

Happy 4th of July Everyone!

Here's a little history...

Independence Day of the United States, also referred to as the Fourth of July or July Fourth in the U.S., is a federal holiday commemorating the adoption of the Declaration of Independence on July 4, 1776, by the Continental Congress declaring that the thirteen American colonies regarded themselves as a new nation, the United States of America, and no longer part of the British Empire. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States. ***(I copied and pasted that from Wikipedia)***. *You gotta love the internet (you can find any information you need), but, you also have to hope that the information you are reading is accurate and reported or printed by a reliable source. So, I believe this sounds pretty accurate based on my memory of History class.*

Hope everyone enjoyed the Holiday - however you like to celebrate! As you know, I love a good reason to celebrate anything! There are so many BBQ's, parades, festivals, events, "days" and all those kinds of things going on in our community, so I would like to say - get out there and have yourself a great summer and if you don't want to go out there or you prefer to stay at home with yourself, your family, your friends, etc... then do that too! Most importantly, enjoy yourself and do what makes you happy. While Covid, will never be over (we just add it to the list of viruses you can catch or get), I say - "stay safe, keep a good distance from people's personal space and practice good hygiene". Also, always be kind to one another!

This is my first President's message (for my 2nd time around as President), so I am trying to write what comes to mind. Right now, I am thinking about our get together or Summer outing (if you will) at Judy's Home! Again, I love to have fun and celebrate, so next Tuesday's Summer Fun will be a nice night as well as a little summer break from our usual format for our meeting. I hope you enjoy my message each month and I ask that you forward it to a friend, if you do find it to be interesting. Additionally, why not drop me a note and/or send me some ideas as to what you may be interested in hearing about. I can be reached many different ways: directly through our website www.BPWSOC.org (for which, I am the Website Designer and Webmistress); or you can reach me through my own website www.A2ZComputerHelp.com - you will find my email address, telephone number or direct message. I am open to any questions, suggestions, criticism, or praise that you may wish to offer.

Our next Summer Fun Day, will be at Jennifer's Home on August 8th and our official meeting for September will be on the 12th where we will get back to the business of planning events, helping out with local organizations and raising

monies for our Scholarship/Grant Funds, at Buon Appetito. Additionally, helping each other, and working together and or sharing information that may be helpful to one another. Mark your calendars - meetings are always on the 2nd Tuesday of the month and I hope to see you there!

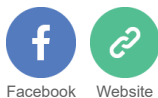
Have a wonderful day and be sure to put on a smile on your face and enjoy yourself to the fullest extent each day!

Thank you and best wishes to you and yours,

Lisa

Lisa A. Gambino
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MEMBER BIRTHDAYS:

Susie Sullivan - July 8
Pat Stochlinski - July 12
Jacqui Munzing - July 30
If your birthday is July 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)**

**BPWSOC
P.O. Box 722
Barnegat, NJ 08005**

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

UPCOMING MEETING/EVENT DATES:

July 11 - Fun night at Judy Cantor's house (Information to follow)

August - 8 - Pool Party at Jennifer Armstrong's house. (Information to

follow

September 12 - BPWSOC Regular Meeting)

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!!!



Good and Welfare

Everyone can be vaccinated, if you wish.
Be Safe, be smart, be respectful & be kind to
one another!

Wishing everyone good health and happiness...



www.BPWSOC.org



*"Everyone you meet is fighting a battle
you know nothing about. Be kind.
Always."*
Thinking Humanity



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.



Summer is here
at the Jersey Shore!

Donate



Computer Tips:



A real easy way to make your "Home Page" (in your Browser: ie...Google Chrome, Microsoft Edge, Mozilla Firefox, Apple Safari, etc...) open to the page you would like it to be, do this:

Open your browser, navigate to the page you would like for your Home Page, ie... type A2Z Computer Help either in the address bar or in the google search bar and if you see my website (as you should), then you would click on it and my website would open. Then you would highlight the website address in the address bar and drag it to the little House icon to the very left of the address bar. Now you have your Home Page saved as the page you wish your browser to launch and/or open upon clicking on your browser icon.

Thanks, Lisa

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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 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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"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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with Jakki Gioia, BFA, SLC, LMT

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GINA CANNONE

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Reading Corner

Author: Ellen Marie Wiseman

Title: *The Orphan Collector*

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



Together we are all on a journey called life. We are a little broken and a little shattered inside. Each one of us is aspiring to make it to the end. None is deprived of pain here and we have all suffered in our own ways. I think our journey is all about healing ourselves and healing each other in our own special ways. Let's just help each other put all those pieces back together and make it to the end more beautifully. Let us help each other survive." - Ram Dass

Health Tip from Gina Dinkey.





In just a few moments, I'll be sharing with you some of the exciting work I've been doing to benefit the hardworking families in New Jersey and across our country.

But first, I need your support to ensure I have all the resources we need as we rapidly approach our end-of-quarter deadline. Your support makes progress possible, like capping the cost of insulin, delivering generational investments in infrastructure and American manufacturing, and protecting the future of our climate.

[Before I get into it Carol, please chip in \\$250 or whatever you can to help us reach our \\$30,000 end-of-quarter goal.](#)

Your support has never mattered more:

- Bob

DONATE

HERE'S WHAT BOB HAS BEEN FIGHTING FOR IN WASHINGTON THIS MONTH



Murphy and Menendez to help Hoboken officially open \$50 million ResilienCity Park

Hoboken has officially opened its 5-acre northwest resiliency park Monday, and U.S. Sen. Bob Menendez and Gov. Phil Murphy joined Hoboken Mayor Ravi Bhalla, city officials, Hudson County Executive Tom DeGise and two Hoboken students at the event.

[Read more →](#)



Another PBM reform bill has been introduced in Congress. Here's what it includes

The Patients Before Middlemen Act would prevent PBMs that contract with Medicare Part D plans from tying service fees to the price of a drug, rebates, discounts or other fees. PBMs would also not be allowed to stipulate compensation based on drug price as a condition of entering a contract.

[Read more →](#)



As catalytic converters are being swiped across N.J., Menendez proposes federal task force

“New Jersey ranks fifth in catalytic converter thefts; 944 were stolen in Bergen County in 2022 and 386 have been stolen so far in 2023,” said Michael O’Donnell, Wood-Ridge police chief. “We need the legal backing and strong legislation like this one being introduced by Sen. Menendez.”

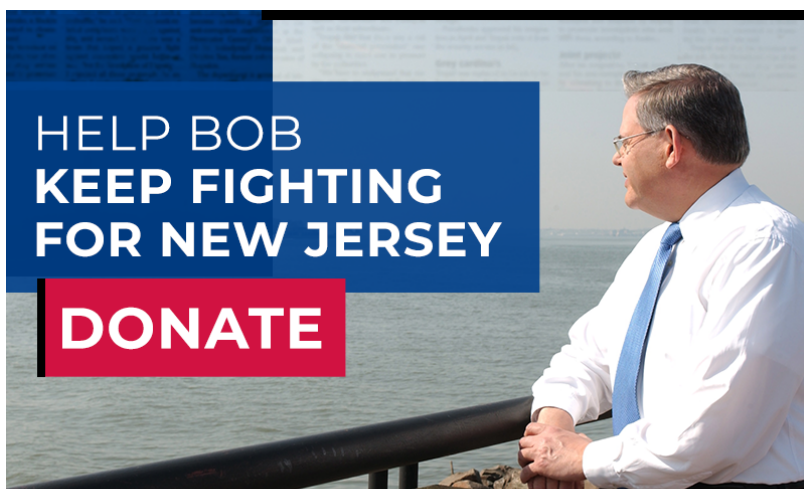
[Read more →](#)



Equine inspections to remain forbidden and SAFE Act wants horse export ban

The SAFE Act has bipartisan sponsors in Sen. Bob Menendez, D-NJ, and Sen. Lindsey Graham, R-SC. A similar House bill was introduced in May under the sponsorship of Rep. Vern Buchanan, R-FL, and Rep. Jan Schakowsky, D-IL

[Read more →](#)





June 30, 2023

Dear Gender Equity Advocates,

As you have likely seen in the news, this week the U.S. Supreme Court issued rulings against affirmative action and student debt relief. You can find AAUW's full statements condemning these decisions [here](#).

Today's decision on *Biden v. Nebraska* regarding student debt relief by the court's conservative majority leveled a devastating blow against student borrowers. This decision deals an even heavier hit to the nation's millions of women borrowers — particularly Black and brown women, who face a disproportionate financial impact from student loan debt. This week, [TIME Magazine wrote](#) about the significant burden of student loan debt on women in an article featuring our CEO Gloria L. Blackwell. Undoubtedly, this misguided decision will have a snowball effect on women's economic security and that of their families. If you have a story about how student debt is impacting you, we invite you to [share your story](#) with us.

We are equally concerned about the decisions in *Students for Fair Admissions, Inc. (SFAI) v. President and Fellows of Harvard* and *SFAI v. University of North Carolina*. Institutions of higher education are pathways to economic security and positions of power in our country. Affirmative action policies have been a critical part of ensuring racial and gender equity and providing redress for past gender, racial, and ethnic discrimination in higher education.

Despite these decisions, AAUW remains committed to fighting alongside you on behalf of women and communities of color to achieve equal access to affordable, quality higher education.

In solidarity,

Meghan Kissell
Senior Director of Policy and Member Advocacy

[AAUW Action Fund](#)

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Washington, DC 20005
votered@aauw.org

[AAUW advocates were key to the passage of Title IX five decades ago, and we continue to fight today to realize the full promise of the law.](#)

Last week, we commemorated the 51st anniversary of the passage of Title IX by supporting the reintroduction of the Gender Equity in Education Act (GEEA). Access to education free of discrimination is a cornerstone of women's economic security. While there has been tremendous progress in access to education for women and girls, we are still far from that ideal of fully eradicating bias and discrimination in schools, colleges and universities.

[We need you to speak up: Gender discrimination has no place in our schools.](#)

While the U.S. Department of Education is currently working to strengthen Title IX rules and regulations, passing GEEA would codify protections designed to help students address gender discrimination in all areas of education. GEEA would help to reduce and prevent gender discrimination in all areas of education by supporting the vital, on-the-ground work of Title IX coordinators through additional resources, funding, training and technical assistance.

[Urge your members of Congress to build on the legacy of Title IX by supporting GEEA today!](#)

Take Action

[AAUW](#)

1310 L St. NW, Suite 1000
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This week, Congress reintroduced two bills that would have great impact on women in the workforce: the Family and Medical Insurance Leave (FAMILY) Act and the Healthy Families Act.

[Paid leave saves lives and livelihoods-- take action now.](#)

Women disproportionately bear the economic opportunity cost of providing care for children or elderly family members or doing things like taking them to the doctor. Yet unlike the majority of developed countries worldwide, the United States does not guarantee paid annual leave, paid time off for illness or family care, or paid parental leave. This results in many women putting off seeking health care for themselves because they cannot take time off work, affecting their abilities as employees and primary caregivers.

Urge your members of Congress to support the FAMILY Act and Healthy Families Act to finally provide the support American workers need trying to meet the demands of work and life. While Congress took steps during the pandemic to provide broader access to emergency leave, it soon expired and millions are back at square one. Access to paid leave should never expire.

[Urge your members of Congress to support the FAMILY Act and the Healthy Families Act today!](#)

Take Action

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When women
support each other,
incredible things
happen.



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

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