



Facebook Website

PRESIDENT'S MESSAGE

Our March 8th meeting will be at a new location...please join your sisters at Buon Appetito located at 745 Atlantic City Boulevard, aka Route 9 in Bayville. This is a BYOB restaurant with a great menu. We will have our own dining room to hold our meetings in. We will start at 6:00 PM with our meet and greet and conversations with our business meeting starting at 6:30 PM. I hope that everyone will enjoy our new surroundings and vote to make this our new venue. We have asked for spaced seating so everyone is comfortable. If you are comfortable wearing your mask please do so.

Our guest speaker for the evening will be Ms. Kim Santora the Executive Director for Contact of Monmouth and Ocean Counties. Kim will explain how this important organization helps our communities and persons in conflict and need.

Spring is getting closer...notice how we are experiencing later sunsets... I have heard that on March 13th we will have our first 7 PM sunset!!! Let's watch for it...

Everyone be well and be safe,

Best,

Cyndy Friedland
President BPWSOC



[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 home address).

2022 Schedule:

March 8 - Buon Appetito (Guest Speaker: Kim Santora)

April 12 - regular meeting

May 10 - regular meeting (nominations for Officers/Scholarship Awards discussed).

June 14 - Placement of Officers and Scholarship Awards

Our "Holistic Fair"- September 2022 - Date 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!!!



MEMBER BIRTHDAYS:

There are no March birthdays in our current member 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)

Wishing Susan Hetrick and Donna Montana speedy recovery from their recent surgeries.

BPWNJ has informed us of the passing of two members, Gloria Pierce and Marie Thompson. May these two great ladies rest in peace.



"Don't join the book burners Don't think you're going to conceal faults by concealing evidence that they ever existed. Don't be afraid to go in your library and read every book...."
Dwight D. Eisenhower



Good and Welfare

We extend our best wishes to Susan Hetick and Donna Montana

**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



Our Scholarship Applications for 2022 are available on our website.

www.BPWSOC.org



Computer Tips:



I may sound like a broken record, but I cannot repeat these 2 tips enough:

1. Please be sure to update your computers and you smart phones. All devices need updates whether you use or have Apple, Microsoft, Linux or Android. In this world of technology and everything digital, we need to stay as safe as possible. Updates are our first defense along with due diligence.
2. Do not, again "Do Not" call, accept, click on any advertisement, pop up, email, etc.. that solicits you to do so. If you feel something may be true, you ask for name and phone number, then go to you actual bill from the company they are representing and call the company directly to inquire. If a pop up on your computer is blinking and saying to Call, shutdown (this disconnects the intrusion) and call you local Computer Repair Technician.

Happy March to ya!

--

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A2Z Computer Help

www.A2ZComputerHelp.com

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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.

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"Be Nice to Yourself!"



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Reading Corner

Author: Laine Moriarty

Title Apples Never Fall

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



Health Tip from Gina Dinkey

Earlier in the pandemic with gyms and yoga studios closed, I was introduced to a fun way of exercising called [Kukuwa Fitness](#), which is African Dance. The instructors are very uplifting and encouraging. Bonus is who wouldn't want to look like mama at 62 with those abs! You'll be moving your Boomsey, which is a core move, to music with views from travel locations around the world. They have been featured on 'The Doctors' show.

Just subscribe to their YouTube channel and follow them on instagram. The instruction is easy to follow and for me 20 min is a good fit. Additionally, each Monday focuses on a new move with practice sets and their outfits are colorful and has sparked a clothing line.

Enjoy,
Gina



Menendez

United States Senator

Thanks to the hard work and leadership of our state and national officials, and brave healthcare providers, New Jersey is now seeing a sharp decrease in the number of COVID-19 cases.

Safe, effective COVID-19 vaccines, masking, and reliable testing are just a few of the tools we have at our disposal to ensure our families and communities are protected from severe illness and hospitalization, as we strive to keep cases down.

[And now you can access one of our most powerful tools against COVID-19 with FREE COVID-19 tests sent right to your door! Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. Regular testing keeps us all safe. Order your tests here. >>](#)

GET YOUR FREE TESTS HERE

We can't afford to let our guard down now, Carol. **We've been able to make tremendous strides in the fight against COVID-19, but it's on all of us to help put an end to this pandemic.** That's why Bob is proud to lead the charge in the Senate, taking tangible steps to bring relief to those who desperately need it.

One of the best things you can do is make sure that you and your family are doing everything you can to stop the spread. **The website is fast and easy! [Carol, don't wait to get your free COVID-19 tests. Sign up now and keep New Jersey on the right track.](#)**

GET YOUR FREE TESTS HERE

Team Menendez

Paid for by Menendez for Senate

Menendez for Senate
PO BOX 32248
NEWARK, NJ 07102-0648
United States

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Every U.S. state has a gender pay gap, and some are wider than others. **Download your state's policy guide by clicking on your state in the map below.** Share this information with state and federal legislators as a call to action for stronger laws, use it 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....

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Our mailing address is:

BPWSOC

P.O. Box 722

Barneгат, NJ 08005

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