



lisa g <lisag@a2zcomputerhelp.com>

### BPWSOC November 2023 Newsletter

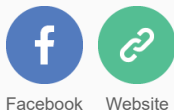
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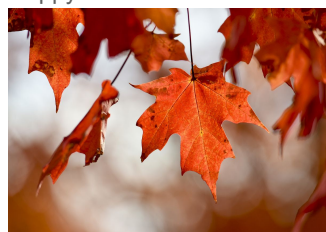
Mon, Nov 13, 2023 at 9:14 AM

Business and Professional Women Southern Ocean County  
November 2023 Newsletter  
[www.BPWSOC.org](http://www.BPWSOC.org)

[View this email in your browser](#)



Happy November!



Hi Everyone,

November is underway and we have many things to think about.

- Our Holiday Meeting in December, your vote for our choice for Donation. Contacting the charity we will Donate to.
- Arranging committees for upcoming year.
- Arranging Speakers
- Looking back at the wonderful year we've had
- New ideas, same things that work, organizing, always going forward
- Being thankful for each of us; what we do, what we do with or for each other and how we can continue to be helpful.

Halloween, my "favorite" Holiday (if you will, lol), has now passed and Thanksgiving is coming (another great favorite of mine; the name itself is the best! Being Thankful! and Giving!

We (the Officers), will be having a meeting at my house on Wednesday, 11/8 at 630pm at my house to be ready for our next meeting on Tues, 11/14 at Buon Appetito at 6pm.

Wishing you all a beautiful week and hope to see you (and a guest, if you wish or know to invite) at our next meeting!

Thanks,

Lisa

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Lisa A. Gambino  
President, BPWSOC

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

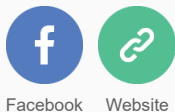
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[We are practicing Safety Guidelines for COVID 19](#)

**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 Webmaster's) home address).

**UPCOMING MEETING/EVENT DATES:**

**November 14 - BPWSOC Regular Meeting**

**MEMBER BIRTHDAYS:**  
There are no November birthdays on our Membership Roster.  
*If your birthday is in November 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.**

December 12<sup>th</sup> - Annual Holiday Meeting & Donation

**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 - All members are invited if you wish to join the Officer's in their discussions/plans etc...)

**Reminder to "REMEMBER":**

**BRING YOUR BUSINESS INFORMATION FOR NETWORKING to All Meetings & Events!!!**



Good and Welfare

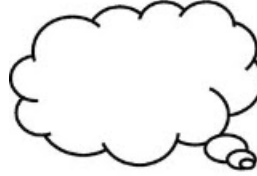
Everyone can be vaccinated, if you wish.  
Be Safe, be smart, be respectful & be kind to one another!

Wishing everyone good health and happiness...



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

*(We want you to know, we are thinking of you, whether you are specifically mentioned or not)*



"Someone struggled for your right to vote. USE IT."  
Susan B. Anthony



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.



Fall is coming!





## Computer Tips:



PC Tips &/or advice...

This is such a good tip, I am repeating it forever:  
Keyboard shortcut to undu your last delete = Ctrl + z

People often say to me, oh, it's so easy! And, yes many things are "so easy", but we cannot all know everything, everyday at every moment. Sometimes, you have to read the user's manual or the instructions (that is why the manufacturer writes them). No one is beyond these instructions. Many think they are; I say good for you!

Thanks, Lisa

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Lisa A. Gambino  
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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](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, 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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### Reading Corner

Author: Siobhan Daiko

Title: The Girl From Bologna

The Girl From Portofino

The Girl From Venice

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*



*Some phrase/sayings I've seen or heard recently:*

Stay above the fray  
 When you are happy with self, others will find it in you  
 If depressed about future, you are missing the now  
 We are created not to be sick, but rather to be free  
 Gardening is all life has to offer, rather than take away  
 Say what you mean, mean what you say and don't say it mean  
 The wound is the place where the Light enters you- Rumi  
 Worry looks around, fear looks back, faith looks up, guilt looks down, but I look forward - Unknown

Health Tip/Quote by Gina Dinkey



SPINACH GOAT CHEESE BLUEBERRY SALAD (by Carol Lieber)

**INGREDIENTS**

- 1 Bag Baby Spinach
- 1 cup blueberries
- 1 cup crumbled goat cheese
- 1 cup chopped walnuts toasted (350 degrees for 10 minutes)
- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp honey
- 1 tsp fresh thyme (or ¼ tsp dried thyme)

Reserve dressing until immediately before serving. Toss thoroughly, the honey helps to coat the spinach leaves.



[Brave Women were arrested, jailed, beaten, chained, body slammed, twisted, punched & tortured to win us women the right to vote...and you're not going to use it?! Really?](#)

## VOTE - NOVEMBER 7

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### WHY IT MATTERS

## Less Pay for Women's Work

A few generations ago, newspapers routinely posted employment ads in separate categories: *Help Wanted Male* and *Help Wanted Female*. The [Civil Rights Act of 1964](#), along with more enlightened sensibilities, helped to change that, but the notion that some jobs are for men and others for women stubbornly persists today.

Though the landscape of the [U.S. labor force](#) is changing, women remain disproportionately represented in certain occupations, such as teaching, nursing, social work and office and administrative jobs. And those jobs tend to pay less. The Economic Policy Institute reports that, in 2018, teachers were paid [more than 21 percent less](#) than others in jobs with similar education and training. Men, by contrast, continue to dominate in fields such as construction, maintenance and repair, and production and transportation work. Similarly, women are underrepresented in the highest pay occupations, such as those in the finance industry and in the STEM fields. What's more, women are much more likely than men to [work in minimum-wage jobs](#), such as home-health aides, child-care workers, cashiers and restaurant workers. These jobs pay as low as \$7.25 per hour in some states.

[Did you know?](#)

[Women are much more likely than men to work in minimum-wage jobs, such as home-health aides, child-care workers, cashiers and restaurant workers. These jobs pay as low as \\$7.25 per hour in some states.](#)

[Teachers were paid](#)

[21.4%](#)

[less in weekly wages than similar college graduates in 2018.](#)

## AN EARLY PATH TOWARD INEQUALITY

From the time children start school, they encounter gendered expectations regarding what boys and girls are “good” at or “should” be focusing on. These different expectations, as well as external pressure to conform to stereotypes about gender roles, “steer” women and men into classes and extracurricular activities, college majors and ultimately career directions. Steering leads to “[occupational segregation](#),” which is a major factor behind the pay gap: Male-dominated jobs pay better than traditionally female-dominated jobs, even when they require the same level of training and skill.

Childcare workers, about 92.7% of whom are women, have median earnings of \$26,000 a year, while construction workers, 96.7% of whom are men, have median earnings \$37,284 per year. This disparity persists even though both jobs require similar levels of education and training.

Source: [Bureau of Labor Statistics](#)

## The Bottom Line:

Women’s work is less valued than work done by men — not because it is intrinsically less valuable to society, but merely because it is done by women.



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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