

Dear Friends,

**Here I am again with news of our club's events and endeavors, past and present.**



Firstly, I am happy to welcome Mrs Michaela Abrial as our new President. Already we can see how enthusiastic she is about our social work. I am sure that her influence and heartfelt desire to participate will be inspiring to us all.

On a second note, I was very pleased to see so many newcomers at the Welcome Coffee on 21st September and am also grateful to Vice Admiral Robert Cooling for taking the time to talk to us as this clearly shows how highly our club is considered within HQ SACT. We should rejoice in this as our work is important and it feels good to have this recognised. As I have often **said in previous newsletters, "the more, the merrier" because with so many members, our club can be even more successful in its charity work. I would also like to take this opportunity to thank the NLR's spouses and sponsors for their dedication** and for introducing newcomers to our club. Without your effort our work would surely be more difficult.

Today we are quite a big family: about 300 members! Tomorrow we could be even bigger but this depends on ourselves to bring more people into our club. What joy! The SOPC has the primary function to help integrate families into the Hampton Roads area. However, our higher function is to bring happiness to those less fortunate and who do not have the luxuries we take for granted. I therefore appeal to your hearts and ask, that together, we help those who cannot help themselves. So please contribute. What good we do for others will come back to us in double!

I also want to thank the spouses of the Flag Officers who so kindly offered the raffle prize gifts which will be drawn on 7th October during the SOPC Clubs sign-up. On behalf of the SOPC, I am deeply touched by such a gesture.

On a final note and I suppose the main idea I would like you to retain, is that I heartily encourage all members to sign up to the SOPC Clubs whose coordinators are here to help anyone with the process. I promise you will not regret it. Thank you

Love, Anabela  
SOPC Chairperson

## Dates:

- **7th October:** SOPC Clubs Sign Up at Princess Anne Country Club
- **23rd October:** Hungarian Flag Raising—Spouses Welcome
- **23rd October:** Deadline for Newsletter Articles, Reports & Letters
- **27th October:** Deadline for November Luncheon Reservations
- **31st October—**  
Halloween! Enjoy this great American Tradition. See Page 3 for spooky ideas



## Inside this issue:

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SOPC  
LUNCHEON  
NOVEMBER  
4TH



HOSTED BY ITALY

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 October 27th

Send your cheque for \$20, payable to SOPC to: SOPC,  
840 Five Point Road, Virginia Beach VA 23454

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  
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
4th November 2009	Italy	27th October 2009
2nd December 2009	The Netherlands	24th November 2010
13th January 2010	Canada	5th January 2010
10th February 2010	Germany	2nd February 2010
10th March 2010	Norway	2nd March 2010
14th April 2010 to be confirmed	Host Country Needed	6th April 2010
12th May 2010	Host Country Needed	4th May 2010

# H A L L O W E E N

The 31st of October is HALLOWEEN: the night before All Saints Day when, according to folklore, all evil spirits flee to avoid the influences of the good spirits the next day. Well, the story behind Halloween may have been almost forgotten but the tradition of dressing up as witches, ghosts and other scary things is definitely alive and kicking here in the USA. In fact, this celebration has grown into one of the most “fun” events in the calendar—especially for children. Nowadays, Halloween is synonymous with “Trick or Treat” and now that you are living in the States, you will inevitably experience this first hand. Children of all ages dress up in costume—usually their favourite scary creature—and call on the houses in the neighborhood. When the door is opened they shout “Trick or Treat”. Now it is up to the occupant who can either offer the children candy and/or fruit (and sometimes even small toys) or refuse, and suffer the consequences as the children play a trick on them! Don’t be surprised to find your post box wrapped in bathroom tissue the next day if you decline to “treat” your Halloween Guests!

There are lots of organized Halloween events in the Hampton Roads area. Here are 3 that the whole family can enjoy.

**VIRGINIA CHILDREN’S FESTIVAL** October 10, Town Point Park, Downtown, Norfolk 10am—3pm. Dress in your favourite Halloween costume and take part in a costume Parade and a whole day full of activities geared toward children from 2 to 10. Enjoy the Scooby Doo Show, Halloween stories read by children’s favourite Arthur, meet Blue of Blue’s Clues. There are hundreds of hands-on activities for all to enjoy. Telephone Norfolk Festevents on (757) 441-2345 or e-mail festevents@festevents.org or visit [www.norfolkcvb.com](http://www.norfolkcvb.com).



**ZOOBOO 2009** Sat. October 31 10am—3pm, Sun. Nov. 1 10am—5pm 3500 Granby Street, Norfolk, Virginia 23504

Come to Virginia Zoo’s spooktacular event—ZOOBOO. Grab your costume and join us as the Virginia Zoo is transformed into an exciting and safe Halloween alternative with treats at every turn. Creepy candy stations Monster Mash Last Dance Hall, Animal Pumpkin Smashing, Children’s Costume Contest (included with admission) Haunted Hayride (\$1), ZooBoo Choo-Choo (\$3)

And on Saturday, October 31st 6pm—10pm, you can enjoy the Creep candy stations, the Monster Mash, the Haunted Hayride and The Train of Terror IN THE DARK! Admission is \$4 for members, \$8 for non-members and children under 2 are free. For more information telephone (757) 441-2374, ext 253

**Hunt Club Farm’s HALLOWEEN FESTIVAL & HAUNTED HAYRIDES.** Hunt Club Farm, 2388 London Bridge Road, Virginia Beach, VA 234565 3 Scary haunted events with a cast of 75 live performers nightly. Amusement rides, games, concessions, pumpkins and more. Purchasing tickets in advance for Friday and Saturday shows is strongly recommended. E-mail [randi@huntclubfarm.com](mailto:randi@huntclubfarm.com) or telephone (757) 427-9520 or log onto



SOPC STUDENTS—**EDUCATION DOESN'T END WITH A POSTING TO THE USA**

There are many opportunities to further your education while living in the USA. I had the pleasure of interviewing 2 remarkable women from our community who are busy studying, albeit in 2 completely different ways. Here are their stories.

SUE CRUMP—  
DISTANCE LEARNING SUCCESS



Sue Crump started studying for her degree in computing with the Open University (The UK's biggest and most prestigious distance learning University) in 2001 and was determined to continue with her course when the family moved to Virginia Beach. In the last 2 years she has persevered with her studies and is now in the final stages of her Bachelor of Science Degree with Honours in Computing (BSc Hons).

Sue originally trained in nursing and has many qualifications in this field: **Registered Nurse, Midwife and Sick Childrens' Nurse, so I asked "why a degree in computing"**. Like many professional women, Sue felt the need to broaden her skills and has found computing to be a bonus in all areas of her life – the SOPC has certainly benefited from her skills as she is our "webmaster" and "go to girl" with all things IT! Sue and Dave have 2 teenage sons and she has found, that through her studies, she has a better understanding of current IT trends. Her eldest son, Phillip, has been known to proof read and even correct his

mum's coursework!

Although Sue has been successful in her studies, it has not always been easy. **"You need to be motivated and able to organize your time well" she told me, and although she was assigned a course tutor and had access to many on-line resources, the time difference between the US and Europe, often made communications quite difficult. I asked if she ever felt like giving up. "Oh yes!", there was a time, while in the US when Sue fell very ill and couldn't study. When she recovered she had to summon all her resolve to catch up with the missed work and carry on.**

**The Open University (OU), is "open" to everyone. You don't need any qualifications or educational history. The variety of topics you can study is huge and you can mix and match the subjects to suit your own needs and interests. Although this is a British Institute, they encourage international participation and all the details are on the website ("worldwide" link). After talking to Sue and seeing the fulfilment she has gained from this course, I would encourage anyone to log on to the OU website and check out the possibilities:** [www.openuniversity.ac.uk](http://www.openuniversity.ac.uk)



PERNILLE BJERRING—  
UNIVERSITY USA STYLE

When Pernille Bjerring left her job in Denmark as Head of Financial Planning & Pensions for an investment bank, she gave herself 1 year to settle the family in Virginia Beach before going back to work or furthering her education. Pernille chose to return to university and study for an MBA (Masters Degree in Business Administration) and add to the masters degree she holds in International Marketing.

Pernille felt that doing an MBA at an American university would give her an advantage when she returned to Denmark as she would have **specialized knowledge of the USA's business practises, have proved her ability to work in an international environment while at the same time expanding her education.**

Her first step to gaining entry to an American University was to contact HQ SACT Legal Assistance who told her of the NATO financial assistance program offered to ODU (Old Dominion University) students .

She then had to go through the long process of applying to ODU: filling in forms, obtaining proof of her previous qualifications and getting a **"peer recommendation", before sitting admission and language tests. Her advice to anyone thinking about this is "prepare yourself" get the books and/or do the prep course. Pernille also took advantage of the NATO financial assistance plan by contacting CDR Mazza Riccardi on 747 3182. Again, she has strong advice about this. "Keep a record of all your correspondence. There are limited spaces on this program and you need to ensure your place is definite"**.

Pernille has found studying in the US system quite unlike academia in Denmark. The differences would take a whole page by themselves, but she tells me she has enjoyed it immensely – much more than doing her first degree when the pressure to succeed and start a career was huge. If all goes to plan, she will have completed her degree in 2 ½ years – right on schedule. There have been sacrifices however and family time has been difficult to manage. She tells me that the Bjerings are very popular with the local restaurants as she rarely has time to cook! Although education in the US is not cheap Pernille has no regrets and would recommend the ODU to us all.

## LEGALLY SPEAKING!

This month our column focuses on *dependent spouses in derivative “NATO” or “A” category visas studying in the United States during their sponsor’s tour of duty. For information regarding dependent children in “NATO” or “A” category visas studying in the United States, contact a Legal Affairs’ representative. US military personnel and their dependents should consult the State Council for Higher Education in Virginia (SCHEV) ([www.schev.edu](http://www.schev.edu)) for information regarding “Tuition Benefits for (US) Military Personnel”, or can request the information directly from Legal Affairs.*

If you have explored tuition and related costs for education in the United States, you are aware that it can be quite expensive. You have also likely learned that there are both *public* and *private* educational institutions, and the costs vary significantly. Public educational institutions are subject to more stringent laws, regulations and guidelines, which includes limiting a public university’s ability to extend in-state tuition to international personnel and their families. In Virginia, the coordinating agency for ‘higher’ public educational institutions (ie universities & colleges) is the State Council for Higher Education in Virginia (SCHEV) ([www.schev.edu](http://www.schev.edu)); the guidelines governing public educational institutions can be found on SCHEV’s web site and also in the Virginia Administrative Code (VAC).

**Private educational institutions** are privately owned and operated and therefore make their own rules and regulations. Although tuition is usually much more expensive than public institutions, they are able to extend private grants, scholarships and other financial assistance that state-sponsored public schools are not legally permitted to do. The end result is that often the cost to attend a private university is often quite similar to the cost of attending a public educational institution.

**Establishing Virginia Domicile and In-State Tuition.** Qualifying for in-state tuition rates is directly tied to ‘residency’ or ‘domicile’ (“legal residence”, defined under Virginia law as “the present fixed home of an individual to which he returns following temporary absences and at which he intends to stay indefinitely”). A student is not considered a “Virginia resident” simply by living in or residing in Virginia. Each student must prove Virginia domicile—they can do so independently or may establish eligibility through their spouse, or a parent in the case of children. **The domicile of a ‘dependent’ (in this instance, a “non-working”) spouse, however, is generally considered to be that of the ‘supporting’ (“working”) spouse.** Unfortunately, spouses of international uniformed personnel are not able to establish Virginia domicile through their active-duty military spouses. Such uniformed personnel from NATO (other than the United States) or PfP countries are expressly prohibited from ‘qualifying’ for in-state tuition rates from public educational institutions based upon the active-duty member’s ineligibility to establish domicile pursuant to the NATO Status of Forces Agreement (SOFA) and the PfP SOFA, by incorporation. In effect, *the same SOFA protection which affords ‘members of the force’ protection from residence- or domicile-based taxes, generally serves to preclude our uniformed personnel and therefore their dependents from qualifying for in-state (i.e., domicile-based) tuition.* The Domicile Guidelines can be found at: [www.schev.edu/Students/DomicileGuidelines.pdf](http://www.schev.edu/Students/DomicileGuidelines.pdf).

**Eligibility for Grants, Scholarships and Loans.** Another question we are often asked is whether non-immigrant visa holders, including the “NATO” and “A” categories, are eligible for grants, scholarships, and loans. Although there is no prohibition for a non-immigrant to accept a grant, scholarship or secure a student loan, it is often difficult to qualify or establish eligibility for grant programs and government-sponsored loans, so in most cases the education must be entirely self-funded. *There may, however, be eligibility for the equivalent of in-state tuition (i.e., scholarship) under a special program, or agreement, such as exists between this Headquarters and Old Dominion University (ODU).* For information regarding the arrangement with ODU, contact CDR Mazza Riccardi at +1 757 747 3182.

Additional information regarding this topic can be found in Legal Affairs Handbook for Personnel (“University-Level Education”) presented in question and answer format, on ACT’s home page (“What is ACT”, “Newcomers”, <http://www.act.nato.int/media/2-whatIsAct/newcomers/090528handbook.pdf>). Suggestions always welcome!

**As always, our services are offered to personnel and their dependents alike so please don’t hesitate to contact us .**



Kathy Bair  
Kathy.Bair@act.nato.int; 757 747 3640



Emma Hart  
Emma.Hart@act.nato.int; 757 747 3228



# NOTICE BOARD

## HUNGARIAN FLAG RAISING

23<sup>RD</sup> OCTOBER  
10 am HQ SACT

Spouses are invited to attend this event and the reception to be held afterwards at the  
**HQ SACT Officers' Mess**



OCTOBER 17<sup>th</sup> – 18<sup>th</sup>

## VIRGINIA BEACH CRAFT BEER FESTIVAL

24<sup>TH</sup> STREET PARK,  
VIRGINIA BEACH OCEAN FRONT  
ALL DAY

GERMAN BEER,  
FOOD & MUSIC



## SOPC COMMITTEE NEEDS YOU!

GET INVOLVED AND MAKE YOUR TIME IN THE USA REALLY COUNT.

THE SOPC ARE LOOKING FOR MOTIVATED AND IMAGINATIVE PEOPLE TO FILL THE FOLLOWING VACANCIES:

Assistant Membership Coordinator  
Photographer  
Assistant Photographer  
Assistant Social Activities Coordinator

e-mail:  
secretary@sopc.us



## HQ SACT OMBUDSMAN

The Ombudsman is part of the NATO Family Support Team and we are answerable to the NATO Command. We are here to advise and give guidance to any family regardless of marital status, rank or rate and any nationality. Our aim is to make their time in the US more enjoyable. Anyone can contact us at any time via e-mail, (telephone details will be issued shortly).

The ombudsman team consists of

Marta Bueno : [livemargood@live.com](mailto:livemargood@live.com)

Maria Artigas: [maria.ombudsman.act@live.com](mailto:maria.ombudsman.act@live.com) and

Amelia Chalmers: [am.usa@hotmail.com](mailto:am.usa@hotmail.com)

**GREASE**  
*is the word!*

Sept 29<sup>th</sup> – Oct 4<sup>th</sup>

CHRYSLER HALL  
NORFOLK

Tel: 9757) 664 6464

Starting October 14<sup>th</sup> 2009  
TO LIVE FOREVER –  
Egyptian Treasures from the Brooklyn  
Museum  
At the Chrysler Museum, Norfolk.  
Tel: (757) 333 6295

SOPC  
CRAFT BAZAAR  
ON  
TUESDAY 17<sup>TH</sup> NOVEMBER  
FROM  
11.30AM – 2.30PM  
IN



LUBO'S WINE TASTING ROOM

1658 PLEASURE HOUSE ROAD, VIRGINIA BEACH, VA 23455

Have fun shopping for unique hand crafted gifts in the friendly and stylish surrounding of Lubo's wine bar, where you can enjoy morning coffee or lunch while choosing presents to send "back home" in time for Christmas.

NO ENTRANCE FEE.

Tickets will be on sale for great door prizes with the proceeds going to SOPC Charities.

For more information contact Alison Sykes-Fryer at [craft\\_bazaar@sopc.us](mailto:craft_bazaar@sopc.us)

## WANTED

ARTISTS

&

CRAFTSPEOPLE

To participate in the SOPC Craft Bazaar, on 17<sup>th</sup> November 2009 (see advert above)

This is an exciting opportunity to reach members and friends of the SOPC to exhibit and/or sell .

There is no "Table Fee", but exhibitors are asked to donate a door prize and 10% of their gross takings on the day to the SOPC sponsored charities.

Not sure you can fill a whole table on your own? Don't worry. We will happily pair smaller exhibitors up to share display/vending space.

Contact Alison Sykes-Fryer *as soon as possible* to book your space at [Craft\\_bazaar@sopc.us](mailto:Craft_bazaar@sopc.us)



### **LUBO Wine Tasting Rooms**

1658 Pleasure House Rd  
Virginia Beach, VA 23455  
Tel: 757.216.2900

### **Opening Hours**

Tue thru Thurs	11.30am—11pm
Fri and Sat	11am—11pm
Sun	10.30am—9pm

# Club of the Month

## SPANISH CONVERSATION

# SPANISH CONVERSATION

The Spanish conversation club is an amazing group formed by ladies from different countries such as Belgium, Canada, Germany and Italy. We also accept guests from outside the SOPC.



We meet every other Monday (11:00am – 12:30pm), each time in a different home, hosted by one of our teachers. Last year some of our students invited us to organize some meetings in their own houses. We usually start by having coffee and some nice informal conversation, and then we look at the lesson of the day. We follow a book; this way our members learn in a more structured way and they can prepare the lesson in advance. Finally, if we have enough time, we have a kind of conversation in Spanish, sometimes games, about different subjects.

For this year, if we have enough ladies, we are considering having two different groups: one for our “old” members who have already reached a certain level in Spanish and we will start where we ended last year, and the other group for beginners, with all the grammar explanations and meanings of the words in English; little by little we will encourage this group to have short conversations in Spanish.



As last year, we always say good bye with tasty paella and other yummy Spanish dishes.

**As we say in Spain, *OS ESPERAMOS A TODAS!!!!***

Club leader: Ana Galles

E-mail address: [ana\\_galles@yahoo.es](mailto:ana_galles@yahoo.es)





### ***“The Shortest Distance Between Home And Hope”***

Angel Flight is a remarkable nonprofit air charity organization utilizing hundreds of voluntary pilots and staff to fly thousands of patients to specialized medical care.

It covers an 8-state region including Virginia, Maryland, Ohio, Kentucky, West Virginia, Delaware, Michigan, Pennsylvania and the District of Columbia, as well as partnerships with Airlift Hope of Tennessee and North Carolina. Angel Flight pilots are caring volunteers who fly their private planes using their fuel, time and other resources to transport people with medical and financial need to reach medical care at distant locations. Furthermore, their staff coordinates with pilots, patients and families, doctors, hospitals and medical centers, social and caseworkers, and other care providers.

#### Virginia Beach, Virginia

In 1972, two pilots : one a federal career engineer, the other a pastor of a prominent church in Washington, D.C. , discovered a common passion for flying airplanes and serving people. One day over lunch, the men conceived a flight plan; one that would undergo many changes before becoming Angel Flight Mid-Atlantic, as it is known today. Ed Boyer of the U.S. Department of Health & Human Services and Dr. Louis Evans, pastor of the National Presbyterian Church, discussed how to pool their interests and qualifications. From its beginnings as a charitable shuttle service for religious leaders and dignitaries, to full-scale charitable air ambulance operations, to Angel Flights for ambulatory patients, the initial vision has grown into a network of over 1,500 volunteer pilots in the Mid-Atlantic region who use their private planes to fly people in need to specialized treatment. Angel Flight coordinates missions of mercy from its offices in Virginia Beach, helping thousands of patients each year to find “the shortest distance between home and hope “. This enterprise has been the inspiration for “Angel Flight”, an hour long documentary film tracing the beginnings of medical air transportation through history.

The mission statement of Angel Flight is as follows: “To ensure that no needy patient is denied access to distant, specialized medical evaluation, diagnosis or treatment for lack of a means of long-distance medical air transportation”.

**“The gift of a lift for many means the gift of life”**

#### ONE STORY OF ANGEL FLIGHT

During her 4 years of life, Chloe has had more challenges than most people experience in a lifetime. She suffers from eosinophilic esophagitis a disease that causes her immune system to mistake food for an enemy. It attacks by sending white blood cells to the esophagus, which in turn causes inflammation and pain. Treatment by local doctors was ineffective.

**Janelle, Chloe’s mother, learned about a specialist at Cincinnati Children’s Hospital, Dr. Putnam, but needed a way to get Chloe and herself there. Angel flight arranged a round trip from their home in Chesterfield, Virginia to Cincinnati. “We were treated like VIPs!” Janelle said. “Chloe enjoyed the flights and felt like they were an adventure.”**

**At the hospital, Dr. Putnam was able to identify 4 foods that Chloe could safely eat. “Before going to Cincinnati, Chloe was sick all the time and had developed a severe aversion to eating any kind of food”, Janelle said. “She is regaining her desire to eat, and is now a happy 4 year old girl who is rarely sick.”**

Chloe will have to travel back to Cincinnati several times every year for ongoing care. She and her mom can count on Angel Flight to help them.



PROUD MEMBER OF:



**Sandfiddler Café**, 9561 Shore Drive, Norfolk  
(close to where Shore Drive meets Ocean View)  
Ordered: The Breakfast Burrito with turkey sausage

Taste: high 4

Coffee: 2 but drinkable

Service: 5 - ask and you shall receive.

Pancakes?: no pancakes for me - they only have Aunt Jemima's and I am a real maple syrup girl.

Cost: about \$8.50 plus tip

This is a clean family-run restaurant. The food is good and you can order a la carte if you don't want a big meal. My son says they have the best biscuits and gravy he's ever had - and he loves the country fried steak. Lovely beach artwork on the walls is for sale. Get there by 8:45a.m. on the weekends if you don't want to wait for a table.

Reviewed by Vicki Townend

## BREAKFAST IN AMERICA

A big thank you to our food critics who sent in their comments and recommendations for the **Best Breakfast Review**.

Now it's up to you to go out and see if you agree with our ratings. All categories were given a score on a 1—5 scale. 1 being pretty bad and 5 being fantastic.

The Silver Diner, on the second page, did get a couple of reviews (Thank you Pam & Carol) and both were very complimentary!

**The Cutty Sark**, 4707 Pretty Lake Avenue, Norfolk in the marina between 26th and 27th Bay Streets.

Ordered: the breakfast special - eggs, ham, home fries.

Taste: 4

Coffee: 1

Service: 3 - just a bit slow

Pancakes? : no - no real maple syrup

Cost: about \$8.50 plus tip

The Cutty Sark is a fisherman's diner. You can enjoy a bloody Mary or a mimosa with you steak and eggs if that is how you like to start your day. The food depends on the cook - sometimes the ham is perfection - other times a bit overcooked. The menu is small and there are no frills here - no eggs benedict. It is a smoking restaurant although you can eat on the deck if the weather is good. There is one cook so the service is slow. It is pretty rustic but we like the atmosphere.

Reviewed by Vicki Townend



Now that, my dear James,  
is what I call a Dog's Breakfast...

**The Silver Diner**, Virginia Beach Blvd, near Town Centre.

Ordered: Hearty Breakfast \$7.99 and Pancakes & Eggs \$6.99, Maryland Crabcake Benedict \$9.99

Taste: Hearty Breakfast 4

Eggs Benedict: 5

Coffee: 4

Service: 5 – Friendliest we've found in the USA

Pancakes? : 4 the boys keep going back for more.

The atmosphere is fun with 50's décor. Although very busy on the weekends, they do get you seated really quickly. They are very into customer satisfaction and gave us a free entrée gift certificate when they forgot the homefries once! They will do cholesterol free eggs and strawberry substitution for the hash browns if you want and although the coffee may be slightly weak for Europeans, we find it quite good.

Reviewed by Pam Radford



## SCARY HAIR

Finding a new hair dresser is a NIGHTMARE!

Now it's your chance to help others avoid the frightful friseurs and scissor happy hair stylists. Send you hairdresser review to us at [newsletter@sopc.us](mailto:newsletter@sopc.us). Everyone needs a good hair day!

Name of salon

Where is it?

Name of the stylist who treated you

On a scale of 1 -5, (1 being terrible, 5 being excellent), rate the next 3 services.

Quality of cut

Quality of color

Cleanliness of salon

Price

Would you go again?

In no more than 50 words, give you overall impression of you experience.

**Chicks Oyster Bar**, 2143 Vista Circle, Virginia Beach. (Off Shore Drive by Lesner Bridge)

Ordered: The Farmer's Benedict. Steak, n' Eggs, Kids breakfast

Taste: 4

Coffee: 3 & it kept coming

Service: 4

Did you have pancakes? : no.

How much did your breakfast cost? For 2 kids, 2 adults & Bloody Marys it came to about \$45.00

They definitely do the best Bloody Marys in town. The barman mixes an excellent one or you can mix your own at their Bloody May Bar! We sat out on the decking in the sunshine and watched all the boats go by. Very relaxing and good value for money.

Reviewed by Alison Skyes-Fryer





## BELGIUM—IT'S NOT ALL CHOCOLATE (although we wouldn't mind if it was!) Here are the recipes for the delicious dishes we all enjoyed at May's luncheon.

### TOMATOES STUFFED WITH SHRIMP

Ingredients: serves 4 to 6

- 4 firm, ripe large beefsteak tomatoes
- Salt to taste
- 2 cups cooked, shelled and diced shrimp
- ¾ cup mayonnaise
- Freshly ground black pepper 8-12 Boston lettuce leaves
- ¼ cup minced fresh parsley



Method:

Cut a thin slice off the top of each tomato and save. Carefully scoop out the seeds and pulp of each tomato. Sprinkle the insides of each hollowed out tomato with a pinch of salt and turn upside down on paper towels to drain. Mix the shrimp with mayonnaise and season with salt and pepper to taste. Arrange 2 or 3 Boston lettuce leaves on each plate. Place a scooped out tomato in the center. Sprinkle the inside of each tomato with freshly ground black pepper and fill each tomato with the shrimp mixture. Cover with the reserved tomato tops and sprinkle each plate with minced parsley.



### WATERZOOI OF CHICKEN (GENTSE WATERZOOI VAN KIP)

Ingredients: serves 4 to 6

- 1 stewing or roasting chicken (3 to 4 lbs)
- Salt and freshly ground black pepper to taste
- 2 bay leaves
- 3 or 4 sprigs fresh parsley
- 2 large sprigs fresh thyme or ½ tsp dried thyme
- 3 tbsp unsalted butter
- 2 medium onions, coarsely chopped
- 4 to 6 cups chicken broth
- 4 large carrots, peeled and sliced into ¼ inch rounds
- 5 medium leeks (whites parts), rinsed & sliced into ½" rounds
- 2 medium celery heads, sliced into ½" rounds
- 4 large baking potatoes, peeled & cut into ½" cubes
- 1 cup heavy (or whipping) cream
- 2 large egg yolks
- ½ cup minced fresh parsley or chervil for garnish

Method:

Pull away and discard any excess fat from the cavity. Rinse the bird inside and out. Season and place 1 bay leaf, 2 sprigs parsley and 1 sprig thyme in the chicken's cavity. Melt the butter in a heavy pot over medium heat. Add the onions, stirring occasionally until translucent but not

browned. Place the bird, breast side up, in the pan and add enough chicken broth to partially cover the chicken. Cover and simmer gently over low heat for 30 minutes.

Skim the surface of the broth to remove any foam and fat. Add the carrots, leeks, and celery to the pot. Tie the remaining parsley, thyme and bay leaf together to make a bouquet garni and add to the broth. Cover and simmer slowly for another 30 minutes.

Add the cubed potatoes to the simmering chicken broth and cook until the potatoes are done and the chicken is very tender: 20 to 30 minutes.

Remove the chicken from the broth and transfer to a large plate. Discard the bouquet garni. Allow the chicken to rest until it is cool enough to handle. Strip off the skin and remove the meat from the bones. Shred the meat into bite-size pieces.

Beat the cream and egg yolks together in a mixing bowl. Place the pot over a medium heat. Stir a ladleful of hot broth into the egg mixture to temper it. Gradually stir this mixture into the broth and vegetables. Cook, stirring constantly, over a low heat until the sauce thickens. Do not allow to boil or the sauce will curdle. Return the chicken pieces to the broth. Taste for seasoning and add salt and pepper to if necessary. Garnish with plenty of fresh chopped parsley or chervil.

Serve in heated bowls, making sure that everyone gets equal amounts of chicken, vegetables and broth.

### SPECULAAS ICE CREAM

Ingredients:

- 4 egg yolks
- 120 grams sugar
- Pinch of salt
- 40 cl of full milk
- 2 packages of vanilla sugar
- ½ tsp of cinnamon powder
- 2-1/2 dl of whipped cream
- 200 grams of speculaas biscuit (can use also biscoff cookies which are available at Krogers) or you can simply use vanilla ice cream on its own



Method:

Mix sugar, salt and the 4 egg yolks, beating the eggs until they become foam. Slowly add the milk, vanilla sugar and the cinnamon powder and stir. Keep the pot with the mixture in a Bain Marie and stir continuously until the mixture thickens. Let the mixture cool down and stir from time to time. Add the speculaas biscuits broken in small pieces and put everything in a bowl. Put this mixture in a deep freeze for 20 minutes. Whip the cream until it thick and add the whipped cream to the above mixture. Put in the deep freeze for 4 hours.

# SOPC Club Sign Up

October 7th  
10am—12noon

At

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

Not going to be able  
to come?

Missed the reservation  
deadline?

Don't Worry! E-mail any of the  
clubs below and the organizer will  
be happy to give you all the details.



BOOK CLUB  
4th Thurs. of  
month  
10am – 12  
[bookclub@sopc.us](mailto:bookclub@sopc.us)



BOWLING CLUB  
Tuesdays  
9.30am – 11.30am  
[bowling@sopc.us](mailto:bowling@sopc.us)



BRIDGE CLUB  
Wednesdays  
9.30am – 1pm  
[bridge@sopc.us](mailto:bridge@sopc.us)



ENGLISH CONVERSATION  
Thursdays  
10am – 12  
[englishconversa-  
tion@sopc.us](mailto:englishconversation@sopc.us)



FRENCH CONVERSATION  
2 Fridays a month  
10am – 12  
[frenchconversa-  
tion@sopc.us](mailto:frenchconversation@sopc.us)



GARDENING  
Every 2nd  
Wednesday  
9am – 12  
[gardening@sopc.us](mailto:gardening@sopc.us)



INT. COOKING  
Alternate Fridays  
11.30am—1.30pm  
[cooking-  
club@sopc.us](mailto:cooking-club@sopc.us)



MAHJONG  
Mondays  
9.30am – 12  
[mah-  
jong@sopc.us](mailto:mahjong@sopc.us)



MOMS & TODDLERS  
Every 2nd Thursday  
10am – 12  
[mumsand-  
todds@sopc.us](mailto:mumsand-todds@sopc.us)



MUSIC 4 FUN  
Mondays  
10am – 12  
[mu-  
sic4fun@sopc.us](mailto:music4fun@sopc.us)



TEEN EVENTS  
See newsletter for  
dates  
[sopcteens@gmail.com](mailto:sopcteens@gmail.com)



TENNIS CLUB  
Tuesdays  
9am – 11a.  
[tennis@sopc.us](mailto:tennis@sopc.us)



SCRAPBOOKING  
Thursdays  
10am – 12.30on  
[scrapbook-  
ing@sopc.us](mailto:scrapbook-<br/>ing@sopc.us)



SPANISH CONVERSATION  
Every 2nd Monday  
11am – 12.30pm  
[spanishconversa-  
tion@sopc.us](mailto:spanishconversa-<br/>tion@sopc.us)

CAN'T SEE THE CLUB YOU  
WANT?  
To find the right club or start one  
yourself, e-mail the SOPC social  
coordinator at [social@sopc.us](mailto:social@sopc.us)



## THE SOPC STARTS THE NEW SEASON WITH SUCCESS



**On the 21st of September, the SOPC held it's annual "Welcome Coffee". Newcomers to the area were invited to enjoy a relaxing morning in the sociable atmosphere of our international club. This event was intended as a "taster" - an opportunity to sample the great spirit of friendship that is our trademark. Sponsors, NRs, Committee Members, Ombudsmen and Club Representatives were all on hand to explain the many benefits of joining the SOPC, and as a result we are happy to welcome many new members with more joining "on-line" every day.**



## 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](mailto:newsletter@sopc.us). Just make sure it gets to us by the 23rd 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  
Your Newsletter Editors

