



### **PRESIDENT'S MESSAGE**

Summer is here...let the fun begin! Jennifer Armstrong has graciously offered to host our July meeting at her home with a pool party. Wear or bring or wear your bathing suit and towel for a cool and refreshing swim in her pool. We can gather between 5:30 and 6 PM on Tuesday, July 12th. Jennifer's address is 423 Osborn Avenue, Brick, NJ, 08723. Feel free to bring your favorite ice cream topping as we will have an ice cream bar available.

By now I am sure you ladies have heard about the Supreme Court decision regarding Roe vs Wade. Many are interpreting this as the beginning of many changes to come that are detrimental to women. What can we do...get involved in local politics in your town, if you can volunteer in a county or state capacity consider doing so. Perhaps you can be a poll watcher or assist with voter registration. There is a lot of work to be done to keep our hard work from being un-done. Business and Professional Women have worked hard nationally to keep us in the forefront and assisting women in breaking glass ceilings. What ever we can do as individuals we need to take a deep breath and continue to keep our rights. Should any of our members have thoughts on how we could become a force, please contact me. It is vital for us to continue to VOTE... One easy task is to be sure all our family members, relatives and friends that of voting age are registered to vote. Many teens turn 18 prior to November...they can register early, so remind them to DO IT!!!

May you all have a fabulous July and remember to hydrate.

Best,

Cyndy Friedland  
BPWSOC President



**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).

**July 12 - BPWSOC Pool party at Jennifer Armstrong's house (Additional information will be forthcoming)**

*August 9 - Details ill be forthcoming*

**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!!!**

**MEMBER BIRTHDAYS:**

- Susan Sullivan - July 8
- Pat Stochlinski - July2
- Jacqui Munzing - July 30

If your birthday is in Junel 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)**

Jennifer Armstrong - Happy to hear that you are fully recovered from your bout with Covid,



**"I want you to pivot you sadness and worry to numbers and strength."  
Ruth Bader Ginsburg**



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



CONGRATULATIONS TO OUR SCHOLARSHIP RECIPIENTS:

Jessica Boyle, Ellianna Diaz Perez, Angela Wasielewski, Sydney Binkley



# Computer Tips:



A Lot of my clients like to use keyboard shortcuts.

This one has an interesting outcome...

Ctrl + Shift + v

After you use the regular "Ctrl + c" keyboard shortcut to "copy" some text to be used in another area where you would then usually use "Ctrl + v" to paste the copied text; you would then use "Ctrl + Shift + v". This will paste your text and remove the copied formatting that you may be bringing over from the place you copied from. This is helpful if you are composing an email, or maybe a newsletter, and you need to copy from another email or website.

Try it!

Thanks, and remember - be safe and call your local Computer Technician if something doesn't seem right!

Lisa

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Lisa A. Gambino  
Certified Computer Technician & Professional (Virtual) Assistant  
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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](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,

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### Reading Corner

Author: Rachel Hannah

Title: *The Winter Garden*

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin Sullivan 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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Health Tip from Gina Dinkey

WOMAN = Wonderful, Optimistic, Marvelous, Amazing, Noble  
from 101 Blessings to brighten your day and uplift your soul

[World Wellbeing Week](#) , a reminder of tips shared last year:

- Stay connected - Connect overall emotionally to the end goal, not just seeing action items
- Be active & healthy - Plan exercise activities as easier than trying to squeeze into schedules allowing no excuses and results in quality of work is better that in turns gives back time
- Maintaining emotional & mental health - During times of stress keep connections which will feed itself, keep key relationships during isolation, reconnect to why your tackling a task and what adds value, focus what you can control and accept or it will become exhausting, laugh at self as saying goes a frown is more takes effort and try routine thankfulness remembering that a new habit is built after 21 days
- Keep learning - Be curious, take a first step, seek alternatives, share experiences, listen, inspire others
- Giving Back - Think about a cause that you appreciate. Getting involved makes you smile and delights you just as this group does for our members!



Friends,

I hoped I'd be writing with good news today about the historic [passage of the Bipartisan Safer Communities Act](#) dealing with gun safety, which passed the Senate last week with a strong 65-33 vote, including 15 Republicans.

However, there are more pressing matters today. Just days ago on Friday, we saw the U.S. Supreme Court overturn *Roe v. Wade* and *Planned Parenthood v. Casey*, ending reproductive freedom for millions of women living in states led by right wing conservatives.

For nearly 50 years, our nation has recognized the constitutional right to an abortion as part of the right to privacy and medical freedom. This decision is devastating and disastrous, it will impact millions of American women and will forever be a stain on our country's history. Where a woman lives and her income level will now determine her ability to access reproductive health options.

I am grateful that New Jersey is and will continue to be a beacon of reproductive freedom in our nation, and that we have a governor and a state legislature who will continue to protect a woman's right to choose.



that this decision causes women across America but my pledge to you is that I will work with you to ensure every single woman in New Jersey and across the nation has equal access to abortion care. We cannot let them go further. We will not let them touch civil rights, voting rights, or LGBTQ+ rights. And we will continue this fight every day after until full reproductive health care access is fully restored.

Until next time,

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.



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We'll be sending you regular updates from the office, on what's happening in New Jersey and on Capitol Hill.

To unsubscribe, [Opt-out of future updates from Senator Menendez here.](#)





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In spite of the fact that this decision has been made. We need to be prepared to fight.



**The U.S. Senate is scheduled to vote on the Women’s Health Protection Act TODAY, and allies are organizing a national mobilization this Saturday, May 14.**

AAUW supports the right to make individual decisions about reproductive health and its importance in increasing women’s access to education and economic security. As the Supreme Court considers overturning 50 years of this constitutionally protected right, limiting reproductive rights is especially harmful when the U.S. also lacks policies to make parenthood and pregnancy safer, including accessible maternal health care, paid leave, child care and workplace protections for pregnant workers.

The bottom line: Reproductive rights and access to healthcare should not depend on where someone lives. Challenging times often inspire a surge in activism--both longtime advocates and new supporters can make their voices heard. This week, you could:

- **Contact your senators every day:** Urge them to pass the [Women’s Health Protection Act](#), the bill that would finally codify Roe v. Wade. The Senate vote is expected as early as today—**ACT NOW**.
- **Participate in a Bans Off Our Bodies rally on May 14:** Events are being planned nationwide; [check for a rally or march near you](#). We know that civic participation can take many forms—both in-person and virtual, so please make decisions on where and how to advocate safely. (*Reach out to your state or branch to see if your local AAUW will be there.*)
- **Build community:** [Use our toolkit](#) to have a conversation with friends and family on the importance of protecting reproductive health.

[Take action TODAY](#) to demand an end to the attacks on reproductive rights.

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## March 15th marks the date that women must work into 2022 to finally reach the pay men received last year.

We've long known that on average, women in the workforce take home less than men—an average of 83 percent—and that many women of color are paid far less. Historically, Equal Pay Day has been calculated using data on full-time, year-round workers based on U.S. Census figures. But the COVID-19 pandemic highlighted and exacerbated existing economic inequalities, therefore it is time to evolve how we talk about Equal Pay Day.

**What is new this year?** Women over the past two years, especially women of color, were pushed into part-time or seasonal work, or out of the workforce all together. Because of this, past methods of calculating the wage gap fell short of accurately capturing the full picture. For 2022, the Equal Pay Day coalition has adopted a new, more inclusive methodology. This encompasses a broader cross-section of women, including those who work part time or seasonally, to represent a more accurate picture of how the gender pay gap impacts diverse communities.

**How you can help:** The bipartisan Paycheck Fairness Act—which passed the U.S. House of Representatives in 2021—needs your support to reach the finish line. The Senate must move this bill forward to ensure all women have the tools they need to challenge discrimination and all employers have the incentives they need to comply with the law. To make equality a reality, we need you.

**Mark Equal Pay Day and [support the Paycheck Fairness Act now!](#)**

Gloria L. Blackwell  
Chief Executive Officer

[AAUW](#)

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Every U.S. state has a gender pay gap, and some are wider than others. **Download your**

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....