tennis courts) on SHAPE. Newcomers just show up

## SHAPE SEA SCOUTS GROUP

Thursdays 1900-2030. Outdoor activities feature prominently, with the highlights being sailing and camping.

## MILITARY HISTORY SOCIETY

President: General Tim Radford  
 Michael.ADUBATO@shape.nato.int  
 f SHAPE Military History Society

## SHAPE SUB AQUA CLUB

President: Mr. Glynn Wade  
 shapesubaqu@yaho.com

## TENNIS ASSOCIATION

Membership form on www.SHAPE2DAY.com  
 Search on searchbar: "Tennis Association"  
 President: Zack Malinovsky

## TOASTMASTER CLUB

We conduct hybrid meetings on 2nd and 4th Tuesday of each month. SHAPE International Library (Building 307) door opens from 18:30 CET; online Zoom start at 19:00 CET & conclude at 20:30 CET.  
 Club President: Davidia Stokes  
 toastmastersshapeclub@gmail.com

## SHAPE INTERNATIONAL NCO GROUP

Chairperson: MSGT Stefan Nix  
 shapeinternationalncogroup2022@gmail.com  
 f SHAPE International NCO Group

## SHAPE VINTAGE CLOSET

Tuesday: 0930-1330, Wednesday: 0930 - 1330 (SALES ONLY - to purchase items), Closed: SHAPE holidays & SHAPE School holidays.

## SHAPE GIRL SCOUTS

f SHAPE Girl Scouts

## SHAPE VOLLEYBALL TEAM

Mondays and Wednesdays at 1900  
 Try outs Mondays at 1900.  
 Hando.toever@gmail.com

## CUBSCOUT PACK 325

SHAPEcubpack325@gmail.com  
 f shapecubpack325

## SHAPE SEALS INTERNATIONAL SWIM TEAM

Val Sorcinelli  
 shapeseals@hotmail.com

## ROQUENCOURT CHOWDER, MARCHING & DARTS SOCIETY

Chairperson: Joseph Murray  
 Joseph.murray@ncia.nato.int

## SHAPE ALUMNI ASSOCIATION

President: Caroline Neveceral  
 caro7895@hotmail.com

## SHAPE INTL ANGLING CLUB

Jason Bignelli  
 Jason.Bignelli@ncia.nato.int

## SHAPE BADMINTON CLUB

President: Steffen Broecker  
 steffen.broecker@ncia.nato.int

## SHAPE BOOSTERS CLUB

shapepsptso@gmail.com

## SHAPE BRIDGE CLUB

President: Attila Balla  
 katalin.balla@shape.nato.int

## SHAPE INTL CYCLING CLUB

President: Trevor Blagg  
 shapecycling@gmail.com  
 f SHAPE Intl. Cycling Club

## SHAPE CRICKET CLUB

Chairperson: Phil Morgan  
 Philip.morgan@shape.nato.int

## SHAPE FOOTBALL CLUB

President: Timothy Nojainu  
 SYFC@gmail.com

## SHAPE FORMER ENLISTED ASSOCIATION

info@sfea.eu

## SHAPE INTERNATIONAL ASSOCIATION OF FORMER NCOS

President: Jean Prevot  
 siac@skynet.be

## SHAPE GOLF ASSOCIATION

Captain: Beth Shippin  
 sgagolf2015@gmail.com

## SHAPE HEALTHCARE FACILITY ASSOCIATION

President: Christelle Pachulski  
 lynn.macintosh.ln@mail.mil

## SHAPE IC3 ASSOC.

Pam Giacomello  
 shape.ic3@gmail.com  
 f SHAPE IC3

## SHAPE INTL WOMEN'S CLUB

President: Britton Young  
 siwcpresident@gmail.com  
 f SHAPE International Women's Club

## SHAPE TRAVEL GROUP

Mondays to Friday: 9h to 15h  
 President: Theresa COLLINS  
 tajccollins@gmail.com  
 SHAPE TRAVEL GROUP  
 f

## SHAPE INTERNATIONAL CHAPEL

Chaplain Jorge Baezramirez  
 BLDG. 601  
 DSN: +32 6544 6037  
 chapelbuilding@gmail.com

## MONDAY to SATURDAY

0730-0830 Catholic Daily Mass (Blessed Sacrament – Monday to Friday)

0900-1000 Catholic Mass (Blessed Sacrament – Saturday)

## MONDAY to THURSDAY

1130-1230 Catholic Daily Mass (Blessed Sacrament – except Thursday)

1130-1230 Catholic Mass (West Chapel - Thursday)

## WEDNESDAY

1200-1300 Holy Water Mass in Greek (East Chapel - 1<sup>st</sup> Wednesday of Each Month)

1215-1245 Lenten prayer, general service (West Chapel)

1645-1715 Lenten prayer, general service (West Chapel)

1830-2030 Romanian Orthodox (West Chapel - 3<sup>rd</sup> Wednesday of Each Month)

## THURSDAY

1700-1900 Danish Service (West Chapel - 11APR24, 16MAY24, 06JUN24, 03JUL24)

## FRIDAY

13:00 Jumma Prayer Islam Service (Room 62 of the Chapel)

1800-1900 Jewish Service Kabbalat Shabbat in English (West Chapel)

## SATURDAY

0930-1230 Romanian Orthodox (West Chapel - 1<sup>st</sup> Saturday of Each Month)

## SUNDAY

0900-1000 US Catholic Mass in English (East Chapel)

1000-1100 Liturgical Service in English (West Chapel - 1<sup>st</sup> Sunday Anglican - 2<sup>nd</sup> Church of Scotland - 3<sup>rd</sup> Lutheran - 4<sup>th</sup> Western Orthodox)

1045-1145 US Protestant Service in English (East Chapel)

1200-1300 Catholic Mass in Spanish (West Chapel)

1230-1330 Catholic Mass in Polish (East Chapel)

1730-1830 Catholic Mass in Italian (East Chapel)



# OPENING HOURS: MARCH

## MWB ACTIVITIES



### MWB OPS

Mon-Thu: 0900-1200/  
1300-1600  
Fri: 0900-1200/1300-1400  
065/44 8340 or 8341

### SPORTS & FITNESS CENTRE

#### Gym Annex:

Mon-Thu: 0600-2100  
Fri: 0600-1930  
Sat-Sun: 0830-1300  
See schedule & bookings at:  
[www.shape2day.com](http://www.shape2day.com)  
065/44 5325

### B3'S

Mon-Thu: 1630-2200  
Fri: 1530-0100  
Sat: 1530-2300  
(Sunday & SHAPE Holiday Closed)  
065/44 8301 or 4133

### SILVER SPOON

Mon-Fri: 0730-1400  
Bar: 0730-1400  
065/44 5114

### RENDEZ-VOUS

Mon-Fri: 0730-1800  
Sat: 0900-1500  
Sun: 1000-1330  
SH: 0900-1300  
065/44 5220

### SHAPE CLUB

Mon-Fri: 1130-1330 Lunch  
Thu-Fri: 1800-2100 Dinner  
065/44 4133

### PIZZA BOWL

#### Bar/ Lanes

Mon-Thu: 1130-2100  
Fri: 1130-2200  
Sat: 1500-2200  
Sun: 1200-1800

### Snack Bar

Mon-Thu: 1130-2000  
Fri: 1130-2100  
Sat: 1600-2100  
Sun: 1200-1800

Pizza day on Monday,  
Saturday & Sunday  
065/445696

### SHAPE CINEMA

Fri-Sat: 1700-2230  
065/44 5697

### RIS

Tue-Fri: 1030-1800  
Sat: 1000-1600  
065/44 5628

### SHAPE INN

0830-1300/1400-1645 Tue-  
Thu  
0830-1200/1300-1445 Fri  
065/44 4385

### LANGUAGE CENTRE

Mon - Thu: 0830-1600  
065/44 4971

### LIBRARY

Mon-Fri: 1000-1800  
Sat: 1000-1500  
**Return Service: 24/7**  
065/44 5631  
Email us at: [usarmy.shape.library@army.mil](mailto:usarmy.shape.library@army.mil)

### ARTS & CRAFTS

Tues/Thu: 0900-1630  
Fri: 0900-1430  
**Framing Shop:**  
Tue-Thu: 0900-1600  
Fri: 0900-1430  
Email us at:  
[artandcraft@shapemwb.be](mailto:artandcraft@shapemwb.be)

### PERFORMING ARTS CENTRE

Tue-Thu: 1530-1730  
065/44 3312

### OUTDOOR RECREATION

Mon /Wed /Fri: 0900-1400  
065/22 5246  
DEC 22: 0900-1400

## SHAPE CONCESSIONAIRES

### CARREFOUR BLDG. 102 Carrefour Market

Mon-Fri: 0730-1900  
Sat: 0730-1730  
Sun: 0900-1300  
+SHAPE Holiday  
[info@market-shape.be](mailto:info@market-shape.be)

### Selexion:

Mon-Fri: 0900-1900  
Sat: 0900-1730  
[info@selexion-shape.be](mailto:info@selexion-shape.be)  
065/32/8576

### DRY CLEANING BDG 505

Mon-Fri: 1000 - 1800  
Sat: 0900-1300  
Sewing service available  
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### INSURANCE MERAINI BLDG 250

Mon/Wed/Thu:  
0930-1300/1400-1630  
Fri:  
0930-1300  
[shape@assurteam.com](mailto:shape@assurteam.com)  
065/44 5355

### FLOWER SHOP BDG 504

Tue-Fri: 1000-1800

### TOTAL FINA BDG 304

**Total Shop:**  
Mon-Fri: 0830-1800  
Sat: 1000-1300

**Garage for repairs**  
Mon-Fri: 0830-1800

### Gas Station: 24/7

#### Carwash:

Mon-Fri: 0830-1800  
Sat: 1000-1500  
065/32 8300 or 0

### BEAUTY SHOP BLDG 504

Tue-Fri: 0900-1800  
Sat: 0900-1700  
**By appointment only**  
065/44 5983

### BARBER SHOP BLDG 102

Tue-Thu: 0900-1700  
Fri: 0900-1600  
**By appointment only**  
065/44 5498

### BARBER SHOP / HAIRDRESSER BLDG. 504

Tue-Fri: 1000-1700  
Sat: 1000-1400  
065/44 2614

### SHAPE OPTICAL BLDG 504

Tue-Fri: 1030-1700  
065-44-5621



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 ☎ 0475/738 662 ☎ 065/72 42 70 English (Tim): 065/72.30.35

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## FORUM

### Miscellaneous & Services

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

#### 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.

#### 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

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#### Small jobs

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- Plumbing
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- Floor tile
- Green space maintenance
- Carpentry
- Etc

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**06 59 78 76 93**  
 ahnet.home@gmail.com

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Le Monte Cristo / L'Effet Boeuf  
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	9	7	5			1	2
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#### March Solutions

7	5	3	8	2	9	1	6	4
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	6	3					



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