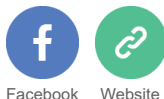
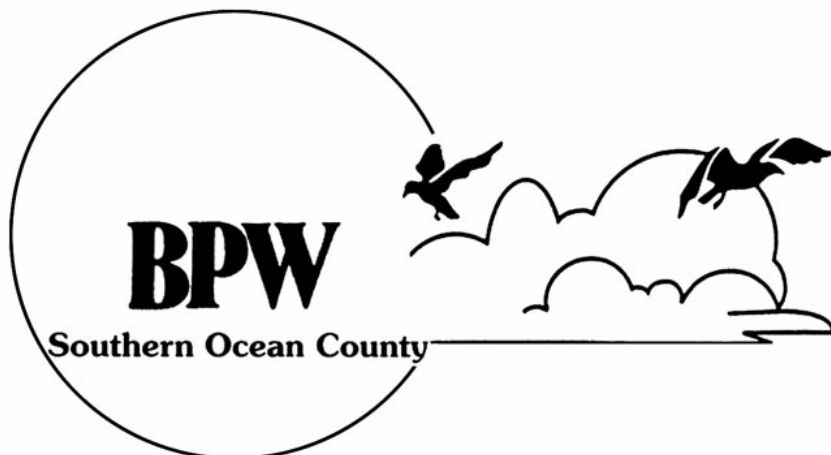


www.bpwsoc.org



ATTENTION LADIES!

Another month has passed that we are dealing with the Pandemic. We are all functioning, basically, in our professions. We have adapted to a different way of life, professionally, socially and personally.

***Linda Worman, a past President of BPW, and long time member and friend of our community will be our guest speaker this month.**

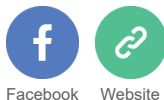
**Linda will be addressing the effects the Pandemic has posed to women.*
Mark this on your calendar so you may join us on Tuesday, March 9th at 715 PM.**

A MESSAGE FROM OUR PRESIDENT...

I have been listening to different inspirational gurus on the internet, and one of the recent daily mantras "I am prepared and confident". This might sound hokey, however as of the beginning of the year I have been doing this with an effort to increase my business. It has been an experience, putting myself on a schedule (which is not something I do well) with prep time first on my schedule. This starts my morning for work and when I am prepared I am more confident in my presentations and encounters. Just one easy change in my routine has helped me tremendously. Here we are in March...so I'm thinking of the next change to assist with my better business for 2021.

Looking forward to seeing you all at our Zoom meeting, Tuesday, March 9th at 715 PM (Lisa Gambino will email the Zoom Meeting ID and password).

Best to all,
Cyndy Friedland
BPWSOC President





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, TO LISA GAMBINO, Treasurer, 166 BUTLER BLVD., BAYVILLE, NJ 08721

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

2021 Schedule

March 9th (2nd Tuesday) ZOOM MEETING at 7:15 pm
go to www.BPWSOC.org and [CONTACT US](#), if you are planning to attend - Thank you!

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 for steady improvement and recovery to our sisters Diane Kett and Pat Stochlinski. Fortunately they can attend our meetings on Zoom. We look forward to seeing them at our meeting.

We New Jerseyans, can now register for our COVID shots. Go to [COVID-19 Vaccine Registration](#)



MEMBER BIRTHDAYS:

There are no March birthdays listed in our roster. If your birthday is in March 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)

Sad News...

It is with great sadness that we inform our BPW/NJ community that Susan Parson Knab's husband William "Ben" Knab passed away Friday February 26th. Our deepest sympathies to Susan and her family on their loss.

Donations can be made in Ben's name to the American Lung Association.



"Hate, it has caused a lot of problems in the world, but it has not solved one yet."

Maya Angelou



Rosie the Riveter is a cultural icon of



www.BPWSOC.org



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:



Here is another simple tip, but daunting task:

Write your account user name (usually an email address along with the password and the name of the account that it is for), in a book, on a piece of paper, on index cards, etc... and keep it near your computer or with you, if you tend to travel or work away from home. It is a very important requirement for many functions online, with our computers and mobile devices. Passwords are not meant for us to be able to remember them. They need to be unique. There are many ways to keep track of them.

I have a new way of helping my clients with this task.

Please do not hesitate to give me a call, if you have any questions or need

Thank you,

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

Home Office: 732-297-9704

"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.

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Reading Corner

Author: James Patterson

Title: The Summer House

Note: Susan Guckin is Past President of BPWSOC

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

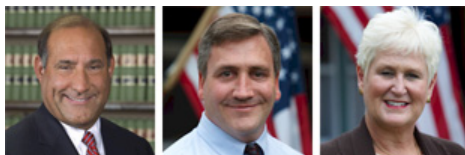


Massage is the oldest form of healing the body. Benefits include increased venous blood flow, release pain-reducing neurochemicals, slowing down the rate of respiration. Some types are Swedish long strokes and kneading. Sports to heal muscles, flexibility and endurance training while maintaining action. Neuromuscular is deep tissue using finger pressure. Trigger point and myofascial can affect different connected areas. Benefits are physical, which strengthens the immune system, mentally relieving stress and emotionally reducing anxiety. Provides help with allergies, arthritis, asthma, back and neck pain, headaches, digestion, insomnia, range of motion.

Health Tip from Gina Dinkey



LEGISLATION FROM CAROL LIEBER

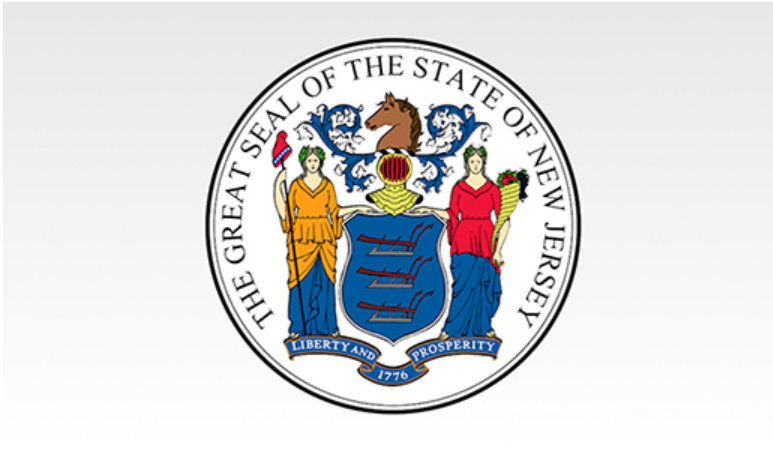


9th District

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[Connors, Rumpf & Gove: Massive State Spending in Proposed Budget Should Have Taxpayers and Businesses Very Worried](#)

Murphy's Fiscal Year 2022 State Budget Address:



Sen. Christopher Connors, Asm. Brian Rumpf and Asw. DiAnne Gove offered remarks following Gov. Murphy's Fiscal Year 2022 State Budget Address. ([SenateNJ.com](https://www.senate.nj.gov/))

"The numbers don't lie. Spending has increased more than 30 percent since Governor's Murphy's first year, to the surprise of few. His most recent proposed State Budget is chock full of spending for new programs or increases for existing ones.

"Residents in our area should expect more of the same if the Governor's proposed Budget goes through. That means watching their tax dollars go to other parts of the state or to Trenton itself. Whenever the Governor uses the term 'investment,' it's code for more state spending and bureaucracy that most taxpayers are unlikely to benefit from, but certainly will pick up the tag for when the bill comes due.

"There is a contradiction at the heart of the Governor's Budget in which he touts no new taxes while at the same time proposing to increase state spending dramatically. The answer is simple: he borrowed billions last year to allow him to spend more next year. That spending will be unsustainable once the borrowed funds run out, so he's sure to propose raising taxes in the next budget after this November's General Election.

"Taxpayers should take notice and readily engage in this year's Budget process in view of what is at stake for our state's future. New Jersey is already unaffordable for too many who are biding their time to flee somewhere else. Reckless spending is only setting our state up for catastrophic failure when economic challenges both known and unforeseen are going to be formidable.

"The Legislature should send the Murphy Administration's proposed budget back to the drawing board so that the interests of taxpayers and businesses can be prioritized over the demands of special interests and state bureaucracies.

[iew in browser](#)

equity express

a newsletter from AAUW 

February 2021

“When this ends, we’ll smile sweetly, finally seeing. In testing times, we became the best of things.”

—Amanda Gorman, Youth Poet Laureate



More Than A Glimmer of Hope

With the pandemic continuing to cast a big, dark cloud over just about everything, it’s important to focus on the bright spots, and here’s a great one: The work that the new Administration is doing to uplift the rights of women and girls.

The White House announced that it has formed a [Gender Policy Council](#) to make sure that equity stays at the forefront of its public policies. And less than one month in, the Biden/Harris team is living up to the promise: The proposed [coronavirus recovery plan](#) includes numerous measures that will benefit women, such as expanded child care subsidies, paid family leave and a \$15 minimum wage. Also on the Administration’s [ambitious agenda](#) are proposals to improve women’s economic security by investing in women-owned businesses, strengthening pay in fields dominated by women and supporting the [Paycheck Fairness Act](#), which is key to closing the gender pay gap.

One more thing that makes us smile: If all the nominees are confirmed, this Administration will have the [most diverse cabinet in U.S. history](#).

Don't Miss These Informative Webinars

Tuesday, February 23 4:00 PM ET

Join us for an insightful conversation with AAUW fellowships alumna Koritha Mitchell, Ph.D, award-winning author, cultural critic, and Associate Professor of African-American literature at the Ohio State University. [Register for webinar here.](#)

Thursday, March 4 5:00 PM ET

In Conversation with Dr. Shanna Benjamin, author of *Half in Shadow: The Life and Legacy of Nellie Y. McKay*.

AAUW fellowships alumna Shanna Benjamin, Ph.D, educator and scholar, will discuss her upcoming book, *Half in Shadow: The Life and Legacy of Nellie Y. McKay*. McKay is best known as the co-editor of the *Norton Anthology of African-American Literature*. [Register for the webinar here.](#)

Mark your calendar for March 15-26.

The NGO Commission on the Status of Women Forum, which runs parallel to programs at the United Nations, includes more than 500 events to inform, engage and inspire grassroots efforts to empower women and girls. Don't miss the AAUW-sponsored program, titled Policy, Practice & Promise: Advancing Women's Global Economic Power, on March 17. [Register to attend the virtual CSW forum here.](#)

Two-Minute Activist: Support Paid Family Leave

Unlike the majority of developed countries, the United States does not guarantee paid leave for illness or family care, or paid parental leave—a problem that has been exacerbated by the pandemic. [Ask Congress to pass](#) the Family and Medical Insurance Leave (FAMILY) Act (H.R. 804/S. 248), which would create a national self-funding paid family and medical leave insurance program.

Equity in the News

For years, feminists have said that the world won't change for women unless men change too. Second Gentleman Doug Emhoff, who is playing a supporting role for Vice President Kamala Harris, may be just the milestone we've been waiting for. [New York Times](#)

LGBTQ+ advocates have slammed a compromise proposal for accommodating transgender high school athletes, saying that their community's voice was shut out of the discussion. The advocates believe that the plan put forth by a group of elite athletes is discriminatory and not inclusive. [The 19th](#)

Countries led by women, including Denmark, Finland, New Zealand and Taiwan, are faring better at battling the pandemic than countries led by men, where efforts have been bungled. Is this a tipping point for female leadership? [Bloomberg Opinion](#)

Where Are They Now?

While growing up on the south coast of Kenya, Esther Ngumbi helped to farm her family's land. Every harvest season, she wondered why bugs and drought destroyed so many of the crops. That curiosity led her to study biochemistry and zoology as an undergraduate in Kenya, and later to earn her doctorate in entomology from Alabama's Auburn University, with the support of a [2007-2008 AAUW International Fellowship](#).

This month, Ngumbi, now a professor at the University of Illinois, Urbana-Champaign, received the prestigious 2021 Mani L. Bhaumik [Award for Public Engagement with Science](#) from the American Association for the Advancement of Science. "Humbled!!! Overwhelmed!" @estherngumbi tweeted after learning of the award. "Thanking all mentors who have guided my journey."

What to read next: *Four Hundred Souls: A Community History of African America*, edited by Ibram X. Kendi, Ph.D., author of the best-selling *How to Be an Antiracist*, and award-winning historian Keisha N. Blain, Ph.D., an [AAUW 2016–17 American Postdoctoral Fellow](#),



Esther Ngumbi

Photo by Fred Zwicky

Now Share This

Do you know an amazing campus leader? If so, spread the word about the National Conference for College Women Student Leaders, where hundreds of college women from around the country will gather for two days of virtual career skills and leadership training, inspiration and networking. [Learn more and register.](#)

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Please send feedback to editor@aauw.org.

January 22, 2021

On January 20, Joe Biden was sworn in as the 46th President of the United States, along with Vice President Kamala Harris. From the White House and the Cabinet nominees to the new Congress and state elected officials, we are witnessing [unprecedented diversity in our leadership](#). We celebrate this historic step in representation and the commitment to equity for all that it hopefully indicates.

Act — *Take action on the most pressing policies*

As the 117th Congress takes on the great many challenges facing the American people during this historic time, we must ensure that the fight to close the gender pay gap is a key priority. Women working full time in the United States are typically paid just 82% of what men are paid, and the gap is even wider for many women of color.

AAUW has worked for decades to enact the Paycheck Fairness Act, which would update the Equal Pay Act of 1963 and give us important tools to close the pervasive pay gap. The House of Representatives passed the legislation with bipartisan support during the 116th Congress, but it stalled in the Senate. This year, both chambers must act to send this critical bill to President Biden's desk, so it can finally become federal law.

The [Paycheck Fairness Act](#) would:

- Prohibit employers from relying on salary history to set wages.
- Close loopholes that have weakened the law over time to allow employers to justify paying workers unfairly.
- Create more robust remedies for those who have suffered discrimination.
- Prevent employers from retaliating against workers who discuss or disclose their wages.
- Provide much needed training and technical assistance, as well as data collection and research.

Your elected officials need to hear from you today about this important bill. Tell them to co-sponsor and quickly [pass the Paycheck Fairness Act once it is reintroduced in this](#)

Learn — *Dig deeper into the issues that matter*

- During the period between the November election and inauguration of our 46th President, AAUW worked closely with the [Biden transition team](#) to delineate our priorities for the incoming administration. We offered our thoughts on [executive actions to take immediately](#) to support gender equity.
- AAUW's [letter to the 117th Congress](#) outlines our federal legislative priorities for this session. We urge you to use it as an advocacy tool when speaking with your elected officials about their need to take up and move quickly to support the economic security and education of women and girls.

Engage — *Share the important work we're doing*

- As our nation struggles to combat the COVID-19 pandemic, and recover from the economic crisis it created, [AAUW remains steadfast](#) in advocating for women and people of color to be prioritized in the response.
- Read [AAUW's Statement on the Creation of Gender Policy Council](#) to learn about the Biden Administration's commitment to "restoring America as a champion for women and girls."
- Share your perspective on the proposed 2021-23 Public Policy Priorities in the member survey [here](#).

Strengthen our voice with policymakers with a gift to AAUW.

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When women
support each other,
incredible things
happen.



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