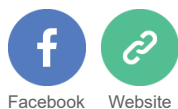


Business and Professional Women Southern Ocean County

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May 2021 Newsletter  
[www.bpwsoc.org](http://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.*

Guest speaker for our May zoom meeting is Teresa Segui, director of Ocean of Love, a non-profit organization dedicated to helping Ocean County children with cancer & their families.

***Mark this on your calendar so you may join us on Tuesday, May 11th at 7:15 PM.***

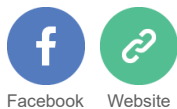
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**A MESSAGE FROM OUR PRESIDENT...**

Today I heard an interesting, and to me true mantra..."I'm focusing on what I can do, not what I can't". This struck me in a good way. Most of you know me as a positive gal. The majority of the time I can take a negative, if presented with one, and find a positive solution or twist. Negativity is not part of what I am about. Do not misunderstand, I do not walk around with rose colored glasses on. There is an abundance of negativity in everyday life and we can choose how we deal with it. I find that the positive attitude of processing on "What I can do" has led me to positive decisions and outcomes. What happens if you "Focus on what you can do, not what you can't"...

Cyndy Friedland  
President

Join us on Tuesday, May 11th at 7:15 PM for our monthly meeting. Our Secretary, Pat Stochlinski will be introducing Teresa Segui, director of Ocean of Love, a non-profit organization dedicated to helping Ocean County children with cancer & their families as our guest speaker.



**MEMBER BIRTHDAYS:**

Jennifer D. Armstrong - May 30  
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, TO LISA**

**GAMBINO, Treasurer, 166 BUTLER BLVD., BAYVILLE, NJ**

**08721**

**2021 Schedule**

May 11 (2nd Tuesday) ZOOM MEETING at 7:15 pm  
go to [www.BPWSOC.org](http://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!!!***



**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 our President Cyndy Friedland a speedy recovery from her Hip surgery.*



**"Success is liking yourself, liking what you do, and liking how you do it."  
Maya Angelou**



Good and Welfare

We extend our best wishes for steady improvement and recovery to our sister Cyndy Friedland.

Our continued thoughts are with our sisters Diane Kett and Pat Stolchinski as they continue on a steady road to recovery.

Our best wishes to SUSAN Sullivan as she is resting comfortably at home after surgery last week. John is keeping me posted with updates, and has assistance from Sailor to keep her in good spirits.

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



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).



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



# Computer Tips:



While visiting a website and viewing various pages, etc... if your screen gets stuck or something has stopped working, do the following:

Refresh your screen...

on a PC: press the F5 key

on an Apple: Command + R

If your screen is still stuck, restart your computer, try a different browser. There are many reasons a website may get stuck; the owner may be working on it or updating it, there may be lots of traffic, there are many reasons. Don't fret, take a break.

--

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A2Z Computer Help

[www.A2ZComputerHelp.com](http://www.A2ZComputerHelp.com)

[lisag@A2ZComputerHelp.com](mailto:lisag@A2ZComputerHelp.com)

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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](mailto: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 First Lady

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*



Breathing exercises:

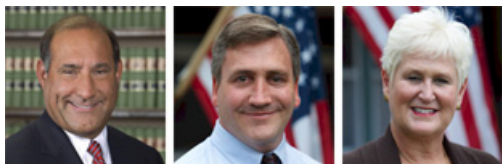
Controlling our breath helps balance the body, mind and spirit. Our thoughts change resulting in irregular or rhythmic patterns. In yoga there are different types of exercises to help quiet and purify us. Focusing on either left masculine or right feminine side inflates tissues with blood making a smoother flow of energy. Filling and emptying the lungs at a slower pace without straining, allows for relaxation. This is a tool in reducing anxiety and doesn't require a specific spot or props. Many times we are restricting to our chests.

Alternate nostril is in one side and out the other using finger hold. I find this helps when waking up in the morning and one side is a bit stuffy.

HEALTH TIP FROM GINA DINKEY



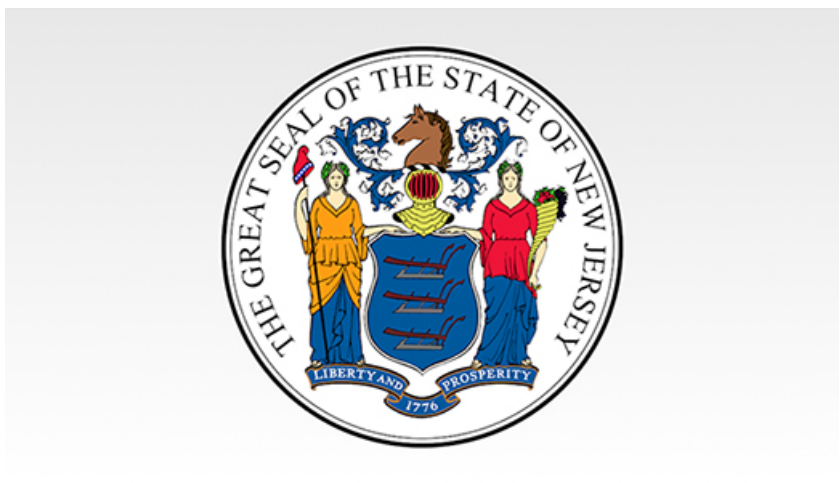
LEGISLATION FROM CAROL LIEBER



**9th District**

[Home](#) | [Facebook](#) | [Twitter](#)  
[senconnors@njleg.org](mailto:senconnors@njleg.org)  
 609-693-6700

[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](#)

[Click to view this email as a web page](#)



[view in browser](#)

FROM GINA DINKEY

**PFA Passed the House!**

**Now We Need Your Support for the Fight in the Senate**

KEEP FIGHTING FOR THE PFA

AAUW

You did it! Thanks to you and other advocates, the House of Representatives just voted 217 to 210 to pass the Paycheck Fairness Act (PFA) with bipartisan support.

We're one step closer to ensuring every woman can take home the pay she rightfully earns. Now it's up to the Senate to act, and we need your help to succeed.

**Gina will you donate today to keep the momentum going?**

[Give Now](#)

This isn't the first time the PFA has been introduced to Congress—or even passed in the House—but with your help I'm optimistic it will be the last. **That's because, after 24 years of relentless advocacy, this is the year we will prevail.**

The pandemic and resulting financial downturn have opened leaders' eyes to how vital women are to a healthy economy. And the diverse new Administration and Congress are, at long last, ready to recognize equity as the urgent national priority it is.

ensuring equal pay for equal work. [Please, give today so this vital law can be enacted.](#) We've fought too long and too hard to turn back now.

**Donate Today**

Thanks for all you do,



A handwritten signature in black ink, appearing to read 'Kate Nielson'.

Kate Nielson,  
Senior Director of Public Policy, Legal Advocacy and Research

PS: When we finally see equal pay for equal work, it's not just women who will benefit: men, families, communities and the economy will thrive, too. [Please donate today.](#)

[AAUW](#)

[1310 L St. NW, Suite 1000](#)

[Washington, DC 20005](#)

[connect@aauw.org](mailto:connect@aauw.org)

[unsubscribe](#)



Gina,

During the 2020 election, voters defied a deadly pandemic to participate in record-breaking numbers. The democratic process faced threats both old and new as Americans navigated long lines, emergency measures and, in some areas, deliberate barriers to voting. Instead of working to remedy those issues, a handful of extremist politicians are now working to further hinder access. In just five weeks, they've introduced **more than 100 new anti-voter bills around the country**. There are now 47 states battling 361 bills aimed at silencing voters. This cannot stand. With so much at stake each time we head to the ballot box, it's crucial that the freedom to vote is protected for all.

**It is time to enact strong national standards for voting access.**

The For the People Act (H.R. 1/S. 1) will ensure accessibility to all voters throughout the country, make sure all votes count by preventing bought elections and partisan

promoting safe and accessible elections. The For the People Act passed the U.S. House on March 3 — now it is the Senate's turn to ensure we have access to a transparent electoral process that we can trust. If we are to recover and rebuild a stronger tomorrow, every American must have a say.

**Take action today and [tell your Senators to pass the For the People Act!](#)**

**Take Action**

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#### The latest

----- Forwarded message -----

From: **AAUW Washington Update** <[votered@email.aauw.org](mailto:votered@email.aauw.org)>

Date: Thu, Apr 22, 2021 at 10:04 AM

Subject: Marking Policy Gains & Addressing Acute Needs

To: Gina Dinkey <[gdinkey@gmail.com](mailto:gdinkey@gmail.com)>



**April 22, 2021**

Gina,

This month, our hearts are both heavy and hopeful. On April 15, 2021, the House of Representatives voted 217-210 to pass the Paycheck Fairness Act with bipartisan support. Your tireless work is a huge reason we are one giant step closer to the bill becoming law. But this past month has also marked a continuation of hard and scary times, with racist attacks, tragic shootings and troubling bills across the states. We are proud to work hand in hand with you to ensure that tomorrow looks brighter.

May we build a stronger future for everyone,  
The AAUW Public Policy & Legal Advocacy Team

**Act — Take action on the most pressing policies**

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Now that PFA has passed the House, it joins several AAUW public policy priorities waiting for action in the Senate. These bipartisan bills need your vocal support now more than ever:

- **Paycheck Fairness Act (PFA):** AAUW has worked for decades to pass this landmark legislation to advance pay equity, and this is the year it will finally triumph. Demand [equal pay for equal work!](#)
- **Equal Rights Amendment (ERA):** The historic amendment, which would once and for all ensure constitutional gender equality, was first proposed nearly 100 years ago. Tell your Senators to [ratify the ERA now!](#)
- **Equality Act:** America's civil rights laws should provide explicit protections against discrimination based on sexual orientation and gender identity. Ensure your Senators know [equality means including all people!](#)

## Learn — *Dig deeper into the issues that matter*

### American Jobs Plan

President Biden announced the \$1.5 trillion American Jobs Plan to continue the mission of “building back better.” On the heels of the American Rescue Plan, this first federal discretionary spending proposal invests heavily in education, housing, public health and climate change to address the country’s most pressing needs. Among other things, it proposes:

- Critical funding for education:
  - A 41% increase to the Education Department budget, most of which targets Title I programs for high-poverty schools.
  - \$100 billion to upgrade and build new public schools, investing \$12 billion in community college infrastructure and \$25 billion to upgrade child-care facilities.
  - \$3 billion to increase federal Pell Grants, increasing the maximum award by \$400 and making Dreamers eligible for the grants.
  - \$15 billion to create up to 200 centers of excellence that serve as research incubators at historically Black colleges and universities (HBCUs), to provide graduate fellowships for underserved populations
  - \$1 billion to the Department of Justice for Violence Against Women Act programs, including funding to support women at historically Black colleges and universities (HBCUs), Hispanic-serving institutions (HSIs) and Tribal colleges and universities (TCUs).
- Urgent investment in our nation’s workplaces:
  - \$400 billion for the “[Care Economy](#),” to expand access to home- or community-based care and provide higher wages and more benefits for caregivers, who are disproportionately women of color, have largely stayed on the job throughout the COVID-19 crisis.
  - \$48 billion for American workforce development infrastructure, which would focus on registered apprenticeships and pre-apprenticeships, creating millions of new registered apprenticeship slots.
  - \$40 billion for a new Dislocated Workers Program and training in many sectors, including clean energy, manufacturing and

compensate workers when employers violate workplace safety and health rules.

### **Executive and Agency Actions**

The U.S. Department of Education's Office for Civil Rights [announced](#) on April 6 that it will conduct a comprehensive review of the Department's regulations implementing Title IX. This will include gathering public input on the issue of sexual harassment in school environments. It also [announced](#) efforts to make it easier for eligible students to get their educational loans forgiven under the Total and Permanent Disability (TPD) discharge program.

In addition, President Biden signed several important executive actions.

- On March 31, he signed "[A Proclamation on National Sexual Assault Prevention and Awareness Month, 2021](#)" to honor sexual assault survivors and recommit to creating a society where all people have an opportunity to thrive without fear of abuse or assault.
- That same day, he signed "[A Proclamation on Transgender Day of Visibility, 2021](#)," which recognizes the generations of struggle, activism and courage that have brought our country closer to full equality for transgender and gender non-binary people in the United States.
- On March 24, President Biden signed "[A Proclamation on National Equal Pay Day, 2021](#)," reaffirming the administration's commitment to ensuring equal pay for low-wage workers, working families, and all women.

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

- The nominations of two dedicated civil rights champions, AAUW-supported [Vanita Gupta](#) and [Kristen Clarke](#), to the U.S. Department of Justice are historic for our nation. Their appointments would signal a strong commitment to civil rights accountability and enforcement that is acutely needed in our country. In a bipartisan and hard-won victory, the Senate finally pushed back against the racist and sexist treatment of these candidates, and confirmed Vanita Gupta, who will be the first woman of color Associate Attorney General of the United States. Now, we must continue the groundswell of support for the confirmation of Kristen Clarke, who would be the first Black woman to become Assistant Attorney General for the Civil Rights Division at the Department of Justice.
- AAUW stands with the AAPI community to demand an end to the rising tide of anti-Asian racism and violence. Along with AAUW CEO Kim Churches' [statement](#), AAUW [joined](#) a "Letter to President Biden Calling for Emergency Safety and Relief for Asian American and Pacific Islander Communities" and [endorsed](#) Testimony to the House Judiciary Committee on Anti-Asian Violence.
- In condemnation of continued recent hate crimes, AAUW [joined](#) the "Letter to Congress Encouraging Support for the Khalid Jabara and Heather Heyer NO HATE Act."
- AAUW joins 35 civil rights and education organizations in signing "[The Civil Rights Principles for Student Loan Debt Cancellation](#)," outlining how to ensure that broad loan cancellation provides for equity and supports all student loan holders, especially women and

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- In the past month, AAUW has signed on to important efforts regarding student loan debt and forgiveness, paid sick leave, and more. Check out our [letters](#), [comments](#), [testimony and legal briefs](#) to learn more about AAUW's positions and advocacy efforts regarding economic security, civil rights and education.

Strengthen our voice with policymakers with  
a gift to AAUW.

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When women  
support each other,  
incredible things  
happen.



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

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