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DATES

- 7th November: Deadline Lunch Reservations
- 14th November: Lunch Hosted by Czech Republic
- 14th November: Flag Raising, Poland
- 16th November: Curator's Tour of the Hermitage Museum
- 18th November: Flag Raising, Latvia

Hello SOPC members!

November, here we are! I can hardly believe that the year is so close to the end - the countdown has only double digits.

It was named November, from the Latin 'Novem', which meant the 9th month of the Roman calendar, but the similarity stops here, since it is actually the 11th month of the Gregorian calendar.



At the time I wrote these words, the weather did not seem like the weather associated with the last month of the fall season. On the contrary, it was still warm and sunny - more like September weather to me. I always associate November with trench coats, umbrellas, steady and cold rains, cloudy skies and, more importantly, a more capricious weather which can change in an instant and not for the best. I like to believe that each season, each month, has its own importance in the yearly cycle, but the sun and the temperatures are contradicting me.

Well, let's see what events we have ahead for this month.

November 1st is All Saints Day, or, as the sources I checked called it, All Hallows (hallows meaning saints), in honor of all the saints known or unknown. It tides with the day before it, the Halloween, which means the Eve of All Hallows.

On the 11th of the month, USA celebrates Veterans Day. It is a day of remembrance and appreciation of all the military veterans. It was established at the end of World War I as the day when the armistice was signed. A year later in 1919 President Woodrow Wilson declared it a federal holiday.

Also on the 11th, Poland celebrates its Independence Day, which was proclaimed in 1918. Poland, we all salute you with respect!

Later, on the 18th of the month, Latvia celebrates its independence which was also proclaimed in 1918. Latvia, we salute you with respect!

On the 22nd, the USA celebrates Thanksgiving Day. Most of you know the history behind this feast. What this tradition did, in my opinion, was to incorporate people with different backgrounds, beliefs, and statuses, but the same ultimate goal, into a new nation, the United States of America. To some degree Thanksgiving defines the very essence of the American people. You give thanks to the Divinity and your family and seal it with a mouth-watering meal. I mean, who would turn down turkey with mashed potatoes and gravy and cranberry sauce, or a nice slice of pumpkin pie?

Happy Thanksgiving!

Adriana MURARIU,
SOPC Chairperson





SOPC LUNCHEON November 14th

HOSTED BY THE CZECH REPUBLIC

Arrival at 11:00am

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



Contact us at reservations@sopc.us to reserve your place.

PLEASE NOTE THE CHANGE IN DEADLINE FOR RESERVATIONS:

RESERVATIONS ARE REQUIRED AND MUST BE RECEIVED BY WEDNESDAY, NOV. 7TH,

PAYMENT OF \$15.00 MUST BE RECEIVED BY NOV. 12TH.

Cheques should be made out to "SACT Officers' Partners' Club"

If you need to send your cheque by mail, send it to:

SOPC, 2709 Robin Drive, Virginia Beach VA 23454

You can check the "Am I Attending?" list on the web to ensure that your reservation has been completed and that you are on the list of attendees. This list is posted on Monday, November 5th.

Payment can be taken at the November lunch for the December lunch. Please bring your cheque in an envelope marked with your name and "December Lunch" and put it in the box provided at the registration table. Cash payments for the December lunch can be made as you sign in for the November lunch.

For more detailed information on luncheon guidelines and procedures, please check the website.

Highlights of the Czech Republic

By Jana Ticha

The Czech Republic is located in the Northern Hemisphere, approximately in the middle of the European continent. Its neighboring states are Germany (to the west), Poland (to the north), Slovakia (to the east, which together with the Czech Republic constituted Czechoslovakia until 1992) and Austria (to the south).



The Czech Republic is a landlocked country in the middle of Europe. Rather than as a country in the middle of Europe, we should speak of the Czech

Republic as a country in the heart of Europe – after all, the heart is not to be found precisely in the center of the human body either.

The Czech Republic does not have access to the sea. The main watershed divides the catchment areas of the North, Baltic and Black seas. The closest seas are the Baltic and the Mediterranean - both of which are very popular destinations for Czech travelers.

With a total area of almost 79,000 square kilometers, the Czech Republic is a midsize European country. Its size is comparable to Austria or Ireland and it would fit inside France seven times. The country could fit 122 times within the area of the United States.

The vast majority of the inhabitants of the Czech Republic are Czechs (94.2%, out of which 3.7% claimed Moravian ethnicity and 0.1% Silesian in the 2001 census). The largest minorities are Slovaks (1.9%), Poles (0.5%), Vietnamese (0.44%) Germans (0.4%), and Gypsy people.

Religion

The Czech Republic, has one of the most non-religious populations in the European Union. According to the 2001 census, 59% of the country is agnostic, atheist, non-believer or non-organized believer, 26.8% Roman Catholic and 2.5% Protestant.

Czech history

The Czech provinces have existed for more than 10 centuries. The Czech lands were under Habsburg rule from 1526, later becoming part of the Austrian Empire and Austria-Hungary. The independent republic of Czechoslovakia was created in 1918, following the collapse of the Austro-Hungarian empire after World War I. After the German occupation of Czechoslovakia, disillusion with the Western response and occupation by the Red Army, the Communist party gained the majority in 1946 elections. Czechoslovakia was a Communist state from 1948 until the 1989 Velvet Revolution. On 1 January 1993, the country peacefully split into the Czech and Slovak republics.

The Czech language belongs to the group of West Slavic languages. From another perspective, Czech is an inflectional language, which means that the words “inflect” (their endings change). The meaning a given word has in a sentence is primarily determined according to this inflection.



Prague

Prague is a magical city of bridges, cathedrals, gold-tipped towers and church spires, whose image has been mirrored in the surface of the Vltava River for more than a millennium. Walking through the city, you will quickly discover that the entire history of European architecture has left splendid representatives of various periods and styles. There are Romanesque, Gothic, Renaissance,

Baroque and Classicist buildings, as well as more modern styles, such as Art Nouveau and Cubist. A poet once characterized Prague as a symphony of stones.

The *Národní Divadlo* or the National Theatre in Prague is known as the Alma Mater of Czech Opera, and as the national monument of Czech history and art.



The National Theatre is one of the most important Czech cultural institutions with a rich artistic tradition which was created and maintained by the most distinguished personalities in Czech society.

This tradition helped to preserve and develop the most important features of the nation – the Czech language and a sense for a Czech musical and dramatic way of thinking.

Czech Cuisine

Czech cuisine has both influenced and been influenced by the cuisines of surrounding countries. Many of the fine cakes and pastries that are popular in Central Europe originated in the Czech lands.

Czech cuisine is marked by a strong emphasis on meat dishes. Pork is quite common, and beef and chicken are also popular. Goose, duck, rabbit and wild game are served. Fish is rare, with the occasional exception of fresh trout, and carp, which is served at Christmas.



SOPC LUNCH SCHEDULE

Date	Host Country	Location	Reserve by	Cancel/ Last Date for Re-fund	Cheque to be received by
Nov 14th	Czech Republic	Princess Anne Country Club	Nov 7th	Nov 9th	Nov 12th
Dec 12th	Slovenia	Princess Anne Country Club	Dec 5th	Dec 7th	Dec 10th
Jan 9th	SOPC Executive	Princess Anne Country Club	Jan 2nd	Jan 4th	Jan 7th

*Princess Anne Country Club, 3800 Pacific Avenue, Virginia Beach, Va 23451
Lunch Cost: \$15 / Start time: 11:45 / Check in: 11:00*

Recipes from the Luncheon Hosted by Turkey

Stuffed Grape Leaves

- Grape leaves
- 2 cups of rice
- 4 or 5 onions
- 1 tablespoon pine nuts
- half bunch of parsley
- half bunch of dill weed
- 2 tablespoons of dried mint
- 2 teaspoons of sugar
- 1 teaspoon of black pepper
- 1 teaspoon of cinnamon
- 1 teaspoon of allspice
- 1 lemon



Wash the rice and soak it in hand warm water for 20 minutes, then rinse. Sauté diced onion and pine nuts in a pot. Add rice and stir occasionally. Add in two cups of water and bring to a boil. Once boiling, lower the heat and cook until water evaporates. Cover and let stand for 15 minutes. Add mint, parsley, dill weed, cinnamon, allspice, black pepper, salt, sugar, and lemon juice. Stir. stuff the grape leaves with the mixture and fold the grape leaves into a cigar-shape. Put all the pieces in a pot and add 1 cup of water. Bring to a boil. Once soft and cooked, let it wait until it cools down. Serve cold.

Börek (pastry) with phyllo dough and white cheese

- 5 Yufka (Phyllo dough) sheets
- 2 sticks butter
- 1 egg
- 1 cup grated white cheese
- 1 cup parsley
- 1 bottle of mineral water



Melt the butter in a pan. Grease the oven pan. Put one sheet of dough on the bottom of the oven pan and use a pastry brush to put butter onto the dough. Put second dough on top of the first and again brush with melted butter. Continue doing the same with the third sheet. Then put the mixture of white cheese and parsley on top of the third sheet. Put the fourth sheet and brush with butter, do the same with the fifth sheet. Again brush with melted butter. Mix the mineral water with one egg and the remaining butter. Cut the Börek in square pieces, then pour the mixture over it. Bake in 350° Fahrenheit oven. Serve warm.

Baklava

- 1 box of nr.4 phyllo dough
- 2 sticks of butter
- 2 cups of water
- 2 cups of sugar
- 1 teaspoon of lemon juice
- 2 cups of crushed walnuts



Heat 2 cups of sugar with 2 cups of water until the sugar dissolves. Add the lemon juice. Melt 2 sticks of butter in a pan. Grease the oven pan that you are going to use. One by one lay the dough sheets on top of each other in the oven pan, brushing melted butter in between. Every 2 layers, sprinkle with crushed walnuts. Continue doing this until you consume the whole box of dough. End with a layer of melted butter. Sprinkle with water. Cut into 2x2 inch pieces. Bake the dish in a 380° Fahrenheit oven. After you take it out of the oven, pour the mixture of water and sugar over the dish. Serve after it has soaked up the syrup.

Pilav Rice (with vermicelli)

- 2 cups of rice
- 4 tablespoons of oil
- 2 tablespoons of vermicelli
- 1 teaspoon of salt
- 3 cups of beef stock or chicken stock



Wash the rice, sprinkle with 2 teaspoons of salt and soak for 20 minutes. Fry vermicelli in oil until it turns yellow. Add the rice and stir for 1 minute, then add the beef/chicken stock. Boil for 2-3 minutes and then lower heat until the water is absorbed. Remove from heat and steep for 10 minutes. Stir and uncover for a short while. Serve hot.

Chicken breast pudding

- 1 litre of milk
- half stick of butter
- 1 cup of flour
- 1 cup of sugar
- 1 package of vanilla powder



Fry flour with oil until it turns light pink. Add in 1 litre of milk and sugar and bring it to a boil while stirring. Remove from heat once it thickens and add vanilla. Mix 15 minutes with a blender. Wet the trays that you are going to use and pour the pudding onto the tray. Spread out and refrigerate. Before serving, pour chocolate sauce over the top.

(continued on page 5)

(Recipes continued)

Meatloaf

750 grams of ground beef

2 onions

1 to 2 cups bread crumbs

3 eggs (2 boiled for the meatloaf, 1 egg for the meatloaf dough and the yolk to be smeared over the dough)



will

2 cooked carrots

1 cup cooked fresh peas

1 teaspoon salt

1 teaspoon black pepper

In a bowl, mix together ground beef, grated onions, bread crumbs, the egg white of one egg, salt and black pepper and then knead. Let mixture sit for 20 minutes and then knead again for a short time.

Place the meat mixture (dough) on an oven-safe dish forming it into a circle 6—7 cm from the edge of the plate. Cut the dough in half. Put the 2 boiled eggs, sliced in half, diced carrots and peas between the two layers and close the edges back together by pressing the edges. Spread the leftover egg yolk of one egg over the dough.

To prevent cracking use only overhead heat in the oven.

Once cooked, slice the meatloaf and serve with steamed vegetables.



**Attention !!!
Time changed**

Teen Event

Bowling

Saturday, November 17th

7:30pm - 10:00pm (approx.)

Little Creek Bowling Center,
Naval Amphibious Base Little Creek—VA 23531
(757-462-7952)

\$10 Includes: Bowling, Shoes, Pizza, Soda

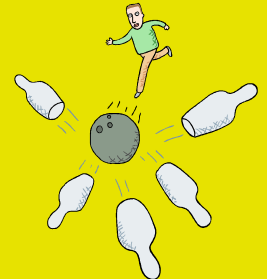
Please sign up and send a check

no later than

Monday, November 12th to:

SOPC c/o Ressler

4320 Hillcrest Farms Circle
Virginia Beach, VA 23456



Any question? Call Veerle: (757) 961-1697
or Nadja: (757) 321-8869

GREAT NEWS!

THE SOPC COLORS OF VIRGINIA CALENDAR HAS ARRIVED!



THE PHOTO CONTEST IS OVER AND
THE SELECTED PHOTOS HAVE BEEN
USED TO CREATE A BEAUTIFUL CALENDAR.

THIS IS A PERPETUAL CALENDAR OR BIRTHDAY CALENDAR AND CAN BE USED FOR YEARS TO COME.

IT WILL BE GREAT TO KEEP AS A MEMORY OF VIRGINIA OR TO GIVE AS A GIFT TO FRIENDS AND FAMILY!

THE CALENDARS WILL BE AVAILABLE TO BUY AT THE NOVEMBER LUNCHEON.

ALL PROCEEDS WILL GO TO OUR CHARITIES.

SPECIAL THANKS TO THE VIRGINIAN PILOT FOR THEIR GENEROSITY IN PRINTING THE

CLUB NEWS

French Conversation

Feel free to join French Conversation whenever you want during the year! All levels are welcome!

For more information check the website or contact Florence Magne (757)-216-9734 email : flomagne@free.fr

Pottery Painting

The 3rd Wednesday of the month

10:00am to 12:00am.

A studio fee of \$4 must be paid in the shop, in addition to the cost of the ceramic piece the member chooses to paint.

"Creation Station"

(Red Mill Commons Shopping Center, next to Golden Corral)

2181 Upton Drive

Virginia Beach, VA 23454

Shop's ph: (757) 427-0833

To attend email : Veerle

veerle.res@cox.net or Nadja:

nadja.schulz-hanke@cox.net

For any questions call

Veerle : (757) 961-1697 and

Nadja: (757) 321-8869

Scrapbooking

Unfortunately, the scrapbook store where we meet monthly is closing!

"Scrapbook Creations" (4000 Virginia Beach Boulevard, Ste. 204, Virginia Beach, VA 23452. Phone number: (757) 486-6800) will close in December and, therefore, we can **only have one more meeting in November** :

Wednesday, November 7th.

Please, let me know if you can make it to this meeting!

After this meeting, we will need an alternative. If you know a place in Virginia Beach, like a church/school/recreation center, or somewhere else where the scrapbook club could meet **for FREE** once a month, then I would be very interested!

You can reach me through e-mail: jderkinderen@cox.net

or by phone: (757) 333 6174 (home) or (757) 753 8709 (cell). Thank you in advance! Natasja der Kinderen

SOCIAL NOTES

The Halloween Family Pumpkin Party was a great success. Over 100 people attended and almost all wore wonderful costumes. There were lots of games, dances, crafts and prizes. The Di Lauro family came as clowns, dressed in colourful garb, all hand sewn. They won the best male and female costumes for their family effort. The food was potluck and we had a wide variety of dishes from many countries, many featuring our pumpkin theme. The Best Pumpkin Dish prize went to Cinzia Tiaverisi for her wonderful pumpkin lasagna. Despite the torrential rain, it was a great evening.



Our next SOPC event will be a trip to the Hermitage Museum for the Curator's Tour

on 16 November at 9:30a.m.

followed by coffee at Jane Hatton's,

(close to Hermitage).

The cost of the tour is \$10.00 and donations of finger food for the coffee will be gratefully accepted.

Tickets are required in advance and can be reserved through the SOPC website or purchased from Jane and Monica.

Contact Jane at jane.greig@gmail.com or Monica at monicadimaulo@cox.net or social@sopc.us

You will note that originally we had thought that we would have a wine tasting event in November, but this has been changed to February due to scheduling difficulties.

NOTICE BOARD

LEADERS NEEDED FOR THE WALKING AND QUILTING CLUBS.
IF YOU CAN HELP, CONTACT JANE AT
jane.greig@gmail.com OR MONICA AT
monicadimaulo@cox.net OR social@sopc.us

NEWSLETTER NOTES

PLEASE SUBMIT ALL NEWS ARTICLES BY THE 20TH OF THE MONTH TO newsletter@sopc.us. PLEASE DO NOT FORMAT TEXT. PLEASE SEND PICTURES AS SEPARATE ATTACHMENTS. WE ARE ALWAYS LOOKING FOR TRAVEL ARTICLES OR ARTICLES OF INTEREST TO THE SOPC.

Disclaimer: The following is an advertisement for an event that is not sponsored in any way by the SOPC. The SOPC is not responsible financially or in any other way for profits from this event.

SONS OF NORWAY HAMPTON ROADS LODGE #3-522

CHRISTMAS BAZAAR 2007

SATURDAY, NOVEMBER 10TH, 9:00a.m.—3:00p.m.

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MEMBERS IN TRADITIONAL DRESS

ROSEMALING AND WOODCARVING DEMONSTRATIONS

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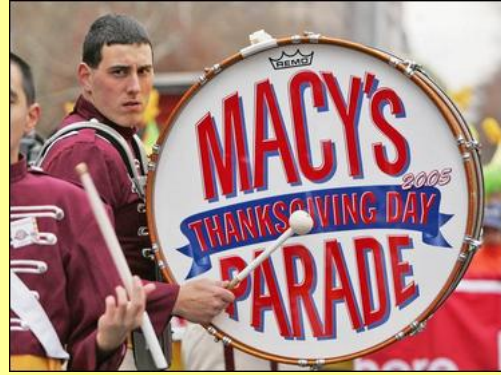
Thanksgiving Weekend For the Newcomer

By Vicki Townend

The first American Thanksgiving was held by the Pilgrims in 1621. With the Native Indians, who had taught them to grow the crops suitable for the area, they gave thanks for their first successful harvest. Today, Thanksgiving is probably the biggest family celebration of the year in America. The four-day Thanksgiving weekend is a time when families travel to be together to enjoy a feast and to give thanks. Because of the family reunions, Thanksgiving is the busiest domestic travel time in the United States. It begins what is called 'the holiday season' which continues through Christmas and New Years.



Traditionally the family meets on the Thursday, Thanksgiving Day, for their family feast. Turkey is the traditional meat and the centrepiece of the meal. It can be roasted in the oven, deep-fried or barbecued. Mashed potatoes, gravy, stuffing, sweet potatoes, corn, green beans, cranberry sauce, turnip and yams are the traditional accompaniments to the turkey. Pumpkin pie is the favoured dessert. You will notice the ingredients appearing in the stores now and you will find recipes for pumpkin pie, green bean casserole, sweet potato casserole etc. on the packages of ingredients.



Thanksgiving parades are held locally and the Macy's Thanksgiving parade is televised live from New York City on Thanksgiving Day. Many Americans will enjoy watching football throughout the Thanksgiving weekend. Many will volunteer their time to help offer the traditional dinner to those in need.

The day after Thanksgiving Day is called Black Friday. It kicks off the Christmas shopping season. It is called 'Black' Friday because it is said to be the day when businesses go from being in the 'red' to being in the 'black' – i.e., start making a profit. Many stores will open as early as 5:00a.m. and many customers will line up hours earlier to be the first to get the bargains. Popular toys and electronic items tend to be the most sought after items and the stores can be very crowded. Because of the traffic and the crowds, some people choose to stay at home!

So, join in the festivities – give thanks, feast, shop, watch a parade or a game – and have a Happy Thanksgiving!

