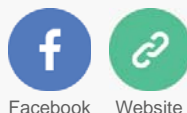


Business and Professional Women Southern Ocean County

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August
2021 Newsletter
www.bpwsoc.org



What a grand and hot summer we have been having. It's been challenging to relax due to the current atmosphere and I hope everyone has found pleasurable ways to relax...the beach, hot yoga, new outdoor adventures, what ever brings you to a calm place....just do it! We are strong independent women that need a break every so often and hopefully everyone is doing that. Using the electronic method of watching a new series or movie to get away from the daily pressures, or reading, anything to change the thought process is helpful to unwind and relax. What's your favorite way to escape???



* * * * *

August 10th will be a "Members Only" outing. Thank you.

* * * * *

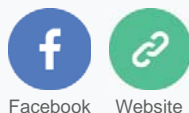
Our September 14th meeting is slated to be held at Breaker's Kitchen and Tap, 535 Route 9 in Waretown, NJ 08758 at 6PM (meetings start at 6:30pm). Due to current Covid-19 updates, we will notify our members if we will be meeting there or will be holding a Zoom meeting. We will keep you posted on this as we get closer to the date.

* * * * *

Enjoy your summer, don't forget to hydrate, and be safe!!!

Best,

Cyndy Friedland (dot, dot, dot)



Facebook Website



MEMBER BIRTHDAYS:

Gina Dinkey - August 14
 Diane Kett - August 15
 Jakki Gioia - August 24
 If your birthday is in August and we missed you, please let us know. Happy Birthday!

[We are practicing Safety Guidelines for COVID 19](#)

Membership Dues are (\$75.00) and renew or start each year in

April - If you have friends/colleagues that are interested in

joining, please invite them to our next meeting.

SEND YOUR CHECK PAYABLE TO: BPWSOC

**BPWSOC
 P.O. Box 722
 Barnegat, NJ 08005**

(or, you can mail it direct to Lisa's home address).

2021 Schedule

- August 10 - Pool Party at Jennifer Armstrong's home**
- September 14**
- October 12**
- November 9**
- December 14**

Our "Holistic Fair" TBD
 (members are currently working on a date & venue)

ADDITIONAL EVENTS WILL BE ADDED AS THEY OCCUR

(Note: There will be Executive Board Meetings the week before each General Meeting, Date, time and place of these meetings will be announced prior to the monthly meeting.)

REMEMBER TO BRING YOUR BUSINESS INFORMATION FOR NETWORKING to Meetings & all Events!!!



This is where we send Sunshine to a Member/Members who has had a celebration, wishes to get well, or sympathy. (We want you to know, we are thinking of you, whether you are specifically mentioned or not)

Wishing Susie Sullivan a speedy recovery from her surgery.



"You will always be 'Too Much' for some...Too Loud...Too Soft...Too This...Too That. But you will always be perfect for the people who really love you.."
Author Unknown



Good and Welfare

We extend our best wishes to all who may be experiencing difficult times.

**Everyone can be vaccinated, if you wish.
Be Safe, be smart, be respectful & be kind to one another!**



www.BPWSOC.org



Rosie the Riveter is a cultural icon of the United States, representing the American women who worked in factories during World War II. Rosie the Riveter is commonly used as a symbol of feminism and women's economic power.



Our Scholarship Applications for 2021 will be postponed until 2022. You can [download and view an application](#) to prepare to apply (for 2022) on our website. Each year, applications must be received by April 30th to qualify for review. (2022 applications will be available at the end of the year).



Computer Tips:



PC Tip/Info:

It is official Microsoft has announced that there will be a new Operating System: "Windows 11". Do you know that your computer (which is a piece of "hardware", would not be at all functional without the Operating System (aka "software"). Your computer needs to have an Operating System - both in Windows computers as well as Apple computers. It is what instructs your computer what to do. Once you have an Operating System, then you can add/install other Software/Applications/Programs to your system to do anything from typing letters, editing photos, managing your income & expenses, playing games, and many more tasks that we need to run our lives and businesses.

Currently Microsoft has scheduled for Windows 10 to end support in 2025 (therefore we have a bit over 3 years left on our Windows 10 computers). Additionally, Microsoft has made it a bit more complicated to just upgrade to the new Windows 11. When we had Windows 7 and Windows 8, they made it a free upgrade to Windows 10 in July 2015 and some systems were not compatible for the upgrade. It seems that some of the systems already out there running Windows 10 will not be compatible. I am recommending anyone needing a new computer, try to wait until the new year 2022, when the computers will already have Windows 11. It is scheduled to be out in October 2020.

Thank you and always be kind and respectful toward our fellow sisters & brothers.

Lisa

--

Lisa A. Gambino
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A2Z Computer Help
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lisag@A2ZComputerHelp.com
Home Office: 732-237-9704

["Like" my pages on Facebook, Instagram and Twitter](#)

Thank you, Have a Wonderful Day!



NEED TO GET AWAY

If you are stressed and looking for a mini vacation to Long Beach Island, or have family or friends that are thinking of a local getaway, or a last minute family reunion, give me a call at 609-290-5040 or e-mail me at Cyndyonlbi@comcast.net: it would be my pleasure to assist you in locating a rental property on Long Beach Island! There are still homes available, so don't hesitate to contact me. Cyndy Friedland

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And, if you need help staying positive during this challenging time or know someone who is affected by the coronavirus, please check out these uplifting ideas and my anti-viral oil - to help them recover faster.

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Reading Corner

Author: Kristen Hannah

Title: The Things We Do For Love

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin is Past President of BPWSOC

Members! feel free to send us something you would like to add to the Newsletter



HEALTH TIP FROM GINA DINKEY

Chakra is life force energy with seven primary centers sometimes mentioned in yoga or reiki. An imbalance is caused when they aren't working in sync resulting in lower vibrations such as depression.

1. Root is red at the base of the spine, grounding to earth and linked to the physical
2. Sacral is orange at the abdomen, creative impulse and compassion, relationships
3. Solar Plexus is yellow, above the belly button, digestive functioning and response to stress
4. Heart is green, power of love, safety, attachment
5. Throat is blue, truth, expression and communication
6. Forehead/brow/third eye is purple/indigo, spiritual gateway, vision, clarity and awareness
7. Crown is violet, top of the head, consciousness, purpose of existence

All of us can work with these energies which impact experiences, creating physical health and happiness. This helps our response to outside influences and knee jerk reactions such as fight or flight.



LEGISLATION

**9th District**[Home](#) | [Facebook](#) | [Twitter](#)senconnors@njleg.org

609-693-6700

[Connors, Rumpf & Gove Disabled Veteran Property Tax Relief Bill Signed Into Law](#)

[Like](#) [Share](#) [Tweet](#)

Legislation introduced by Sen. Christopher Connors, Asm. Brian Rumpf, and Asw. DiAnne Gove that would extend the current disabled veterans' property tax exemption to disabled veteran shareholders and their surviving spouses residing in a cooperative or mutual housing corporation has been signed into law.

[Click for Full Story.](#)

[f Like](#) [Share](#) [Tweet](#)

Sen. Connors, Asm. Rumpf and Asw. Gove said they will vote against legislation that would require dog owners to fence their property, calling the bill extreme and unnecessary.

[Click for Full Story.](#)

[Connors, Rumpf & Gove Hail Signing of Senior Community COVID Legal Immunity Bill](#)

[f Like](#) [Share](#) [Tweet](#)

Sen. Christopher Connors, Asm. Brian Rumpf, and Asw. DiAnne Gove hailed the signing of S-3584 as a statutory means of protecting senior communities from potentially expensive pandemic-related lawsuits now.

[Click for Full Story.](#)

[9th District Delegation Votes Against Sanctuary State Bill that Would Eliminate Effective Tool to Deter Illegal Immigration](#)

 Like  Share  Tweet



Sen. Christopher Connors, Asm. Brian Rumpf and Asw. DiAnne Gove voted against a Democrat bill they said was another attempt to establish New Jersey as a sanctuary state.

[Click for Full Story](#)



[View in browser](#)

equity express

a newsletter from AAUW 

June 2021

“If your competition and your ambition is rooted in you standing on another sister’s neck, it is not feminist, not freedom-oriented, and it’s not worth it.”

—Brittney Cooper, the 2021 National Conference for College Women Student Leaders (NCCWSL) keynote speaker



How to Cultivate Inclusivity

We all have preconceived notions about people that can affect how we make decisions and behave, sometimes in ways that can be discriminatory. Fortunately, you can identify your biases and become more inclusive by:

Exploring your own beliefs. The first step to addressing your biases is to acknowledge that you have them.

Looking for value in differences. It's natural to seek out commonalities with others, but reflect too on all the ways that our differences can add value.

Understanding your privilege. Be aware that not everyone has equal access to the same opportunities, networks, resources and support systems.

Broadening your world. Proactively work to expand your horizons.

Ready to learn more? [Read](#) about how to develop an inclusive mindset and then [register](#) for the Equity Network's Social Change Ambassadors Certificate program.

Did You Know?

Science Pays. Women with STEM jobs earn nearly 28% more than women in other fields. [Check out our free STEMEd for Girls program.](#)

Student Debt Holds Women Back. According to the just-released 2021 update to AAUW's Deeper in Debt report, women graduates are left with a measly \$148/month when you subtract loan debt and a few standard living costs from the average entry-level salary. [Access the latest stats.](#)

June Is Pride Month. An estimated 4.1 million LGBTQ workers live in 29 states that don't have laws protecting them against discrimination based on sexual orientation and gender identity. [Read where we stand on LGBTQ rights.](#)

Know Your Value. The pay gap disproportionately affects women of color, who stand to lose more than \$800,000 over a 40-year career. Negotiating your salary can help. [Find a training near you.](#)

Two-Minute Activist: End Pregnancy Discrimination at Work

The Pregnant Workers Fairness Act would require employers to make reasonable accommodations to protect the health of pregnant workers, such as letting them carry bottles of water or take restroom breaks. [Urge your Senators](#) to make it unlawful for employers to discriminate against pregnant workers.

Equity in the News

The 2021 graduating class of Wilberforce University got treated to an excellent commencement speech. The Ohio HBCU president Dr. Elfred Anthony Pinkard announced the whole class's student debt would be erased. [The Cut](#)

Women in manufacturing leave their jobs at a higher rate than men. AAUW research found that a pay gap, lack of promotion, and harassment are the main culprits. [Boss Magazine](#)

Two-time tennis major champion Victoria Azarenka called out the French Tennis Federation for gender inequality following her recent loss at the French Open. [ESPN](#)

Recommended Reads from AAUW Fellows & Grantees

Whether you're at the beach or in your bedroom, summer is a great time to catch up on your reading—and we have a great list for you! Check out these remarkable [recent books by AAUW Fellows and Grantees](#).

In *Four Hundred Souls: A Community History of African America, 1619-2019*, for example, editors Ibram X. Kendi and 2016-17 AAUW American Fellow Keisha N. Blain assemble 90 brilliant writers to cover Black history in America over the past four centuries. Each contributor takes on a five-year period from 1619 to the present.



Keisha Blain

The Washington Post calls *Four Hundred Souls*, “a vital addition to [the] curriculum on race in America.”

Now Share This

Student loans are making it nearly impossible for many women to meet basic living expenses after graduating from college. Read the latest stats—and solutions—in @AAUW's Deeper in Debt report. <https://www.aauw.org/resources/research/deeper-in-debt/>

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When women
support each other,
incredible things
happen.



Come out, join us and bring a friend....

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