

So many changes are coming our way regarding voting rights. What can we do to be sure everyone gets the message to vote? Spreading the word is one way. As I attended the BPW Zoom meeting of ladies that have been active in our State, Victoria Mack mentioned a group VoteForward.org and Indivisible.org/Cranbury. The second org. should lead us to New Jersey. We can choose to contact and volunteer to mail postcards to alert folks of the voting issues. This is of vital importance as every citizen has the right to vote! We need to be proactive in letting them know that they should not be intimidated by the new laws that are attempting to suppress the right to vote. No matter what party you belong to, everyone needs to vote!!

JULY 13th's MEETING will be an outdoor event at [The Monkfish Waterfront Grill, 2 Point Rd., Waretown, New Jersey 08758](#). We will meet at 6 PM rain or shine. They have a beautiful vista of Barnegat Bay...bring a sweater. as it may be breezy. In case of inclement weather they do have inside dining as well. We will meet at 6 PM...it is a BYOB restaurant and we will all be responsible for our own dinners. Bring your appetites' and a friend or two, they have a great menu!! They do not take reservations so we will do our best to get tables together.

AUGUST 10th's MEETING will be held at Jennifer Armstrong's home in Brick, NJ. She has offered to host a pool party for us! More details to follow...

My best to everyone to enjoy our long awaited summer season. Be sure to hydrate and use sunscreen!!!

See you on July 13th at 6 PM.

Regards to all,

Cyndy Friedland

President

www.BPWSOC.org



Facebook



Website



MEMBER BIRTHDAYS:

Susie Sullivan - July 8

Pat Stochlinski - July 12

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

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

IT IS TIME TO RENEW YOUR DUES

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



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)

July 13 - Fun Night - 6:00 PM at [Monkfish Waterfront Grill in Waretown, NJ](#)

August 10 - Pool Party

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!!!



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 & kind to one another!



www.BPWSOC.org



"Women, you are not rehabilitation centers for badly raised men. It's not your job to fix him, change him, parent or raise him. You want a partner not a project."

Julia Roberts



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:

Do you know that your **Browser** (this is **Google Chrome, Microsoft Edge, Mozilla Firefox, Apple Safari**, etc...) **needs to be updated?** Just like the operating system (aka Windows Updates or macOS Software Updates), the **Browser** (this is your gateway to the World Wide Web and what you "launch" to start surfing the web & visiting websites) needs to be updated. If you are running an out of date browser, you could put your system at risk. Your system will be vulnerable to malware aka ransomware, privacy exploits & other attacks (all to scam you out of paying for something that is just plain fake or asking you to send gift cards &/or other fake requests to scare you and hand over access to these fraudulent criminals hiding out looking for unprotected and vulnerable computers to get access to). Many people say, "I didn't do anything, it just suddenly appeared". The only way things appear, is if you click on them; especially if you visit a compromised website or you are served a malicious advertisement (found most often in Social Media platforms). Now, there are many questions you may have and many more explanations that can be explained, but the point right now is:

to update your Chrome Browser: got to "Settings" area - this is usually in the upper right corner of the Browser and may be three dots or three lines (aka hamburger) - they represent a Menu, where once you click on it, you will see a list of items to choose from, click on Settings, then click on "About Chrome" and you will see the updates download or it will say you have the latest update (this is usually done, as all updates are done, automatically; but, sometimes it helps to check to get it done immediately). **Edge is the same.** **Mozilla is:** Menu button, Help, and About Firefox. **On a Mac you would go to the Apple logo** (top left corner of screen), select System Preferences, then System Updates, your computer will check and then let you know. On an older Mac you can also check in the App Store.

This is another component included in a Tune up. If you get your computer regularly tuned up (Monthly, Quarterly, or at the very least every 6 months), this is one of the tasks.

Thank you and always be safe, whether you are on your computer, driving a vehicle, walking down the street, or in your shower!

Lisa

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Lisa A. Gambino
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"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: James Pattererson

Title The President's Daughter

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

Ho'oponopono - Hawaiian spiritual practice 'to make right' consists of four phrases that release negativity by accepting responsibility.

They heal the soul when said reflecting to yourself. Improving by loving yourself and your world. Anger, jealousy and lack of forgiveness causes illness and conflicts.

The ritual of being in perfect balance, having good relationships.

"I'm Sorry, Please Forgive Me, Thank You, I Love You."

Step one, saying sorry for past and memories makes it easier to move ahead and feel better

Step two, asking forgiveness for things in step one which is finding meaning

Step three, show gratitude to appreciate the big and small so in time has a result requiring patience

Step four, show your love and say it to everything to learn it for all related to you

People will trust again, see mistakes, not hold grudges resulting in happiness.

After practicing, acceptance will come ahead of holding you back.

I was introduced to this through a yoga teacher who incorporates this into a class. If anyone is interested in this, please contact me.



LEGISLATION FROM CAROL LIEBER



#KillTheDrill

ONE: Fighting to #KillTheDrill and Protect the Jersey Shore

As we turn the corner on the pandemic and hope for near-normal crowds and a strong summer for businesses at the Jersey Shore, the last thing we need is to open up our coast for a man-made disaster like an oil spill that threatens an already fragile economy. We can't let our guard down just because the Trump

Administration and its Big Oil cronies are no longer in the White House. That's why this week, [I introduced the COAST Anti-Drilling Act](#) to forever ban offshore drilling for oil and gas in the Atlantic. The Jersey Shore is the birthright of every New Jerseyan, and I will do everything I can to protect our beaches and the residents and businesses who call it home.



TWO: Challenging the CEOs of Largest U.S. Banks

We can't have an economy that works for ALL Americans unless and until we have a banking system that is open to all Americans. But far too many families, particularly in low-income and underserved communities, have to rely on check-cashing facilities and pawn brokers because high costs and predatory overdraft fees make it impossible to open a bank account. That means families can't access the loans they need to pay emergency expenses or grow their savings to plan for the future. At this week's Senate Banking Committee hearing, [I confronted the CEOs of our nation's biggest banks](#) about what they're doing to create economic opportunities for underserved Americans. Their answers, frankly, are "not enough," and I'm going to keep holding their feet to the fire until that changes.

[WATCH THE EXCHANGE HERE](#)



THREE: Reuniting a New Jersey Family

While these weekly updates usually focus on the legislative work I'm doing to move New Jersey and our country forward, anyone who has ever worked with me knows that I believe providing stellar [constituent services](#) is just as important, if not more. Helping one person may not change the world, but it means the world to that one person and their loved ones. This week, that one person was [Ashu Mahajan](#). Ashu traveled to India earlier this year to visit his dying father. After his father passed from COVID-19 and he wanted to come back home to New Jersey, he was told he couldn't return until February 2022. [I'm glad my office was able to help get him home safely and reunite his family.](#)

I'd be remiss if I didn't also take this opportunity to renew my calls for [bold, inclusive, and humane immigration reform](#), because Ashu never should have been separated from his family in the first place. He did everything right, followed all the rules, and had he been given the Green Card he has qualified for since 2012, he would have been able to return to his family without delay. Our outdated immigration system failed him, and I won't stop fighting until we fix it once and for all.

Make sure to follow me on [Twitter](#), [Instagram](#), and [Facebook](#) to stay up to date on what's happening in New Jersey and in the Capitol.

Sincerely,

Bob Menendez

Senator Bob Menendez



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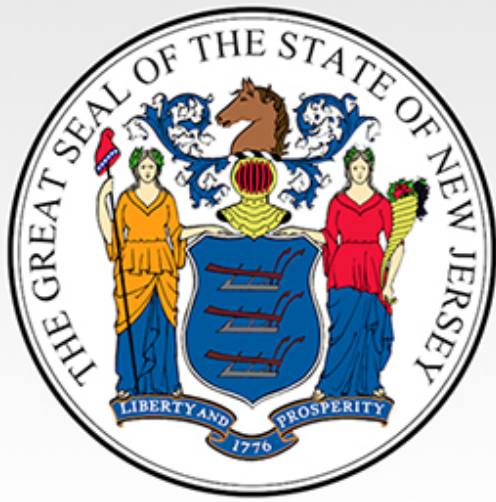


9th District

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[Connors, Rumpf & Gove to Governor: Senior Communities Need Clarification on Opening Clubhouses and Swimming Pools](#)





Connors, Rumpf & Gove are calling on Governor Murphy's administration to improve communications with age-restricted communities regarding the easing of COVID-related restrictions.

[Click for Full Story](#)

[Connors, Rumpf & Gove Oppose Bill Prohibiting Law Enforcement at Polling Places](#)



Connors, Rumpf & Gove stand opposed to controversial legislation that would prohibit law enforcement from standing within 100 feet of a polling place or drop box during an election—even if off-duty.

[Click for Full Story](#)

[Committee Advances Connors, Rumpf & Gove Disabled Veteran Property Tax Relief Measure](#)



Legislation sponsored by Connors, Rumpf & Gove to help more veterans qualify for the disabled veteran's property tax exemption was approved by the Assembly Military and Veterans' Affairs Committee.

[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](#).



Keisha Blain

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.

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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