



The American Club of Brussels
News & Events
An International Club with an American Heart

October 2014

- A Guided Visit to the Exhibition *Sensation and Sensuality: Rubens and his Legacy*
- Dates to Remember
- New Telephone Number
- New: Credit Card Payments
- Final Friday September
- Meet the Board
- A Guided Visit to *Titanic: The Artifact Exhibition*
- Pioneers' Dinner
- Joint ACB/AmCham Halloween Party
- Community Events
 - CCB-ACB Book Club
 - Community Help Service Burnout Conference

A Guided Visit to the Exhibition *Sensation and Sensuality: Rubens and his Legacy*



Join us on Saturday, October 4th for a guided visit of the fabulous exhibition *Sensation and Sensuality: Rubens and his Legacy*.

Rubens was the Quentin Tarantino of his day, making Flanders one of the world's foremost regions for painting. The Flemish master-painter developed his own personal style, crafting scenes that exuded lust and were marked by violence, as well as compassion and elegance. These themes inspired artists all over the world for many centuries to come. In this unique exhibition by BOZAR, in collaboration with the Royal Museum of Fine Arts Antwerp and the Royal Academy of Arts in London, you can rediscover the work of this indomitable genius that has withstood the test of time as well as that of his heirs. You can also see canvases by Van Dyck, Watteau, Delacroix, Manet and Kokoschka as well as engravings by Rembrandt and Picasso.

Our guide will be once again Lieve De Jonghe.

Please note that this visit is limited to 15 people and is a 'Members Priority' event. Non-members will be accepted after September 24 on a 'space available' basis.

Event Details:

Date: Saturday, October 4, 2014

Time: 1:45 p.m.

Place: BOZAR, rue Ravenstein 23, 1000 Brussels

Price: €25 for members, €35 for non-members.

Public Transportation: Metro: Gare Centrale/Centraal Station; buses 38 and 71: Bozar
Sign up: Reservations are due by noon on Wednesday, October 1, online at www.americanclubbrussels.org, by email (info@americanclubbrussels.org) or by telephone to the ACB Office Manager (0476/996.870). Non-members will be accepted after September 24 on a 'space available' basis. Payment to ACB at BE55427919588144 (KREDBEBB) will confirm your reservation. Be sure to mention "Rubens" in the communications section of the *virement*. Cancellations are possible until noon on Wednesday, October 1. Participants canceling after this time, as well as no-shows, are charged the full cost of the event.

Only a couple of spaces left.

Dates to Remember

- September 26: Final Friday at the Husa Presidents Park
- September 30: Meet the Board
- October 4: Guided tour of the Rubens exhibition "Sensation and Sensuality"
- October 8: Canadian & American Clubs Book Club
- October 14: Dine-out
- October 19: Guided tour of the exhibition "Titanic"
- October 22: Pioneers' Dinner with Lt. General David Hogg
- October 31: Joint ACB/AmCham Halloween Party
- November 12: Dine-out
- November 22: Guided tour of the exhibition "Paintings from Siena"
- November 27: Thanksgiving
- November 28: Final Friday
- December 11: "Nuts!" Night

New Telephone Number

0476/996.870

Final Friday Cocktails

**Friday, September 26
6:30 p.m. to 9:00 p.m.**



**Husa Presidents Park
Boulevard du Roi Albert II 44
1000 Brussels**

The [American Club of Brussels](#) is happy to welcome our friends from [The Brussels British Network](#) and anyone else that would like to join us...

Cash bar open to all.
Newcomers to Belgium and prospective ACB members are especially welcome.
No reservation is required. Bring a guest or two.

Meet the Board



The American Club of Brussels extends an invitation to its valued members to a 'meet the board' event. This is an exclusive members-only event, aimed at bringing together new members as well as longtime members of the Club. The event will be hosted at the Metropole Hotel and our Board of Governors will be on hand to meet and greet. The Club is also interested in hearing your thoughts and ideas on the Club and any future events or member benefits to better serve you.

The event will be held in the Metropole's historic Rubinstein Room. The Club invites you to a welcome drink (champagne, cava, wine) and canapés, followed by a cash bar. This is an ideal event for meeting fellow American Club members - young, old, new as well as the fixtures - and networking within our Brussels-based community. Some of our corporate members, including the Metropole Hotel, will also attend, so you can learn more about their organizations and activities.

Event Details:

Date: Tuesday, September 30, 2014

Place: Metropole Hotel, De Brouckèreplein 31 Place De Brouckère, 1000 Brussels. Tel: 02/217.23.00

Public Transportation: Metro 1, 5; Trams 3, 4, 31, 32 (De Brouckère)

Time: 6:30 p.m.

Price: Welcome drink on the Club, followed by cash bar

Registration: No later than noon on Saturday, September, 27. You may register online at www.americanclubbrussels.org, by e-mail to info@americanclubbrussels.org or by telephone to the ACB Office Manager (0476/996.870).

Cancellations will be taken until noon on Monday, September 29.

A Guided Visit to *Titanic: The Artifact Exhibition*



Join us on Sunday, October 19th for a guided visit of the unique exhibition, Titanic: The Artifact Exhibition.

This famous exhibition puts on display for the first time in Belgium the authentic artifacts dredged from the wreck of the famous ship. The delicate perfume vials, the porcelain carrying the logo of the White Star Line and many other items recreate a lost era and testify to all of the lives that were lost or have been ramshackled by one of the biggest disasters at sea in modern history.

Only 687 persons, out of 2,228 passengers and crew members on board the Titanic, survived. Seven of them were Belgian. You will discover the stories of the Belgians on board, learn about the other passengers, admire the real life iceberg installed in the exhibition and come closer to that fatal night.

Please note that this visit is limited to 25 people.

Event Details:

Date: Sunday, October 19, 2014

Time: 2:45 p.m.

Place: Palais 2, Brussels Expo, Place de Belgique 1, 1020 Brussels

Price: €25 for members, €30 for non-members.

Public Transportation: Heysel/Heizel: Metro line 6, trams 7 or 51, buses 84 or 88.

Sign up: Reservations are due by noon on Monday, October 13, online at www.americanclubbrussels.org, by email (info@americanclubbrussels.org), or by telephone to the ACB Office Manager (0476/996.870). Payment to ACB at BE55427919588144 (KREDBEBB) will confirm your reservation. Be sure to mention "Titanic" in the communications section of the *virement*. Cancellations are possible until noon on Monday, October 13. Participants canceling after this time, as well as no-shows, are charged the full cost of the event.

Pioneers' Dinner



The Pioneers' Club of the ACB is pleased to announce that its next traditional dinner will be at the Château Sainte-Anne on the evening of October 22.

As is customary, the dinner will feature a prominent guest speaker, who in this case will be US Lt. Gen. David R. Hogg, the US Military Representative to the NATO Military Committee.

This black-tie dinner is a 'Members Priority' event with limited spaces. First priority will be given to the members of the Pioneers' Club, followed by all other members of the American Club of Brussels. Reservations for the event for non-members of the Pioneer's Club will be accepted beginning on September 15 through the offices of the American Club of Brussels.

Event Details:

Date: Wednesday, October 22, 2014

Time: 7:30 p.m.

Place: Château Sainte-Anne, Rue du Vieux Moulin 103, 1160 Auderghem

Price: €70

Sign up: Reservations are due by noon on Friday, October 17 by email (info@americanclubbrussels.org), online at www.americanclubbrussels.org, or by telephone to the ACB Office Manager (0476/996.870). Non-members will be accepted after September 15 on a 'space available' basis. Payment to ACB at BE55427919588144 (KREDBEBB) will confirm your reservation. Be sure to mention "Pioneers" in the communications section of the *virement*. Cancellations are possible until noon on Friday, October 17. Participants canceling after this time, as well as no-shows, are charged the full cost of the event.

Joint ACB/AmCham Halloween Party



The American Club of Brussels and AmCham Belgium invite you to come celebrate Halloween at the Renaissance Hotel! There will be a cash bar, and free nibbles.

Costumes are encouraged, so get creative! There will be a prize awarded at 8:30 p.m. for the best female and best male costume.

With lots of young professionals present thanks to our collaboration with other international clubs here in Brussels, this will be an ideal opportunity to meet new people in a fun way! And, if you didn't know this, Halloween originated in Ireland!

A great way to celebrate Halloween in style. Everyone is welcome and feel free to bring a friend or two.

Event Details:

Date: Friday, October 31, 2014

Time: 6:30 - 9:00 p.m.

Place: Renaissance Hotel, rue du Parnasse 19, 1050 Brussels

Price details and more information to follow

Community Events



The Canadian and the American Clubs
welcome YOU in our **Book Club**
on the second Wednesday of the month
from 7:00 pm to 9:00 pm.

We are taking a different approach this time. We are asking YOU to present to us a book of YOUR choice that YOU have read and that YOU have really enjoyed. This gives all members, who are passionate about reading, a chance to read and discuss different genres of literature.

Momentarily, the Book Club is being hosted at Geneviève's place in Auderghem (avenue des Nénuphars 11 - ground floor -- phone 02/660.57.65).

If you have not read the book to be discussed or if you find a way to come just at the last minute, don't hesitate to come anyway since the evening is convivial as well as interesting.

Here is our "calendar":

October 8 – presented by Geneviève Bergiers D.C.:

Annabel written by Kathleen Winter

The story of an intersex child born in a remote Labrador village ... What identification will this child develop in that environment? This is a sophisticated but also a very human and impressive novel!

November 12 – presented by Kim Masiero:

The Astronaut's Guide to Life on Earth written by Chris Hadfield

What does it take to get "things" done the best possible way, even in our own daily routine to eventually and to hopefully reach top results and top satisfaction ? A fabulous book written by a Canadian "icon"!

December 10 – your suggestions for a book still possible

January 14 – your suggestions for a book still possible

Best to YOU in the meantime.

Kim Masiero & Geneviève Bergiers D.C.



Community Help Service Burnout Conference October 10, 2014

To mark its 45th anniversary year, the [Community Help Service](#) (CHS) is holding a conference on Friday, October 10, 2014 on the topical subject of burnout – a state of mental and physical exhaustion induced by stress. The conference will be held between 17.00 - 21:00, on the campus of the International School of Brussels, Kattenberg 19, 1170 Brussels.

The event is free of charge (donations are welcome), and the conference language will be English.

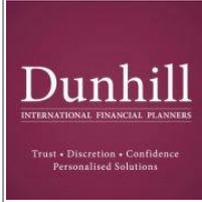
A pioneering new Belgian law that came into effect this month requires all enterprises operating on Belgian territory to take preventive action against the "psycho-social risks" related to work stress. This is raising questions over whether European employers are doing enough to prevent their employees from succumbing to burnout. The conference will be directly helpful to those managing stress reduction in the workplace, whether from a human resource, therapeutic or personal standpoint. Discussion will focus on identifying best practices for preventing and/or treating burnout. Special emphasis will be placed on the expat community.

On the topic, Dr. Pomerantz, Clinical Director of CHS, stated: 'Burnout is a complex phenomenon: Burnout is real, it is there, it is not imaginary. However, if we look at the different classifications (ICD, DSM), burnout has not yet been qualified as a psychiatric syndrome'; to which he added 'If a workload is structured according to people's sensitivities, capacities and competences, then you could prevent most burnout cases'.

For registration and more information, please visit the [CHS website](#).

Contact: Ms. Catalina Iordache - burnout@chs-belgium.org

The American Club of Brussels is supported by:

| | | | | | |
|---|---|---|--|---|---|
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |



The American Club of Brussels
 c/o Renaissance Brussels Hotel
 Rue du Parnasse 19
 B-1050 Brussels
 Tel. 0476/996.870
info@americanclubbrussels.org
www.americanclubbrussels.org

The American Club of Brussels is one of the oldest American clubs in Europe, founded in 1921 to foster Belgian-American relations. Although our members comprise more than twenty other nationalities from all walks of life, the ACB retains its American flavor. Some of us are long-time residents in Belgium. Many of us are newcomers. We all enjoy ourselves and the club's wide variety of social and cultural activities.

The ACB is a great way to expand your circle of friends and to discover more of the delights of Belgium. Try us.

