

The Friendly Bulletin

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Home Edition

Week of June 19, 2022

Vol. 116

We have decided to continue this Bulletin for a while because many of us are still at home.



Some Things to Try

Listen to the radio

A different method for making tea.

Clean up the yard

Make Olivye - Ukrainian Potato Salad

Take a break with a glass of iced tea

Make a gratitude list

Be grateful for your life companions

Find one item for the "GO BOX"

Don't forget your 15 minutes of Sketching

Google ART Question:

What is the traditional Art of Ukraine

The Funnies/Did You Know

A Quaker Woman,

Maria Mitchell was the first professional female astronomer in the United States. In 1847, by using a telescope, she discovered a comet which as a result became known as the 'Miss Mitchell's Comet.' She was awarded a gold medal from the King of Denmark for her discovery.

Clerk Maxwell

was the first to foresee that radio waves existed. His theory is known as Maxwell's equations, and it described light and radio waves as electromagnetic waves traveling through space. Other types of electromagnetic waves include Bluetooth, radar, x-rays, infrared, ultraviolet, and microwaves.

WLW

The most powerful radio station ever (In Cincinnati, Ohio.) which broadcast at 700KHz, in the 1930s, the radio wave was 500Kw radiated power. Those in the vicinity of the transmitter heard the programming in their pans, pots, and mattresses.

This Weeks Google Question:

What are Acoustic Gravity Waves & can sound cause a tsunami



We Hold Up in Prayer

Our Homebound Members,
Our Grieving Members,

The Families of

Ronnie Murr, Groome Fulton
& Will Holland

Our Recovering Members

Charles Riehs, Carol Pierce,
JD Dobbins, Linda Embler,

~~Naomi Brown, S. A. White, W. L. White~~

Safer Sun Tea

Boiled or distilled water

One teabag per cup water

Leave in sun maximum of

Four hours.

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How to make

Cold brew Tea

This cold brew tea method is courtesy of tea sommelier and self-proclaimed tea master, Jee.

Use **Cold water**

Refrigerate

Steep time: **12 hours**

One Cup Water

for each teabag

There is an Artist in Everyone ~ Find Yours

Ukrainian Potato Salad (OLIVYE)



Ingredients

- 4 medium potatoes
- 2 carrots
- 1 onion
- 6 eggs
- 2 cloves garlic
- 2 tbsp dill
- 5 polish dill pickles
- 1/2 cup frozen peas
- 9 oz bologna
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1 cup mayonnaise

Instructions

1.) Place the potatoes (any), carrots and eggs into a **medium-sized pot**, cover with water and bring to a boil. Once the water boils simmer the veggies over medium-high heat for 7 minutes and remove the eggs only. Run the eggs under cold water and set aside.

2.) Continue to boil the potatoes and carrots until tender (an additional 10-15 min after you remove the eggs); remove and set aside to cool. Do not over boil, we want tender yet firm veggies that hold their shape. If you cook too long you can end up with mush.

3.) Meanwhile dice the bologna, onion, and pickles. Crush 2 cloves of garlic and transfer everything into a large bowl.

4.) Add the dill, mayo, salt, pepper, and peas to the pickle mixture and set the bowl aside.

- Note: Depending on how salty the pickles that you use are, adjust the salt to your liking. |