



Chairperson's Letter
A New Year Message from Beatriz Bande


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Let it Snow!
Members review ski resorts and holidays in the USA

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Member Profile
The Underwater adventures of an SOPC Member.



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THE SOPC GOES DUTCH!

The SOPC holiday season started with great style at the December luncheon as the Dutch community showed us how Christmas is celebrated in the Netherlands. Along with great speeches welcoming members and guests and telling us all about Dutch Christmas traditions, we were treated to individual gifts of traditional delftware and CDs showing us this beautiful county.



This Luncheon was extra special as we had the opportunity to host representatives from SOPC supported charities. In the giving spirit of the season, checks for \$1000 were presented to Angel Flight Mid-Atlantic, Virginian **Pilot Joy Fund, The Children's Hospital of the Kings** Daughters, Navy / Marine Corp Relief and the Make a Wish foundation.

Before we left, an extra special guest arrived in the form of **"Sinterklaas"**, who brought his very unique sense of humor as he gave out all our raffle prizes and enjoyed having the ladies sit on his knee—however, he did seem a bit surprised when Commander Mota claimed his prize!

- Dates:**
- **5th January:** Reservation Deadline for the Canadian Luncheon
 - **13th January:** SOPC Luncheon Hosted by Canada
 - **18th January:** Dr Martin Luther King Day

- Inside this issue:**
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Happy New Year to Everyone!!

This is my first time writing to you publicly and I would like to thank you all for the confidence you have placed in me as SOPC Chairperson for 2010. For me, it is an honor to serve the SOPC and of course, to keep working with the wonderful team we have in our Executive Committee. I would like to congratulate my predecessors for their superb achievements in improving our Organization.



During my term as SOPC Chairperson, I will do my best to get a stronger union, if that is even possible, among all members and to raise more funds for our Charities as these are the most important aims of the SOPC, and they make its existence possible. To achieve both these goals, I will need your strong support, and of course, the support of the SOPC Committee I work with.

When I mention “your support” I mean strong cooperation, for instance, in organizing monthly luncheons and buying raffle tickets. I encourage you all to do this as we still need countries to host the luncheons in April and May as well as the next season (October, November and December). The reason is simple: no monthly luncheons, no raffles and therefore, the source of income to support our Charities disappears. **Don’t let that happen! I know it is a hard job to organize a lunch, but the entire Committee is willing to support you in all you may need.** Also I would ask all of you to attend the luncheons and reinforce our **friendship ties and to get to know each other...we have a lot to learn!**

Regarding “the Committee support” I would expect not only work (I know they work hard and well), but because of we are people from different countries and cultures, also big doses of patience and tolerance...even more than they already have! We have to take advantage of enriching ourselves by working in this multinational environment.

We are very lucky to have such a great club whose ultimate goal is helping people in need while we enjoy **ourselves and have fun! LET’S MAKE THE SOPC EVEN BETTER!**

Personally, I remain at your disposal to answer your questions through my e-mail address chairperson@sopc.us . Do not hesitate to contact me and I assure you I shall reply as soon as I can.

Finally I would like to wish all the best to you and your families for the New Year.

Hoping to see you all at The Canadian Luncheon!!

Warm regards

Bea Bande
SOPC Chairperson

SOPC
LUNCHEON
FEBRUARY
10TH



HOSTED BY
GERMANY

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



THIS MONTH, THE SOPC LUNCHEON IS HOSTED BY

CANADA



Canada is located to the north of the USA, and is bordered by the Pacific Ocean on the west, the Arctic Ocean to the north and the Atlantic Ocean on the east, and has the longest coastline in the world. Canada consists of 10 provinces and 3 territories, each with their own capital city. The national capital of Canada is Ottawa in the province of Ontario. Canada has an area of 9,984,670 sq. km, making it the second largest country (by area) in the world after Russia and has a population of about 33 million people, which makes it sparsely populated considering its area with most people living in the southern areas due to the extremely cold northern climate.



To understand what it means to be Canadian, it is important to know about our three founding peoples – Aboriginal, French, and British.

‘Aboriginal peoples’ refers to three distinct groups: First Nations, Inuit and Métis. The Inuit live in small, scattered communities across the Arctic. Their knowledge of the land, sea and wildlife enabled them to adapt to one of the harshest environments on earth. The Métis are a distinct people of mixed Aboriginal and European ancestry; the majority live in the Prairie Provinces. About 65% of the Aboriginal people are First Nations, while 30% are Métis, and 4% Inuit.



QUEBEC

Canadian society today stems largely from the English and French-speaking Christian civilizations from Europe. English and French define the reality of day to day life for most people and are the country’s official languages. The federal government is required by law to provide services throughout Canada in English and French. Today, there are 18 million Anglophones – people who speak English as a first language – and 7 million Francophones – people who speak French as their first language. The remaining 8 million people do not speak either official language as their first language. Chinese is the second most spoken language at home in two of Canada’s largest cities. In Vancouver, 13% of the population speaks Chinese and in Toronto 7%. This adds up to over half a million people in Canada whose mother tongue is Chinese.

While most Canadians were born in Canada, Canada is often referred to as a land of immigrants as over the past 200 years, millions of newcomers have helped to build and defend our way of life. Today, many ethnic and religious groups live and work in peace as proud Canadians. The largest groups are the English, French, Scottish, Irish, German, Italian, Chinese, Aboriginal, Ukrainian, Dutch, South Asian, and Scandinavian. Since the 1970s, most immigrants have come from Asian countries.



VICTORIA HARBOUR,
BRITISH COLUMBIA



Canada is a constitutional monarchy and a parliamentary democracy, with Queen Elizabeth II as our Head of State. **Canada's Parliament has three parts: the Sovereign (Queen or King), the Senate and the House of Commons.** In the federal government, the Prime Minister selects the Cabinet ministers and is responsible for the operations and policy of the government. The House of Commons is the representative chamber, made up of Members of Parliament elected by the people every four years. Senators are appointed on the advice of the Prime Minister and serve until age 75. Both the House of Commons and Senate consider and review bills (proposals for new laws). No bill can become law in Canada until it has been passed by both chambers and has received Royal Assent, granted by the Governor General on behalf of the Sovereign.

Canada has the tenth largest economy in the world, is one of the world's wealthiest nations and is a member of the Organization for Economic Co-operation and Development (OECD) and Group of Eight (G8). As with other developed nations, the Canadian economy is dominated by the service industry, which employs about three quarters of Canadians. Canada is unusual among developed countries in the importance of the resource sector, with the logging and oil industries being two of the most important. Canada also has a sizable manufacturing sector, centered in Central Canada, with the automobile industry especially important.

Canada has one of the highest levels of economic freedom in the world, resembling the U.S. in its market-oriented economic system and pattern of production. As of June 2009, Canada's national unemployment rate was 8.6% as the effect of the world economic crisis settled in and more people looked for work. According to the Forbes Global 2000 list of the world's largest companies in 2008, Canada had 69 companies in the list, ranking 5th next to France. **As of 2008, Canada's total** government debt burden is the lowest in the G8. International trade makes up a large part of the Canadian economy, particularly of its natural resources. The United States is by far its largest trading partner, accounting for about 76% of exports and 65% of imports as of 2007. Canada's combined exports and imports ranked 8th among all nations in 2006. The monetary unit of Canada is the Canadian Dollar. One dollar CAD is approx equal to .64 Euros, and approx 1.07 USD.



For a bit of interesting trivia, Canada is responsible for the invention of the zipper and Velcro, standard time zones, Insulin, the cardiac pacemaker, the snowmobile and the Blackberry. We also have many well known artists such as Joni Mitchell, Celine Dion, Neil Young, Bryan Adams, Michael Buble, Sarah McLaughlin, Anne Murray, Mike Myers, Dan Akroyd and Jim Carrey. We also boast the likes of ice hockey players Wayne Gretzky, Mario Lemieux and Sidney Crosby and actors Donald Sutherland and Rachel MacAdams.

Canada is hosting the Winter Olympics in Vancouver, British Columbia, Canada in February 2010. We hope that you will join us in watching world athletes compete there, and in the sense of pride, friendship and good will that the Games symbolize.

Sources: Canada, 'Discover Canada' 2009 and Wikipedia 2009
Submitted by: Faye Cottingham

LEGALLY SPEAKING!



Happy New Year! This month our column addresses issues related to
Travel to the Great North—Canada

VISAS: Know before you go! Citizenship and Immigration Canada's (CIC) website is the official source of information regarding Canada's visitor requirements (<http://www.cic.gc.ca/>; "Come to Canada", "Visit"), which contains detailed information about Canada's entry requirements. Nationals of some NATO and Partner countries are required to obtain a visitor visa prior to entry—consult the list of countries at the following link: <http://www.cic.gc.ca/english/visit/visas.asp>.

US EXIT: Please note that you are NOT required to surrender your US (Customs and Border Protection Services) CBP Form I-94 (US "Departure record") when you are departing the United States on a land-based exit with the intention to return to the United States. Therefore if you are travelling to Canada by land (e.g., car or train) you can simply retain the Form I-94, and upon US re-entry, you will simply show your current Form I-94. When departing the United States by air or sea, you should always surrender your Form I-94 at the point of US departure by handing the Form I-94 to airline/cruise ship personnel along with your boarding pass, and receive a new Form I-94 upon your next US entry.

AUTOMOBILE INSURANCE: You will likely be asked to show your valid automobile registration and proof of automobile insurance at the Canadian border. Although the majority of US automobile insurance policies extend when operating your personal vehicle temporarily in Canada while in visitor status, you should contact your insurance company to confirm coverage in advance of travel. This is also very important if you plan to fly to Canada and rent a car as your coverage for rental cars in the United States may not extend when renting a vehicle in Canada.

RECREATIONAL VEHICLES (RV): Your US automobile insurance policy for your personal vehicle most likely does not include coverage when operating or towing a recreational vehicle (RV) such as a motor home or camping trailer. Therefore you should contact your insurance agent to ensure coverage, or purchase a temporary policy.

MEDICAL CARE/HEALTH INSURANCE: Please note that the (US Department of Defense) TRICARE Standard reimbursement plan which is available to the eligible dependents of international military personnel does not extend to medical care received outside the United States. Therefore you should ensure that you have health insurance which covers you and your family when travelling. When reviewing your current medical/health insurance policy, or if you are considering purchasing travel medical insurance, you should ensure you understand the coverage and limitations prior to experiencing an emergency requiring medical treatment. The following list should not be considered complete, but includes a few considerations: does the policy cover emergency travel expenses such as medical evacuation to the United States or your home country, travel expenses of accompanying family members, etc.; does it cover injuries resulting from high-risk activities—which activities are considered high-risk (this varies significantly by policy and can include sports such as skiing, mountain climbing/repelling); does the policy include 24-hour emergency assistance; how is payment handled—billed or reimbursable; what is the cost of the policy, amount of deductible, and co-pay (if considering travel medical insurance), etc.



KATHY

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).



EMMA

**With winter upon us already, it's time to think about a fun
SKIING VACATION**

Here are some recommendations from SOPC members for great snowy getaways!

Breckenridge, Colorado reviewed by Carol Godsland

When did you go? Christmas 2008 (but have been 5 times in all, usually in February/March)

Were the skiing conditions good at that time? Very good, lots of powder

How many were in your party? Two

How did you get there? Flights to Denver from Norfolk (via Atlanta) and then transport from the airport to the resort

What accommodation did you have? Hotel – room only

What level of skier is this resort suitable for? Everyone (including snowboarders)

Is this resort family friendly? Very family friendly

Did you consider it expensive or good value?

Skiing holidays are expensive but there are various types of accommodation to suit all budgets; it would probably be cheaper to double up with another family in an apartment if you have kids. Look out for military discounts on your ski hire and ski passes, it makes a big difference, though you may have to buy your passes each day to get the discount. Make sure all the family have their military ID with them. Multi day ski passes are also valid at Keystone and Copper Mountain (where you can join in the floodlit skiing).



How would you describe your trip?

Breckenridge is an intermediate skier's heaven; slopes are wide and varied with short lift lines. The old mining town has plenty of shops, restaurants and character.

Breakfast at the famous Blue Moose is great and evening meals at Fatty's or the Brewery are great value; plenty of mountain dining options too. At 10,000 ft, the **snow records are great though the altitude can tire you out; however, there's nothing more satisfying than sitting in the Maggie at the end of the day, with a beer, watching everyone come off the mountain.** You will just have enough energy to eat and, unless you are young and hard core, you will be fast asleep in bed before 10pm. Bliss!

READ MORE RECOMMENDATIONS FOR GREAT SKIING BREAKS, NEAR AND FAR,
ON PAGE 8

LET SOMEONE ELSE DO THE ORGANIZING. SKI WORLD AT 2013 LASKIN ROAD IN VIRGINIA BEACH ARE RUNNING TRIPS TO THE FOLLOWING DESTINATIONS.:

BIG SKY, MONTANA	JAN 9TH—JAN 16TH
WINTER PARK, COLORADO	FEB 7TH—FEB 12TH
WHITEFISH MOUNTAIN RESORT, MONTANA	FEB 28TH—MAR 6TH
VAIL, COLORADO	APRIL 4TH—APRIL 11TH

FOR MORE INFORMATION AND PRICES FOR THESE TRIPS, CALL SKI WORLD ON 1-757-428-7551 OR LOG ON TO WWW.SKIWORLDINC.COM.

This is a reputable company and has been recommended by many Virginia Beach locals.

Steam Boat Springs Colorado reviewed by Rachel Ball



When did you go? First week in April, last week of the 'season'.

Were the skiing conditions good at that time? Conditions were excellent. Perfect snow and lots of it! Steamboat has reputation for it's 'Champagne Powder' - it's amazing!

How many were in your party? Four, 2 adults. 2 teenagers 18yrs and 15yrs.

How did you get there? Flew to Denver, hire car to resort.

What accommodation did you have? 2 bed 2 bath condo - self catering, booked through www.vrbo.com

What level of skier is this resort suitable for? Everyone, plenty of trails for all levels. Big ski school for all levels of skier.

Is this resort family friendly? Appeared to be, [plenty of young families there] www.steamboat.com

Did you consider it expensive or good value? It was great value due to the time of year we went, may be cost prohibitive during the school holidays. At the end of the season 'ski lift' tickets are often reduced. Check the web sites regularly and sign up for email newsletters.

How would you describe your trip? We had a week there, skied every day, tremendous choice of trails, could go all day without doing the same one twice! Very wide pistes, well groomed. Free shuttle bus to get you around the resort area if needed & into Steam Boat itself which has a 'Wild West' feel to it.



Snowshoe Mountain, West Virginia reviewed by Timothy Taylor

When did you go? **We've been a few times mostly early in the New Year or just before Easter.**

Were the skiing conditions good at that time? Skiing conditions will usually be good until the end of Feb, beyond that, there is always the risk of thawing. The West Virginia mountains are a lot lower than the Rockies and the snow often arrives later and goes earlier. Snowshoe relies heavily on the use of snow machines - they do use them very effectively and keep the majority of runs open for most of the season.

How many were in your party? We always go as a family (two adults and two children).

How did you get there? Drive – **it's six hours door to door from Virginia Beach.**

What accommodation did you have? We try to keep it inexpensive by renting a one bedroom apartment – with a pull out double sofa bed. The resort has many of apartment blocks all with full facilities. They come with 1,2 or 3 bedrooms, fitted kitchens etc – some even have open fires! The resort booking staff (866 832 1251) can work out a package with you (accommodation, lift passes, ski equipment, ski school etc).

What level of skier is this resort suitable for? The resort is excellent for beginners and intermediates; the ski school is very good. For experienced skiers it is limited, but it is 6 hrs drive and perfect for a family.

Is this resort family friendly? Very – the village itself has restaurants, shops etc, there is a swimming pool (in fact some of the apartment blocks have one as well...and hot tubs). There is also a store – making self catering easy (although we generally take supplies with us).

Did you consider it expensive or good value? It is good value – **don't forget to ask for active duty discounts (15% for ski passes, accommodation etc and 10% in the shops and restaurants).**

How would you describe your trip? Snowshoe is perfect for a young family, less experienced skiers or anyone on a budget. It is easily accessible from Virginia Beach / Norfolk and makes a perfect short break or long weekend.



IN AT THE DEEP END

A SOPC Member Profile



NATAJSA DER KINDEREN—Underwater Adventures

The vision of the Virginia Aquarium & Marine Science Center is to provide exceptional and innovative exhibitions, programs and service experiences for diverse audiences and to increase the public’s knowledge and appreciation of Virginia’s marine environment and inspire commitment to preserve its existence.

Helping this incredibly worthwhile cause is Natajsa Der Kinderen, an SOPC member from the The Netherlands. Natajsa was the proud owner of her own business “Happy Scrap” back in Europe, but when she moved to Virginia, this artistic entrepreneur decided to pursue one of her more adventurous passions. I recently met up with Natajsa just before her shift at the Aquarium and heard her fascinating story.

Most Sundays at 4 o’clock you will find Natajsa Der Kinderen underwater with a tank full of bay seals! She is one of a team of highly qualified scuba divers who volunteer and work at the Virginia Aquarium and Marine



Science Center, cleaning the huge tanks that house these amazing creatures. Although divers like Natajsa are forbidden to interact with the seals, it can sometimes be rather difficult as the seals want to play and can become quite demand-

ing; nipping her hood or pulling her scuba equipment. But there can be no denying that these must be some of the cutest workmates ever!

Natajsa and her husband learned to dive together back in the Netherlands and although she got off to a shaky start, she soon fell in love with the sport and achieved her CMAS qualifications (Confederation Mondiale Des Activities Subaquatiques). When she learned that they were moving to the US, she spent a lot of time investigating diving possibilities in Virginia and discovered that although diving trips to fantastic locations were possible, local diving was very limited. As a lover of marine life and all its beauty, this was very disappointing until she read about the Virginia Aquarium.

Natajsa wasted no time in applying to the Aquarium and was soon accepted as a volunteer working behind the scenes and caring for all sorts of marine creatures. She learned quickly about their diver positions and ap-

plied for the training course. The students must be experienced and qualified divers, which of course, she was. In September 2008 she started her training and learned, not only the specific diving skills needed, such as perfect buoyancy control, but all about the interaction of humans with marine life. Needless to say, she passed both the theory and practical exams with flying colors!



Watching Natajsa in the huge seal tank, I could see she was perfectly at ease. She handled the massive underwater hoover with no problem as the seals swam round her as if she was just another member of the underwater community – which I believe she is. And although after completing over 300 dives in some of the most exotic parts of the world: The Red Sea, Bonair, Cozumel, Key West and Catalina to mention a few, you can tell



that swimming with the Seals in Virginia Beach is still a favourite.

And where was Natajsa to be found this Christmas? In beautiful Hawaii – deep, deep underwater

The Virginia Aquarium and Marine Science Center is at 717 General Booth Blvd, Virginia Beach, (757) 385 FISH, www.VirginiaAquarium.com



Thank you for your support ‘SOPC Members’!

“!Holai H.Q. SOPC, Estoy muy contenta de saludarler por primero vey!” ...these were the first words

Pamela Choque Alvarez wrote in her first letter to me.

Pamela is one of the 4 children the SOPC is supporting.



Pamela is a cheerful, friendly, joyful and affectionate girl from Bolivia and lives in a house for children because her parents abandoned her! She likes playing basketball and her favorite animal is the cat. She does her homework and wants to be a doctor when she grows up.

The house where she lives has only one room and it’s made out of brick walls, metal plate roof and wooden floor. She doesn’t have any protection and care from her parents as all children are supposed to, but the people of the home for children take good care of her and they do their best for her to live happily.



Nevertheless, she needs more support to live on with access to a good education and nutrition in order to become the doctor she wants to be in the future. Due to the fact that the SOPC is sponsoring her, we are going to help her achieving

her goals! That’s why I thank all SOPC members for their support through their membership as well as buying raffle tickets each month at the SOPC luncheon!



Club of the Month

ENGLISH CONVERSATION



The English Conversation Group is a weekly gathering of primarily SOPC members, whose native language is not English. There are five native English Speakers who organize and teach lessons on a weekly basis: Carol Buck, Vicki Townend, Bettye Hussey, Lindsay Martin and Gill Channon. When we plan lessons we always take our members needs into consideration and try to make the lessons very current and useful.

Our group is made up of ladies who want to improve their English, learn about living in the USA and meet new friends. As we meet in a different location each week, we offer the added bonus of helping you learn your way around the area quickly! We meet each Thursday morning starting at 1000hrs and we finish around noon. The first hour of the morning is a casual time for informal conversation, coffee drinking and sampling the food offered by the host.

Long ago we decided to **“go green” and bring our own coffee mugs.** This was actually done to make the task of hosting a little less frightening but we still think it makes good sense. The second hour of the morning is spent on a more formal lesson. This may be a lesson on adverbs, American slang, idioms, practicing “telephone English”, life in the USA and anything else we think would be helpful. We make sure to include lessons about American events like elections, useful life skills like ordering food in restaurants and American holidays.

To help understand what you might encounter while living here, this year we have already addressed the American school system, Halloween and Thanksgiving. We had a special meeting the week before school started to explain school related vocabulary, what school supplies a child might need and what foods children may soon be talking about once they start eating at school. We also made sure that our members learned about typical Halloween events, what to do on Halloween night and how to carve a pumpkin. Since Thanksgiving is such an important holiday in the US, we try to make sure that our members are well prepared to celebrate or at least understand the holiday.



Often, although not always, this involves a Thanksgiving lunch spearheaded by and usually hosted by Bettye Hussey. Bettye is a very important part of our group as our **sole “American voice” and the one we turn to when we don’t understand what is happening around us!** The point of the day is to allow our members to experience the fun and fellowship of the traditional Thanksgiving Day as well as a taste of a Thanksgiving meal. This year Bettye, Vicki and Lindsay shared the hosting duties and in honor of and with thanks to these ladies, our group collected and donated \$450.00 to The Joy Fund.

Our group will start the New Year on January 7th. At that point we will get back to work and enjoy every minute of it! If you are a non-native English speaker and would like to come and see our group please contact me at englishconversation@sopc.us

SOPC NEWS ROUND-UP

FAREWELL TO GILL CHANNON

By Carol Buck

It was with many fond memories, a hint of sadness and great affection that the English Conversation Group said farewell to Gill Channon on December 17th as she headed for home in the UK. Gill has been volunteering her time, talent and Thursday mornings to our group since 1997 and we will miss her. During the time that Gill has been a part of the SOPC she has not only participated in the English Conversation group but she also ran the Wednesday morning Quilting group for many years. We want to let all of our SOPC membership know that Gill has been quietly working hard to make living in the USA a little easier for women from many NATO countries. We appreciate all that she has done for SOPC members over the years. We want to say “thank you” Gill, on



behalf of all the women whom you have helped, for your patience, kindness and dedication to the English Conversation Group.



LYNSAY MARTIN, BETTYE HUSSEY, GILL CHANNON, VICKI TOWNEND, & CAROL BUCK

FOOD BANK SUCCESS AT SOPC LUNCHEON



The annual SOPC Food Bank Collection, took place at the December luncheon hosted by the Netherlands. An amazing 400 lbs of food was collected and given to the Southeastern Virginia Food Bank. Thank you to everyone who contributed and our best wishes to all the recipients.

NATO CHOIR PERFORMANCE AT HQ SACT CHRISTMAS SERVICE

By Christiane Seidel

On the 13th of December I sang with the NATO choir for the second time. The carol service was wonderful but so were the rehearsals! The Christmas Choir was organized by Major Timothy Taylor, this year the conductor was Elisabeth Wallace and, as we in German say, "our good spirit" was BJ Atkinson (very important but always in the background - and not in the photo!).



PHOTOGRAPH BY KURT W SEIDEL

ANGEL FLIGHT MID ATLANTIC is a charity supported by the SOPC. At a recent luncheon, Suzanne Rhodes from Angel Flight asked for our help by donating unused air miles. This was what she had to say:

“The need for charitable airline tickets for patients travelling to distant specialized medical evaluation, diagnosis or treatment continues to grow. During the previous year, programs administered by Mercy Medical Airlift provided almost 10,000 free airline tickets to financially-stressed patients, but many more were required. Unfortunately, resources to assist all were not available.”

To give frequent flyer miles, go to www.donatefrequentflyermiles.org. The three airlines that partner with Mercy Medical Airlift are United, US Airways, and Delta”.



HQ SACT CHRISTMAS TREE GETS A FEMININE TOUCH!

By Mahesha van Goethem

Keeping to tradition, on the 4th of December 2009, the NR Ladies decorated the HQ SACT Christmas tree. Admiral Zapatta took a few minutes from his busy schedule and addressed the ladies and posed for a group photograph. A noticeable attendee this time was the wife of the Chief of Staff, Mrs Helen Cooling, who came to share and support the spirit of tree decorating: all NR ladies felt very honoured to have her with them that day. Glüh wine and chocolate chip cookies were served to everyone! This event was supported and organized by the HQ SACT protocol division.



GREAT PARTY – GREAT VALUE

The HQ SACT Christmas Party on the 18th of December at the Marriott Hotel in Norfolk was hailed a roaring success. The food was complimented by many as was the great value for money with tickets costing only \$20. There was a casino event, great raffle prizes and music all night (although some



FUN AT THE CASINO!

commented that the disco was geared towards the more senior members!). All in all, a great start to the festive season.

Are you cleaning out your closets and toy boxes to make room for some new items?

If it's in good condition.....SELL IT!

At the



Thoroughly-Good Kids Consignment Sale

On February 6th 2010

Registration for consignors (sellers) begins
January 4th

It's an all-season sale which means we will sell kid's clothes from bathing suits to winter coats. We will also accept toys, sports equipment, costumes, etc.

You set the price and the Thoroughhood PTA will split the profit with you 50/50

Visit <http://www.SimpleResale.com>

For more information

SOPC LUNCHEON

HOSTED BY CANADA

WEDNESDAY 13TH JANUARY 2010

FROM 10.30AM

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



In December we all enjoyed a beautiful meal at the SOPC luncheon hosted by The Netherlands. Here are the recipes for you to try at home.

Appetizer – Chicken Cocktail

Ingredients

- 2 chicken filets cooked in vegetable bouillon
- 4 tangerines
- 3 tbsp mayonnaise
- 1 tbsp heavy whipping cream
- 1 tbsp sherry
- ½ tsp Tabasco sauce
- Dash of Pepper
- Chopped Parsley
- Mixed baby lettuce



Preparation:

Chop the chicken filet and tangerine into small pieces and combine. In a separate bowl mix the mayonnaise, heavy whipping cream, sherry, Tabasco and pepper. Gently add the chicken and tangerine together with the mayonnaise mix. Put some lettuce on a white platter and add the chicken on top. Sprinkle some chopped parsley on top of the chicken and add one piece of tangerine. Serves 8

Appetizer – French Bread with Garlic Butter

Ingredients:

- 2 sticks sweet cream salted butter at room temperature
- 2 tbsp lemon juice
- 4 cloves garlic, pressed
- 4 tbsp chopped fresh chives
- Fresh black pepper
- French bread



Preparation:

Press the garlic in a bowl, add the butter, lemon juice and chives. And mix well. Make a round ball of butter and put on a plate with French bread.

Main course – Salmon with Remoulade Sauce

Ingredients salmon:

- Salmon
- Salt and Pepper
- Dill
- Dijon mustard



Preparation:

Preheat oven to 400° F. Rub the salmon with salt and pepper, dill and Dijon mustard. Wrap in foil. Bake for 20 min in 400 F in oven.

Ingredients remoulade sauce:

- 2 shallots (minced)
- ¾ cup + 2 tbsp mayonnaise
- 2 tbsp fresh parsley
- 1 tbsp capers
- 1 (Kuhne) pickled Gherkin
- 1 tbsp Gherkin juice
- Salt and pepper



Preparation:

Peel the shallots and chop them finely. Finely chop the capers. Chop the pickle into very small cubes. Wash the parsley, dry and finely chop. Mix all ingredients in a bowl and season with pepper, salt and a little dash of pickle water.

Main course – Pommes Duchesse with Carrots and Peas

Ingredients:

- 1 Idaho potato (1lb2 oz)
- 1 egg yolk
- 1 ½ oz butter
- ⅛ tsp nutmeg
- ¼ tsp salt
- ¼ tsp pepper
- Carrots and Peas



Preparation pommes duchesse:

Boil the potatoes in lightly salted water until they are easily pierced by a knife. Peel and rinse. Mix in the butter and then the egg yolk. Season with salt, pepper and nutmeg. The mixture can now be put into a pastry bag with a star nozzle to use as a border, or can be piped onto a lightly oiled cookie sheet and baked in a 400° F oven until nicely browned.

Desert – Crepe with Ice Cream and Fresh Fruit

Ingredients:

- 5oz all purpose flour
- Dash salt
- Dash sugar
- 2 eggs
- 1 cup + 7oz milk
- Butter or margarine to bake
- Vanilla ice cream
- Fresh Fruit (strawberries)



Preparation: In a large bowl sift together the salt, sugar, eggs and ½ of the milk. Whisk until the batter is smooth. Heat a lightly oiled frying pan over medium high heat, and pour about ¼ cup batter in the pan and brown on both sides.

A ROMANTIC DINNER FOR TWO!

Valentine's Day is on the 14th of February and is a special time of year when, traditionally, we show our loved ones how much we care. What better way to do that, than by sharing a romantic dinner for two! In the next issue of the SOPC Newsletter we would like to publish a readers review of the best restaurants in which to spend this special night. Answer the following questions and send to: newsletter@sopc.us

What is your favourite restaurant for a romantic dinner?

Where is it?

What kind of food do they serve?

What dish would you recommend?

What is the atmosphere like?

In 50 words or less, tell us why you like this restaurant so much.



Write On

We are looking for newsletter correspondents!

Would you enjoy writing a monthly column on any of the following subjects? Your English doesn't need to be perfect—we can sort that out here. But we need your enthusiasm, initiative and most importantly, your point of view!

Theatre, Film, the Arts—Concerts & Live Music—Restaurants and Nightlife—Local events, festivals and fairs—Travel & Sight Seeing—Books

We also love to receive "one off" articles on just about any subject. Remember, if you find something interesting, so will other people.

So get writing, snap a photograph or two and send it to newsletter@sopc.us. Just make sure it gets to us by the 20th of the Month.

Comments? Suggestions? Please e-mail us at the above address or write to: SOPC,

3752 Surry Road, Virginia Beach, VA 23455.

Thank you for your support

Elana & Maura