

**Chairperson's Letter**



Lets "Spring" into action to help others.

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**Weekend Getaways**  
Great Places for a Short Break.  
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**Member Profile**  
Keeping the law on her side.  
Zuzana—Attorney at law!

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# A "FASCHING"-ATING PRESENTATION FROM GERMANY



At the SOPC Luncheon in February we all learned how to **have fun "German Style"**, by hearing about their many different Carnevals and Festivals: Oktoberfest, Rosenmontag and of course, Fasching! The ladies all looked splendid in their colourful bow-ties and made the feeling of celebration infectious. The sight of the ties made many of us reminisce about our days living in Germany and



**"Weiberfastnacht", when any man out and about wearing a tie ran the risk** of having it cut off with a pair of scissors! Gladly, we were all much better behaved this time. Thank you for a lovely luncheon and also many thanks to your sponsors for their generous and fantastic gifts.

**Dates:**

- 2nd March:** reservation deadline for the Norwegian Luncheon
- 10th March:** Norwegian Luncheon
- 16th March:** Craft Fair
- 18th March:** Healthcare Brief
- 20th & 21st March:** Shamrock Half Marathon & 8k run
- 25th March:** Greek Flag Raising Ceremony & Reception

**Inside this issue:**

- **Luncheon Schedule**
- **NORWAY—Learn to secrets of Scandinavia from this month's luncheon hosts**
- **Legally Speaking— Healthcare—Get it right!**
- **Charity News—Kings Daughters and the SOPC**
- **Club of the Month—Music 4 Fun Fun Fun!**
- **News Round-Up - What's going on in your community**
- **German Recipes—Re-create the dishes from February's Lunch**

Dear friends,

**We are already in March! Doesn't time go fast?**

**Last month we had two events; the Valentine's FLOG at HQ SACT Mess and the Whale Watch Cruise.** I would like to say THANK YOU to everyone who attended. I saw a lot of friends at the HQ SACT Mess and for the cruise more than 55 people enjoyed the experience. We work hard organizing these events and the best reward for us is your attendance. Thank you very much again.



Norway is hosting the lunch in March. You can find all the information about the lunch and also about other events in this newsletter.

As you well know, SOPC is always working on fostering the relationship among countries and supporting people in need. For that reason we are organizing a multinational luncheon in April for Haiti: all the NRs are working hard on this event!

Of course as I mentioned before, the money we raise will be to support people in Haiti. We truly believe that it is a great initiative and we need to do our best to raise as much money as we can. So, be prepared to be generous, and of course, it will be enjoyable and fun!

**Finally, don't forget to sign up at HQ SACT Mess for the 2010 Spring Ball "Spring Fling". You don't want to miss it!**

Hope to see you soon!

Big hug,

Bea Bande



Open Bar during  
Cocktail Hour  
Dancing to a live  
Band  
Discounted  
Rates on Hotel



## The 2010 Spring Ball SPRING FLING

Friday April 16th  
The Westin at Virginia Beach Town Center  
1900—2400hrs

Only \$37 per Head

POCs: Lt Dawn  
Knasas ext 3226  
Mr Wayne Buck  
ext 4321

**The sign up book will be at the mess counter. This is a "sit down" event which means you must select your entrée when you sign up; beef, chicken or vegetarian**

**This is for members of HQ SACT Staff Officers' Mess. For further details and guest information, please read the article on page 13**

SOPC  
LUNCHEON

APRIL

14TH



A SPECIAL EVENT HOSTED BY  
THE SOPC  
NATIONAL REPRESENTATIVES TO  
AID THE HAITI EARTHQUAKE  
VICTIMS

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 April 6th 2010

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](http://www.sopc.us)

SOPC LUNCHEON SCHEDULE

Date	Host Country	Reservations and Payment to be received by
14th April 2010	All Nations!	6th April 2010
12th May 2010	Turkey	4th May 2010



THIS MONTH, THE SOPC LUNCHEON IS HOSTED BY

# NORWAY



## "Look to Norway"

The title of this article is taken from the "Look to Norway" speech by U.S. President Franklin D. Roosevelt. It was given during the handover ceremony of the Royal Norwegian Navy ship HNoMS King Haakon VII at the Washington Navy Yard on 16 September 1942. Just like him, we hereby invite you to "look to Norway" and maybe expand your knowledge about our country!



**Norge (Norway, Noruega, Norwegen)** literally means "The way to the north". Norway is so long that if you place the country further south, it will actually stretch from the southern tip of Norway all the way down to Rome, Italy.

You might say that our country is divided into four parts, each with different characteristics: The lovely agricultural districts in the east, the beautiful coastline in the south, the characteristic fjords in western Norway, and the pointed shaped mountains in the north. More than half of our country is north of the Arctic Circle. Norway shares the

same latitude as Alaska, Greenland and Siberia but due to the Gulf Stream, Norway has a friendlier climate than this latitude indicates.



Late June to early August is when the weather is warmest and the days are long and bright. Temperatures in July and August can reach 25°C - 30°C. At the same time there is hardly any humidity in the air.



In the fall the landscape is painted in golden colors. The temperature drops slowly through September, making for good berry and mushroom picking weather.



In winter, much of Norway is transformed into a snow-clad paradise. The lower inland areas, both in the southern and northern parts of Norway, can have very low mean temperatures in winter. Temperatures can reach below -40°C in the inner areas of Finnmark, Troms, Central Norway and Eastern Norway, even if this does not happen each winter. By contrast, the coastal areas have comparatively mild winters. However, gales, rain and clouds can be frequent and heavy.



May to mid-June is when the scenery in Norway is at its most spectacular, with trees and flowers awaking to life, snow in the mountains and melt water swelling the waterfalls. Orchards of flowering fruit trees along the Hardangerfjord in May are images of paradise. Spring is the season when the temperature differences between the southern



and northern part of the country are largest. This is also the time of year when day-time and night-time temperatures differ the most and we can enjoy the midnight sun north of the Arctic Circle.

Norway tends to be viewed as a small country. And we are if we consider the population. We are, with our 4,7 million Norwegians, number 120 out of the 200 countries in the world. If we measure the land area, the picture changes a bit. With 385 000 square kilometers, Norway is ranked as the 75th largest. Further, if we add the maritime areas and the continental shelf, it mounts up to 2 100 000 square kilometers. This ranks us amongst the 15 largest countries in the world.



**We are the world's seventh largest contributor to the United Nations.** This makes us the sovereign largest giver if we count contribution pr. inhabitant. We are **the world's fifth largest oil exporter, the world's third largest gas exporter and the world's second largest exporter of fish.** We might be few, but Norway isn't a small country at all!

How do foreigners look at us Norwegians? Are we rough and tough as the Vikings were? Are we nice and warm in spite of the long and often cold winters? And how do we survive far up in the north? What do we actually do through our four seasons? To give you an idea about Norwegian activities and culture, we hereby encourage you to sign up for the Norwegian Luncheon on the 10th of March at the Princess Anne Country Club. You will not be disappointed!!

Welcome to a different "Look to Norway"!

Sources: [visitnorway.com](http://visitnorway.com), [wikipedia.com](http://wikipedia.com), [gonorway.no](http://gonorway.no)



## LEGALLY SPEAKING!

This month our column focuses on access to healthcare and reimbursement requirements for international military personnel and their dependents. This information is not relevant to the dependents of NATO international civilians who have private insurance coverage through their spouses' employment.

**\*\*PLAN TO ATTEND THE HEALTHCARE BRIEF on 18 March at HQ SACT from 1330 to 1500!\*\***

This briefing is quite useful to all international military personnel & dependents—no matter how long you have been posted. International active-duty military personnel and their dependents posted in the United States pursuant to the NATO or PfP Status of Forces Agreements (SOFA) are eligible to “access” health or medical care at US Military Treatment Facilities (MTF) upon presentation of their US Department of Defense identification and privileges card. The comprehensive list of MTFs in the local area and contact information for appointments and Healthcare Benefits Advisors (HBA) is available at Annex D-1 (page 106), *Legal Affairs Handbook for Personnel*. Health Benefits Advisors (HBAs) are located at most MTFs and are the best source of information; their telephone numbers are located at Annex D-1 (page 106) of the *Legal Affairs Handbook for Personnel*. **Legal Affairs’ representatives can also meet with you** regarding a particular issue or invoice and provide general assistance.

**ESTABLISH ELIGIBILITY:** To establish eligibility for healthcare benefits, military personnel and their dependents must be enrolled in the Defense Enrollment Eligibility Reporting System (DEERS). Enrollment in DEERS occurs automatically upon issuance of the US Department of Defense (DoD) identification (ID) and privileges card, issued to active-duty personnel and their eligible dependents.

**TRICARE:** “TRICARE is the uniformed services healthcare program for active duty service members and their families” (Reference: <https://www.hnfs.net/common/companyInfo/What+Is+TRICARE.htm>). Dependents of international military personnel are enrolled in a program called “TRICARE Standard”.

**CARE AND REIMBURSEMENT REQUIREMENTS:** Healthcare provided at local MTFs to international military personnel and their dependents is the same priority of care as provided to US military personnel and their dependents.

**MILITARY TREATMENT FACILITY – OUTPATIENT CARE:** An “outpatient” is a patient who seeks medical care, both preventative and curative, and is simply treated for the ailment or medical issue and leaves the MTF. Outpatient care is provided by MTFs at no cost; reimbursement is not required. When scheduling appointments, contact the MTF directly--do not call the 1-800 TRICARE appointment line.

**MILITARY TREATMENT FACILITY – INPATIENT CARE:** An “inpatient” is a patient who receives medical care and whose admission to the

MTF exceeds 23 hours, or when the patient is originally admitted as an inpatient. In the absence of a Reciprocal Health Care Agreement (RHCA), reimbursement is ordinarily required for inpatient care. The cost of the charges is billed according to an established schedule and is ordinarily sent directly to your nation through the Embassy or MOD, or in some instances you may receive an invoice directly from the Medical Services Office, Naval Medical Center Portsmouth.

**PRIVATE HEALTHCARE PROVIDERS/FACILITIES – OUTPATIENT CARE:** Dependents of military personnel are eligible to seek private civilian healthcare and seek reimbursement through TRICARE (subject to meeting a deductible (\$150 per person; \$300 maximum per family) and a cost share (at least 20%)) or are able to see a TRICARE-participating doctor and have the doctor submit the request for payment directly to TRICARE. When scheduling appointments with a private provider, you will be asked to provide your insurance information--inform that you are a military dependent. International active-duty personnel are not eligible for reimbursement from TRICARE for medical services provided by a civilian doctor or treatment facility—including emergency treatment and referrals to a civilian provider by an MTF. If your active-duty spouse receives a referral to a civilian healthcare provider, please suggest that he/she contact the HBA at the facility and ask if the HBA can assist in having the person seen at Naval Medical Center Portsmouth.

**PRIVATE HEALTHCARE PROVIDERS/FACILITIES – INPATIENT CARE:** International military personnel and dependents are not eligible for reimbursement through TRICARE for inpatient care provided by a private healthcare provider or facility, and will be billed directly for those services (unless other health insurance policy is in place).

**DENTAL CLINIC (MILITARY TREATMENT FACILITY):** Dependents are treated at Naval Dental Clinics on a “space-A” or “space-available” basis. Due to the demand for dental services and the lack of dental personnel to provide such services, dependents (including US dependents) are not ordinarily treated at the dental clinics. International active-duty personnel are eligible to be seen at Naval Dental Clinics, the closest of which is Naval Dental Clinic Norfolk. In-depth information regarding this and many more topics is available in the *Legal Affairs Handbook for Personnel* (February 2010 edition) in question and answer format, available at [www.act.nato.int](http://www.act.nato.int) “What is ACT?”, “Newcomers”.

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](mailto:Kathy.Bair@act.nato.int); 757 747 3640; and Emma Hart ([Emma.Hart@act.nato.int](mailto:Emma.Hart@act.nato.int); 757 747 3228).



KATHY



EMMA

## THIS MONTH, ARE READERS SHARE THEIR WEEKEND GETAWAY EXPERIENCES.

### Kitty Hawk, North Carolina

Reviewed by Veerle Ressler

How long did it take to get there?

Under 2 hours.

What kind of accommodation did you have?

We stayed at the Pamlico Inn Bed and Breakfast.

Was it suitable for families or couples only?

Both, although perhaps not very young children.

**Although the weather wasn't good, the owner of the Inn made this stay very special and cooked a beautiful meal just for us. There is a small movie theatre in the Inn which was great fun.**



### Duck in the Outerbanks, North Carolina

Reviewed by Elda Martin

How long did it take to get there?

Under 2 hours driving.

What kind of accommodation did you have?

We stayed at the Duck Inn, bed and breakfast which was very lovely and cozy.  
[www.duckinfnorsale.com](http://www.duckinfnorsale.com).

Was it suitable for families or couples only?

It was perfect for a romantic weekend away, although families would enjoy it as well.

What we really liked was that everything was really close by: the beach, the restaurants, the shops. It was great to be able to walk places for a change!

### Biltmore Estate, North Carolina

[www.biltmore.com](http://www.biltmore.com)

Reviewed by Veerle Ressler

How long did it take to get there?

6 - 7 hours driving.

What kind of accommodation did you have?

We stayed at the Inn on Biltmore Estate which was beautiful.

Was it suitable for families or couples only?

It is suitable for both.

We combined this trip with visits to an Indian reservation and Gattlingburg. There are nice small towns all around the area with good, standard quality restaurants. You can make this trip as busy or as restful as you like as there is lots to do and visit.

Charlotte, North Carolina

Reviewed by Francis Henderson

How long did it take to get there?

It takes about 6 hours in the car.

What kind of accommodation did you have?

We stayed at the Crown Plaza Hotel in the center of town which was very good value for money.

Was it suitable for families or couples only?

I went with just my husband, but I think families would enjoy Charlotte as well.

Once we had parked the car at the hotel, we could just forget about it for the weekend.

You can walk to most places. We went to see an American Football game which was terrific, but there is so much more to do here. The hotel was 10 minutes from the ball park and basketball arena and close to lots of good bars and restaurants – the Duelling Piano Bar, Country & Western Bars etc.

Washington, Virginia

Reviewed by Raquel Cinfuentes

How long did it take to get there?

It took us the usual 3½ hours, although depending on the traffic, it can be longer.

What kind of accommodation did you have?

We stayed at a the Madera in Dupont Circle - See my comments for details.

Was it suitable for families or couples only?

Washington is suitable for everybody! However, I went with a group of girlfriends!

We had a terrific time. I booked the hotel through Priceline.com. I asked for a highish standard hotel in a central area and put in a low bid. We got the hotel for \$90. It was an eco-friendly place and even had a bicycle in the room! The location was great and there were great restaurants and salsa dancing very close by.

**DON'T FORGET THESE OTHER GREAT LOCATIONS**

Chincoteague – the small fishing village off Virginias's Eastern Shore. A quiet unspoiled, family friendly town with beautiful wildlife all around it. Home to the famous ice cream shop "The Island Creamery". Highlights include the wildlife refuge, the beach, wild ponies, the Oyster and Maritime Museum, biking, sailing and shopping.

The Monticello Wine Region: Albemarle, Orange and Madison. Taste wines or take in a museum or two, this is a pleasant break from town life. Several wineries include fine restaurants and a couple of them can even put you up for the night in luxurious rooms.

Alexandria. Located in the shadow of Washington DC, Alexandria's makes a great destination for a romantic weekend away. The beautifully preserved Old Town Historic District is home to many antique shops, specialty store and boutiques. There are restaurants featuring a wide variety of ethnic food and good hotels and Inns.

For more details on these locations and many more, log on to [www.allgetaways.com](http://www.allgetaways.com)

## SOPC MEMBER PROFILE

### ZUZANA ZUNTOVA—ATTORNEY AT LAW

If you think that your last year has been hectic—read on! Zuzana Zuntova from the Czech Republic has had more major life changes in the past 12 months than many experience in a decade.

Since last year she has married, moved to the other side of the world, completed a doctoral thesis, applied for and been accepted to study at an American university, participated in foreign language groups and still had time to travel to Hawaii! When I met with Zuzana, I expected a slightly wild whirlwind of a girl but instead I saw a young, elegant and very professional woman. As we talked her story got more and more intriguing and her enthusiasm for life and the law became infectious.



Zuzana studied law at Palacky University in Olomouc, Czech Republic and graduated in 2005. She then worked as a trainee lawyer for 3 years before successfully passing her bar examination and starting to work as a solo practitioner attorney. During this time she became a member of the Board of The League Against Cancer, Prague which she felt honoured to do and confirmed her belief that being a lawyer is not only a job but also a mission and a passion.

That passion is evident in the way Zuzana discussed her interest in Civil Law—a subject that many of us would expect to be slightly unexciting. To the contrary, after listening to her describe how, as a lawyer, one must investigate, seek out solutions and construct arguments to present in court, it seemed quite thrilling!



When her boyfriend, an Officer with the Czech Army, was posted to the USA, Zuzana had several difficult decisions to make. Moving to the states as a single woman would be almost impossible because of Visa issues, but to get married for the wrong reasons could have life long implications. After much sole searching they both decided to get married and move here together—a decision that has brought much happiness! This did mean, however, that she had to temporarily suspend her professional career as an attorney, but when she discovered the LL.M program for international law students at the William & Mary Law School in Williamsburg, she saw an opportunity to continue to build on her professional career.

Applying to the college was not simple and took a lot of energy and perseverance but this has paid off. At the end of February this year, she was accepted to study on this course starting in August 2010. This will enable her to further her international law qualifications as well as giving her experience of working and studying in a multinational environment. It is not going to be easy though, as it will entail travelling to Williamsburg 3 or 4 times a week as well as paying the heavy tuition fees. Zuzana is fairly confident that it shall all be worth it in the end when she returns to the Czech republic with several new marketable skills.



In the meantime, not being one to sit still, she is looking for an intern position with a local law firm and I think it is fair to say that any company would be very lucky to have her!

## SOPC Charities:

An update on how your generous donations are put to good use.

By Karen Beetz, Benefits Coordinator



One of the organizations supported by the SOPC is the "King's Daughters", the founding organization of the 'Children's Hospital of The King's Daughters (CHKD) in Norfolk. This facility is providing expert pediatric care in southeastern Virginia and northeastern North Carolina. It consists of more than 1,100 volunteer "King's Daughters" organized in more than 45 "circles".

### The King's Daughters and CHKD

For more than 120 years the 'King's Daughters' have worked as a non-profit corporation whose mission is to ensure superior pediatric wellness through dedicated volunteerism in partnership with the Children's Health System. One of the King's Daughters' circles in the Hampton Roads area supported by the SOPC is the 'East Beach Circle':

A circle is like a community/neighborhood consisting of all kinds of volunteers like mothers, doctors, homemakers, attorneys, single and married women.

The East Beach Circle was established by East Beach homeowners, Debbie Harris and Donna Cowdrey. In April 2008, they both approached 'The King's Daughters' (CHKD) in Norfolk with the idea of initiating a Circle in East Beach. They started the process by contacting all homeowners and residents in East Beach. The women in East Beach and Bay Breeze Point all shared the same passion for helping the children of CHKD and loved the idea of having the opportunity to support such a worthy cause.

Finally in June 2008 the East Beach Circle of the King's Daughters was officially established and started their first year with 27 members who volunteered for more than 1,100 total hours and raised nearly \$12,000 in their first year of fundraising for the children.

The SOPC is glad to be able to support such a great helpful non-profit-organization. Simply by being a member of the SOPC and regularly purchasing raffle tickets at each luncheon you are helping this very worthwhile organization and there is no doubt that this is greatly appreciated.



# Club of the Month MUSIC 4 FUN

CAN YOU BELIEVE THAT THE MUSIC 4 FUN GROUP HAS BEEN GOING FOR OVER 4 YEARS!



In the Music 4 Fun group we have 12 ladies from 8 different countries—so many different languages but the language that connects us all is MUSIC.

We meet one or two Mondays a month in each other homes and always have a coffee and a chat before we sing—it is so important to warm up properly and a nice cup of coffee **does the job!** Sometimes we all get “on the right beat” by playing with rhythms—hands, feet and even empty cans come in handy here. Then we start to sing!



ABBA LAUNCH PARTY  
Our “Red Carpet” Premier

Our conductor, Dana, may be small but she keeps us all in order and has even been known to volunteer her dad, Sid, to accompany us on his accordion. Often we are joined by Leonardo, a “husband of”, who plays wonderful guitar and introduces us to new songs.

Over the years we have made a few “public performances”: at the SOPC Luncheon, the Talent Show and last year we even made our own “ABBA” movie. This year we have a few ideas and plans—perhaps singing alongside Sid at one of his many Hampton Roads performances.

You don’t need to be an expert to join our club. You don’t need to have experience in a choir or even be able to read music. But you must have a good sense of humour and tons of enthusiasm! We embrace and enjoy music from all over the world from African chants to the latest Pop Hits.



So warm up your vocal cords and join us for some MUSIC 4 FUN

E-mail today: [music4fun@sopc.us](mailto:music4fun@sopc.us)



SOPC NEWS ROUND-UP

ALL COUNTRIES COME TOGETHER TO HELP HAITI

At a recent SOPC Board meeting, attended by the SOPC Executive Committee and their President and Vice President and the National Representatives of all Countries within the SOPC, the NRs surprised everyone by offering to host the SOPC April Luncheon.

The luncheon scheduled for April had not been “claimed” by any nation and the executive committee were getting rather anxious until this wonderful multinational collaboration volunteered.



The NRs would like to raise funds for the survivors of the Haiti earthquake at this event and are counting on the great generosity of the SOPC Community. So don't let them down! We would like to urge everybody to attend and support, not only our own community, but those who desperately need our help.

**SOPC LUNCHEON  
HOSTED BY  
NORWAY**

**WEDNESDAY 10TH  
MARCH 2010**

**FROM 10.30AM**

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



HEALTHCARE

**Don't let it make you sick!**

The healthcare system in the USA can be confusing for many of us and the cause of great frustration and worry. With this in mind, the Legal Affairs Department are sponsoring a Health Care Brief to answer all your questions and make your stay in Virginia a happy and healthy one.

Health Care Brief  
International Military Personnel &  
Dependents  
Thursday 18 March  
1300—1500  
SACLANT Conference Room

Topics

- Eligibility
- DEERS Registration
- Creation of Medical Records
- HBA/BCA/DCAO Functions
- Outpatient Care—Eligibility and Cost
  - Military Treatment Facility
  - Civilian Treatment Facility
- Inpatient Care—Eligibility and Cost
  - Naval Medical Center Portsmouth
  - Reciprocal Health Care Agreements
  - Civilian Hospital
- Specialty Care
- Pharmacy Benefits
- Dental Care
- TRICARE Standard
- Question and Answer Session

Presented by:

Ms Jenise Wilcox, HBA/BCAC/DCAO, Supervisor,  
Sewells Point Branch Health Clinic &  
Ms Kay Thomas, HBA/BCAC/DCAO, lead Hampton  
Roads Area

Questions? Contact Legal Affairs  
Ext 3640/3228

THE SOPC HAVE  
**“A WHALE OF A TIME”**



On Friday 26<sup>th</sup> of February, a group of intrepid SOPC members set sail from Virginia Beach in search

of whales. It was a very cold and windy day but everyone was dressed for the weather. However, it appeared that the SOCP ladies were a lot more enthusiastic than the whales, who could not be found despite determined searching. The guide on board did his best to **keep everyone’s interest by giving an educational presentation**, but in true SOPC tradition, he had trouble being heard over the chatter!



To keep warm there were regular trips below deck to the galley and a supply of hot coffee (not the best tasting coffee but it was hot!). Nothing could keep spirits down and a good time was had by all. Maybe next time the whales will come and join us.

Spring Fling contd.

Non mess members are permitted to attend at the discretion of the event organizers. Persons who are eligible to be regular mess members but choose not to be, are generally not allowed as guests. For security reasons all guests must be properly identified in the sign up list.

Members are encouraged to sign up in tables of ten. Tables of less than ten will be divided and/or filled at the discretion of the organisers. There is a dress code that will be enforced. Military Mess Dress or civilian equivalent, eg tuxedo. There is a maximum of 300 for this event. First come, first served.

Sign up for the event closes at 1200hrs on 8 April 2010. Addition or deletion of attendees from that point forward is at the discretion of Wayne Buck x 4321 who can be contacted regarding all sign up issues. No one else is able to amend tables. The attendee list will be sent out via Cronos on 12 April for review.



HQ SACT  
 STAFF OFFICERS’ MESS  
 2010 SPRING BALL  
**SPRING FLING**

Please find below details of this event as advertised on page 2.

This event is meant for the pleasure of members of **the HQ SACT Officers’ Mess and their guests only**. Mess members are permitted one guest couple at a reduced price. Additional guests may be invited at the full price.



**SPRING CRAFT FAIR**  
 Following the great success of the Christmas Craft Bazaar, another craft fair has been organized for this spring. It will be held on Tuesday March 16th at Lubo Wine Tasting Rooms on Pleasure House, Virginia Beach, 12 noon till 3pm.

Lubo’s have created a special **“Wine Tasting Menu”** for anyone who would like to stay for lunch with a flight of wine, main course and cheese and biscuits (imported European cheese!).

For full details about the Spring Craft Fair and to view the wonderful lunch menu, see the advert on page 14

SOPC  
**SPRING CRAFT FAIR**

ON  
TUESDAY 16TH MARCH 2010  
FROM 12 NOON TILL 3PM  
AT  
LUBO WINE TASTING ROOM  
1658 PLEASURE HOUSE ROAD, VIRGINIA BEACH, VA 23455

ENJOY THE BEAUTIFUL ARTS AND CRAFTS FROM AROUND THE GLOBE

STAY FOR LUNCH AND SPEND SOME QUALITY TIME WITH FRIENDS WHILE YOU ENJOY  
**THE BISTRO STYLE FOOD OF LUBO'S AND TASTE A "FLIGHT" OF WINE.**

If you would like to be a stall holder at this event, please contact Alison Sykes-Fryer at [craftfair@sopc.us](mailto:craftfair@sopc.us)

LUBO WINE TASTING ROOM SOPC CRAFT FAYRE LUNCHEON

A Menu Especially for you.



Your choice of Wine Tasting flight, luncheon entrée & dessert for \$25.00

White Flight of Wine—3oz pours of each of the following

- **Fritz's Riesling , Qualitatswein Rheinhessen, 2008**
- Montevento Malvasia Di Puglia, 2009
- Kanu Chenin Blanc, Stellenbosch, SA 2008

Red Flight of Wine—3oz pours of each of the following

- **Montevento Montepulciano, D'Abruzzo, 2008**
- Snake Charmer Shiraz, Australia, 2007
- Annabella Cabernet Sauvignon, Carneros, 2007

Entrees

LUBO Big Salad with Goat or Feta Cheese

Fresh baby spinach & romaine, carrots, marinated mushrooms, roasted red pepper, tomato, artichoke & olives, topped with Goat Cheese & Zesty Balsamic Dressing (Grilled Chicken can be added for an additional \$3.99 or a crabcake for \$2.99)

Grilled Chicken Caesar Salad

Fresh grilled breast of chicken tossed with Roamine lettuce, croutons and creamy Caesar dressing (you can substitute a crabcake for an additional \$2.99)

Zesty Chicken Salad Wrap

**Lean breast of chicken with a touch of "Ginger Jalapeno Sauce"**, Mama Lil's pickled peppers, scallions, lettuce and tomato in a wrap served with fruit and chips (also available on croissant or New York Style rye).

Baked Ham & Brie Sandwich

Smoked honey ham with fresh brie, baby spinach & tomato all baked on crusty baguette topped with a tangy Dijon sauce, served with fruit & chips.

Portabella Pizza Trio—Large grilled portabella Mushrooms baked with delicious toppings

- Fortuna salame with whole milk mozzarella and fresh garlic atop our house marinara
- Roasted Red Peppers and caramelized shallots with fresh Asiago & Piave Vecchio cheese atop our house marinara
- Sautéed Spinach and fresh garlic with a blend of Prina Dona Aged Gouda, Ricotta and Piave Vecchio cheese topped with whole milk mozzarella.

Bucheron Goat Burger

Fresh Hertford beef, grilled to order and topped with Bucheron Goat Cheese from Poituo, fresh basil, roasted red peppers and balsamic reduction, served with fresh baked seasoned potato wedges.

Dessert

Sparkling Wine, Dessert Wine or Port with the fresh artisan cheese of the day or a homemade Belgium styled truffle

Guest are also welcome to order "A La Carte".

In February we entered into the spirit of the German Carnival.



Here are the recipes for the tasty Festival Food

Hauptspeise (Main course / entrée)

Baden Ox or Bullock Breast with Horseradish Sauce, Potatoes and Beetroot Salad

**“Badische Ochsenbrust mit Meerrettichsauce, Kartoffeln und Rote Beete Salat”**

Ingredients

- 5lbs Ox Breast
- 5 Leeks
- 1½ Celery Roots
- 5 Carrots
- 2 Bunches of parsley
- Salt & pepper to taste
- 2½ tbsp Vegetable Broth

Preparation

Cover the meat with water and boil it. Add the peeled vegetables. Season it and let it slow cook for about 2½ hours. To serve cut the meat in slices.



Horseradish Sauce

**“Meerrettichsauce”**

Ingredients

- 8 tbsp Butter
- 10 Tbsp Flour
- 33 fl oz broth or bouillon
- 33 fl oz milk
- 10 tablespoons heavy cream
- Salt to taste
- Pinch of Sugar
- 1 lb bottled minced horseradish



Preparation

Make a roux with the butter and flour. Add the broth and milk while constantly stirring. Let it boil until it binds then add the minced horseradish. Season to taste and add the heavy cream.

Beetroot Salad

**“Rote Beete Salat”**

Mix beetroot, whether fresh or from a jar, with a vinaigrette and decorate with some parsley



Nachspeise (Dessert)

Red Fruit jelly with Vanilla Sauce

**“Rote Gruetze mit Vanillesauce”**

Ingredients

- 3 lbs frozen mixed berries (strawberries, huckleberries, blackberries, currants)
- 2 lbs Morello Cherries or Sour Cherries
- 1 lb Sugar approx.
- 2½ cups corn starch

Preparation

Put the berries and cherries, along with their juices, into a pan and bring to the boil. Mix the corn starch with water and add it to the berries. When it thickens, put it into dessert glasses. You can use pre-prepared vanilla sauce to pour on top of the berries.



These recipes will serve 10.



NEXT MONTH WE WOULD LIKE TO HONOUR OUR  
SHAMROCK HALF MARATHON & 8K RUNNERS!

Do you know someone who is taking part in the Shamrock Half Marathon & 8K Road Race on Saturday 20th March and Sunday 21st March?

Send their name and contact details to the SOPC Newsletter at:

[newsletter@sopc.us](mailto:newsletter@sopc.us)

And let us feature our Shamrock Athletes in the next issue!

EDITORS COMMENTS!

**And the Good News is..... We will have a new editor of the SOPC newsletter from May this year. A huge "Thank You" to Malena Avenizi for volunteering to do this rewarding job.**

However, we are still looking for an Assistant Editor. Ideally this would be a native English speaker although that is not set in stone. As assistant, you would **have a full year's "apprenticeship", working with the editor on a very regular basis.**

Perhaps you are looking for something with less commitment—then why not be a reporter for the SOPC Newsletter. We are always looking for articles about local events, attractions, news and even gossip!

Send any articles, ideas or information to:

[Newsletter@sopc.us](mailto:Newsletter@sopc.us)

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