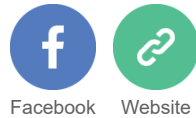


February 2023 Newsletter
www.bpwsoc.org



Hello Everyone,

It's almost Groundhog Day...then comes Valentine's Day, St. Patrick's Day, and here come's Spring! Certainly we all have plans for celebrating and have our calendar's marked for each occasion. Why do I mention this...so you can mark your calendars with our BPWSOC events and think about asking associates and friends to join us as we celebrate a postponed Valentine's Day on Thursday, February 23rd; Our February meeting will be held at The Mathis House, 600 Main Street in Toms River. This is our annual meeting that we have chosen to celebrate with a Victorian flare. It's a lovely evening out with our members so let's bring a guest or two to share the evening with us. The details are included in this newsletter.

The rest of the year's calendar is quite exciting; we will host our regular meetings in March and April with a Psychic Fair on April 20th at The Captain's Inn. Our summer meetings will be held at two of our member's homes. July will be at Judy Cantor's home where we can enjoy water sports plus pool and table hockey and fabulous martinis. Jennifer Armstrong has invited us to her home in August for a pool party. Be sure to save the dates!!!

Our scholarships will be awarded in June and we will be installing a new slate of officers. Please advise your associates and other ladies that are looking for scholarships to check out our website.

This newsletter is sent out to many ladies that may or may not be affiliated with a professional women's group. I suggest that you think about visiting with us at one of our monthly meetings that are held on the second Tuesday of each month. We meet at Boun Appetito Restaurant on Route 9 in Bayville. There is a meet and

greet at 6 PM with our meeting starting at 6:30 PM. Join us for a lovely Italian dinner as we hold our meeting. Seriously, think about joining us...you won't be disappointed!! I hope to see you soon.

Best,

Cyndy Friedland
President
BPWSOC



Facebook



Website



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 (our Treasurer) home address).

PLEASE NOTE THAT THE FEBRUARY MEETING DAY, DATE AND

LOCATION HAVE CHANGED:

February 23 (Thursday) 6PM at Mathis House in Toms River \$50.00 per person

Click to [See flyer for additional information](#) All payments are due by February

17

March 14 - BPWSOC Meeting - Buon Appetito

April 11 - BPWSOC Meeting - Buon Appetito

APRIL20 - PSYCHIC FAIR - CAPTAINS INN- MORE INFORMATION TO

MEMBER BIRTHDAYS:

There are no February Birthdays in our member roster.

If your birthday is iFebruary and we missed you, please let us know. Happy Birthday!



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)

SENDING GET WELL WISHES TO DONNA MONTANA FOR A SPEEDY RECOVERY FROM HER SURGERY

FOLLOW

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.)

Reminder to "REMEMBER":

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

NOMINATIONS OF OFFICERS:

The following slate of officers have been nominated for 2023-24

President - Lisa Gambino

Vice President - Gail Rivell

Treasurer - Jacqui Munzing

Secretary- Dawn Silvani

Respectfully Submitted, Carol Lieber, Nominations Chair



Good and Welfare

Everyone can be vaccinated, if you wish.

Safe, be smart, be respectful & be kind to one another!

GET WELL SOON DONNA MONTANA, AND
JACQUI MUNZING



***"You can't be brave if you've only had
wonderful things happen to you".
Mary Tyler Moore***



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.



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Computer Tips:



Hi Everyone,

Smartphone batteries are still not advancing as quickly as the smartphones themselves, therefore leaving us with the constant monitoring of our battery status and charging them constantly. The fact is the smartphone keeps advancing in the way of graphics, storage, and processor speed; but, the battery that runs these devices is still the same as used in the 1990's and yet, on the same note they have improved to some extent, but more improvement is still needed. "They" are working on many new improvements to batteries, but for now, they say, "unless you get the latest model of an iPhone or Android", you will have to monitor that battery.

This is my advice:

- do not leave your phone plugged in overnight (for many reasons: 1) you're sleeping, anything can happen, 2) some plugs should be unplugged while you are not available (ie...not home, sleeping, in a different room, etc...) 3) the issue is very drawn out in articles; it's good, it's bad, it's ugly. Basically, if you use the "optimized charging" feature in your phone - this will help lots, if you find plugging it in overnight works best for you.
- this works for me: wake up, plug it in (most phones will fully charge within an hour).
- go to work, if you talk on the phone lots during your day - use a wireless charging base to prop your phone on and go about your work. "They" also say it's not great to use your phone while charging. So, maybe if you are able to take a lunch break - this may be a good time to gain some juice & take a break from that phone.
- return home , plug that phone in while you get or cook dinner, sit with your family or friends and take another break from that phone.
- By this time, when you go to sleep - the phone will not need to be plugged in overnight.

This is my opinion and my advice, but remember you are you and you can always do what you want or what is best for you.

Happy Day to you and looking forward to seeing you this month!

Keyboard Shortcut: one of my most favorite is...(Windows Key + E) to get to File Explorer.

Lisa

--

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A2Z Computer Help

www.A2ZComputerHelp.com

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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"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.

Go to: <https://dc-aroma.com/blogs/news/need-support-during-this-challenging-time>



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Reading Corner

Author: Katie Winters

Title The Vinyard Sunset Series

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin Sullivan is Past President of BPWSOC

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



We need to talk about Menopause, as I learned more attending a webinar through an employee resource group bringing awareness and sensitivity. The struggle is real affecting mental health, can cause panic attacks, migraines and much more. This is not just women for example trans, non-binary and those hormonal changes with fertility and treatment for certain illnesses. This also happens during the pre and post phases. Historically in the UK, the topic has been taboo and ignored in the US, requiring us to be more at one with ourselves. Some symptoms and feelings not seen are: discrimination, lost confidence, unwelcome and intrusive, perceived different, ageist behavior, disposable or marginal.





Friends,

After two years away, my annual **"Standing on the Shoulders of Giants" Black History Month Celebration** is back in-person! I'm proud to announce that ABC 7 Eyewitness News NJ Reporter **Toni Yates** will serve as our emcee as we come together to honor six-time GRAMMY award-winner, **Dionne Warwick**.

A black event poster with white and yellow text. At the top center, a small white box contains the text "BOB MENENDEZ". To the left is a logo for the celebration, featuring a stylized map of New Jersey in green, red, and yellow, next to the text "BLACK HISTORY MONTH CELEBRATION" in large, bold, white and yellow letters. To the right, the event title "Standing on the Shoulders of Giants" is written in a white, serif font, followed by "Feb. 11th • 1 PM" and the venue "CICELY L. TYSON COMMUNITY SCHOOL OF PERFORMING AND FINE ARTS, 35 WINANS ST, EAST ORANGE, NJ". Below this, the word "FEATURING:" is written in white. Two circular portraits are shown: one of Toni Yates on the left and one of Dionne Warwick on the right. Below each portrait is their name and title in white text: "EMCEE TONI YATES, ABC 7 Eyewitness News NJ Reporter" and "HONOREE DIONNE WARWICK, Six-time GRAMMY Award Winner".

[Click Here to RSVP](#)

Dionne's music career has spanned over five decades and has established her as an international music icon and concert act. Over that time, she has earned 75 charted hit songs and sold over 100 million records, including the 2019 Grammy Lifetime Achievement Award.

Toni's television news career has taken her up the east coast from Georgia to Virginia, Pennsylvania, and finally, New Jersey. She is a member of the National Association of Black

Journalists and has long been involved with the Girl Scouts and March of Dimes. Toni is also an advocate for affordable housing.

You won't want to miss this event. Please join us on **Saturday, February 11, 2023 at 1 PM. Admission is free.**

To RSVP, please visit <https://www.menendez.senate.gov/bhm-rsvp>.

WHAT: Senator Bob Menendez's Annual "Standing on the Shoulders of Giants" Black History Month Celebration

WHERE: Cicely L. Tyson Community School of Performing and Fine Arts
35 Winans St
East Orange, NJ 07017

WHEN: February 11, 2023 at 1 PM

If you're not already, make sure to follow me on [Twitter](#), [Instagram](#), and [Facebook](#) to stay up to date on what's happening in New Jersey and the Capitol, and stay tuned for future emails with more opportunities to share your thoughts with me.



Jersey City

210 Hudson Street - Harborside 3, Suite 1000
Jersey City, New Jersey 07311
973.645.3030 (office) | 201.434.9272 (fax)

Barrington
208 White Horse Pike, Suite 18

Barrington, New Jersey 08007
856.757.5353 (office) | 856.546.1526 (fax)

Washington

528 Hart Senate Office Building

Washington, D.C. 20510

202.224.4744 (office) | 202.228.2197 (fax)



January 11, 2023

Act — *Take action on the most pressing policies*

Let's Make 2023 the Year of State Advocacy!

As the new year begins, both Congress and state legislatures are getting to work—so this is a critical time to engage with them. Whether you connect virtually or face-to-face, meeting with legislators is a great way to build relationships and cultivate your influence on the issues that matter most to you. AAUW has many resources to support your advocacy:

- Start by [reaching out to your AAUW state or branch leaders](#), who are vital to our collective impact; we look forward to uplifting their hard work this year.
- Use the [How to Hold a Meeting with Your Elected Officials resource](#) to engage with lawmakers. The guide includes advice on arranging virtual or in-person meetings and preparing for your discussions with legislators.
- Stay up to date on the issues by reviewing the [AAUW Public Policy Priorities](#) and perusing the [Policy Center](#) for topic-specific information on where we stand.

Also, check out our new *State Highlights* feature in the Engage section. It aims to inspire members to take part in local advocacy and honor the successes of AAUW's state leaders.

Learn — *Dig deeper into the issues that matter*

Celebrating Passage of Pregnant Workers Fairness Act

We were thrilled to end 2022 by [celebrating](#) the long-awaited passage of the Pregnant Workers Fairness Act as an amendment to the omnibus spending package, which President Biden signed into law on December 29. The law is a momentous victory for pregnant and postpartum workers and their families.

Effective June 27, 2023, employers will be required to provide basic accommodations to pregnant workers, such as carrying a water bottle or taking bathroom breaks. The legislation will enable millions of workers to provide for their families without compromising their health or pregnancies. This is the most significant protection for pregnant workers in decades! [Learn more](#) about the law from our partners at A Better Balance.

A huge thanks to the thousands of AAUW members and activists who mobilized for this critical legislation over the past decade, joined by our allies and partner organizations in tireless grassroots efforts across the country. You made this happen!

Engage — *Share the important work we're doing*

- **State Highlights:** In this special new section of *Washington Update*, we highlight AAUW state and local volunteers whose activism is making a big difference in their communities and beyond. We hope it inspires you and provides ideas of how you can engage. As we near what should have been a celebration of the 50th anniversary of *Roe v. Wade*, it is fitting that we start by honoring state leaders fighting for reproductive rights.
 - When the U.S. Supreme Court overturned *Roe v. Wade* in June 2022, AAUW of Washington State quickly went to work, joining many partners in their state to build a strong coalition. AAUW-WA and allies in the Future of Abortion Campaign came together to ensure Washington state would remain a safe place for abortion seekers. They put up accurate and informative

billboards in Eastern Washington and posters across the state. Abortion providers, abortion seekers and community groups throughout the Northwest are committed to making Washington a compassionate state to get an abortion-- [join the movement!](#) No judgement, no stigma, no barriers. Learn more about [AAUW-WA's advocacy here](#).

- Want to engage locally on the anniversary of *Roe*? AAUW joins the Women's March and partners across the country for "[Bigger Than Roe](#)", a national day of action to bring attention to the fights for reproductive rights on the state level. Reach out to your state or local branch and [find a sister march near you!](#)
- **AAUW National Election Update:** Starting the week of January 16, AAUW members will be able to comment on and propose changes to the AAUW bylaws and Public Policy Priorities—an opportunity that comes around every other year. [AAUW's website](#) will provide all the information you need to tackle this important task. Comments can be submitted until Friday, January 27, at 5:00 pm ET.
- The U.S. Supreme Court will hear oral arguments in two cases on the Biden Administration's student-debt cancellation program ([Biden v. Nebraska](#) and [Department of Education v. Brown](#)) on February 28, 2023. In November 2022, AAUW [joined](#) over 200 organizations in calling on President Biden to extend the student loan repayment pause until the conflict is resolved and the cancellation plan is processed for borrowers. Biden [extended](#) the payment pause until 60 days after the litigation is resolved or June 30, 2023—whichever comes first.
- AAUW supported the introduction of the Students' Access to Freedom and Educational Rights (SAFER) Act on December 1. We look forward to its reintroduction in the 118th Congress. The [bill](#) would protect students' right to educations free from discrimination, harassment and violence.
- AAUW joined the Leadership Conference on Civil and Human Rights and 26 organizations on a [comment](#) urging the Department of Education to update the Bipartisan Safer Communities Act Stronger Connections FAQs [guidance](#). We asked that the guidance more directly support safe, healthy and inclusive learning environments for all students.
- Sign up as a [Two-Minute Activist](#) today and keep up to date on our policy work with our [letters](#), [comments](#), [testimony and legal briefs](#) to learn more about AAUW's positions and advocacy efforts.

Strengthen our voice with policymakers with
a gift to AAUW.

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When women
support each other,
incredible things
happen.



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

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P.O. Box 722

Barnegat, NJ 08005

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