



A MESSAGE FROM OUR PRESIDENT

We have a new home...as of our September 8th meeting we will be meeting at [Breaker's Kitchen & Tap, 535 Route 9, Waretown 08758](#). This has been a long time incoming due to the Pandemic. Our "Meet & Greet" will start at 6 PM with our meeting starting at 6:30 PM. Breaker's will provide us with a menu consisting of soup or salad, entree, beverage (coffee, tea or soda) and dessert. Our cost will remain the same at \$20. per person. Breaker's Kitchen & Tap has a full bar if you wish to have cocktails. Each member will be responsible for their bar tabs. Hopefully, with social distancing and wearing our masks, we will have a warm welcome for our members. Should you feel uncomfortable attending due to the Pandemic we certainly understand and will miss your input to the evening.

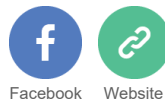
The guest speaker for our meeting will be one of the owners, Katie or Kelly, of Breaker's Kitchen & Tap. They will share their story with us.

Our scholarships will be awarded at the October meeting. We will be notifying the recipients and invite them to join us for dinner and share their experiences and endeavors.

My monthly reminder to be sure to VOTE!!! Check with your family, relatives and friends that they are all registered to vote. It's our right that we have fought for through the Women's movement...let's do it!!! We gained this right 100 years ago and we need to be sure that every women uses this right!!!

Hoping to see you all next Tuesday at Breaker's Kitchen & Tap

Cyndy Friedland
President





IF YOU HAVEN'T PAID YOUR DUES (\$75.00) or have friends that are interested in joining, PLEASE SEND YOUR CHECK PAYABLE TO: BPWSOC, TO LISA GAMBINO, 166 BUTLER BLVD., BAYVILLE, NJ 08721

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

2020 Schedule:

September 8 - BPWSOC MEETING- at our new venue:

[BREAKERS KITCHEN & TAP](#)

October 13 - BPWSOC MEETING

November 10 -BPWSOC MEETING

December 8 - BPWSOC 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.)

REMEMBER TO BRING YOUR BUSINESS INFORMATION FOR NETWORKING!!!



Our Scholarship Awards are closed for 2020 and will be given out at our October meeting. Thank you to all our applicants!

You can [download an application](#) to apply on our website, each year, by April 30th.



MEMBER BIRTHDAYS:

Lisa Peck - September 15

If your birthday is in September and we missed you, please let us know. Happy Birthday!



This is where we send Sunshine to a Member who has had a celebration or we're sending wishes to get well or sympathy.

Wishing Donna Montana's sister a speedy recovery



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



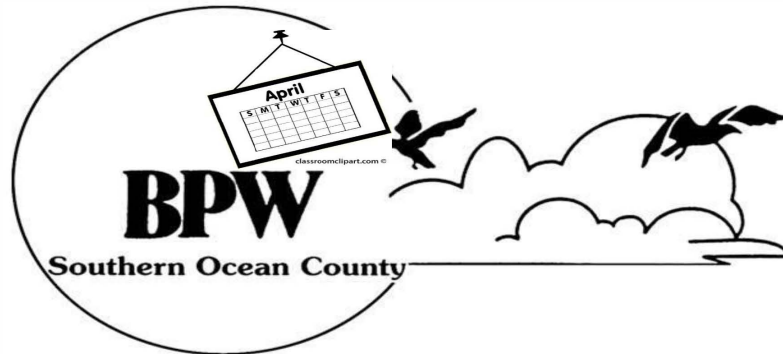
Rosie the Riveter is a cultural icon of the United States, representing the American women who worked in factories during World War II. Rosie the Riveter is commonly used as a symbol



www.BPWSOC.org



This is a little note from our Membership Coordinator: Diane Kett...





Computer Tips:



PC Tip:

I always use the analogy that a Computer is much like a Car: both will accumulate junk in various places and both need to be maintained internally and externally. Many of the details as to how your Computer gets messy etc... is just technical. Here are a few tips for you to maintain your Computer:

- Disk Cleanup (this is the number one way to safely remove unwanted files), just type Disk Cleanup in the Search bar (bottom left corner or left click on your "Start" Button) - then click on the app and you will get a window with a bunch of files and boxes to check to clean up. Check the appropriate boxes and say OK. It's that easy.
- Storage Settings (this app categorizes the types of files on your system drive and shows you how much space is being consumed). You can click on any category and then you will be able to see what is being stored and what will free up space if you delete them.
- Finally, after any changes to files, ie...deleting files, uninstalling apps, installing apps, updates, etc... RESTART/REBOOT your computer.

Also, this is one of the various tasks a Computer Technician performs during a computer tuneup. Do not hesitate to contact me or if you already have one, to help you maintain your computer.

Thanks, Lisa

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Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

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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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Reading Corner

Author: Mary E. Trump

Title: Too Much and Never Enough

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin is Past President of BPWSOC



routine. Seeking out options of farm fresh, community supported agriculture (CSA) in the are not only boosts our local businesses but our immune systems. Here are some researched and used personally and while it's nearing end of the season, never too soon to look ahead as a fast forward to 2021:

[Sassafras Hill](#) in Barnegat on Rt 72, also does markets on LBI in Surf City and Beach Haven
Farm stand is open Fri, Sat & Sun

[Soil to Soul NJ](#) Tuckerton, weekly harvest boxes

[Misfits market online](#) ugly and imperfect produce, different shapes and sizes which stops food waste

[Argos Farm](#) Lacey Road Forked River, CSA June 5, 2020 – September 13, 2020, Naturally Grown Produce, Eggs and Meats

[RFP nursery lanoka harbor](#) - Rt9 open daily 10-6pm, order for pickup

Popups such as those at [Mathis House in Toms River](#) turned popular and grew into an outdoor farm stand with Garden Center Daily 9am to 4pm

[Barnegat Farmers Market](#) June 18, 2020 -October 29, 2020 Thursdays, 10:30 am - 3pm Seniors, Immune Compromised Individuals and pregnant women ONLY 10am-10:30am, General Public 10:30am-3pm **Special Night Market** July 9, Aug. 6, September 3, 2020 Seniors, Immune Compromised Individuals and pregnant women ONLY 2-2:30pm, General Public 2:30pm-7pm **Farms include: Stillwell, Krowicki, Beaver Dam, Eckert**
Waretown - Herberts Market Route 532 closed on Tuesday and Wednesday
Stafford - East Bay Ave, Saturdays Mid June 2020 - September 2020 9am to 3pm

<https://downtownomsriver.com/farmers-market/> 700 Main Street (Please enter off of Colfax Street, Every Wednesday May 20 - October 28 10-4pm, Krowicki, Jeff's Organic Produce and Beaver Dam

[The Berkeley Township Farmer's Market](#) in Bayville will be held every Tuesday at the Recreation Center and open 10-5 starting May 26th. A couple of the markets amongst other food and products are **Colony Market** Organic, NJ GMO-Free farm fresh fruits and vegetables and **Moore's Farm Market** Jersey Fresh corn, fruits & vegetables.

South Seaside Park at the entrance to Island State Beach Park is Mondays and Fridays starting June 1st, open 10-4 and also includes Colony Market

When women
support each other,
incredible things
happen.



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



Legislative Update
CONNORS, RUMPF & GOVE



[Click here to visit Connors, Rumpf & Gove on Facebook and LIKE their page!](#)



9th District

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

[Connors, Rumpf & Gove Call for In-Person Voting for General Election](#)

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Senator Christopher Connors, Assemblyman Brian Rumpf, and Assemblywoman DiAnne Gove are calling for in-person voting for the 2020 General Election.

[Click for Full Story](#)



Legislation sponsored by Connors, Rumpf & Gove to help more veterans qualify for the disabled veteran's property tax exemption was passed by the New Jersey Senate.

[Click for Full Story](#)

[Connors, Rumpf & Gove Start Online Petition to Save Senior Freeze and Homestead Benefit Programs](#)



Connors, Rumpf & Gove have launched an online petition urging Gov. Murphy not to cut the Senior Freeze and Homestead Benefit property tax relief programs.

[Click for Full Story](#)



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