

Happy December, Everyone!

Our holiday meeting will be on Tuesday, December 14th, at 6 PM for networking, and our meeting to start at 6:30 PM at The Breaker's Kitchen and Tap in Waretown. I'm sure you are all familiar with the date and time, and now we can celebrate one of the greatest times of the year. We will be having a gift exchange, aka White Elephant, which we all are bringing a gift to exchange (\$20. cap). This was quite fun last year...get ready to claim your gift! Also at this time we will hear from Theresa Segui from Oceans Of Love who is representing our charitable donation this year. Kindly bring your donation and give it to Lisa if you have not already done so. I'm sure this will be a fine evening for all, and not too much business to do!

Last month we made major decisions regarding our fund raising events for 2022. We unanimously decided to switch our event dates; in April we will host a Psychic Fair at The Captain's Inn. Our Wellness Fair will be held in September pending the change of date acceptance with Toms River Field of Dreams. We will have more time to prepare for the Wellness Fair, which will need all hands on deck for planning and implementing. Your officers will make a field trip to the park to determine how many vendors we can accommodate. As soon as we can do this we will begin our planning of the event. Lisa and I will check with The Captain's Inn regarding their availability for us on a Thursday evening in April. And, we will also be in contact with Vicki for our February outing to The Mathis Tea House.

As we look at 2022 we need to establish a Scholarship Committee. The ladies on this committee will collect and review the applications and decide which applicants are awarded. There is some organizational work involved in this which we can discuss at our meeting. If you are interested in working on this committee kindly let Lisa or myself know.

Take time to celebrate yourself during this time of the year. Look back at your accomplishments and give yourself a pat on the back...GOOD JOB LADIES!!! It has been a difficult time for each of us dealing with our professional and personal lives, making decisions regarding our health and safety, not to mention recuperating from all the challenges that faced us in 2021. Looking forward let's be kind to ourselves as we chart our course for 2022...may it be an exciting and rewarding year for each of you!

Best,

Cyndy Friedland  
President BPWSOC



**MEMBER BIRTHDAYS:**

Gina Cannone - December 7  
Cyndy Friedland - December 8

If your birthday is in December 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**

- December 14**
- January 11**
- February 8**
- March 8**

Psychic Fair - Date TBD  
Our "Holistic Fair"- Date 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 Diane Kett and Lisa Gambino a speedy recovery..



***"True Patriotism springs from a belief in the dignity of the individual, freedom and equality not only for Americans but for all people on earth..."***  
***Eleanor Roosevelt***



Good and Welfare

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

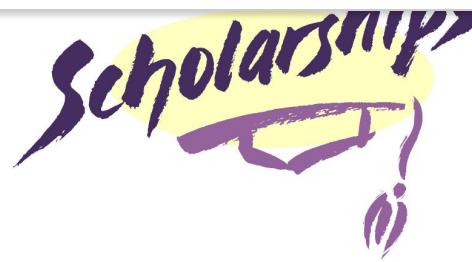
**Everyone can be vaccinated, if you wish.**  
**Be Safe, be smart, be respectful & be kind to one another!**



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.



[www.BPWSOC.org](http://www.BPWSOC.org)



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:

Happy December and Happy Holiday Season!

It is that time of year, we are all buying things, stuff, gifts, electronics, etc... It is also the time of year when some Insurances renew. The best tip I have at this time of year (and always, really, you know this), is to please be careful, do not fall for scams (the scams keep getting better, but remember we keep getting smarter &/or more aware), they are everywhere. It can be a telephone call (landline or mobile), it may be an email, it may be a text message, a messenger message, a social media ad or offer, it may even be from what looks like our utility companies, or a perfectly legitimate business. So, how are we to know?

Here are a few samples of fraud:

Someone (anyone) will ask you to send gift cards to pay for something or a way to come see you. Or, to pay for some crazy pet shipping costs. Or, solve a computer virus (these tips were received by me from AARP). AARP as well as many other big companies.

Another one is the Social Security Administration: "The Social Security Administration will never threaten, scare, or pressure you to take an immediate action." "Do not give scammers money or personal information – Ignore Them!" And, most importantly, report them: You can [click here](#) to go to the Office of the Inspector General to report scams that pertain to various Social Security fraud, scams, waste, and abuse. All legitimate companies have a way for you to report the scams to them. Just visit their websites and or give them a call (use your actual bill/statement or online account to contact them). These are just a few mentioned. Remember, have fun, but stay alert! We all want to buy gifts for each other or ourselves, but we must be careful.

Enjoy your Holidays and have a very happy and peaceful Season!

Lisa g

A2Z Computer Help  
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[lisag@A2ZComputerHelp.com](mailto:lisag@A2ZComputerHelp.com)  
Home Office: 732-237-9704

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### 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](mailto: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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"If you know someone going through a break up or in recovery, please send them my way. I can help them reclaim their power and heal their inner turmoil with my self-love techniques and essential oils."

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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 with **Jakki Gioia**, BFA, SLC, LMT

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Reading Corner

Author: Mary L. Trump

Title: The Reckoning

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*



Breast Cancer Month was October - ensure you are 'feeling those boobies'. Keeping with the topic of some strong women, a psychic once mentioned the following creative artistic minds. Here are some quotes and info about their lives:

Eleanor Roosevelt - 'You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give'. Human rights achievements and expanded roles for women in the workplace, first lady of the US, numerous books, recognition continues posthumously with National Women's Hall of Fame, Monument and Institute in NY, High School in MD, College in CA. She contributed to a magazine, radio and conventions. AAUW (American Association of University Women) member in 1929. Born on October 11th which is International Day of the Girl.

Coco Chanel - Born Gabrielle, 'A girl should be two things, who and what she wants' Expensive French designer clothing, jewelry, handbags and fragrance. Biographical drama movie. She was a performer which couldn't make a career of. Designing hats came first, then casual and sport clothes with jersey material also known for the tweed suit and little black dress. After her second boutique came the advertising of her creations then additions for jewelry and fragrances. She had relations with German military and was claimed to be a spy.

Katharine Hepburn - 'As one goes through life one learns that if you can't paddle your own canoe, you don't move' Hollywood star and a four time Academy Award winner. Played Jo in Little Women. Chose not to wear makeup at all times and wore slacks which weren't accepted for women. She acted in comedies, Broadway, Hollywood with nomination for academy award and ranked as American screen legend of all time.



LEGISLATION

VOTE



Every U.S. state has a gender pay gap, and some are wider than others. **Download your state's policy guide by clicking on your state in the map below.** Share this information with state and federal legislators as a call to action for stronger laws, use it to educate folks in your community about the gender pay gap, and share it with your online networks.

[Click here for the full article](#)

When women  
support each other,  
incredible things  
happen.



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

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**Barneгат, NJ 08005**  
[www.BPWSOC.org](http://www.BPWSOC.org)

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