September 2006
Volume 1, Issue 9

SHAPE BATTALION

SHAPE BN Commander

LTC Joseph R. Calloway

SHAPE BN CSM

CSM Teresa King

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Need Someone To Talk With?

Completely Confidential!

Appointments can be made by calling:

0479.40.4482 (SHAPE)

0478.76.9096 (SHAPE)

0497.65.3738 (Daumerie)

Family Life Consultants

A Note From the BN Commander

Assignment to Belgium brings with it a fairly unique set of circumstances. Due to the limited size of the military community and the associated infrastructure, finding employment can prove especially challenging. Couple this with housing that is widely dispersed in mostly French-speaking communities, and isolation for our spouses/ single Soldiers can quickly take a toll (especially as the fall and winter weather becomes less than ideal).

One outlet to counter these effects is the Soldier and Family Readiness Group (SFRG). The Headquarters and Headquarters Company and Alpha Company, located here at SHAPE, both have active SFRGs. I would strongly encourage any of our single Soldiers and spouses to participate in these groups in some way. It not only provides a great opportunity for meeting and socializing with other adults, it provides an opportunity to contribute to the community and to our Soldiers and their families.

The intent is to have you participate at whatever level you are comfortable, whether it is only attending an occasional meeting, volunteering to help with a service project/fund-raiser, or serving in a leadership position within the appropriate SFRG. I am confident that you will not only enjoy the time spent with some great people, you will likely have helped others in the process. Take a minute to contact Chantelle Slattery to see where participation in the SFRG might fit into your plans for an enjoyable tour at SHAPE---or just show up at the next SFRG meeting or activity.

Best regards,

LTC Joseph Calloway

"Learning About Belgium©" (L.A.B) Shape **ext. 4269**

Even if you are not new to SHAPE, this class in an excellent way to learn about Belgium!

WHEN? On 11,12,14 September, from 0900-1300

WHERE? At the **SHAPE Events Center** (SEC – building **303).**

HOW do I sign up? Call Shape extension **4269** or on a civilian phone (065) 44.4269.

WHO can attend? **ANYONE** with a Shape I.D. card (no children under 12 please!)

In addition to the classroom time, the program also includes a "field trip" into Mons & a reception at the town Hall of Mons hosted by the Mayor & it is offered ***FREE*** of charge (refreshments, transportation & 40-page booklet included).

Recipe of the Month ~ 5 Cheese Lasagna

like Olive Garden's®

Serves: 12

Prep. Time: 1:45

1/4 cup butter OR margarine
1/4 cup all-purpose flour
2 cups milk - low-fat okay
1/4 cup oil-packed sun-dried tomatoes - minced
1 Tbls. minced garlic
3 1/2 cups ricotta cheese
3 eggs
1 cup grated Parmesan cheese
1/2 cup grated Romano cheese
1/2 tsp. salt
1 tsp. black pepper
12 lasagna noodles - prepared as directed, cooled
4 cups shredded mozzarella cheese
1 cup fontina cheese
marinara/spaghetti sauce - to top
grated Parmesan cheese - to top

Notes: Can be refrigerated a day before baking if desired.

-Melt butter over medium heat in heavy, 1 quart saucepan.
-Add flour and stir until well-blended; cook until frothy.
-Add milk, stirring constantly with wire whisk as mixture comes to a simmer.
-Cook and stir until thickened (3-4 minutes).
-Refrigerate while mixing other ingredients.
-Drain and mince tomatoes and place in 3 quart mixing bowl.
-Add garlic, ricotta, eggs, Parmesan, Romano, salt, and pepper to bowl.
-Add 1 1/2 cups of cooled cream sauce and mix until well blended.
-Refrigerate, reserving 1/2 cup for later use.
-Place 3 lasagna noodles in a 9" X 13" X 2" lightly oiled baking dish, overlapping slightly.
-Spread 1 1/2 cups cheese filling over noodles; sprinkle with one cup mozzarella and 1/4 cup fontina cheese.
-Repeat pasta and cheese layering three more times; top with remaining three lasagna noodles.
-Spread 1/2 cup of reserved cream sauce over top and cover lightly with aluminum foil.
-Bake in a 350 degree oven for 1 hour.
-Remove from oven and keep warm at least 30 minutes before serving.
-Serve topped with hot marinara and Parmesan cheese.

Military News You Can Use

Pilot Program to Allow Montgomery G.I. Bill Transferability to Spouses- The Army just announced the implementation of a pilot program allowing Soldiers in critical skills who reenlist the ability to transfer up to 18 months of their Montgomery G.I. Bill benefits to their spouses. Eligible participants in this program are enlisted Soldiers who: have completed at least six years of service; reenlist for a minimum of four years, qualify for a Military Occupational Specialty (MOS) specific Selective Reenlistment Bonus (SRB); and are entitled to a Zone B or Zone C bonus. Soldiers can choose between a full SRB, or a slightly reduced SRB plus the ability to transfer more than $18,000 in benefits. The Army will study the results of the program with the possibility of making it a permanent part of the Army's reenlistment policies. Soldiers interested in participating in the program should visit their servicing Career Counselor for more information. Additional information is available at http://www.armyg1.army.mil/MGIBBrochure.doc

Protocol Tip of the Month-Thank You Notes

Thank You notes should be written within 48 hours of the social event or the receipt of a gift. They may be written by the husband or the wife, traditionally, the wife. Send your note of appreciation to the hostess only. Only the person who writes the note of thanks should sign it, no joint signatures. Specifically mention something special about the evening, dinner, gift, etc. A phone call of thanks is also appropriate in lieu of a written thank you. Sometimes, it helps to encourage you to write the note if you say you won't eat , play, or use the gift until a note is written. Children should be encouraged to adhere to this this courtesy as well.

Come join the HHC Soldier Family Readiness Group as we go to

€ 5 per person

Zaanse Schans

Netherlands

Depart from SHAPE Events Center Parking Lot

Windmills, Cheese, Wooden Shoes!

When: Sat. September 16

Departure Time: 0700

Return Time: 2200

Sign Up Soon, Space is Limited!

Please contact Chantelle Slattery at 065.44.8109 for more details!

Congratulations to Cecily Eichman, winner of the August SFRG Door Prize!

Commander's Corner

As August has gone by so quickly, the SFRG has accomplished many things during this month. I would like to thank everyone who volunteered their time to make all of our SFRG events successful. I would like to extend my thanks to Mrs. Jessica Flores and Mrs. Cecily Eichman for stepping up and volunteering to be the new SFRG Leader and Treasurer, respectively. As September is upon us, we will be able to slow down a little as we only have one event scheduled. On 9 September, we will hold our monthly meeting in Zaanse Schans, Netherlands. I would like to welcome all the new families to SHAPE and to the HHC SFRG. I look forward to seeing you at this event and want to remind everyone to stay alert as school has started up again.

Promotions

Congratulations to the following Soldier for their selection to the next higher grade.

Promotion to SGT

SPC Bergerson

A Note From the SFRG Leader

Family and Friends of the Shape Battalion HHC SFRG:

I hope this newsletter finds you all in good health, and adjusting to the weather here in Belgium.

I would like to take this opportunity to let you know a little bit about me. My name is Jessica, my husband is Jaime Flores and we have 3 great boys, I also have 4 brothers. This makes me a huge sports fan (especially football and basketball), which means late nights here in Belgium , because I do wake up at 3 or 4 am to watch my favorite teams. I am also a military brat (ARMY). I love everything about the military, so I have tried to learn as much as I can about it. I am a certified AFTB instructor and, because of this, I am excited to be the new SFGR leader.

I am excited to be volunteering and hope to do whatever I can to help out with making your assignment here at SHAPE a really good one.

We are working hard to make sure we have trips planned, service projects done for our Soldiers, local community, and host a great annual Christmas party. I have been very pleased to see Soldiers and spouses help out with some of our fund raisers. We have done well, thanks to all the volunteers. If there is any way the SFRG can help out please give us a call or email .

"Predator" of the Month: SGT Trenton Bearden

The September "Predator" of the month comes to us from the HHC Training Room. SGT Trenton Bearden has proven to be a great asset to HHC by always helping whenever and wherever the company needs him. In the past month, he has shown that by helping out the SFRG with moving the flea market items as well as helping out before, during, and after the Organizational Day event. Now is your chance to get to know a little more about SGT Bearden!

Where are you from? Birmingham, Alabama

What do you miss the most about the United States? The restaurants!

What is your favorite thing about living in Belgium? Opportunities to travel.

What are your hobbies, interests? All sports!

If you had the opportunity to pick one restaurant to open up on SHAPE what would it be? Ruby Tuesdays

What is something you can tell us about yourself that no one may suspect? I actually watch Desperate Housewives.

Congratulations SGT Bearden!

News from the Swamp

How did Labor Day come about?

The first observance of Labor Day is believed to have been a parade on September 5, 1882, in New York City, probably organized by Peter J. McGuire, a Carpenters and Joiners Union secretary. By 1893, more than half the states were observing a "Labor Day" on one day or another, and a bill to establish a federal holiday was passed by Congress in 1894. President Grover Cleveland signed the bill soon afterward, designating the first Monday in September as Labor Day. This happens to be a fact in the library of Congress.

Who Are We Celebrating? The people age 16 or older in the nation's labor force in July 2006. Among the nation's workers are 79.2 million men and 68.7 million women. These men and women represent 66 percent of the civilian, non-institutionalized adult population.

Travel Tips- As you celebrate Labor Day, let us remember some traveling tips while stationed in Europe. While traveling it is always advisable to have a copy of your passport separate from the original. This makes replacing any necessary documents easier, should it be necessary. In addition to copies of the passport, take a couple of photos with you.

Language- English is spoken in most European countries, especially in the big cities and tourist destinations. It is always good to have someone on the trip who can help out in case you do encounter a situation where knowing their language would be a help, but for most situations English will be fine.

Weather- Most of Europe has a so-called temperate climate. Temperatures vary considerably from region to region. While the south is considered very mild, the climate in the central highlands or in the Alps is often quite harsh. While temperatures can rise above 95 degrees in the summer months, average daytime temperature between May and September are usually somewhere between 50 to 70 degrees and hence pleasant. In winter, it can be extremely cold with temperatures as low as 0 degrees or less. As a rule of thumb, however, daytime temperatures are around the freezing point during the winter months.

Currency- The Euro is legal tender for all transactions since 2002 in the following European countries: Belgium, Germany, Greece, Spain, France Ireland, Italy, Luxembourg, The Netherlands, Austria, Portugal and Finland. Most countries out side of the European Union accept the Euro, but you will receive an unfavorable exchange rate, so exchange you money prior to taking your trip.

Emergency services- 112 Fire and rescue services

110 Police- If you need paramedics, call the police or fire and rescue services!

My heart is for Soldiers and family members assigned to Alpha Company, SHAPE Battalion to have a enjoyable and safe Labor Day.

CPT Charles Hall

A Note From Our SFRG Leader

Greetings everyone,

I would like to thank everyone who came out and supported the Organizational Day, especially those of you who worked so hard behind the scenes. I pray that you would continue to support these family events, which bring fun and unity to the community. Pass the word on to anyone that we may have missed. The children had an awesome time and I enjoyed seeing all of you there. Thanks again!

School is back in session. Are you ready? To all of our hard working parents, "Keep up the good work!" You are your child's biggest influence, and supporter. I encourage you to continue to get involved in the programs at school. You can affect a positive change in their educational process. Let your voice be heard, before a problem arises. You can be their biggest fan this year. WELCOME BACK KIDS!!!!

P.S. Don't forget to Drop Everything And Read (DEAR).

God Bless!

Ieisha Hall

"GATOR" of the Month– SGT Christin Kay

This is your chance to meet another "Gator" from our A Co. family. SGT Christin Kay works in OSACEUR Admin. Office. She is coming to us from Fort Brag. Welcome SGT Kay!

Where are you from? I am from Tampa, Florida.

What are your hobbies, interests? Hanging out with my son, running.

What is your favorite thing about living in Belgium? I have only been here two weeks, but I am looking forward to introducing my son to a new culture.

What do you miss most about the United States? My family

If you could have any restaurant built on SHAPE, which would it be? Carrabas, Italian Restaurant

If you won a million dollars, what would be the first thing you would buy? I would pay off my house.

Congratulations SGT Kay!

Fun For All Fest SFRG Fundraiser

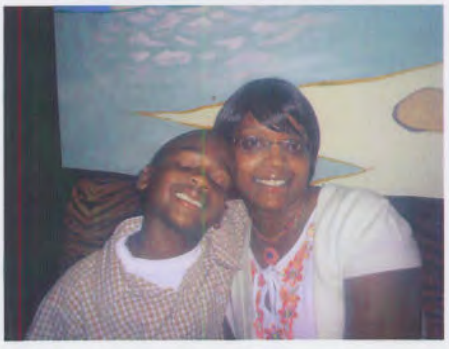
Another SHAPE Fun Fest has come and gone and, with our 2nd "Walking Taco" stand under our belt, SHAPE BN is making a name for itself in the community with our "Walking Tacos". Despite the rain, many Shapians came out to participate in MWB's Fun for All Fest. This time, we gave customers more choices by offering loaded baked potatoes as well as fried chicken wings. A long day of hard work was well rewarded, as we sold out and shut down early making over $1300. This money will be split between A CO and HHC SFRGs and will help sponsor the BN Christmas Party that will be held on the 8th of December. We want to thank all of our volunteers who made the day such a success. We also want to thank all of you who came by and walked away with a taco, chicken basket, or baked potato. I know we said this last month, but SHAPE BN has the best group of Soldiers, Civilians, and Family Members, bar none!

"Working At The Carwash"

SHAPE BN held a fundraising carwash on 11 August. Despite the rainy day, over $400 was made. The money made was used to help fund SHAPE Battalion's Organizational Day. We want to thank all of the volunteers who braved the cold rain and washed, dried, (sometimes twice) all of the vehicles that came through. We also want to thank all of the patrons who had their vehicles washed and the many people who donated to our cause. The carwash was successful because of all of you!.

Imagi Park

Enjoying the August SFRG meeting at Imagi Park!



A CO September SFRG MEETING

Date: 13 September
Time: 1800
Where: Building 305
In the Common Area

Come join us for the September SFRG Meeting!

We will be discussing upcoming trips, fundraisers, and holiday events.

Please call A Co. SFRG Leader Ieisha Hall for information-0476.601.435

SHAPE BN Organizational Day 2006

SHAPE BATTALION

SOLDIER FAMILY READINESS GROUP
Unit 21420
BLDG 305, RM 132
APO AE 09705

COM

September Calendar of Events

4 Sept-Labor Day

6 Sept– Lap Sit Story Time

Every Wednesday @ SHAPE Library 0930-1030

11,12,14 Sept-Lab Class

Call SHAPE x4269 for information and sign up

19 Sept– No School

International Education Day

24 Sept– SHAPE Flea Market 0800-1200

24 Sept– Brunch at the SHAPE Club

Call SHAPE x4113 for reservations

26 Sept– Book Discussion Group @ Chievres Library

27 Aug–Questions? Ideas? Please call our Family Readiness Support Assistant, Chantelle Slattery at 065.44.8109 or DSN x8109 or email ChantelleSlattery@usanato.army.mil