

# OPAWL NEWSLETTER



Jenny Long

President

## PRESIDENT'S MESSAGE

First, thank you to all the OPAWL members that joined our Virtual Happy Hats Hour over Zoom on Thursday! It was so nice to "see" you lovely ladies. I hope that we can schedule more of these video conference calls in the future, perhaps next time we will do a happy hour later at night or even a coffee catch up earlier in the morning. Email [opawomen.org@gmail.com](mailto:opawomen.org@gmail.com) and tell us what kind of virtual meet ups you would be interested in joining.

It has been almost one month since Governor Newsom issued a Stay at Home order for California. I find myself spending a lot of time reflecting. How have things changed for you? How have they stayed the same? Here's what my days currently look like:

My daughter, a sophomore in college, is back from New York and finishing the rest of the semester online. She is hoping for the best as she looks forward to the fall. Our yard has been transformed into various different gardening experiments as we try to replace the fresh produce that we love but don't want to make unnecessary trips to the store for. (Quite a challenge as I've always had a brown thumb!) With that in mind I'm excited that we have a little update from our Gardening club in this issue as I can use any advice to increase my skills in this area. I hear my friends are busier now with virtual meetings for work than they were prior to staying at home. I have been busy communicating with my real estate clients. And for fun, my husband and I decided to sign up for Master Class as they currently have a buy one membership get one free promotion and we've enjoyed learning from some of the best cooks and best authors in the world. And these are just a couple of the many things each day is filled with!

I think we are all learning how to navigate our new normal.

*cont. page 2*

APRIL 2020



Thank you to all who serve!!



ORANGE PARK ACRES  
WOMEN'S LEAGUE

[www.opawomen.org](http://www.opawomen.org)  
[opawomen.org@gmail.com](mailto:opawomen.org@gmail.com)

# PRESIDENT'S MESSAGE *cont.*

While change can be difficult and this situation certainly has its challenges, I think there is great opportunity here. It is rare that we are given times in our life where we can really get a moment to take a breath, consider everything, reevaluate and begin anew. So this month I've decided to challenge myself and really determine what I am passionate about, where my priorities lie and what I want to focus my time and energy on so that I can live my happiest and best life and help others live theirs. I hope that you will challenge yourselves to make the same determinations.

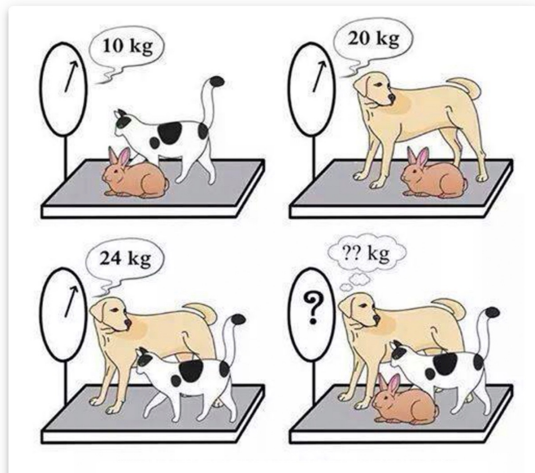
## Section Meetings

While some of our sections aren't able to meet in person during this time, some will start to meet virtually. This would be a great time to join the Literature Club for example as rumor has it that they will be able to hold their meetings virtually.

## FEED YOUR BRAIN

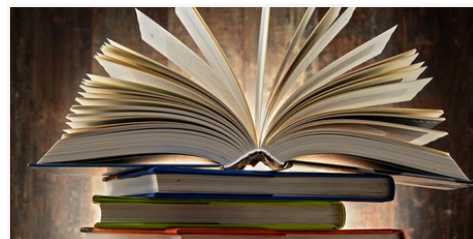
### 1 What is our weight?

A great mathematical problem solving activity for students to work out the weight of all three animals in the fourth image.



### 2 Move one glass only...

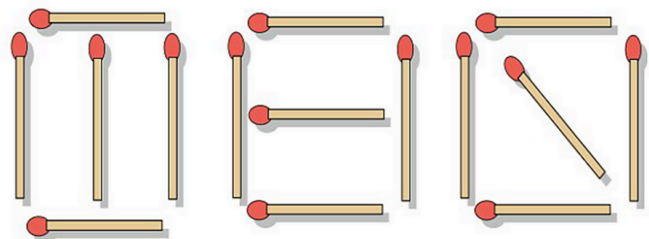
In this visual brainteaser students can see three glasses on the left that are full and three on the right that are empty. They can only move one glass to make a row of alternately full and empty glasses. Which one do they move?



Looking for something to read? Here is a list of past books:

- Eleanor Oliphant
- Little Women
- The Dutch House
- The Kommandant's Girl
- The Secrets We Kept
- Little Fires Everywhere
- A Dangerous Place
- Poland
- The Matriarch
- Educated

### 3



Remove six matches to make 10

Answers on page 4



# GARDEN SECTION

*Words & Pictures by Lois Widly*

I have two boxes of Artichokes growing as you can see they are almost 5 feet tall. I picked the first batch and cooked them in my pressure cooker. When they were cooked I put them in a bowl and marinated them with olive oil, garlic paste, salt and pepper. Yum Yum YUM!!! After I had some (they were delicious) I put the rest in the frig and take a few out when I want one of these treats!

Artichokes are easy to grow, you just have to buy small stalks. I got mine from (Orange County Farm Supply) several years ago and they grow, produce, and die back to stalks each year. That always amazes me when I see huge plants again.

I also have 6 tomato plants. Three plants are in separate plastic boxes that contain the plants, good growing mulch, and water. Each box has a whole on the side so that when I add water when it starts to drip out I stop, indicating that it is full. This method of box planting avoids, most weeds, and even snails. The OPAWL-Garden group had a gentleman that showed us how to do it this way and I bought the boxes he had already prepared for use. My other 3 tomato plants are in smaller pots and they are more work to keep watered. I also have 4 zucchini plants that I am nurturing to get ready to plant now that the big rains seem to be stopping. My biggest crops are my fruit trees, though they are a lot of work to trim and keep up but I love the fruit I get from them. Some of my fruit trees include: Oranges, Apples, Persimmons, Mulberries, Figs, and Guava.

For several years, Rose Ellen Cunningham has been organizing interesting and enjoyable things to do and see for the OPAWL Garden Section. If you are a member of OPAWL, you can join the "Garden Section" where you can learn more about gardening, or go on garden oriented visits to homes in our area. Rose Ellen has also arranged for us several times to visit special places like Sherman Gardens, where we also enjoy an amazing lunch. **To participate, contact Rose Ellen on her cell at 562-618-5379.**



# FUN ACTIVITIES

## Trees Word Search



|           |            |          |
|-----------|------------|----------|
| Alder     | Cottonwood | Pine     |
| Apple     | Cypress    | Poplar   |
| Ash       | Dogwood    | Redwood  |
| Aspen     | Elm        | Sequoia  |
| Birch     | Fir        | Spruce   |
| Buckthorn | Hawthorn   | Sweetgum |
| Cedar     | Hazel      | Sycamore |
| Cherry    | Larch      | Walnut   |
| Chestnut  | Maple      | Willow   |
| Chinkapin | Oak        | Yew      |

## Answers to Brain Teasers

1. Math calculations will give the weight of the dog as 17 kg. Therefore the weight of the cat and rabbit are 10 kg, so the answer is 27 kg.

2. Pour the second glass from the left into the empty glass second from the right.

3. You can make the word 'ten' by removing the bottom matchstick and two side matchsticks from the first letter. The far right matchstick on the second letter and the top and bottom matchstick on the third letter.

## WHAT TO DO WHILE YOU'RE STUCK AT HOME

ON SELF-QUARANTINE OR  
JUST BECAUSE

- Take a virtual tour of the Louvre Museum: [Louvre Virtual Tour](#) ← click on link
- clean out/organize your closet since you've been putting it off
- organize your pantry – throw out expired stuff and put like things together on a shelf
- make a dream list of vacations with your kids, spouse or friends – we will eventually get to go to festivals and the airport again
- catch up on some documentaries
- learn a new hobby – crochet, photo editing, sewing
- clean up/out your saved mail or financial files
- complete all your tax forms if you've not already done so!
- write a letter to your kids, neighbor kids, or out of town family
- put beans in a wet paper towel in a Ziploc bag and tape it to a window. Watch the sprout grow each day.
- try out new recipes from Pinterest Board!
- print a photo book from all the photos on your phone [www.chatbooks.com](http://www.chatbooks.com) or [www.snapfish.com](http://www.snapfish.com).



# SECTIONS & OTHER INFO

*(currently not meeting in person)*

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## LITERATURE GROUP

Please contact Kathy Manulkin at (714)639-8686 & current book listed on website.

## HOT TROTTERS GROUP

Contact: Sarah Nzala  
sarahnzala@gmail.com

## HOME & GARDEN

Contact Rose Ellen Cunningham  
(714)532-1326

## FOODIE LUNCHEON GROUP

The luncheon is a great time to connect with other members and enjoy a great meal. Check your email for the monthly Evite. Please contact Phyllis Helt for any questions (714)744.9269.

## BUNCO GROUP

Our Section meets on the third Friday of most months at 7PM. Bunco is an easy dice game, learned in a few minutes. It's \$10.00 to play and there are money prizes for the winners of different categories.

Our leftover monies is donated to BEVERLY HOUSE for the young women and BETHANY HOUSE for the older women during the holiday season. All are welcome to join us. Call Section Leader Linda Mazzara 714-633-9079 for particulars for the upcoming year. It's a fun evening!!

## GAD-ABOUTS GROUP

We are needing a new leader. If you like adventure and are interested

## BEGINNING BRIDGE

Contact Annette Mason (714)538-4683

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## April Birthdays

- 2nd - Lynn Canton
- 2nd - Peri Tooker
- 3rd - Debra Welch
- 7th - Linda Mazzara
- 8th - Rose Rock
- 9th - Ann Webb
- 9th - Laurie Triggs
- 10th - Kathy Manulkin
- 16th - Tracy Savage
- 20th - Lynda Stewart



**If anyone needs help with groceries or emergency services during this pandemic, please contact Emilia Sugiyama (310)569-4662. Help is one phone call away.**

# RECEIPE OF THE MONTH

(ready in 30 minutes)

READY IN: 30mins

SERVES: 2

## DIRECTIONS

Combine oil, vinegar, sugar, salt, seasoned salt, pepper and onion powder in a bowl. Pour over cabbage; chill for at least 2 hours or overnight.

UNITS: US

## INGREDIENTS

Nutrition

|   |  |
|---|--|
| ½ | cup vegetable oil                        |
| ½ | cup red wine vinegar, plus               |
| 2 | tablespoons red wine vinegar             |
| 3 | tablespoons sugar                        |
|   | salt                                     |
| 1 | teaspoon seasoning salt, such as Lawry's |
| ¼ | teaspoon black pepper                    |
| ¼ | teaspoon onion powder                    |
| ½ | head red cabbage, very thinly sliced     |

 [PRINT RECIPE](#)

[Submit a Recipe Correction](#)

## MY PRIVATE NOTES

[+Add a Note](#)

## Northwoods Inn Purple Cabbage Salad



Submitted by Phyllis Helt

## Easy Homemade Vegetable Soup Recipe

★★★★★

This Easy Homemade Vegetable Soup Recipe is ready in 30 minutes! It's the best healthy vegetarian soup, loaded with vegetables and it's SO much tastier than canned soup! Plus it's freezer-friendly and makes great leftovers!

**Course** Main Course, Soup

**Cuisine** American, Italian

**Keyword** easy vegetable soup, easy vegetable soup recipe, healthy vegetable soup, homemade vegetable soup, homemade vegetable soup recipe, vegetable soup, vegetable soup recipe, vegetarian soup

**Prep Time** 10 minutes

**Cook Time** 20 minutes

**Total Time** 30 minutes

**Servings** 10 Servings

**Calories** 112.5kcal

**Author** Laura

### Ingredients

- 2 TBS olive oil
- 1 tsp minced garlic
- 1 cup onion finely diced
- 1 cup green pepper diced
- 1 cup celery diced
- 1 cup red pepper diced
- 1 cup carrots peeled & diced (about 4 carrots)
- 2 cups vegetable broth
- 2 TBS Italian seasoning
- ½ tsp sea salt or more to taste
- ¼ tsp pepper or more to taste
- 1 (14.5 oz) can kidney beans drained and rinsed
- 2 (14.5 oz) cans diced tomatoes
- 1 cup frozen peas
- 1 cup frozen corn
- 1 cup frozen green beans

### To serve:

- 2 TBS chopped fresh parsley
- Parmesan cheese for topping

### Instructions

1. Add olive oil, onions and garlic to a large stockpot. Cook on medium-high heat until onions begin to soften (about 5 minutes)
2. Add green pepper, red pepper, carrots, celery and stir to coat the vegetables with olive oil.
3. Cover and cook for 5 minutes, stirring occasionally or until the vegetables are soft.
4. Add vegetable broth, Italian seasoning, sea salt, pepper, beans, diced tomatoes, peas, corn and green beans and stir.
5. Turn heat to high and bring mixture to a boil.
6. Reduce heat and simmer for 15-20 minutes or until vegetables are cooked.
7. Use a ladle to serve soup into bowls, top with parmesan cheese and fresh parsley.



Submitted by Emilia Sugiyama