

Chairperson's Letter



Lets keep the SOPC moving & improving.

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CANADA SPREADS THE OLYMPIAN MESSAGE



At a wonderful SOPC luncheon hosted by Canada, Faye Cottingham, the Canadian National Representative, made an entertaining presentation showing everybody how the Canadians deal with—and indeed embrace—their long, hard winters and how this has made them a popular choice as hosts for the Winter Olympics, due to start early this year. A comparison was drawn between the spirit of camaraderie, friendship and global harmony that the

Olympics epitomize and the social and open environment we all enjoy in the SOPC.

Great effort had obviously been put into the selection of raffle prizes. Each gift had been individually chosen by members of the organizing team and was representative of **Canada's artists, craftsmen and women, culinary traditions, nature and culture.** Thanks to the generosity of the Canadian community and the SOPC members, the January raffle raised an "Olympian" amount for charity!

Dates:

- 2nd February:** reservation deadline for the German Luncheon
- 10th February:** SOPC Luncheon hosted by Germany
- 12th February:** Special Valentines FLOG—see page 13
- 14th February:** St Valentines Day

Inside this issue:

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My dear friends,

What a wonderful lunch we had last month! I think we all enjoyed such a relaxed environment with a delicious meal and lovely gifts; all of this hosted by a GREAT country. I hope, with your support, to have more and more fun each time at our monthly luncheons in the Princess Ann Country Club.



In January we raised \$1,030 through the raffle tickets sales. Although this is a remarkable amount of money, I would like to make it even bigger in the following months. Five dollars is so insignificant for us, but incredibly important for people in need! Furthermore, I truly believe this is the best way to say to the host country that they did a good job. They work really hard for months and they deserve it! We should always go to each luncheon as if our own nation were the host!

Don't forget all the events we will have in February. You can find all the details in this month's Newsletter. The whole committee works very hard organizing these events and your attendance is our reward as well as strengthening the friendship among us all!

As I said at the luncheon.....Let's keep SOPC improving!

I hope to see you soon!

Best regards

Bea Bande



For More SOPC News
go to the
News Round Up
on Page 12



LUNCHEON AND EVENT PHOTOGRAPHS ARE NOW AVAILABLE FOR VIEWING AND BUYING.

It's so easy. Go to the SOPC website at www.sopc.us and click on the Photo Gallery link. View all the great photographs from luncheons and events. If you would like to order pictures, please note the number of the picture, the name of the event and your name on an envelope. Place \$1 per picture in the envelope and bring it to the next luncheon. There will be a box on the welcome table to place the envelopes in. The pictures will be printed and ready to be picked up at the next luncheon.

Great memories don't come at a better price!



SOPC
LUNCHEON

MARCH
10TH



HOSTED BY
NORWAY

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 March 2nd 2010

Send your check for \$20, payable to SOPC to: SOPC,

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
10th March 2010	Norway	2nd March 2010
14th April 2010	Host Country Needed	6th April 2010
12th May 2010	Turkey	4th May 2010



THIS MONTH, THE SOPC LUNCHEON IS HOSTED BY

GERMANY



A region named Germania inhabited by several Germanic Peoples has been known and documented before AD 100. Beginning in the 10th century, German territories formed a central part of the Holy Roman Empire that lasted until 1806.

Today, Germany is a federal parliamentary republic of sixteen states (Länder), subdivided into 439 districts. The capital and largest city is Berlin. Germany is a member of the United Nations, NATO, G8, G20, OECD **and the WTO. It is a major power with the world's fourth largest economy** and is the largest exporter and second largest importer of goods.

Germany allocates the second biggest annual budget of development aid in the world, while its military expenditure ranked sixth. The country has developed a high standard of living and a comprehensive system of social security. It holds a key position in European affairs and maintains a multitude of close partnerships on a global level as well as being recognized as a scientific and technological leader.



BAVARIA

Geography

Germany covers about 357000sqkm: approx. 350000sqkm of land and 7000sqkm of water. It is the seventh largest country by area in Europe and the 63rd largest in the world. Our landscape ranges from the mountains of the Alps with the Zugspitze as the highest point (9718ft/2962 m), to the shores of the

North Sea in the north-west and the Baltic Sea in the north-east. Between lie the forested uplands of central Germany and the low-lying lands of northern Germany, **traversed by some Europe's major rivers such as the Rhine, Danube and Elbe.**

The neighboring countries are Denmark, Poland, Czech Republic, Austria, Switzerland, France, Luxembourg, Belgium and Netherlands.

In Germany today, live about 82,5 million citizens, making Germany the most populous country in the European Union.



THE RHINE VALLEY

Government

Germany is a federal, parliamentary, representative democratic republic. The German political system operates under a framework laid out in the 1949 constitutional document known as the Basic Law (Grundgesetz). The chancellor- currently Angela Merkel – is the head of government and exercises executive power. The legislative power is vested in the parliament (Bundestag) and the Federal Council (Bundesrat). The Bundesrat represents the governments of the sixteen federal states.

The President, currently Horst Köhler, is the head of state, and is invested primarily with representative responsibilities and powers.

Foreign Relations

Germany has played a leading role in the European Union since its inception and has maintained a strong alliance with France since the end of WW II. Germany is at the forefront of European states seeking to advance the establishment of a more unified European political, defense and security system.

One of the most important developments in German history after WW II was the regaining of full sovereignty: the German reunification on 3 October 1990 with the accession of the five reestablished states in the former GDR. In 2010 Germany celebrates the 20th anniversary of this. For all Germans this will be a remarkable and unique day in our History!



When you ask people in the street about their knowledge of Germany most probably you will, (dependant on the age) hear: Mercedes, Porsche, Volkswagen, High-Speed-Autobahns, Bavaria, Oktoberfest, Weiss-Wurst and Lederhosen, Castle Neuschwanstein, Brandenburg Gate, Berlin, Stuttgart, Frankfurt, Hamburg, Bremen, Kaiserslautern etc.

You will also hear mentioned names like: Goethe, Schiller, Mozart, Beethoven, Imanuel Kant, Franz Kafka, Albert Einstein, Karl Marx, Friedrich Engels, Friedrich Nietzsche, Max Planck, Werner von Braun, Alexander von Humboldt and Gottlieb Daimler, Rudolf Diesel, Otto Lillenthal, Ferdinand von Zeppelin. This is a small collection of the names who formed and influenced German history and culture and who lead Germany to be known as “the land of poets and thinkers”.

When 27 million Germans are members of sport clubs, sport must form an integral part of life. While the German Soccer Association is the largest sports organization worldwide, Michael Schumacher is the most successful Formula One driver in history. German athletes are most successful contenders in the Olympic Games.

The German Cuisine varies from north to south. While everyone knows the Black Forest Cherry Cake and the Schweinshaxe as food from the southern parts of Germany, one should know that more than 1500 different types of sausage and more than 300 types of bread are produced in Germany. “Breakfast like an emperor, lunch like a king, and dine like a beggar” is a common saying in Germany.

While the Oktoberfest is known across all borderlines, in the early spring season the German Carneval is the largest and most widespread festivity all over the country. It is known as the fifth and foolish season. It is a time of elaborate parades, masks, balls and the election of the carnival king and queen and officially sanctioned madness. Munich, Cologne and Mainz are centerpieces of the carnival celebrations. While this festivity is called “Fasteleer” in Cologne and was first recorded in 1341, the name in Mainz is “Fastnacht” (fasting night, or eve of lent, the period of fasting); in Swabia the name for the same celebration is “Fasnet”. After the official initiation on 11 November 11.11 hour other important Carneval countdown dates are



New Year’s Day and the 6th January (Festival of the three Kings). Weiberfastnacht (women’s carnival night) is the Thursday before Rosenmontag and signals the beginning of the five days of Carnival with processions in all major cities leading up to the Rose Monday Parade. On Ash Wednesday all the festivities are over.



2010 will be a year of many days to celebrate. We will start with the February SOPC-Luncheon to celebrate Carnival.

Report Source: Wikipedia 2009, kindly provided by Birgit Lux.

LEGALLY SPEAKING!

This month our column focuses on alcohol consumption and **the legal implications of “driving under the influence” (DUI)** of alcohol or other substance in the Commonwealth of Virginia. This information should not be considered as legal advice but rather general information regarding this topic. Additional information regarding this and many more topics is available in the *Legal Affairs Handbook for Personnel*, in question and answer format, available at www.act.nato.int “What is ACT?”, “Newcomers”.

LEGAL AGE TO CONSUME ALCOHOL: The legal age to consume alcohol (beer, wine, liquor, etc.) in the Commonwealth of Virginia is 21 years of age. Individuals ages 18 to 20 found/captured purchasing, possessing or drinking alcohol may lose **their driver’s license or privileges for up to one year, receive a fine up to \$2,500, be required to perform community service of at least 50 hours, and face the possibility of probation or education/treatment program.**

DRIVING UNDER THE INFLUENCE: If you are 21 years or older (the legal age to possess/consume alcohol) and are suspected of driving a motor vehicle while under the influence of alcohol or other substance by a law enforcement officer, there are several ways the officer will attempt to determine if you are **“driving under the influence” (DUI) of alcohol or other substance. These may include various “field sobriety tests”** such as touching the tip of the nose with your forefinger; standing on one foot; or walking in a straight line – heel-to-toe. Another way to determine if you are driving under the influence of alcohol is by measuring your breath or blood to determine your **“blood alcohol concentration” (BAC). A driver of a motor vehicle is considered to be “driving under the influence” (DUI) of alcohol if the person’s blood alcohol content (BAC) is greater than .08%. If the BAC of the driver is less than .08% but more than .05%, he/she may still be arrested for DUI, depending on other factors such as the driver’s performance during one or all of the field sobriety tests. If a driver’s BAC is less than .05%--and they are of legal age to drink alcohol, it is presumed that they are not driving under the influence of alcohol. If, however, the driver is under the age of 21 and is operating a motor vehicle, their BAC can be no greater than .02%. A driver under the age of 21 with a BAC greater than .02% will be arrested for DUI. Virginia’s “zero tolerance law” makes driving under the influence of alcohol a serious criminal offence for drivers under the age of 21.**

If an individual is arrested by the law enforcement for DUI, he/she will be transported from the scene to the police station, and the car will be towed (unless there is a licensed driver in the vehicle who is able to legally drive). Upon arrival at the police station, the individual will be administered an-

other breath test of their BAC by a calibrated (officially tested and certified) machine—which is kept under lock and key. A blood test can also be administered. If an individual does not consent to the test(s) as requested by a law enforcement officer, they may be arrested for DUI, and can lose their driving privileges license for up to one year. If they are found to be over the legal limit, they will be placed in jail—ordinarily until **the next morning or until they are ‘sober’.**

Please note that in the Commonwealth of Virginia, a motor vehicle is defined as a motorized method of transport to include a car, motorcycle, moped, watercraft (boat, jet ski, etc.), and similar motorized vehicles.

DUIs ARE COSTLY! The penalties for conviction of DUI in Virginia are significant: demerit points on your driving record, monetary fine, potential jail sentence. In addition, if you are charged with a DUI, driving privileges on military bases will be suspended for one year—if you are ultimately found not guilty of DUI during trial, your military base driving privileges will be reinstated. If you are charged with DUI, you should **retain a private attorney. In addition to attorney’s fees, which can cost thousands of dollars, there are court costs, fines, as well as other factors to consider such as mandatory court appearances, substantial increase in automobile insurance premiums for several years or cancellation of your insurance, inconvenience if your license is suspended, effect on military career and embarrassment, to name but a few.**

The best advice is NEVER DRINK AND DRIVE!

OPEN CONTAINER LAW: Please be aware that it is illegal to possess or transport an open container of alcohol in the Commonwealth of Virginia; this includes having an open container of alcohol in a public place or in a vehicle. You are not permitted to drink any form of alcohol in public unless you are in a location where consumption of alcohol is expressly permitted. Possession of an open container of alcohol is not permitted on the street, sidewalk, beaches, etc.; however, area military bases may permit consumption of alcohol, such as beer, in designated areas (such as beaches)--although they ordinarily do not permit glass bottles. Check with the military facility prior to extending invitations!

Our services are also offered to the dependents of eligible personnel 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).





Celebrate VALENTINES DAY with a Romantic Meal for Two

These restaurants have been recommended by SOPC members with exceedingly good taste!

IL GIARDINO RISTORANTE—Reviewed by Jackie Soloman

Il Giardino is on the Ocean front at 910 Atlantic Avenue, Virginia Beach, VA 23451. Tel: 757 422 6464, www.ilgiardino.com.

Cuisine Style: This is an Italian Restaurant where everything is made from scratch. I would describe it as **“Fine Dining”**.

Recommended Dishes: My husband always has the Butterfly Pork Chop, served on the bone. I prefer the Chicken Pasta, although everything looks delicious.

Reviewer Comments: This is an independently owned restaurant and not part of a franchise. Although it is great fun for a crowd, it can also be quite intimate and suitable for a quiet meal for two. There is always a piano player in the bar area which adds to the lovely atmosphere. This restaurant may be a little more expensive than others, but is worth it.

STEINHILBER'S RESTAURANT—Reviewed by Karin van Rijswijk

Steinhilber's at 653 Thalia Road, Virginia Beach, VA 23452. Tel: 757 340 1156
www.steinys.com.

Cuisine Style: This is Classic American Fine Dining.

Recommended Dishes: I would recommend the Shrimp in Garlic Sauce appetizer.

Reviewer Comments: This is a “higher class” restaurant. It is not very big and has a classic décor with individual wooden tables and chairs rather than the usual booths—it is more European Style. The service is very good with the waiters all wearing traditional white shirts and bow ties. There are good wines and a nice terrace on which to enjoy it. I would recommend it for a valentines meal!

EDITORS NOTE:

I asked my husband where he thought it would be nice to go for a romantic meal. He said there was a very good burger bar at the NASCAR track! For more sensible suggestions, move to page 8!

THE MELTING POT—Reviewed by Veerle Ressler

The Melting Pot is at Hilltop, 1564 Laskin Road, Virginia Beach, VA 23451. Tel: 757 425 3463, www.meltingpot.com

Cuisine Style: This is a Fondue Restaurant

Recommended Dishes: We had the set meal which consisted of a bit of everything—meat, seafood, bread and, of course, cheese.

Reviewer Comments: Our children booked this for our 25th Wedding Anniversary which made it special for us. There are nice intimate booths and the service is excellent and not at all hurried, which makes a lovely change. A little expensive but a good meal.

ONE FISH TWO FISH—Reviewed by Amelia Chalmers

One Fish Two Fish is at the very end of the pier at 2109 West Great Neck Road, Virginia Beach, VA 23451. Tel: 757 496 4350, www.onefish-twofish.com

Cuisine Style: Although there is a lot of local seafood, there are also meats and vegetarian dishes. **The restaurant describes itself as “Seafood Californian Style”.**

Recommended Dishes: I had the Rockfish on a bed of Sweet Potato which was lovely.

Reviewer Comments: The service was very good here and the waiters were very knowledgeable and informative. The décor is very fresh although it can be a little noisy. The view onto Lynnhaven Inlet is lovely and the sunsets fantastic.

WATERMANS—Reviewed by Cindy Stillwagon

Watermans is on Virginia Beach Oceanfront

Cuisine Style: They serve Primarily seafood here.

Recommended Dishes: My favourite is the crabcakes with remoulade sauce.

Reviewer Comments: In the winter they have several fireplaces lit that keep it cosy, warm and romantic. In the summer, you can eat outside and people watch! My husband and I love their signature drink—orange crushes. Beware: they will sneak up on you and you can only drink 2!



SOPC MEMBER PROFILE—KATY AND HER KAYAK!

For many people, a posting to Norfolk means a couple of years taking things easy and enjoying beach life and culture. But not for British SOPC member Katy Griffiths. Katy spent 5 ½ years in the British Army as a musician. She retired from regular service and entered the Territorial Army (reserves) when she married her teenage sweetheart Nigel. They have two children, Ashley and Kimberly. Katy and her husband Nigel, came here directly from Gibraltar on the mouth of the Mediterranean. While living there, Katy spent most of her time on the water becoming qualified in numerous open water disciplines: dingy sailing, safety boat skipper, day skipper, power boating, waterskiing and her favourite, kayaking. An obvious natural in a kayak, Katy soon became a certified military kayak instructor and often led groups of visiting British servicemen and women on kayaking excursions.

After arriving in Virginia at the end of summer 2008, Katy, like many of us, went shopping straight away, but on the top of *her* list was a new kayak! So off to the stores she went. One of the best outdoor and kayak stores in Virginia Beach is “Wild River Outfitters”. **Katy joked with her husband that perhaps they might offer her a job – and they did.** While the sales manager was trying to persuade Katy to buy a new boat, she impressed him so much with her knowledge, skill and enthusiasm, that he offered her a job on the spot!

Since then Katy has become a valued staff member. In the winter months she works part time in the store, and from May she is an assistant guide on many of the great kayaking tours that the store organizes as well as continuing to advise customers on their boating and outdoor sport purchases.



Kayaking in Virginia Beach has a very special appeal to Katy with over 144 miles of waterway to explore and natural wild life to discover, as well as the added bonus of allowing a sneaky peek into some of the most fantastic waterfront properties in the area! She told me of a particularly wonderful experience she had on a rather rough and windy day. Katy and a few friends were out paddling around Bay Island. It was hard work and conditions were taking their toll on some of the ladies – fatigue was settling in. Then all of a sudden, the dolphins appeared and joined them, swimming so close to the kayaks that Katy was worried that she might hit one with her paddle. Suddenly the fatigue was gone, replaced by dolphin magic and what could have been a miserable trip turned into one of the most memorable!



Last May, Katy organized two kayak tours especially for members of the NATO community. 40 people in total participated and all had a great experience. Because of this success, she plans to organize further excursions this year. You can rely on your SOPC Newsletter to give you all the details.

There is no disguising Katy’s enthusiasm for this sport. A great ambition of hers is to one day do the famous Devizes to Westminster Challenge in the UK – 125 miles of gruelling paddling, often described as the Everest of Kayaking. And I have no doubt whatsoever, that she will!



Wild River Outfitters is one of the best outlets for outdoor products in the Hampton Roads Area. They have hundreds of kayaks, canoes, camping gear, rock climbing gear and sports clothing under one roof in their store at 3636 Virginia Beach Boulevard, Virginia Beach, VA 23452. Their mission is to provide high quality outdoor products, encourage interest in responsible outdoor recreation and to promote environmental stewardship by education and example. The store is also home to Wild River Outfitters Touring Company.

Wild River Outfitters Touring Company organize kayaking experiences ranging from half and full day tours to instructional courses which can be as short as a half day or as long as a full weekend. Their staff are certified by the American Canoe Association and have First Aid and CPR qualifications. Whichever challenge you decide to take, you can be assured of the highest standard of instruction and care.

For more details about Wild River Outfitters and Touring Company, log on to www.wildriveroutfitters.com



EDUCATION ONLY COSTS A RAFFLE TICKET

Mahesha van Goethem tells us how our sponsorship is giving this young man a better future.

Don Kavinda Madushanka Ranasinghe is a 13 year old boy. He lives in the town of Kelaniya in the western province of Sri Lanka. He is studying in the 8th Grade at the Daranagma School in Kelaniya. Madushanka, better known as Don to the SOPC members, is the eldest of three boys. His father is a three wheel driver. Three wheelers in Sri Lanka are a type of a taxi, but as the income he gets from this is very meager, Don's father finds it very difficult to support the family. Don's mother is a house wife who gave up her job to stay at home and take care of the 3 children. Don lives in a small house, which is not their own, with his family.



Don is one of the thousands of children in Sri Lanka who has education free of charge from first grade until they finish university. The state sees that all children in Sri Lanka go to school. As a matter of fact it is the law that all children should go to school and have the right to education. Sri Lanka is a party to the United Nations Convention on Rights of the Child. Sri Lanka, due to its history of having free education for about 65 years, maintains a literacy rate of 92%. But like in many developing countries, Sri Lanka is no exception to the fact that many live under the poverty line. Economic hardship makes it very difficult for many children in Sri Lanka to continue school with the necessities. Statistics show that many children go to school hungry.

Don says that he is very fortunate to have the SOPC ladies helping him. He knows as the eldest child of the family that his parents are going through much hardship to send him and his brothers to school. Although Don gets his text books and his school uniforms by the state, he needs shoes, writing books, and stationary to be bought by his parents. Don says now that the SOPC is helping him, his parents can give more attention to his 2 little brothers.



Since the help he has been getting from the SOPC, Don has been very enthusiastic to learn English and gets some extra help from a teacher in the area where he lives.

In April 2009, I had the opportunity to meet Don and his family. He is quite tall for his age, dark skinned and has bright eyes which light up when he flashes his cute smile. He is just like all normal 13 year old kids ; wanting to play and laugh and hero worshiped by his two little brothers. But when one speaks with him, it is very obvious that Don is concerned about the family situation and how his parents are struggling to make ends meet. He feels that he has a responsibility towards **the family and his mother told me that Don helps out a lot with his 2 brothers'** studies as well. With all the hardship Don has to endure, he now has hope as he knows that the SOPC will stand by him to continue his education and that due to

this, he can finish his higher education and be a productive citizen to his island nation.

I had the opportunity to explain to him how we collect this money to sponsor him. For this, Don says that he is very grateful to all the ladies who are contributing to his sponsorship and that he is very happy to go to school and continue his studies.

Club of the Month SCRAPBOOKING

The Scrapbooking Club must be one of the most relaxed and informal groups the SOPC has to offer! The only thing for certain is that on Thursday mornings at about 10am in Beach Scrapbooks, Red Mills Common, some of the “Scrappy Girls” will be enjoying a morning coffee and pouring over each others photographs and albums. No experience is required and you don’t even need to be artistic. All we ask is that you come with an open mind, lots of enthusiasm and a handful of photographs. We have no official instructor (although the people who staff the shop where we meet are always happy to help), so we work with each other: sharing ideas, techniques and equipment. Here is a rough guide to building a Scrapbook page.



Choose your photographs



Get some good page layout ideas from books, magazines or someone else’s album!



Select paper and card to match the colors and theme of your photos



Cut your paper and photographs to the right size



Be Brave! Stick it all together!



TA DAH! Show off your completed page of memories that will last forever!

Contact the scrapbooking club at: scrapbooking@sopc.us or just turn up on a Thursday morning at around 10am at Beach Scrapbooks, 2137 Upton Drive, Virginia Beach, VA 23454.

SOPC NEWS ROUND-UP

CAN WE DO IT? YES WE CAN

THE SOPC UNVEILS PLANS TO AIM HIGH

At a recent meeting of the SOPC executive committee, new chairperson Beatriz Bande asked the committee to focus on 2 very specific goals:

Increasing charitable donations from \$1000 to \$1500 each, per annum, and

To find additional ways to increase luncheon attendance and further the message of friendship within the NATO community.

NOW WE NEED YOUR HELP. Do you have any suggestions about how we can reach these goals? Do you have a great money raising idea that will bring people together in a common goal? What do you think we can do to improve our luncheons and encourage more people to join the SOPC?

E-mail your ideas to newsletter@sopc.us



CULTURE AT THE CHRYSLER

On Friday 29th January, many members of the SOPC met at the Chrysler Museum of Art in Norfolk and enjoyed a private tour of their galleries. The

tour was conducted by one of the museum's volunteer docents who explained the history behind many of the museums priceless pieces. This visit was organized by the SOPC Social Committee who would like to thank everyone for their participation. If you would like to see another of these visit organized, please contact: social@sopc.us

HELPING HEROES



On January 15th, ladies from the British community gathered for a coffee morning organized by NR Kelly Round and raised \$440 for the Help for Heroes charity. Many of the ladies brought home baked cookies and cakes

and everyone was charged a “fine” for the consumption of these goodies. As well as the money raised by “cookie eating”, Allison Sykes-Fryer brought her display of beautiful handmade jewelry and donated 10% of her takings.

The “Help for Heroes” campaign is a charity that supports wounded British service men and women. If you would like to learn more about this charity, please log onto helpforheroes.org.uk.

EXTRA FOOD BANK EVENT



The food bank collection made in December was such a success that another one will be held in May. Last time we collected 400 lbs. This time the goal is 600 lbs!

SOPC LUNCHEON HOSTED BY GERMANY



WEDNESDAY 10TH
FEBRUARY 2010

FROM 10.30AM

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

HAVE YOU “FLOG”’d RECENTLY?

Friday Lunchtime Officers’ Gatherings (FLOGs) are a tradition at the NATO HQ in Norfolk and have been going on for decades. They originated when SACLANT was a naval HQ and are a Staff Mess activity for members and their guests. The primary purpose of the FLOG is to promote camaraderie between mess members and work colleagues. The secondary purpose of FLOGs is to raise money for local charities which is done via a raffle. During the monthly FLOGs there are free refreshments including alcoholic and non-alcoholic drinks and finger food. Every three months there is a Super FLOG where the food is more abundant., and once a year near Valentine’s Day the Mess invites the spouses to a Super FLOG.

The **Valentine’s Day FLOG** is for Mess members and their partners, (not for friends of partners!) and takes place on February 12th from 1130-1300 hrs in the HQ SACT Officers’ Mess. There is no cost except for raffle tickets. The Valentine’s Day FLOG is a great excuse to spend time with the person you love the most!

Report by Wayne Buck



Tim Horton was a Toronto Maple Leafs’ hockey player. For better or for worse, Tim Horton is now better known for the coffee shop empire he started in 1964. In Canada, Tim Horton’s is not just a place to enjoy coffee and doughnuts (and now they serve breakfast, soups and sandwiches), it is a meeting place for the community. At any given time and day, you might find the local hockey association, school council, soccer league or book club all meeting in the same restaurant. There will be lines for coffee the likes of which would not be believed by non-Canadians. On one trip to New Brunswick we decided to stop for coffee and not only was the drive thru backed up onto the street but the line up of people inside the shop was also out the door. So if you want a place to meet for coffee and want to try something besides Starbucks I recommend a trip to Tim Horton’s because.....”You’ve always got time for Tim Horton’s!?”

THE SEARCH IS ON FOR:
INTELLIGENT, ENTHUSIASTIC AND
IMAGINATIVE PEOPLE.....

And there are plenty of you about!

During the summer months many NATO families are finishing their tours in the USA and heading back to their home countries. These great people not only leave holes in our hearts but also in the SOPC Executive Committee! That’s why we need you! Now is your chance to use your time and brain constructively and at the same time, help your community. We are looking for:

[Assistant Photographer](#)



[Assistant Treasurer](#)

[Assistant Membership Executive](#)



[Assistant Webmaster](#) and

[Newsletter Editor & Assistant](#)



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



**YOU’VE ALWAYS GOT
TIME FOR
TIM HORTON’S**

By Carol Buck

If you are Canadian, you didn’t read the title of this article, you sang it. Just in time for the Winter Olympics, a little taste of Canada has arrived in Hampton Roads . On January 8th the first Tim Horton’s Coffee and Bake Shop opened inside Norfolk Naval Station . To find this Canadian gem, enter the Naval Station at the Bay Street entrance and you will find it not too far past the gate on the right hand side of the street.

Contd.

In January, Canada treated us to a beautifully prepared meal. Here are the recipes for you to try at home.



Maple Salmon

Ingredients

- ¼ cup maple syrup
- 2 tbsp soy sauce
- 1 clove garlic, minced
- ¼ tsp garlic salt
- 1/8 tsp ground black pepper
- 1 pound salmon



Preparation

In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt and pepper.

Place salmon in a shallow baking dish, and coat with the maple syrup mixture. Cover the dish and marinate salmon in the refrigerator 30 minutes, turning once.

Preheat oven to 400 °F (200 ° C). Place the baking dish in the preheated oven, and bake salmon 20 minutes, or until easily flaked with a fork.

Cranberry Romaine Salad with Maple Dressing

Ingredients

- 1 head of romaine lettuce, washed and torn
- 1 bunch of spinach, stems removed, washed and torn
- ¼ cup (60 ml) dried cranberries
- ¼ cup (60 ml) toasted pine nuts
- ½ cup (125ml) crumbled feta cheese

Dressing:

- 1/3 cup (75 ml) olive oil
- 1 tbsp (15 ml) red wine vinegar
 - 2 tbsp (30 ml) maple syrup
 - 1 tsp (5 ml) Dijon mustard
 - ½ tsp (2 ml) oregano
 - Salt and freshly ground pepper



Preparation

Toss lettuce and spinach together in large salad bowl. Add cranberries, pine nuts and feta. Whisk dressing ingredients together and store in refrigerator. Toss with salad ingredients just before serving. Serves 6.

Pear Crisp with Cranberries

Ingredients

Base:

- 2 large cans pear halves
- ½ cup fresh cranberries, halved
- 2 tbsp brown sugar
- ¼ tsp nutmeg
- 1 tsp lemon juice

Cut pear halves into 3 or 4 pieces. Layer the pears and **cranberries in a 9X13" dish. Sprinkle on sugar, lemon juice and nutmeg.**

Topping:

- 1/3 cup butter
- 2/3 cup light brown sugar
- 1/3 cup flour
- 1 cup oatmeal (not instant)
- ¼ tsp cinnamon

Preparation

Cream butter and sugar together. Add remaining ingredients and combine until crumbly. Sprinkle on top **of fruit. Bake in a 375° oven for 30 to 40 minutes till bubbly and golden.**



This dish was so delicious that it was being eaten before I could take a photograph. So here is a picture of Ingeborg Brevick enjoying her dessert!

OUR NEXT SOPC MEMBERS REVIEW IS :

“WONDERFUL WEEKEND GETAWAYS”

Have you recently spent the weekend away in a lovely country cabin or perhaps in a seaside villa?
Please tell us all about it so we can tell everybody else!

Where did you go?

How long did it take you to get there?

What kind of accommodation did you have?

What equipment was there—kitchen, bed linen etc

Was it suitable for families or couples only?

Was it dog friendly?

In 50 words or less, tell us about the highlights of your stay.

E-mail your reply to newsletter@sopc.us

IMPORTANT NEWSLETTER INFORMATION

We are currently trying to recruit a new Newsletter Editor and Assistant Editor. Both jobs require initiative and imagination (and a PC—not MAC) and are perfectly suited for a person wanting to achieve something both challenging and fun during their stay in the US. The job as editor can take up as little or as much of your time as you choose—but I **will warn you, it's addictive!** The sense of satisfaction you get when you send a completed newsletter to the webmaster for distribution, is fantastic—a real high! I can offer **full and comprehensive training for the editor's position and for the next 3 months you** would work with me in preparation for taking the newsletter over in May. Then it would **be your job to “train up” your new assistant.**

The new assistant would ideally start in May this year and would have the opportunity to work with the new editor for the next year before taking over that position in May 2011.

This is a great job. The SOPC committee are a superb group to work with and being on the executive committee gives one a genuine chance to contribute to our community. For further information, please contact me or Maura at newsletter@sopc.us.

THANK YOU—WE LOOK FORWARD TO HEARING FROM YOU.
Elana and Maura