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Happy New Year!

Here's to a banner 2022...We all need to reflect and then look forward as to what we can do for ourselves, family, community and BPWSOC!!! With this being said I have some fabulous news about our upcoming Health and Wellness Fair, which will be held on Saturday, September 24, 2022:

- Pat Stochilnski and I did a tour of the Toms River Field of Dreams recently. We saw three benches that Christian has put into their seating areas, and our bench "from our donation in 2018", ...this was awesome to see!... The park is amazing and so well done for the special needs children and adults. Above is a map of the park to give you an idea of what they have done.
- Looking forward to our event, we will have the full use of this park and the baseball field is where we can have our vendors. There also is a covered pavilion that can be used if we choose to do so. Plenty of parking is available!
- Put your thinking caps on for vendors that we can vet for this event. Your officers will need your assistance in putting this together., and a good vendor list is important. Feel free to email me your list of vendors, contact information and what they sell or promote. We are asking each member to donate a gift basket for the event. You can also provide a basket from your company, beautician, etc.. We will raffle these off at the event.
- This can be an annual event for us to provide scholarship funds to our applicants. Yes it is a lot of coordination and dedication from all of us however WE CAN DO THIS!!! As a financial boost to our scholarships and promoting us throughout the area, let's all pitch in and help where you can, we encourage everyone to participate!

*Also, hopefully you will plan on joining our BPWSOC sisters and guests for our annual February outing (in lieu of our February Meeting (of the same date))...*

**WHEN:** Tuesday, February 8th

**TIME:** 6 PM plan to arrive prior for seating

**BRING:** Mom, Sister, Aunt, friends, colleagues

**RSVP:** Contact [info@BPWSOC.org](mailto:info@BPWSOC.org) event to make your reservation or leave a phone message at 609-698-4459. Reservations ARE REQUIRED prior to February 1, 2022.

**Cover:** \$42.00 per person (includes tax & tip).

This is a BYOB event if you would like to bring wine, etc. that is fine.

Each year we have had a wonderful time and turnout (we are allowed up to 39 guests usually).

2022 will be an outstanding year for each of you...as a powerful woman being a member of our group gives us great strength...let's do 2022 together!!!

Best,

Cyndy Friedland  
BPWSOC President



Facebook



Website



#### MEMBER BIRTHDAYS:

There are no January birthdays in our current member roster

If your birthday is in January 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).

#### **2022 Schedule**

**January 11 Guest Speaker: Mark Bentivegna CPA**  
**February 8 Mathis House Tea (6pm \$42.00/pp due 1/31/22)**

**March 8 regular meeting (Guest Speaker TBD)**

Psychic Fair - April 2022 - Date TBD

Our "Holistic Fair"- September 2022 - 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



**This is where we send Sunshine to a Member/Member 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 all of our members a Happy and Healthy New Year.

announced prior to the monthly meeting.)

**REMEMBER TO BRING YOUR BUSINESS INFORMATION**

**FOR NETWORKING to Meetings & all Events!!!**



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



**"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women."**

**Maya Angelou**



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 2022 are available on our website.

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

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.





#### PC Tip:

So, in addition to helping & teaching my clients - I also learn lots, every day, in many ways. This one has really peaked my interest, because I am going to go back to when smartphones first came out (in the 2000's), and one of the first things was to preserve battery life, so we would turn off running apps, or the screen, or the phone entirely (even though a smartphone turned off, is not really completely turned off - if you kept it off, it would eventually need to be charged again). I recently posted from good sources that I use often to learn from myself, the basics of closing apps on the iPhone and also an article on the Android. To summarize, it is not beneficial to close apps continuously. When you go to your "App Switcher" (on an iPhone - you swipe up from the bottom center or double press your home button; on an Android - you usually will touch the 3 lines or the square on the bottom of your phone, either on the left side or right side of your home button) this is where you can close any apps you recently opened. Our smartphones are being made better and better and getting smarter and smarter, that this can actually be causing more harm and wear and tear on the battery. Apple already knew this, that is why they do not have a "close all" option, as Android users will be familiar with. The apps are not technically running in the background and the phone's resources and operating system is designed to know when it needs to stop running if an app is running. A better option would be to go through your apps and look at the notification settings, this is what sets off alarms, and notices or bells and lights.

Hope you find this helpful and always feel free to drop me a note or call with any questions.

Thank you and wishing everyone a very Happy New Year!

Lisa

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

Thank you, Have a Wonderful Day!

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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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Reading Corner

Author: Rachael Hanna

Title A Seagrove Christmas

Note: Susan Guckin is Past President of BPWSOC

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

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Good Morning,

A friend gave me a book called 'Heart Talk' by Cleo Wade and it is a perfect time of year to reflect on some of these words randomly selected.

How to keep going, pause, breathe, repair your universe, proceed  
Find someone, be their rock (keep them grounded), be their north star (help them  
find their way), let them be this to you too  
Just a friendly reminder, nothing about you is a mistake, you are a gift and you are  
here for a reason. You deserve to take up space in the world, and we need you here  
You are more okay than you think

No one's day is what you think it is. Be extra loving if you can.  
Don't be the reason someone feels insecure. Be the reason someone feels seen,  
heard, and supported by the entire universe  
And maybe I had been so busy looking for the pieces - I never noticed I was already  
together

Happy New Year!



LEGISLATION

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