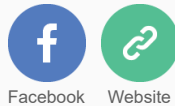


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Business and Professional Women Southern Ocean County

[View this email in your browser](#)January 2023 Newsletter
www.bpwsoc.org

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Happy New Year everyone!!! Let's ring in the New Year at our meeting on Tuesday, January 10th at Buon Appetito on Route 9 in Bayville. Join us between 6 and 6:30 PM for meet and greet time and to place your dinner order. We would like to start promptly at 6:30 PM. Our guest speaker will be Donna Mangan who brings us an interesting topic on how to deal with photos...more to follow at the meeting!

In February we traditionally hold our meeting at The Mathis House in Toms River enjoying a lovely Victorian Tea experience for Valentine's Day. This year the actual holiday lands on our meeting date. We may be shifting to Wednesday, February 15th so keep an eye on a special email to give those details.

Ladies' please give some thought to volunteer to be on our Scholarship Committee. Every year we award scholarships in June to women needing assistance with educational or business funding. This is a once a year commitment that brings us together with women in Ocean County so please consider volunteering for this worthwhile endeavor.

Looking forward to 2023 I am grateful for the relationships I have formed throughout the years with all of you ladies. Thank you for being a part of our sisterhood and for participating in our efforts. It is truly meaningful to know each of you and to be your Prez! Helping each other, whether it's a phone call or a business referral, what a great group of gals to be associated with! May you each enjoy the new year with the best in health, happiness and abundance.

Best,
Cyndy Friedland
President
BPWSOC

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[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

Barneгат, NJ 08005

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

January 10 - BPWSOC Meeting - Buon Appetito

Guest Speaker:

Donna Mangan will join us to discuss ways to help families save their family history and create a lasting digital legacy. Photos are one of the most meaningful possessions we own. These treasured memories mean the world to us. Unfortunately, the old family photo albums, the box full of video tapes, even the daily photos and videos we take today are at risk of deterioration, damage, and loss. We owe it to the next generation to document and save these memories.

February 14- BPWSOC Meeting - Buon Appetito

Wednesday, March 15 - BPWSOC Meeting - Mathis House - Details to

follow

April 11 - BPWSOC Meeting - Buon Appetito

ADDITIONAL EVENTS WILL BE ADDED AS THEY OCCUR

(Note: There will be Executive Board Meetings the week before each



MEMBER BIRTHDAYS:

There are no January Birthdays in our member roster.

If your birthday is in January 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)



"Fight for the things you care about, but do it in a way that will lead others to join you".

Ruth Bader Ginsburg

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...place of these meetings will be

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announced prior to the monthly meeting.)

Reminder to "REMEMBER":
BRING YOUR BUSINESS INFORMATION FOR
NETWORKING
to Meetings & all Events!!!



Good and Welfare

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



Computer Tips:

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Hi Everyone, so my best tip for the New Year is this:

Be kind, be careful, be diligent, do not fall for it or anything or anyone!

Do get advice and/or assistance from a trained professional, for whatever device, toy, tool, home repair, etc... you buy.

We have access to everything in the palms of our hands, but, without the proper knowledge - you may be misled.

Get help, you know who to call!

Thank you for a wonderful year and looking forward to 2023!

Lisa

--

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A2Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

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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 Cyndyonbi@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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"Be Nice to Yourself!"



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Reading Corner

Author: Sam Kashner and Nancy Schoenberger

Title The fabulous Bouvier Sisters

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



Everyone needs some Loving-Kindness. Below is a saying to repeat for yourself, others in smaller circles or even those that you don't know.

May we be safe
May we be happy
May we be healthy
May we live life with ease





As you think through your year-end charitable giving options, I hope you'll consider donating to the only organization fighting for gender equity through research, education and advocacy. For 141 years, AAUW has been making a difference for women and girls everywhere.

And, from now through the end of the year, we'll double that difference, thanks to a generous \$57,000 matching gift opportunity made possible by AAUW's board, staff and volunteers.

[DOUBLE MY DONATION](#)

With you on our side, we'll make 2x the impact as we continue our work together to:

- **Push** the Senate to pass long-overdue legislation to protect pregnant workers from being pushed out of the workforce simply for following their doctors' orders.
- **Publish** research documenting the catastrophic "double impact" of racism and sexism on the pay gap for women of color, some of whom barely make half of what white men earn for doing the same work.

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- **Fight** to establish our reproductive freedom as a basic human right.
- **Fund** the educations of the best and brightest women through our ever-growing Fellowships and Grants program. In 2022-23, AAUW awarded an unprecedented **\$6 million** to women scholars and equity-based community projects.

AAUW is—and always has been—all about action. And, when you [give today](#), we can act twice as quickly to ensure a fairer future for all of us. Won't you join us with your best contribution right away?

Sincerely,



Gloria L. Blackwell
Chief Executive Officer



AAUW
1310 L Street NW, Suite 1000
Washington, DC 20005
United States

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When women support each other, incredible things happen.



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

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Barnegat, NJ 08005
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