



Chairperson's Letter
With news of the
SOPC's
"Party on the Waves"

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**Shamrock
Runners**
Celebrating
SOPC Athletes

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Member Profile
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To Mrs Pling!

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NORWAY—4 SEASONS OF BEAUTY & FUN



FUN!

At this month's SOPC Luncheon, the Norwegians had us spell-bound with a captivating presentation of photography. The pictures took us on a journey through this beautiful **country and it's 4 seasons. We** saw images of Norway not usually associated with this land: sunshine, meadows, beaches and flowers in bloom. Then the lights dimmed, the music came on and we had a great demonstration of **one of Norway's greatest exports—it's sense of humour!**



BEAUTY

Once again, we were taken through the 4 seasons but with hilarious sketches, singing and dancing. Barbie girl will never seem the same. Thank you Norway for a particularly uplifting event—you never let us down!

Dates:

- 4th April:** Easter Sunday
- 6th April:** Reservation deadline for the SOPC Luncheon
- 14th April:** SOPC Luncheon
- 16th April:** Spring Fling
- 23rd April:** Norfolk Botanical Garden Tour
- 28th April:** Norfolk NATO Festival Flag Raising Ceremony

Inside this issue:

- **Luncheon Schedule**
- **HAITI—A First Hand Report**
- **Legally Speaking—Sponsoring New Families**
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- **News Round-Up - What's going on in your community**
- **NATOFest—Schedule of Events**
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Dear Friends:

What an amazing lunch we had last month! We all enjoyed it and had a lot of fun!

This month we have a special luncheon hosted by the NRs to raise funds to support people in need in Haiti. They are working hard and I encourage you all to attend and be generous because it is a worthy cause!



As I said at the last luncheon and in order to foster friendship, we are organizing an **enchanting Summer Party aboard the beautiful ship “Spirit of Norfolk”, sailing on the Elizabeth River.** I truly believe it will be a great and fun festive night out and I would like to see you all there to make it happen. The date is Saturday May 22nd from 7.30 pm till 11.00 pm. Maybe this timetable looks too early to some of you, but don't worry ...the “Marriot” Hotel, just across the street from the ship, will be more than happy to have us until 1.00 or 2.00 am! So don't hesitate to keep the party going all night long with all your friends!

Sign up for the cruise NOW! You just have to send an e-mail to reservations@sopc.us , or you can do it at The Princess Anne Country Club at next luncheon. Our Reservations and Social Teams will be in the foyer and happy to inform you about all you might need.

Please, read this newsletter carefully to find all the details of this event and many more interesting things.

I hope to see you all at the Luncheon for Haiti and at the Summer Party as well!

Enjoy the “Spring Break” having a nice time with your families!

Big hug

Bea
SOPC Chairperson.



SOPC
SUMMER CRUISE

Start the summer cruising along the river .
The annual SOPC Summer Party will
be a stylish cruise on board the
“Spirit of Norfolk”.

SATURDAY 22ND MAY

Put this date on your calendar NOW
SEE PAGE 5 FOR FULL DETAILS

DON'T LOSE THE MEMORIES
BUY YOUR SOPC PHOTOGRAPHS

NOW

You may have seen our photographer snapping away at luncheons and social events. By simply logging on to the SOPC website and following the **“Photo Gallery” links, you can view all these pictures** and purchase as many as you like for only \$1 per print. Do it now and remember all the good times!



SOPC
LUNCHEON

MAY
12TH



HOSTED BY

TURKEY

Arrival at 10:30am

Princess Anne Country Club,
3800 Pacific Ave,
Virginia Beach 23451

MAKE YOUR RESERVATIONS AT:
reservations@sopc.us

RESERVATIONS must be received by
Tuesday May 4th 2010

Send your check for \$20, payable to SOPC to: SOPC,
4204 North Witchduck Road, Virginia Beach VA 23455

You can check the “Am I Attending?” list on the website to ensure that your reservation has been made. Please let the reservations team know if this is the last luncheon you will be attending. If you have any special dietary requirements, please let the reservations team know and they can arrange a special meal for you

For more information on luncheon guidelines and procedures, please check the website: www.sopc.us

SOPC LUNCHEON SCHEDULE

Date	Host Country	Reservations and Payment to be received by
12th May 2010	Turkey	4th May 2010
September	Welcome Event	TBA
October	Switzerland	TBA
November	Estonia	TBA
December	Hungary	TBA

This month, the SOPC Luncheon will be hosted by the NRs and the money collected from raffle ticket sales will go to people in need in Haiti. We would like to thank Commander Yann Le Roux from the French Navy for this fabulous first hand report.

Give a chance to Haiti



Since its independence in 1804, Haiti has suffered several tragedies involving political instability, violent demonstrations and numerous natural disasters. In 2002, tropical storm Jeanne swept through the island killing more than 3,000 people. In 2008, the country was devastated again by several hurricanes forcing more than a million people into precarious living conditions.



On the 12th of January 2010 at 16:53 local time, an earthquake with a magnitude of 7.0 struck Haiti 10 miles southwest of the capital, Port-au-Prince killing, in 30 seconds, nearly 222,750 people and injuring more than 300,000.

At least 100,000 houses were destroyed and 200,000 heavily damaged, forcing more than 1.3 million people to settle into improvised tent camps under squalid conditions.

As a response to this unparalleled human tragedy, many countries and humanitarian organizations immediately implemented emergency plans to provide rapid humanitarian assistance in order to save lives and reduce the suffering of the survivors.



The United States response to this tragedy was named **Operation “UNIFIED RESPONSE”**. **Commander, US Second Fleet requested that I support US efforts. Departing from Norfolk on the 14th of January on board USS Bataan with the humanitarian task force, I put my “boots on the ground” on the morning of the 19th.** The country was still reeling from the punch of the earthquake. I witnessed abandoned dead bodies under the rubble, severely injured survivors trying to get medical care in overcrowded field hospitals and dazed people sitting on the remains of their houses, traumatized by the loss of their relatives and still wondering why it happen to them.

I spent my first week tracking the camps to assess the vital needs of people and provide equitable delivery of aid. Amazingly, I witnessed life slowly resume: local markets reopened, families started to wash their clothing again, people cleaned the city streets of the rubble and started work to rebuild their community.

During my four-week deployment, I learned a lot about faith, resilience and courage. Haiti needs more than support for reconstruction; the Haitians deserve our support to achieve a fresh start - A new beginning for a new Haiti.



Commander Yann LE ROUX, French Navy
US Navy COMSECFLT - CJOS COE

SOPC
SUMMER CRUISE
SATURDAY 22ND MAY
“A NIGHT TO REMEMBER”

The SOPC would like to invite you to an evening on the Elizabeth River! Enjoy dinner, dancing and delightful company on board the “SPIRIT OF NORFOLK”.



Our Cruise sets sail from Otter Berth, Town Point Park, Norfolk at 7:15pm and shall return to port at 11:00pm.

Tickets are \$60 and are available NOW from:
reservations@sopc.us, or at any SOPC Luncheon.

THE DRESS CODE IS “INFORMAL” (COCKTAIL DRESSES & OPEN COLLARS).
ONLY 166 PLACES ARE AVAILABLE, SO BOOK BY APRIL 14TH.

LEGALLY SPEAKING!

This month our column focuses on “sponsoring”. As many of you will be assisting new families as well as your sponsoring spouse this year we suggest you take advantage of the local resources available to assist you in carrying out your sponsor duties. Your sponsoring spouse should be aware that there is a HQ SACT Directive (20-1) titled *“Sponsor Program for Military and NATO Civilian Newcomers”* which addresses the duties of the sponsor at Paragraph 6(b):

Establish Contact

Ensure both National & HQ SACT information has been sent and received

Ensure that new member has contact information for Legal Affairs

Ensure check in process is completed and Attend Group Orientation Program

To assist you in welcoming new families, there are lots of resources --here are a suggested few:

The Legal Affairs Handbook for Personnel presented in **question and answer format can be found on ACT’s home page (“What is ACT”, “Newcomers”, <http://www.act.nato.int/media/2-whatIsAct/newcomers/090528handbook.pdf>** .

HQ SACT Group Orientation Program is held every two weeks from March to September and spouses are welcome to attend Legal’s portion of the presentation. For the upcoming dates and times contact Legal Affairs.

The SOPC Helpful Hints for Hampton Roads can be found on the SOPC website www.sopc.us

The following topics are the most problematic and are areas where the newcomer will likely require the most assistance:

U.S. Military ID cards: Contact the relevant Military

Personnel/Civilian Human Resources office to ensure that the new family has the correct paperwork to apply for the U.S. Department of Defense/Civilian identity cards. If military, make an appointment at the ID lab for each family member eligible for the ID card.

Medical/Healthcare: Once in receipt of the U.S. ID card, advise new military family to contact a Health Benefits Advisor at the nearest Military Treatment Facility (MTF) and make an appointment to register all family members, or have them contact Legal Affairs as we can register them with the appropriate documentation. Contact details can be found in the above mentioned handbooks.

Finding a Home: Assist with making appointments to view at least 10 homes. Provide an honest and frank opinion of local areas. Use available Real Estate Agents, **websites and the “unofficial” housing binder maintained by Legal Affairs**. Advise that Legal Affairs review the lease PRIOR to signing.

Buying a vehicle/motorcycle: Be careful - shop wisely! Advise the new arrival to request a history check on the vehicle, check the value of the vehicle on, for example, Edmunds or Kelly Blue Book. When registering the vehicle make sure the newcomer has the correct paperwork BEFORE visiting the Department of Motor Vehicles (DMV).

As always, our services are offered to personnel and **their dependents alike so please don’t hesitate to contact us with questions**. Kathy Bair (Kathy.Bair@act.nato.int; 757 747 3640; and Emma Hart (Emma.Hart@act.nato.int; 757 747 3228).



KATHY



EMMA

SHAMROCK RUNNERS—SUCCESS AND SORE FEET!

On the weekend of the 20th and 21st of March, many members of our NATO community put on their running shoes and took part in the Towne Bank 8k and Yuengling Shamrock 1/2 marathon races. Here are the “post race” comments from some of our readers who took part in these great events. Congratulations to you all on your fantastic achievements.

KELLY KLING—USA—8K RUNNER

Kelly’s main goals for this race were to complete it without walking or stopping at any time, and to finish in under 50 minutes—she succeed on both counts! Kelly comes from a family of sprinters and had a track scholarship at Rice University in Houston, Texas and normally finds anything over 1 mile a mental struggle. Although she ran a marathon in June’98 and a half marathon in October ‘98, she had done nothing since but was inspired to run this race when a long time friend said she would come out from San Diego to run it with her. She also had the support of another local friend who was running, although all girls ran at their own pace and met up at the finish line. Kelly trained for about 10 weeks prior to the event to get herself in shape.



Her advice to potential runners is to ensure you have good quality running shoes and follow a sensible training plan. She recommends Running Etc. in Virginia Beach for shoes and www.halhighdon.com for training plans.



RACHEL & JON BALL

RACHEL BALL—UNITED KINGDOM—1/2 MARATHON

Rachel has completed the Shamrock 1/2 marathon for the past 3 years as well as the Rock’n’Roll event in September of 2008. She finished in just over 3 hours and 3 minutes doing a mixture of walking and jogging. Her training includes “Walking the Boardwalk” every Thursday with a group of friends and she can also be found regularly walking around her neighbourhood. Her family are also athletic and her husband, Jon, was in the British team “Cool Britannia” who placed second in the open men’s team category. For the past 3 years Rachel has been accompanied by her husband, her sister in law and her 3 children—quite a family affair. After this year’s race, I asked Rachel why she did this. Her reply, “It’s so much fun! Honestlythe sense of

achievement feels great (despite the fact that I feel like I’ve had bilateral hip replacements today....!) And her advice to others: “Just do it,. You don’t have to run, you can sign up to just walk (walking ONLY) or to run - then you can do anything—hop, skip or jump! Grab a couple of friends and just enjoy the atmosphere”.

JILL BYRNE—CANADA—8K

If anyone is an inspiration, it’s Jill Byrne. In June 2008, Jill underwent hip surgery. Her hip was broken in 4 places and reset to correct a previous condition. With a very long recovery, rehab and weight gain from no exercise, it took her quite a while to get fit for this event. She describes her achievement as “Priceless”.

Jill started running again last summer and progressed to longer runs in January. She runs alone but trains regularly in a gym, seeing a coach twice a month. She has not always considered herself a “runner”, but is finding it easier now that she is doing more consistent weight training. Previous to her surgery, Jill had run a 10k race at the “Bluenose Marathon” in Novia Scotia in 2004. Her advice to anyone thinking about doing an 8k run is to make sure you start out training in intervals of running and walking. Work your way up to longer distances without injury and cross weight train if you’re really serious.



JILL BYRNE (right) & DIANE LETOURNEAU

ANETTE HAGEN—NORWAY— 1/2 MARATHON

“This was one of the best runs ever” was how Anette described the Shamrock 1/2 marathon. The conditions were perfect—not too hot—and the atmosphere fantastic. However, she has not always felt this way about marathons. Anette never used to like running—she found it boring and often said that she would never do it! That was several years **and over 10 marathons ago!** **What changed her mind was a Women’s 10K race in Stockholm, which she trained hard for and discovered that she actually enjoyed it.** She has run many races in Norway, Sweden (where she is from) and the US. Last year she ran the New York Marathon after her name was pulled from the lottery only 3 months before **the event.** **She loves running American events and has done previous Shamrock and Rock’n’Roll races.** Anette finds the events in the US quite inspiring as so many different types of people take part: old, young, walking, running, children, parents... the list goes on. **Anette told me that she always likes to challenge herself.** She signs up for these races well in advance as motivation to train. She tells me that to do these kind of events, you really **need to be a bit stubborn!** **Anette’s husband has been in Iraq since September last year and is returning soon, so there is even more to celebrate in the Hagen household.**



ANETTE HAGEN

DIANE LETOURNEAU— CANADA—8K



DIANE AND J.R. LETOURNEAU

Diane took up running just a few years ago with the intent of shedding a few pounds fast and since then has run not only this event but the 10k Canada Day Run in July 08 and the Greenwood 10k in Nova Scotia in April 09. This year her reason to run was the challenge and the motivation to get back into the gym. She trained for approximately 3 months doing cardiovascular work by herself and strength training with her trainer, Ryan. The hard work obviously paid off as she came in 2980th out of 6938 runners in a time of 51 minutes and 21 seconds. Her husband runs on a regular basis and her daughter Allison is a varsity track & field runner at the University of New Hampshire. **“I had 11 college girls staying with me for an entire week”** Diane told me, **“and needed to release some stress. The girls flew back 2 hours before the race started so I figured that I would just run on pure adrenaline”!** **And advice for prospective runners? “It’s tough but a great accomplishment when you cross the finish line. Fellow Canadian, Jill Byrne and I had a great time afterwards in the tent and met some wonderful folk from all over the US and Canada”.**

ALISON SYKES-FRYER—UNITED KINGDOM—1/2 MARATHON

When Ali first came to the US, she was feeling very unfit. Although she had been a regular exerciser in the Officer Training Corp at university and then in the Army, she had done very little recently and with having 2 young children, fitness was not a priority. In 2008 **however, Ali and her husband decided to do the “Rock’n’Roll 1/2 Marathon”.** She trained hard and thoroughly enjoyed it. After that she signed up for the 2009 Shamrock 1/2 marathon, but unfortunately had to drop out due to injury. That is why doing the 2010 Shamrock was so important. Alison finished in the top 50% of runners in her category and **found this course much more enjoyable than the “rock’n’roll” one—especially as there was much more beer at the finish line!** She has some very good advice for others planning to enter this event: **“get your registration in early—before Christmas”,** although she did tell me that if you keep your eye on **“Craigslis”,** you can sometimes pick up last minute **“slots”** at a very reduced price! Ali’s husband, Pat, also ran in the event as part of the **“Cool Britannia”** team who finished in 2nd place—congratulations!



ALISON SYKES-FRYER

Every so often, you meet someone who really enriches your life. These people are very, very rare. Since moving to Virginia, I have had the pleasure of getting to know one of these special women and I wanted **to share her wonderful story that has made my time in Norfolk, (and many other's as well I suspect), a very happy one.**



“Baby You Can Ride my Car”

Ingeborg: Always with a song in mind

INGEBORG : AKA MRS PLING!

Ingeborg and her husband, came to Virginia in July 2005 and are due to return to Norway in 4 months time. She has a son, a daughter and a grandson back in Norway. She describes her time here as **“5 Years In Heaven”!**

What did you first

think about living in the USA?

Fantastic! Because 3 years before we had spent one year in Toronto, Canada and thought **“that was it”** for us.

Did you plan to work out here?

I had decided not to work but I have taken some extra education: administration and leadership, on the internet from Norway. I am a kindergarten teacher and I am looking forward to go back to work from August.

Did you join lots of clubs straight away?

I just waited to see. It took some time before I knew the system and the opportunities I had. I went to the coffee morning and then I wanted to do everything, you know – I knew I had to socialize.

What clubs did you sign up for?

Wine Tasting was fun and it took a while before I understood that **I didn't have to drink all the wine in the glass....(Ha ha)**. I also did bowling from the first year, then I started to be responsible for the SOPC social activities. Before it was a Norwegian lady and she asked me if I wanted to help her. She dropped out and I was in charge from the end of my first year! That was when I got to know a lot of people. When you go to these things and get involved, you get to know so many people.

Was it then you started “Music 4 Fun”?

Yes, I met some other people who loved music, Ruth Sleurink for example. She was playing the piano and I enjoyed singing—so we agreed to do something fun with music. So we just started there, and Beatrice de Maere joined us with her remarkable musicality. We did this concert with only 2 people in the audience—**it's true, only 2 people, because they didn't really know what sort of concert it was.** But the next year, we were more organized and had an SOPC concert with 100 persons in the audience? Lots of SOPC

members and clubs joined the concert. It was great? I have to say that through involvement with clubs—in charge or as a member—I have met so many fantastic people! I have really experienced friendship amongst nations with help from SOPC!

I know that while you have been here, you have had some health issues. Do you think that will effect your memories of you time here? Of course, because it does something to you when you experience what I did.

While in hospital, did you have enough support? **All the support: that was fantastic.** The **“Music 4 Fun”** girls, the Norwegians, they just kept in contact and came to see me when I got home – telephone calls, gifts and cards. You can say whatever you want, but when you really need people here, they are around.

You have a Jewellery hobby: “Brinko Designs”.

When did you start doing that?

I started here. I thought “I need to do something, I need to do something. I'm not working and I can't go for lunches and breakfasts every day – I need to do something more meaningful and use my skills and be creative”. So I started to make jewellery and I was hooked! I can wake up in the night and think “Oh that's a good idea” and I have to write it down.

What advice would you give to newcomers?

Treat it as an education through being with people from all over the world. You learn from *living your life*. Here, you learn how to be around lots of different kinds of people, the same way you do when you go to work. You give and you take. There are people from so many different countries and cultures and you have to understand why they are doing things that you maybe think is weird. But you have to try to understand and respect how they think. When I go back to Norway (and we have a lot of foreign people), I think I will understand them more now.

Do you think living here has changed you as a person?

Yes! I think so. You can't come here and just think “this is my way and these are my demands”, you have to adjust a little bit and think “if I can't do that here, maybe I should try it their way and see if it works”. Not because we are in America, but because we are with all these different nations. I have now been a foreigner for 5 years myself and I have got to know lots of different cultures. Good experiences to bring back in my backpack!

One of the things I understand from talking to **you, is that you didn't hesitate to get involved.** Exactly – **don't be afraid. Just do it – RIGHT AWAY!**

Dear SOPC members!

I believe you agree with me that there is nothing like making a sick kid's wish come true...

One of the 3 organizations that have been chosen by the SOPC committee in 2009 to receive support for the next 2 years, has been the great organization "Make a Wish".



"We grant wishes to children with life-threatening medical conditions to enrich the human experience with hope, strength & joy"

Every 40 minutes a wish for a kid with life-threatening medical conditions is granted by this organization. These children often have cancer, brain tumors, rare syndromes and in some cases they are waiting for life-giving organ transplants. The extraordinary Make-A-Wish organization, founded in 1980, helps them to ease their life under bad circumstances and to make a wish they've always dreamt of come true.

In 1980 a boy's wish was the inspiration of the world's largest wish-granting-organization. The 7-year-old boy Christopher James Greicius, who was being treated with leukemia, always dreamt of becoming a police officer.

U.S. Customs officer Tommy Austin knew Chris and his mother and promised Chris a ride in a police helicopter. When Chris' health worsened, Austin contacted Ron Cox, an Arizona Department of Public Safety Officer, and planned a day to lift Chris' spirits. Chris flew with a helicopter to the headquarters and three cruisers and a motorcycle officer greeted him before his meeting with the DPS command staff. Chris was sworn in as the first honorary DPS patrolman in state history.



Christopher (7 years old) in his official police uniform

This great experience didn't stop there. They organized to make a custom-tailored DPS uniform for Chris and arranged a motorcycle proficiency test so he could earn wings to pin on his uniform. It was so much fun for Chris passing the test with flying colors on his battery-operated motorcycle.

In May Chris was back in the hospital and asked to arrange a room with his uniform, motorcycle and helmet. The following day Chris passed away. But not before seeing his dream come true and experiencing the hope, strength and joy that came from receiving his wish.

Some examples of wishes that came true



"I wish to meet the Jonas Brothers"



"I wish to go on a cruise with my family"



"I wish to have a voice"



"I wish to be a National Geographic photographer"

In 2009, Make-A-Wish reached their highest number of wishes: 13,465 children enjoyed heartfelt wishes. The Make-A-Wish foundation is able to fulfill its mission because of its 25,000 volunteers granting a wish every 40 minutes!

Club of the Month MAHJONG

mah jong is an ancient Chinese game introduced to America in 1920. The game is played with dice, racks, and 144 domino-like tiles, divided into six suits — bamboos , circles , characters , dragons, winds, and flowers. The game is usually played by four people. After the tiles are mixed, each player builds a wall two tiles high and about eighteen tiles long. The walls are pushed together to form a square. Players take tiles from the square to form specific combinations.

BUT DON'T LET THIS CONFUSE YOU—WE'RE HERE TO HELP



The Mah Jong club meet every Monday in **one of our member's houses** -we all take turns hosting. If you have never played the game before, this is a terrific way to learn. Some of our members have been **playing for years and are great "coaches"**. The atmosphere is relaxed and there is always lots of chatter—this is much better fun than doing the housework on a Monday morning.

At the moment, we are a group of about 32 with 12 to 14 players attending each week. We play in groups of 3 or 4, so it's never a problem if there is an odd number—as long as the host can accommodate us. If you already play or would like to learn, don't hesitate to contact us.



E: mail—mahjong@sopc.us

SOPC NEWS ROUND-UP



COMMITTEE UPDATE
Keeping you in touch with
YOUR club

The monthly meeting of the SOPC executive committee was held on Monday 7th March. The key points that came to light were:

The Website: This is now fully updated, operational and is a great place to learn about the SOPC: how it works and what it has to offer. Country pages can be included on request from national communities to the webmaster.

The SOPC Summer Party: This shall be a **dinner dance cruise on board the “Spirit of Norfolk” on Saturday 22nd May. It promises to be a fabulous affair and tickets are on sale NOW!**

Monthly Luncheons: All months have hosts until the Summer of 2011 except for January 2011. **April’s raffle money will go to Haiti earthquake charities with \$500 from the German Luncheon.**

Budget: **Finance are “OK”. But we need more income for our events and charities. Please send fundraising ideas to any SOPC member.**

Members: We now have 257 members from 25 different countries.

Full minutes from this meeting are available on request. Simply send an e-mail to chairperson@sopc.us. Your comments are *always* welcome.

THE SOPC GETS CRAFTY



On the 16th of March at the Lubo Wine Tasting Rooms in Virginia Beach, the SOPC held an extremely successful craft fair. \$269.50 was raised for the various charities sponsored by the SOPC—a huge in-

crease on the amount raised last year. Just under 70% was from the sale of raffle tickets alone, with the remainder being donated by the exhibitors.



10 stallholders filled the bistrotto with beautiful arts and crafts: pottery, glassware, jewellery, cards, watercolours, oil paintings, felted handbags and accessories. The artistes were both members of the local community and the SOPC.



Many visitors stayed for lunch and enjoyed the special menu and “flights” of wine provided by Lubo’s.

A big “Thank you” goes out to Alison Sykes-Fryer for organizing such a great event, and her team: Todd Jones, Karen Beetz, Kelly Round and Sue Crump for all their help and “encouraging” everyone to purchase raffle tickets!

SOPC MULTI-NATIONAL
LUNCHEON



Hosted by our NRs
WEDNESDAY 14TH
APRIL 2010
FROM 10.30AM

AT THE PRINCESS ANNE COUNTRY CLUB
3800 PACIFIC AVENUE, VIRGINIA BEACH



BRING YOUR CONTRIBUTIONS TO THE
SOPC LUNCHEON ON THE
12TH MAY 2010

See page 17 for further information



SOPC ART EXPLORERS A Voyage of Discovery!

On Tuesday 23rd of March, a group of SOPC members visited The Contemporary Art Center of Virginia, in Virginia Beach for a guided tour of one of their latest exhibitions. “Where the Wild Things Are” is a celebration of the life and works of Maurice Sendak. Those of you with children would most certainly recognise his work. This exhibition focuses on his personal viewpoint and includes access to his handwritten notes, illustrations and a video interview. Children are even allowed to don costumes and slide down into a bowl of chicken soup! Everyone thoroughly enjoyed the tour—another great success for the SOPC Social Committee.



NORFOLK BOTANICAL GARDEN SPECIAL SOPC TOUR FRIDAY 23RD APRIL



Enjoy the spectacular azaleas in bloom at the Norfolk Botanical Garden.

Your SOPC Social Events Team have organized a tour for members around this wonderful Virginian hidden treasure.

The tour starts at 9:30am and will include guided boat and tram tours. Bring your own picnic and a blanket and enjoy lunch with your friends at the NATO Tower.

This event costs only \$9.00 per person. To make your reservation, e-mail: social@sopc.us



TODAY!

So put on your trainers, pick up your camera and join us for a great day out.

ARE YOU LOOKING FOR SOMETHING REALLY WORTHWHILE TO DO?

Look no further

The SOPC needs YOUR HELP. The following positions are now vacant. We Need:

[Assistant Membership Coordinator](#)

[Assistant Photographer](#)

[Assistant Social Activities Coordinator](#)

[Webmaster & Webmaster Assistant](#)

Don't just sit and vegetate—Click the link and PARTICIPATE!



Race for the Cure

Someone dies of breast cancer every 75 seconds. Imagine life without breast cancer. It will happen. How quickly is up to you.

This year's race will be at the Virginia Beach Oceanfront on Saturday 16 October, 2010. Save the date now! Registration will open shortly. Visit www.komentidewater.org for more details.

DUTCH ARTISTE GOES SOLO!

Joke Colijn came to the USA from the Netherlands in 2004 and after settling her family applied to the ODU to study art—a passion she had always possessed but never had the opportunity to follow. Now, 4 years later she is having her first solo exhibition in a commercial gallery. This is

Joke's "Senior Show": it is part of the ODU curriculum and she will get graded for it. If you would like to see her show, please come along, the details are below. There is no need to RSVP.

Body Language

An exhibition of works by
Johanna (Joke) Colijn
April 1 – 22, 2010

Opening reception
Thursday 8 April 2010, 6 – 9 pm.

Walls Fine Art Gallery
208 E Plume Street, Suite 2, Norfolk, VA 23510
(757) 472 6531
Mon thru Thurs 11am—6pm, Fri & Sat 12—4pm
Closed Sundays



HAMPTON ROAD HELPFUL HINTS

"Helpful Hints for Living in Hampton Roads" is a fantastic booklet containing all the information you need for a comfortable and happy life in the Hampton Roads Area. It is available on the SOPC website and is essential reading for anyone coming to this area. If you are sponsoring a new family, don't forget to send them the link, or print a hard copy. Even if you have lived here for many years the "Helpful Hints" is an invaluable source of reference.

Many hours of hard work by our webmaster and the Legal Assistance Department have gone into this publication to ensure all the information is accurate and up-to-date for 2010. Click this link to see for yourself.

http://www.sopc.us/newcomers_documents/SOPC_helpfulhints2010.pdf

RESERVING YOUR PLACE AT AN SOPC LUNCHEON?

Lets clarify the situation!

At the March SOPC luncheon, Chairperson Beatriz Bande talked about how to reserve your place at SOPC Luncheons. In case you weren't there, here is the process and policies:

- Reservations & Payment MUST be made in advance. Payments will not be accepted on the day.
- The deadline for reserving your place and paying is the Tuesday of the week *before* the luncheon.
- The reservation and payment deadline is on your SOPC Newsletter, the SOPC website and the luncheon reminder e-mail.
- You can reserve your place and make payment at the preceding SOPC luncheon—*this is highly recommended.*
- You can also reserve your place by e-mailing reservations@sopc.us and sending a check to: 4204 North Witchduck Road, Virginia Beach, VA 23455
- Cancellations must be received prior to the deadline. The reservations team can transfer your reservation and payment to the next luncheon.
- Please write your check as indicated below. If you have payment issues, please contact the treasurer at: treasurer@sopc.us



HQ SACT Officer's Mess Spring Ball SPRING FLING

Friday April 16th
The Westin
Virginia Beach Town Center
1900—2400hrs
Only \$37 per Head

Sign-up closes at 1200hrs, 8th April
Reservations can be made at HQ SACT Officers Mess. Point of Contact:

Mr Wayne Buck 747 4321 or Lt Dawn Kanakas 747 3226



C'est Magnifique!

Norfolk NATO Festival Announces Its 2010 Schedule of Events

As France has been selected as the Festival's 2010 Most Honored Nation, all things French shall be celebrated in downtown Norfolk from April 28th through May 1st.

The Board of Directors of the Norfolk NATO Festival (formerly known as the International Azalea Festival) is pleased to announce the 2010 Festival schedule, which includes a multitude of cultural and educational performances and programs for the entire community.

Model NATO Challenge

Webb Center, Old Dominion University,
Norfolk VA 23529
Tuesday March 23rd 8:00am—2:0pm

NATO Gold Classic & Youth Clinic for YMCA's First Tee & Southside Boys & Girls Club

Sewell's Point Golf Course, Naval Station Bldg
Ca 99, Norfolk VA 23511
Thursday April 22nd—Registration 10:30am,
Shotgun Start 12 noon

Exhibition Opening—Architectural Drawing of Norfolk, VA & Toulon, France.

hosted by
the Marilyn & Ray Gindroz Foundation
Kaufman Theatre, Chrysler Museum of Art,
245 West Olney Road, Norfolk VA 23510
Sunday April 25th, 5:00pm—7:00pm

NPS Student Forum

L. Douglas Wilder Center at Norfolk State Uni-
versity, 700 Park Avenue, Norfolk VA 23504
Tuesday April 27th, 6:00pm

Norfolk NATO Festival Flag Raising Ceremony

NATO headquarters, SACT, 7857 Blandy Road,
Norfolk VA 23551
Wednesday April 28th, 10:00am
FREE & OPEN TO THE PUBLIC
with base access

World Affairs Council Dinner

Norfolk Waterside Marriott, 235 E. Main Street,
Norfolk VA 23510
Thursday April 29th, 6:00 reception,
7:00pm dinner

Norfolk NATO Festival Night at Virginia International Tattoo

Norfolk Scope Arena, 201 E. Brambleton Ave,
Norfolk VA 23510
Friday April 30th, 7:30pm

Annual Parade of Nations Downtown Norfolk

Saturday May 1st, 10:00am
FREE & OPEN TO THE PUBLIC

NATOFest

Town Point park, Waterside Drive in downtown
Norfolk VA 23510
Saturday May 1st, 11:00pm—4:00pm
FREE & OPEN TO THE PUBLIC

For more information and complete schedule of
2010 Festival events and programs, please visit
the website at
www.norfolknatofestival.org





What a Delicious Meal we Enjoyed in March! Here are the recipes from the Norwegian Luncheon

Vestlandslefse with salmon mousse Salmon Mousse

- 200 grams smoked salmon
- ½ red onion
- 1 tablespoon chopped dill
- 1 cup cottage cheese
- 1 cup light sour cream
- Vestlandslefse
- White pepper
- Salt

Method:

In a food processor, mix ricotta cheese and sour cream until smooth. Cut onion and salmon in to small pieces. Combine salmon, dill and onion and mix thoroughly. Season with salt and pepper.



Lay vestlandslefse flat and spread a thin layer of the mixture (leaving a 1/2 inch around the edge). Chop smoked salmon and sprinkle over the vestlandslefse. Roll it tightly inside the wrap. ENJOY!

Makes 15 vestlandslefser

Vestlandslefse with cured ham

Sour cream mixture

- 100 grams sour cream
- 1 tbsp sugar
- 1 tbsp onion (small pieces)
- Salt
- Pepper
- Spinach
- 6 pieces of cured ham

Method

Cut the onion in small pieces. In a bowl, mix sour cream, sugar and onion together. Season with salt and pepper. Lay vestlandslefse flat and spread a thin layer of the mixture (leaving a 1/2 inch around the edge). Lay 3 pieces of cured ham and a few spinach leaves over the vestlandslefse. Roll it tightly inside the wrap. ENJOY! If you can't get a hold of Vestlandslefse, you can use tortilla instead

Makes 2 Vestlandslefse



Risotto with scallops

- 2 tbsp butter
- 1 tsp olive oil
- 350g risotto rice
- 1 onion finely sliced
- 1.2L chicken or veg. stock
- 150mL white wine
- 500g asparagus
- Ground nutmeg
- Sea salt and pepper
- 2 tbsp grated parmesan
- 1 extra tbsp olive oil
- 8 sea scallops, trimmed
- 1 tbsp grated lemon rind
-



Method

Heat the oil & butter in a heavy saucepan & cook the onion for 10 minutes until soft, but not browned. Add rice and stir to coat well. Add wine and stir well as it bubbles and reduces in volume by half. Start adding the stock a ladleful at a time, stirring, over medium heat. Add more stock to keep the rice wet, but allow it to slowly absorb the liquid. If you run out of stock, add water.

In the meantime, snap off and discard the woody ends of the asparagus and finely chop all but four of them. Cook the chopped and whole asparagus in simmering, salted water for 4 minutes.

Drain and cool under cold running water.

When the rice is just cooked, add the drained chopped asparagus, nutmeg, salt and pepper and fold through. Beat in the butter and cheese, cover and rest off the heat. Heat the remaining olive oil and sear the scallops for 3 minutes on one side and briefly on the other. Divide the risotto between four warm dinner plates and arrange the scallops and whole asparagus on top and scatter with sea salt, pepper and grated lemon rind.

Serves 4

Strawberries with whipped cream

- 2 cups fresh strawberries.
- 2 cups heavy whipping cream
- 1/2 cup sugar (or more, your choice)
- 1/2 vanilla bean



Method:

Combine cream, vanilla bean and sugar in a large bowl or stand mixer. Beat on medium speed for a few minutes, until soft peaks form. Serve 1/2 cup of strawberries per person

Serves 4

In December of 2009, the SOPC held a collection for the Virginia Foodbank at it's monthly luncheon. This was such a successful event that another collection is planned for the May luncheon. Below is a letter we recently received from Danielle Ayers, the Grants and communications Manager of the Foodbank of Southeastern Virginia, thanking us all for our contributions.



757.627.6599 | 877.456.4379

The young, working individuals and the elderly: The three faces of hunger.

One of the oldest food banks in the Commonwealth of Virginia (1981), the Foodbank of Southeastern Virginia, works to provide solutions to hunger and certain consequences of poverty in our community, with a primary mission to promote food recovery; acquire and distribute food, clothing, and related products; and provide community leadership and education on issues of hunger and poverty. Over the years the Foodbank has grown in size and impact, increasing pounds of food distributed and the nutrition value of distributed food. The Foodbank distributed more than 11 million pounds of food last year to this region's hungry.

When we receive food donations, the items are sorted by volunteers because we do not have the staff available. These dedicated volunteers ensure the food is not damaged and safe for consumption. It is then placed in our distribution area where partner agencies "shop" for their communities' hungry.

Our work simply could not happen without the help of donors. Gifts of time, food, and money mean we can continue serving the community. One in four in Southeastern Virginia struggles with the possibility of being hungry on regular basis. So look around when you're in traffic, or in line at the post office. Count to four. It's likely that one of those individuals is food insecure.

The Foodbank would like to thank the International Officers' Spouses group for your work to raise food for us each year. You could spend your time giving to any organization you choose, and we are touched and humbled to receive your gifts.

EDITORS COMMENTS!

This is, very sadly, the last issue of the Newsletter that I am responsible for, and although I leave it in very good hands, it is so hard to say "Good Bye" to my baby. Being involved with this publication has been an unexpected joy. I started as assistant editor with the intention of this being a small hobby, not taking up much time or energy. But I became addicted! I looked forward to my fix of planning the newsletter and the incredible high of seeing it completed and circulated to everyone. I only hope you all, as readers, got a kick out of reading it as well.

Keeping my addiction in check, Maura has always been there: to control my odd spelling habits, to stop my grammar slipping and to prevent my hyperbole going into overdrive. Thank you Maura. Now Maura and I are handing over to a new team: Malena Avanzini as Editor and Laura Miller as Assistant Editor. They are a great pair and I know they will continue to develop the SOPC Newsletter and bring their own style to it. I wish them all the luck in the world.

And finally! I would like to ask all our readers and members to continue to support your newsletter. Don't hesitate to respond to reviews and surveys. This newsletter is about YOU and without your views and opinions, it cannot do it's job.

With very fond memories

Elana Cain
Editor SOPC Newsletter
May 2009—April 2010