

OPAWL NEWSLETTER



Jenny Long

President

PRESIDENT'S MESSAGE

I hope everyone had a wonderful Fourth of July last month and had time to relax and enjoy your families. OPAWL has traditionally been dark in the month of July but this year, in the midst of the pandemic, our very dedicated OPAWL members Emilia Sugiyama and Lois Widly carried out an extremely successful, socially-distanced, garage sale for OPAWL. These amazing women managed to raise more than \$2,000 in support of the organization! And a very special thanks to both Emilia's husband and Lois's son who were instrumental in moving all those heavy items around.

Is August really almost over? It seems like just yesterday it was spring and now summer is just about done. Our kids are beginning to head back to whatever version of school they will be attending in the fall. Stores have started to put out Halloween candy and decorations a full month earlier than they regularly do. I'm fine with that. I look forward to Halloween although unfortunately we have never received a trick-or-treater in the entire time we've been in OPA. I confess I still buy the candy though! So seeing it in the store put a smile on my face.

Halloween is something to look forward to which makes me think. What do the members of OPAWL look forward to? Do you have plans for this fall or next spring or summer? Why don't you share them with the group so we can all look forward to something with you. We can share your feedback in future newsletters!

One event that I know I look forward to is OPAWL's annual membership social. This year certainly provides a challenge in that we won't be able to gather for that event in the way that we have traditionally done.

AUGUST
2020



STAY CONNECTED

www.opawomen.org
opawomen.org@gmail.com

Also in World News...



- Devastating CA fires
- Hurricane Laura hits
- Disney to release Mulan on Disney +
- TikTok app is banned
- OC removed from state's Coronavirus watch list
- Rising Heat - Stay Cool
- Paleo of Keto or Plantbased (confused)

PRESIDENT'S MESSAGE *cont.*

But that's ok because as they say necessity breeds ingenuity and so we think we've found a solution that will be fun for those who'd like to participate but not create too much risk. We are looking into a way to deliver meals to people who want to be a part of the membership social and then have all those individuals log on to a Zoom conference from the comfort of their own home. So save the date as we have tentatively scheduled September 24 for this event!

And since our June bingo was such a hit we thought we'd try it ago but this time give it a Halloween theme! Halloween virtual bingo will take place in October so keep an eye out for more information on how you can participate.

We'd also love to hear from you if you have any ideas or suggestions for virtual or socially distanced activities we could do that you might be interested in.

Email opawomen.org@gmail.com with your ideas. We want to make sure this organization is here for you.

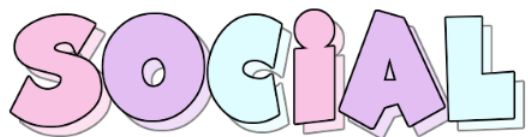
MEMBERSHIP SOCIAL in a COVID world

Hello Ladies, on behalf of your board, we would like to plan a Virtual Membership Social this September. We have selected the early evening of Thursday, September 24. Please mark your calendar now. Our plan is to connect via Zoom (I am hoping by now, ladies, your family has exposed you to this simple & fun way to get together without taking risks). The board would like to provide a dinner (to be determined) to be delivered directly to you. You provide your favorite beverage, we provide the meal and by doing this, it will give us the opportunity to share a wonderful meal together. Our membership social is traditionally our most attended event each fall and this year should not be an exception. We will make it work!

We are asking you to respond quickly to the Evite because if don't get enough ladies, we will have to cancel these plans. The last few events your board has planned, although very fun for those that did attend, it was the same ladies. **Please in this quarantine world we are living in, contact with others to laugh and visit is the best medicine.** This is *your* Women's League, and the Board virtually meets often to discuss how we can keep you engaged. We feel that our Annual Membership Social is your opportunity to connect and we would love to see you.

I look forward to seeing all your faces soon,

Donna Aidekman, Treasurer



OPAWL FUNDRAISER

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Garage Sale

This year has brought many changes to our lives. One major change is that I have become a schoolteacher, cafeteria cook, PE teacher and a scientist. Not by choice! Let me tell you, I have gained a new appreciation for our school system and our teachers. It has been probably one of the toughest challenges I have been dealt. Not because of lack of technology but because there are so many other things that I need to do and can't get to because I am sitting next to my son helping him with his work. I swear this child of mine has a tapeworm! He's hungry every hour on the hour!! Heaven help me and grant me patience. ☺

Another change that we had to adjust to is fundraising for OPAWL. There are still several people and organizations that depend on us and how are we supposed to raise money if we can't gather? Well, Lois Widly and I found a small solution. We held a COVID compliant garage sale at my home. Everyone was required to wear a mask and hand sanitizer was provided. Prior to the event, we brought down loads and loads of goods that were graciously donated by Toni, a neighbor on the Meads loop. Boy did we luck out! In her previous life she was an interior decorator and she had some beautiful high-end furniture pieces and what seemed like a million lamps, lampshades and silk pillows. Along with the treasures we got from Toni, I also took the opportunity to clean out my closet and my clothes literally flew off the rack.

The event was successful and we sold most of the items and what we didn't sell, we took to The Salvation Army. We netted over \$2,000!!! Yes, it was a lot of work for just us few that worked the event, but I know the Queen of Garage Sales, Kay Thomas was smiling down on us.

Even though we can't unplug the 2020 Year for 10 seconds and then plug back in for a reset, we have to look for creative ways to still run the league, manage our connections and virtually see the smiling faces of the people we care the most for.



Masked up &
working the
garage sale:

Emilia & Lois

Written by: Emilia Sugiyama



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OPAWL SCHOLARSHIP

Recipient

Julia Reitkopp is the OPAWL's SCC Scholarship Recipient selected by our committee for 2020. She has attended SCC since the fall of 2016 majoring in Biology/ Biotechnology and Chemistry. Her goal is to become a pediatric plastic surgeon and hopes to discover an end to congenital disorders. From an early age she was interested in science and medicine. Julia, herself suffers from Fibromyalgia and recently lost her father to prostate cancer.

Julia was very active at SCC and in her community. A Phi-Theta Kappa, in STEM Club and the Honors Program. Gave back to her community by performing and singing at senior centers, and did workshops for girls in fencing. Also participated in Academic completions Science Olympics, Pentatheon, Math and National Fencing Jr. Olympics. She also earned and participated in an internship at CSUF.

Her professor references all stated how dedicated, outstanding, responsible, kind and generous they perceived her to be with high ratings. She has been accepted at the UCLA to continue her education.

Written by: Rose Rock
OPAWL Scholarship Committee

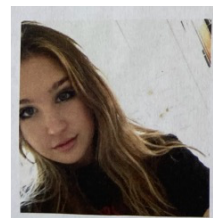
To the generous donors of OPAWL Scholarship,

Throughout my studies at Santiago Canyon College, I was able to achieve great success through my hard work, dedication, and perseverance. I have learned that pushing through difficult circumstances will only make you a stronger individual and better able to handle future hardships. It is very possible to achieve high goals if you continue to persevere. Through hard work and dedication, I will leave that anything can be achieved. My road has not always been easy, but I believe that my perseverance has gotten me this far. From a young age, I have always had a passion for science and medicine. Being able to come by my love of helping people walk while simultaneously stimulating my mind with the rigorous math and science courses, I knew that biology was the major for me. Through the help of the educational counselors at Santiago Canyon college, I have been able to complete the necessary pre-requisite courses to be able to transfer to the number one public institution in the United States, UCLA. Upon completing my bachelors degree at university of California, Los Angeles, I plan on continuing my education at a medical school. My career goal is to become a pediatric plastic surgeon. It would be a very rewarding mission to discover a way to bring an end to congenital disorders. It would also be an honor to have the opportunity to help the lives of young children.

At Santiago Canyon College, I found ways to get involved on campus in various activities. I participated in the STEM Teach Internship program. I have also completed the Honors Program at Santiago Canyon college. In the summer of 2018, I was selected to participate as a student research assistant in a genetics and evolution lab working with fruit flies at California State University, Fullerton. Gaining research experience as it community college student was an honor and helped expand further into the field of biology. At the end of my experience at SCC, I have successfully gain admissions to UCLA.

It is a great honor and I am very grateful to be granted with the scholarship opportunity. Upon transferring, there are many new expenses that come along with living on campus at a four year university. Being awarded such a generous amount of money will assist me tremendously when paying student loans. Knowing that there are such caring people, as you, only makes me want to further my education and continue my pursuit of becoming a pediatric plastic surgeon as I transferred to the number one public institution in the United States, UCLA thank you so much for your generosity.

Julia Reitkopp



REMEMBERING FRAN

Our community lost a beautiful woman when Fran Every passed away. The memorial service was held at Holy Sculpture Cemetery. All social distancing guidelines were followed and the service was held close to the Crypt where her husband's urn resides. It was a joy to listen to her children and grandchildren speak. It turns out Fran took up bridge to help her get over the loss of her husband. That is where she met Marcus, her partner and Bridge partner. Turns out Fran was also a big fan of shopping, which was a reoccurring theme told by everyone as well as that she loved a bargain.

Guests were encouraged to turn on their phones and scan a barcode, only to enjoy a beautiful photo gallery we were able to access as music played. The service concluded with the family placing her urn in the Crypt and saying their last goodbyes.

The guests were invited to lunch at Fran's friend Marie's house in Villa Park. Tables again were placed apart with only a few chairs at each table. Italian food, Fran's favorite to cook were served. The OPAWL group was about 8 ladies. I believe the Bunco Group will really miss her rushing us along once a month on Fridays.

Written by: Donna Aidekman



SECTIONS & OTHER INFO

(currently not meeting in person)

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 are 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

August Birthdays

AUGUST 11 - DONNA CARVER

AUGUST 26 - FRED A MAIN

AUGUST 30 - KAY LYNN ALVAREZ

AUGUST 31 - JEN MCKEEN



RECIPE OF THE MONTH

Parmesan Crusted Chicken

This Baked Parmesan-Crusted Chicken tastes like it's been deep fried, but it hasn't! Even better, it's ready in under 30 minutes and is easy to whip up at the last minute.

Serves 4 Prep Time 10 mins Cook Time 20 mins.

Ingredients:

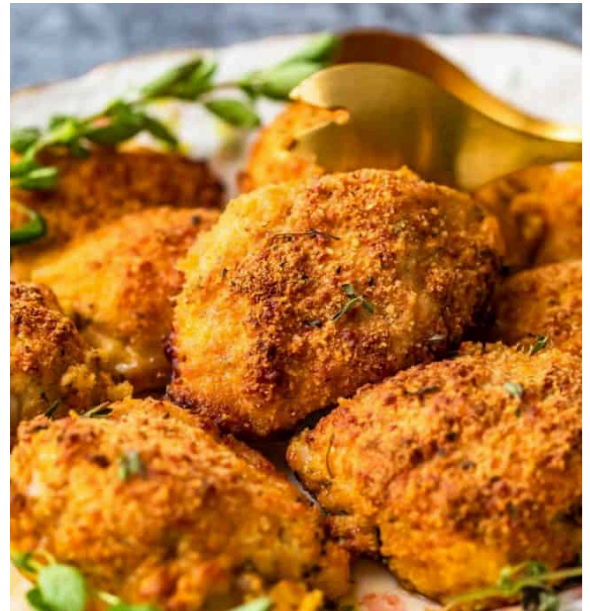
½ cup Mayonnaise
¼ Parmesan cheese
4 boneless chicken breast halves (1 ¼ lbs)
4 tsp. Italian seasoned dry bread crumbs.

Directions:

Preheat oven to 425 degrees
Combine Mayonnaise with cheese in medium bowl.
Arrange chicken on baking sheet. Evenly top with Mayonnaise mixture, then sprinkle with bread crumbs.

Bake until chicken is thoroughly cooked, about 20 Minutes.

Enjoy crusty, delicious chicken without frying.



Submitted by Phyllis Helt

If you have a recipe that you would like to share, please forward it to opawomen.org@gmail.com. We would love to cook your dish!

ACTIVITES

What are you doing this weekend?

There may not be any big events on the calendar, but you can still enjoy all the best things Orange County has to offer with your family. Here's a few things you can do in Orange County to make the most of your days off.

Explore A New Beach

The beaches are open and there is no shortage of shoreline here in Orange County. We know you haven't explored them all. Here are a few of our favorites:

Victoria Beach: This is where you'll find the pirate tower in Laguna Beach. It's one of the best instagram spots in oc, and a favorite place for exploring. Park on PCH at Victoria and walk to the end of the street to find the stairs down to the sand. There are [tidepools to explore](#) here too, but remember, no plundering.

Take A New Trail

Whether you're looking for an easy stroll along a paved path or a difficult hike into the backcountry, Oc's got it. Here are a few to check out.

Strolling

San Clemente Coastal Trail: The San Clemente Coastal Trail is a 2.3 mile path that extends from North Beach to State Beach and offers up views for days. The path parallels the railroad tracks so you'll occasionally be passed by an Amtrak or two. Take a tunnel out to the sand to search for shells and keep an eye out for dolphins splashing in the waves.

Newport Back Bay/Upper Newport Bay Nature Preserve: Park in the lot near the Peter & Mary Muth Interpretive center, or on the street anywhere nearby and head out to the trails here. There are paved and packed dirt trails here so that you can extend your hike and alternate trails. The Back Bay Loop is 2.8 miles, but you can create your own hike here to make it shorter. You'll love the views of the Back Bay and watching the wildlife here.

Hiking

For hiking you can find trails for every skill level. If you're looking to put in some work and log some miles, the best places to go are:

Crystal Cove State Park: There are over 20 trails in Crystal Cove State Park with moderate hikes ranging from just under 3 miles to over 9 miles long, some climbing over 1,000 feet above sea level offering breathtaking views of the ocean and Orange County



Low-risk social activities

Many other outdoor activities can be good choices, too:

- **Picnics.** Pack food from home or pick up takeout from your favorite restaurant or food truck and take it to enjoy at your favorite public park.
- **Farmers markets.** Wear a mask and maintain a social distance of at least 6 feet from others.
- **Gathering with only a few friends.** Allow for social distancing between people from different households and skip the hugs and handshakes. Plan activities that don't require close contact, such as sidewalk chalk for kids or playing a music instrument. And offer hand sanitizer.